

December 2022

Oak Hill Grapevine

623 Hamacher St., Waterloo, Illinois, 62298 phone: 618-939-3488

Celebrating December

**December 7th-Magnolia
Terrace Christmas Party**

**December 13th-Sycamore and
Cottonwood Christmas Party**

**December 14th- Maple and
Hickory Christmas Party**

December 15th- Santa Day

**December 19th- Whispering
Pines Christmas Party**

**December 20th – Evergreen
Christmas Party**

**December 21st- Employee
Open House**

**December 25th
Merry Christmas!**

AND

**HAPPY NEW
YEAR!**

A Fresh Take on Peppermint

Peppermint bark. Peppermint lattes. Peppermint candy canes. There is no doubt about it—peppermint is the undisputed flavor of the winter season. Mint is full of the chemical menthol, which, when tasted, activates the same nerve sensors that allow us to feel cold. We love the refreshing, cooling sensation of mint in our mouths and are reminded of winter each time we take a taste. But there is more to the story of peppermint's hold on the winter season than its chemical composition.

Mint-flavored hard candies have been made for hundreds of years. Before the invention of air-conditioning, hard candy could be made only during the cool, dry months of winter, for heat and humidity would spoil the candy. Mint is a reliable flavoring because it does not cook off during the manufacturing process. Its flavor remains incredibly strong. For this reason, mint-flavored hard candy has always been a wintertime treat.

Legend has it that the first candy canes were invented in the 17th century by a German choirmaster who bribed his choirboys with peppermint candy sticks to keep them complacent during mass. Candy in church was not exactly solemn, so the choirmaster asked the candy maker to fashion the candy sticks into shepherds' crooks, honoring Jesus.

It wasn't until 1847 that a German Swedish immigrant to America named August Imgard used the candy cane as a Christmas decoration. He spun white hard candy into its crooked shape and hung the canes along with paper ornaments from a blue spruce. It would take a few more decades and the advent of mass production techniques for candy canes to get their red stripes. Why red? Some say this color represents the blood shed by Jesus on the cross, while others attribute it to the red berries and green garland of evergreen holly that has been associated with Yule traditions. Don't wait until December 26, Candy Cane Day, to enjoy candy canes. Most people start buying them the day after Thanksgiving.

Still Living in Infamy



U.S. President Franklin D. Roosevelt called December 7, 1941, “a date which will live in infamy.” 81 years later, we still remember the attack on Pearl Harbor and pause to honor all who were lost.

Pearl Harbor is a U.S. naval base located near Honolulu, Hawaii. It was home to the bulk of the U.S. Navy’s Pacific Fleet, hundreds of airplanes, and thousands of soldiers. American intelligence officials never expected Japanese forces to start a war with the United States with an attack on Hawaii, 4,000 miles away. For this reason, Pearl Harbor was left largely undefended on December 7, 1941. As a target, Pearl Harbor was too good of an opportunity for the Japanese to ignore.

In an audacious sneak attack, without any declaration of war, Japanese forces began their assault on Pearl Harbor at around 8 a.m. At 8:10, a 1,800-pound bomb fell through the deck of the battleship *USS Arizona* and struck an ammunition store, resulting in a massive explosion and killing thousands. After two hours of fighting, 20 American ships (including every battleship in Pearl Harbor) were crippled; 300 airplanes were destroyed; 2,403 sailors, soldiers, and civilians were killed; and a thousand more were wounded.

Luckily—amazingly—the Pacific Fleet was left intact. Despite losing its powerful battleships, the Fleet’s aircraft carriers had been off base during the attack and were safe. Pearl Harbor’s vital infrastructure, including repair shops, oil storage depots, shipyards, and submarine docks, had been largely untouched. The U.S. Navy would be able to rebuild itself for a sustained war effort.

The day following the attack, President Roosevelt declared war on Japan. And though history remembers America and its Allies as the brave victors of a long and bloody world war, scars of that war remain. Pearl Harbor Remembrance Day is a time to reflect on all that was lost and a celebration of the freedoms that were won.

Make It Count

Every year from December 14–January 5, the National Audubon Society conducts its Christmas Bird Count (CBC). During these few weeks, volunteer birders count and record bird species in an effort to monitor the health and status of bird populations across North America. Bird counts accumulate over the decades, offering scientists long-term perspectives on the continent’s bird populations.

