

Locations
 (CA)– Common Area
 (MD)—Main Dining Area
 (CW)– C Wing
 (RV)- Room Visits
 (CY)- Court yard



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Sun Mon Tue Wed Thu Fri Sat

<p>1 9:45 Non-Denominational Hymns & Service ~ MD 10:30 Joel Osteen Service ~ MD & CW 1:00 Landscape Painting Demo W/Justin ~ MD 3:00 Exercise ~ MD</p>	<p>2 10:00 Rosary ~ MD 10:00 Music W/ Walter ~ CW 10:45 Music W/Walter ~ MD 1:30 Adult Coloring ~ MD 2:45 Bingo ~ MD</p>	<p>3 10 Music Therapy ~ CW 10:30 Activity Planning ~ MD 1:30 Pretty Nails B/C ~ CA 2:00 Catholic Mass ~ MD 2:45 Movie / 12 Dates of Christmas ~ MD</p>	<p>4 9:45 Exercise W/ Lauren ~ CW 10:30 Cookie Bingo ~ MD 1:30 Ice Cream Cart ~ RV 3:00 Let's Decorate Cookies w/ Harvest Ridge ~ MD 4:45 Girl Scout Caroling ~ MD <u>National Cookie Day Theme Day</u></p>	<p>5 10:00 Hymns & Praise ~ MD 2:00 Resident Volunteer ~ MD 3:30 Watercolor Art ~ CW Door to Door Reading Material ~ RV 6:30 Evening Bingo ~ MD</p>	<p>6 10:30 Music W/ Eulentrop ~ MD 1:30 Library to You ~ MD 2:30 Reminisce ~ CW 3:30 Exercise ~ MD</p>	<p>7 10:30 Bingo ~ MD 1:15 Bingo Store ~ MD 2:00 Oak Ridge Baptist Church Caroling ~ MD</p>
<p>8 9:45 Hymns Message ~ MD 10:30 Joel Osteen Service ~ MD & CW 2:00 Exercise ~ MD</p>	<p>9 10:00 Rosary ~ MD 10:45 Dear Abby ~ MD 1:30 Ginger Bread Houses ~ CW 2:45 Bingo ~ MD</p>	<p>10 10:00 Music Therapy ~ CW 10:30 Travel to Christmas lights ~ MD 1:30 Pretty Nails A/D ~ CA 2:00 Catholic Mass ~ MD 2:45 Movie / Disney's Christmas Carol ~ MD 5:30 Grace Church Caroling ~ MD</p>	<p>11 9:45 Children's Ballet & Piano Performance ~ MD 10:30 Bingo ~ MD 1:30 Ice Cream Cart ~ RV 3:00 Precious Memories Choir ~ MD</p>	<p>12 10:00 Hymns & Praise ~ MD 10:45 Resident Council ~ MD 2:00 Resident Volunteer ~ MD 3:30 Creative Painting ~ CW Door to Door Reading Material ~ RV 6:00 Pet Visit ~ RV</p>	<p>13 10:00 Music W/ David Green ~ MD Partner Celebration 1:00 Gift Wrapping "Angel Gifts" ~ MD <u>Shopping List Due to Social Service Dine in Due</u></p>	<p>14 9:00 Fireplace Christmas Caroling w/ Justin ~ CW 10:30 Bingo ~ MD 1:00 Bingo Store ~ MD 2:00 Music & Mingle W/ Justin ~ MD 6:00 Movie / The Polar Express ~ MD</p>
<p>15 9:45 Non-Denominational Hymns & Service ~ MD 10:30 Joel Osteen Service ~ MD & CW 2:00 Hammond Family Sing Along ~ MD 3:30 Exercise ~ MD</p>	<p>16 10:00 Rosary ~ MD 10:00 Music W/ Walter ~ CW 10:30 Discovery Elementary Caroling ~ MD 10:45 Music & Memory W/Walter ~ MD 1:30 Adult Coloring ~ MD 2:45 Bingo ~ MD</p>	<p>17 10:00 Ridge Crest Baptist ~ CW 10:15 Ridge Crest Baptist ~ MD 1:30 Pretty Nails B/C ~ CA 2:00 Catholic Mass ~ MD 2:45 Movie / Miracle on 34th Street ~ MD</p>	<p>18 9:45 Exercise W/ Lauren ~ CW 10:30 Bingo ~ MD DINE IN Grandmas Cookies 1:45 Lutheran Service ~ MD 3:30 Snow Man Golf ~ CW</p>	<p>19 10:00 Hymns and Praise ~ MD 2:00 Resident Volunteer ~ MD Door to Door Reading Material ~ RV 3:45 Book Club ~ MD 6:00 Pet Visits ~ CA/RV</p>	<p>20 10:30 Christmas Celebration W/ Santa and Kyle Huelsing ~ MD 2:00 Ceramics W/ Susie ~ MD 3:30 Exercise ~ MD</p>	<p>21 10:30 Bingo ~ MD 1:15 Bingo Store ~ MD 2:00 Caroling with Kati & Church ~ MD</p>
<p>22 9:45 Hymns Message ~ MD 10:30 Joel Osteen Service ~ MD & CW 1:30 Exercise ~ MD After Dinner Piano Music with the Sullivan Family</p>	<p>23 10:00 Rosary ~ MD 10:45 Hot Cocoa Cupcakes w/ Lauren ~ MD 1:30 Color Time ~ CW 2:45 Bingo ~ MD</p>	<p>24 10:00 Music Therapy ~ CW 10:30 Learn About Frost Bite & Dry Skin ~ MD 1:30 Pretty Nails A/D ~ CA 2:45 Movie / The Santa Clause ~ MD <i>Christmas Eve</i></p>	<p>25 10:30 Bingo ~ MD 2:00 Ice Cream Sandwiches ~ RV 3:30 Pass the Present Christmas Game ~ CW <i>Christmas Day</i></p>	<p>26 10:00 Hymns and Praise ~ MD 2:00 Resident Volunteer ~ MD Door to Door Reading Material ~ RV 3:30 Watercolor Art ~ CW 6:30 Evening Bingo ~ MD</p>	<p>27 10:30 Paul Hertenstein Piano Music ~ MD 2:30 Monthly Birthday Party ~ MD <u>Shopping List Due to Social Service</u></p>	<p>28 9:00 Word Games ~ CW 10:30 Bingo ~ MD 1:00 Bingo Store ~ MD 2:00 Music & Mingle W/ Justin ~ MD 6:00 Movie / Home Alone ~MD</p>
<p>29 9:45 Non-Denominational Hymns & Service ~ MD 10:30 Joel Osteen Service ~ MD & CW 1:00 2019 Year End Review Trivia and Discussion ~ MD 3:00 Exercise ~ MD</p>	<p>30 10:00 Rosary ~ MD 10:45 Live W/ Lauren at St. Louis Aquarium ~ MD 1:30 Horse Racing ~ CW 2:45 Bingo ~ MD</p>	<p>31 10:00 Music Therapy ~ CW 10:30 Trivia ~ MD 1:30 Pretty Nails B/C ~ CA 2:00 Catholic Mass ~ MD 2:45 Movie / The Mistle Tones A Musical ~ MD <u>Social Service Shopping Day</u></p>	<p>Individualized programming And Door to Door Visits are offered weekly.</p>		<p>Programs, times, and locations subject to change</p> <p>Large Print Books and Independent activity supplies are always available in the Common Area.</p>	