Audubon’s CBC grew out of the Christmas “Side Hunts” of the late 19th century, when hunters would compete to bring in the largest pile of birds and animals. In 1900, ornithologist Frank Chapman proposed a new tradition, a “Christmas Bird Census,” where people would count birds instead of hunting them. These days it’s easier than ever to join a CBC. Registration for birders begins in November, with counts starting on December 14. If you choose to participate, you could join a tradition that is over a century old.

Plunge in Head-First



One of December’s strangest holidays falls on December 18. It’s Wear a Plunger on Your Head Day. An internet search will tell you that an ex-bounty hunter named Vern Halsey might be the only person in the world who celebrates this holiday along with his pet

Komodo dragon Felix, of course. If you’d like to keep Vern and Felix company this December 18, here’s a tip: Make sure you wear the correct type of plunger on your head. Plungers often come in two designs. Those that narrow at the bottom are specifically designed to fit into a toilet and are called flange plungers, while plungers designed for the sink and shower are flat and are known as cup plungers. If you’re keen on celebrating, a new, clean, store-bought cup plunger is the way to go. Happy Wear a Plunger on Your Head Day!

Sweater Weather

Sweater weather is finally here, and there are plenty of holidays to prove it. The International Sweater Festival, a day that encourages you to rock a sweater vest, falls on December 3, and Ugly Sweater Day follows on December 16. So dig deep into the moth-ball-ridden corners of your closet and sport that sweater you promised yourself you'd never wear again.

Sweater weather describes that slightly chilly time of year when the weather is perfect for a sweater but not yet cold enough to require a coat. But a sleeveless sweater vest? You can wear one of those anytime! Or does keeping the torso warm and the arms cold mean that such a garment is useless no matter the season? Utilitarian questions aside, the sweater vest has been shunned for decades as an uncool garment. They were originally donned by rowers in 1882, who wore them to promote sweating and weight loss. Sweater vests hit the mainstream in 1907 when the University of Michigan football team wore them in lieu of sleeved sweaters as the team uniform. Even Presidents Woodrow Wilson and Herbert Hoover sported them, perhaps solidifying their status as uncool. But like so many trends, uncool is becoming cool again. And besides, the founders of the International Sweater Festival don't care whether you wear your sweater vest in earnest or ironically.



When it comes to ugly sweaters, many will point the blame to *The Cosby Show*'s Cliff Huxtable, the undisputed king of ugly '80s sweaters. But the first ugly sweater party was held at the Commodore Ballroom in Vancouver, British Columbia, in 2002, hosted by Chris Boyd and Jordan Birch. Since then, ugly sweaters worn for both Christmas and Hanukkah have become a holiday tradition all their own. High fashion has caught on, with designers selling high-end ugly sweaters for hundreds, even thousands of dollars. Sleeved or sleeveless, ironic or earnest, ugly or tasteful—no matter what style you choose, sweater weather is here.

Go Big or Go Home

The first Saturday of December is Global Fat Bike Day, a day to get out and ride your fat tire. A fat bike (also known as a fatbike, fat tire, fat-tire bike, or snow bike) is an off-road bicycle equipped with oversized tires that are often anywhere from 3.5–5 inches wide. Why ride a bike with fat tires? Because these bikes allow riders to cycle over challenging terrains, such as sand, bogs, mud, and snow. Wider tires distribute a rider's weight over a larger surface area, providing increased traction. Fat bikes are the answer for riders interested in cycling year-round in inclement weather.

The fat bike was invented in the 1980s by Frenchman Jean Naud for cycling through the deserts of Africa. In the early 1990s, two Alaskans developed a fat bike for use on Alaska's Iditarod Trail Invitational, a winter ultramarathon with cycling, running, and skiing. Today, fat bikes are found in almost every bike shop. They are no longer confined to extreme terrain but are equally at home on city streets thanks to smooth tires with shallow treads.

Digital Revolution



On December 9, 1968, inventor and computer engineer Douglas Engelbart gave what is now known as "The Mother of All Demos" at a computer conference in San Francisco. Engelbart's 90-minute presentation introduced a number of computing innovations that we take for granted today: windows, hypertext, graphics, word processing, video conferencing, collaborative editing of documents in real-time, and the computer mouse. Demonstrating all of these innovations on a single personal computer system in 1968 was groundbreaking. Engelbart's demo was the result of years of work at his Augmentation Research Center at Stanford University. He wanted to free computers from mere number crunching and turn them into tools for communication and information sharing.

Chasing Tradition

At precisely 8:15 p.m. on December 5, the eve of St. Nicholas Day, all the lights in the Swiss hamlet of Küssnacht are turned off, plunging the village along Lake Lucerne into darkness. So begins the *Klausjagen*, or “Santa Chase,” one of Europe’s most impressive St. Nicholas Day traditions.

Thousands of spectators line the cobbled street that has wended its way through town since the medieval era. Suddenly, explosions as loud as gunshots pierce the darkness. Spectators shrink back from the street, fearing that they may be struck by the long sheep whips wielded by the men leading the procession.



The cracking whips passing through the pitch announce the arrival of the magnificent, glowing *iffelen*. These are massive cardboard hats, some over six feet tall, worn by robed dancers. The *iffelen* are shaped like bishops’ miters. They have been painstakingly cut and colored with tissue paper, showcasing intricate patterns that mimic beautiful stained-glass windows. The most elaborate easily take 500 hours to complete. As if this spectacle isn’t magnificent enough, the spectators hold their breath and await the arrival of Santa Claus.

Santa, or St. Nicholas, arrives with a cacophony of clanking cowbells, tooting cow horns, and a band that plays the “Santa song,” a melody of only six notes, repeated over and over again. Santa may be the star of the show, but he is not alone. *Schmutzli* walks by his side, a sinister figure robed in black who carries a broom of twigs, traditionally for whipping children who have been bad all year. This *Schmutzli*, luckily, is more benevolent, and he hands out pastries along the parade route.

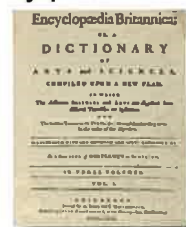
This ancient procession owes its origins to pagan winter rites where loud noises were used to scare away evil spirits. Over the centuries, Christian and pagan traditions blended to create the famous *Klausjagen* procession that attracts thousands of spectators today.

December Birthdays

December 1st- Sally Mifflin
 December 2nd- Daniel Nash
 December 5th- Joanne Cowell
 December 5th- Leota Roider
 December 6th- Mary Ann Farrell
 December 9th- Craig Yarbrough
 December 11th- Rhenelda Goessling
 December 13th- Fred Sauerhage
 December 14th- Marian Thompson
 December 20th- Thomas Sheeler
 December 26th- Doris Kloepper
 December 26th- Willard Schutt
 December 29th- James Traiteur

Encyclopedic Memory

The *Encyclopedia Britannica* was conceived by printer Colin Macfarquhar and engraver Andrew Bell, both from Edinburgh. The two chose William Smellie as their editor, and while Smellie wrote many of the entries, he borrowed most, admitting that he “snipped out from



books enough material for the printer. With pastepot and scissors I composed it!” What made the *Britannica* different was that it grouped related topics together into larger essays and organized those alphabetically, rather than separating entries by alphabetical order. Release of the first edition was announced on December 10, 1768. Critics called it the “Gospel of Satan,” while doctors complained that it undermined their authority. The prose was so vivid and the organization so easy to navigate that demand for a second edition was instantaneous, despite the first edition’s imperfect scholarship.



Michelle Killebrew, RN

Alicia Emmerich, Office

Sky Blakey, CNA

Christine Beasley, CNA

Julie Blechle, Housekeeping

Allison McCarthy, Cook

Staff Anniversaries for December

Diane Seidel, CNA - 14 Years

Wayne Moallankamp, Maintenance - 13 Years

Janell Johanning, Laundry - 12 Years

Sara Decker, RN - 12 Years

Wendy Meister-Juenger, Activities - 5 Years

Leah Farris, Office - 3 Years

Doug Fog, Laundry - 2 Years

Frederick Wachtel, Dietary - 1 Year

Jamie Barnes, Supplies - 1 Year

Summer Wilson, Dietary - 1 Year

Shannon Diehl, LPN

November Employee of the Month



Here's what others had to say about Shannon:

- She is dedicated and always willing to help out no matter what. Great nurse and team member. So sweet and helpful.
- She works all over Oak Hill and has a positive attitude that is appreciated by her coworkers and residents.
- She has an amazing attitude even when she is bumped. We thank her for being a great example of an amazing employee.
- She has a great attitude and is so good to residents and they love her. She is very sweet and gets moved all the time and doesn't complain and is always willing to help.
- She is such a sweet girl. She gets moved around off of her hall and does not complain.