Our Secret Santa book is out at the front desk. Should you feel inclined to adopt a resident, please do so! If you would prefer to donate a gift for our "Secret Christmas Angels" or partners who will wrap and distribute gifts according to residents preferences, you may do this as well by simply dropping off a gift off this list.

Holidays are a tough time trying to choose the right gift for a loved one. Here are a few ideas that have been told are helpful.

- Items to keep warm:** lap blankets, sweaters, large banded socks, a "Snuggie"
- Stuffed Animals**
- Baby Dolls:** for those w/ moderate to late stage Alzheimer's Disease (see nurse)
- Calendars w/ Important Dates:** family members' birthdays, anniversaries, phone numbers, etc)
- Family Photo Albums:** label pictures for those with Dementia
- Large Print Crossword & Word Search Books**
- Large Jig-Saw Puzzles:** no more than 100 pieces
- Electric Razors or beard trimmers for Men**
- Wristwatches:** digital or w/ large numbers; talking watches are great for those with impaired vision
- Fleece Lined, Easy-On Slippers. Slip on sock slippers WITH grips at the bottom**
- Nightlights**
- Clocks:** those that show day, date, & time
- Reminiscence Movies or CDs:** old time music, commercials, tv programs, etc
- New Bed Linens:** comforters, spreads, or throws are great!
- Perfumes for the ladies & colognes/after shave for the men**
- Air Fresheners:** no liquid diffusers as some residents may try to drink them
- Jewelry:** costume bracelets, rings, necklaces, etc
- Hair Accessories:** Brush & Comb Sets, barrettes, hairspray, etc.
- Large Print Novels**
- Art to brighten up rooms**
- Favorite Candies/Snacks:** ask a nurse about these!
- 3 or 6 month Magazine Subscription**
- Post cards** through apps such as touchnote or postgram or **Emails** throughout the year. Nichole.bouchard@nhccare.com. These emails including pictures will be handed out just like mail
- Comfort neck wrap/pillow**