Other nominees:

Rachel May: She goes above and beyond for the residents on Magnolia. She will do anything to make them smile. She is very compassionate. She works hard coordinating events. She did a great job on the Oktoberfest and she always has a smile for everyone. She cares a lot about our residents and does so very much for Oak Hill. She is so positive and very hard working!

Jen Grider: She always goes above and beyond to help other nurses and staff. She is such a great nurse. She is always staying over. Positive attitude, great person! Fantastic Nurse! Cares about her residents. Awesome! The residents love her! She goes above and beyond for her residents and coworkers at Oak Hill. Her residents love her and speak so highly of her. She never complains or gives attitude. She always has a positive attitude and is a joy to be around. She is a true trainer for nurses and CNAs. She has the attitude of a leader.

Perfect Attendance Winner

Joyce Rossel, Whispering Pines Activity Coordinator was the winner of the October Perfect Attendance prize of \$500!!!



ALL STARS

Each week we recognize an employee who has gone above and beyond. The staff that are recognized spin a wheel to win prizes. Prizes have been provided by the Endowment Committee. The recent All Stars were:

Joyce Rossel, SCU Activities - \$75

Leah Farris, Business Office – \$100 Schnucks

Andy Buckley, Maintenance - \$100 Walmart

Kaitlin Shackelford, Housekeeping - \$100



Staff Birthdays

Melinda Elder, Cook – December 4

Caroline Arnold, Dietary – December 8

Megan Prather, LPN – December 10

Marilyn Brinkmann, CNA – December 13

Allison McCarthy, Dietary – December 13

Geneva Seats, Dietary – December 13

Brady Karsten, Dietary – December 13

Debbie Siedle, CNA – December 17

Holly Wojtysiak, Activity – December 20

Debra Carrico, Housekeeping Supervisor – December 21

Jamie Barnes, Supply Manager – December 22

Merry Baldwin, Social Services – December 23

Carol Nash, Receptionist – December 25

Kaitlin Rambo, CNA – December 26

Samantha Dolezal, CNA – December 28

Marcia Sutton, CNA – December 30

Faith Bertram, LPN – December 30



Macy's Day Parade



Hats off to all of the Macy's Day Parade participants!

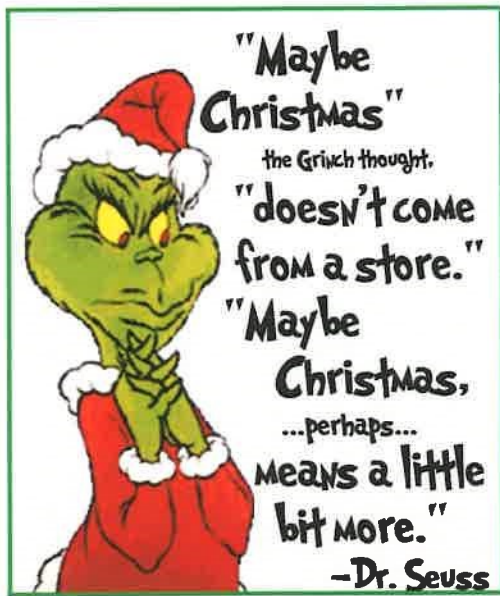
Fa la la la la la la la la..



Five Ladies
from the Immanuel Lutheran Church of Waterloo will be Christmas caroling down the halls through Arbor Court at Oak Hill on Sunday December 4th. Residents are encouraged to sing along and join the excitement as Christmas approaches!



December Dress up Days



December 15th
Grinch Day



December 16th
Ugly Sweater Day

December 19th
Deck yourself
Head to Toe in
Christmas



December
20th
Jingle Bell Day



December 21st
Wear Winter
Apparel Day



December 22nd
Red & Green Day

December 23rd
Candy Cane Day
Wear Red & White



12 Days of Ice-Cream



12/8 Chocolate Brownie Extreme

12/9 Peppermint Stick

12/12 Cookies & Cream

12/13 Vanilla

12/14 Cookie Dough

12/15 Peanut Butter Moose Tracks

Moose Tracks

12/16 Chocolate

12/19 Strawberry Cheesecake

12/20 Chocolate Lake Effect

12/21 Mint Chocolate Chip

12/22 Strawberry



SECRET SANTA

Merry Christmas

If you would like to treat a resident to a Christmas gift, please come to the activity center to receive a name of a resident that you would like to purchase a Christmas gift for. We ask that the gift you purchase does not exceed \$10.