For a loved on with Alzheimer's it may be even harder to find just the right item. Here are a few ideas:

- Comfort dolls or stuffed animals**
- Fiddle muff or fiddle blanket**
- Ipod with preloaded music, cd player, radio** for music and memory program see musicandmemory.org
- Other items and ideas can be found at <https://store.best-alzheimers-products.com/>

You can also find similar items handmade on etsy and other sites. There are also great games and talking points to use when you visit your loved one.

Keep in mind that just because a product is labeled for dementia or Alzheimer's does not mean that someone with out memory issues could not benefit.

Please remember to always put your loved ones or adopted residents name on items!!!

**Happy Holidays
-Recreation Department**

We love hearing stories of days gone by. Recently we had a family member share this with us and it touched our hearts. Please feel free to share a story with recreation to possibly publish in the newsletter.

Introduction: I (daughter) discovered a box of 113 letters written from my father, Jens (Junie) Madsen to my mother, Nancy Jane (punkin/punk) Madsen from January 1945 through his return from World War II, in September 1945. Punk and Junie were married August 12, 1944. Twelve weeks after their wedding Jens was called back to active duty in the Navy. These letters form an amazing picture of them getting to know each other, setting life goals, and the deep love they shared. This particular letter was written the day before their 1st anniversary.

Dearest- August 11, 1945

Oh I do remember this night, one year ago. We practiced at the church, had a nice little party. I felt many mixed emotions that night. Oh, then light things, like the usher that got sick and you with a cigarette in your hand. Then a very intimate thought like you and I doing dishes together. We sat in the living room awhile and I nearly fell asleep. Mmmm! I'd like to have you here in my arms like then. Just one kiss and Punkin, maybe that will come true soon. (the war was winding down; Junie came home September 28th.)

Oh golly I'm excited, guess the while world is (allied world). Oh darling, I could hold you very tight, kiss your ears and eyes, I feel so good about your intuition and the fact that we my be together this Christmas.

I'm for our leaders' decision about the possible termination of the war. Whether the war is over or not, whatever they say. I vouch-safe my humble backing.

Nan, I'm enclosing a \$50.00 money order. May seem a little skimpy but every little bit helps. Darling, due to conditions beyond my control, I wasn't able to get an anniversary present home to you in time for you to receive it on N. J. Day (Nancy Jens Day). When your receive this, you may expect something very soon.

True to my impatient nature, I went off half-cocked all too soon. Just a few days after I complain about no snapshots, I get two of my baby. Why cant keep my big mouth shut.

I also received a lot of mail written in early May. Explained all the questions of other letters. Dad also wrote me about his arm and Mom about her job.

I get a very great thrill out of reading Dad's letters about "our Nancy". O darling, you are so wonderfully sweet!

Now then, here's the reason I haven't been able to get a letter off the last couple of days. Course you never shall know fully until I get home. It isn't anything mysterious, just military. I've been so busy. Had 10 hours of sleep in 3 days. Then got a 6 hour night in, and the last 48 I've only had about 8 1/2 but I'm getting ready to really hit the sack, right now.

As tired as I am, I wish you were here, if only to lay down next to you, hold your hand and fall asleep. Oh Punkin, I love you.

Nancy dear, what do you want for Christmas? Christmas in August. Maybe 3 or 4 days and it shall actually be Christmas. Last year on Aug 12, I had a Christmas (their wedding day).

I'm so inwardly excited I can harly write. May not sound too nice to say, but the thought of peace is rather a contented feeling, but so pent up with excitement over the fact of seeing you again. Being with you, knowing you again.

O darling, I love you, Junie