HO HO HO!!



Arbor Court Christmas Party

Annual Celebration

DATE

December 13th- 6:00pm-7:30 pm
Sycamore and Cottonwood

December 14th-6:00pm-7:30 pm
Maple and Hickory

Invitations for Oak Hill's Christmas Celebration have been sent to residents' families. Please see Kate Dunn for questions at 619-939-3488 Ext: 11230

Hope to see you there!

DECEMBER

Magnolia Moments

Last months recap.... We started the month out by going to Lone Elk Park and out to lunch. We celebrated our Veteran's with a ceremony to recognize them all and also took them out to lunch. We enjoyed lunch out at Lisa's in Prairie Du Rocher. Played Thanksgiving Bingo and enjoyed a Maci's Day Parade put on the staff. A few of the lady's baked pies for our birthday celebration. We had a potato and sundae bar day. November ended with a pizza party and music by the Ragtime Duo.



Lone Elk Park & Lunch out



Lunch out @ Lisa's



Potato Bar & Sundae Bar



DECEMBER

Birthday's

19th Kathleen Mertens

23rd Jackie Stamme

24th Bernette Weck



What is the best possible holiday present?

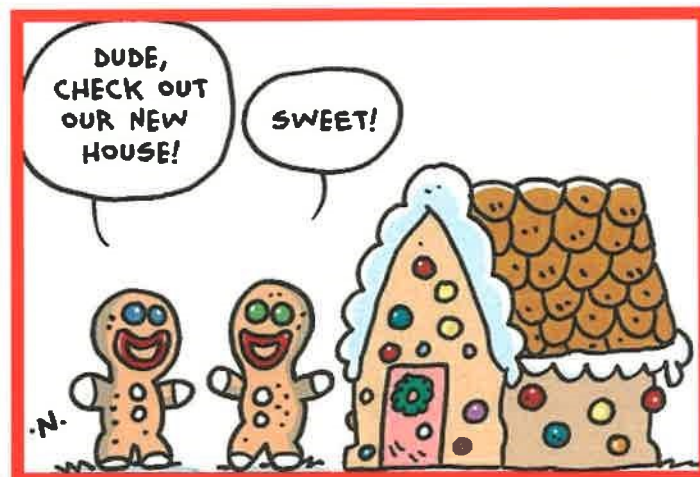
A broken drum—
you just can't beat it!



**Merry
Christmas**



2023
HAPPY NEW YEAR





News from Whispering Pines



alzheimer's association

Alzheimer's Association "In the Moment" Support Group

There is no scheduled meeting in December for the Alzheimer's Association, "In the Moment," support group meeting at Oak Hill. For support and information, please call the Alzheimer's Association's toll-free number: 800-272-3900.



Christmas Memories

Marge (Spruce) - "On Christmas Eve my family would attend services at St. Paul UCC in Waterloo. My favorite memory is

sitting around the big dining room table and enjoying ham with all the fixings for Christmas Day dinner. Mom would make chocolate chip and coconut cookies that we ate while my brother played the piano. Apples, oranges and bananas were considered special treats for the kids."

Joyce (Activities) – I spent many holidays while growing up on my grandparents' farm outside of Quincy, Illinois. My grandfather would pull us on a toboggan in the snow with his tractor. We always attended Lutheran services on Christmas Eve. A favorite childhood memory of mine is playing Christmas Carols on the organ while my grandfather played the fiddle.

Megan (C N A) Around 5 years old, my brother and I would wrap one of each other's presents and then we would sit under the tree shaking the packages trying to figure out what was in them.

Julia (WP Director) My brothers, sisters and I would go with my dad into the woods on our farm near Maeystown and cut down a cedar

tree a few days before Christmas. We would then take it home and decorate it while listening to Christmas records on the stereo. I always think of Christmas when I smell a cedar tree. On Christmas eve, we would attend Midnight Mass at Madonnaville and the choir would sing Christmas songs in candlelight before Mass.



Gladys (Cedar)-“A LOT of presents with the whole family getting together and enjoying each other. We always ate way too much.” The picture of Gladys from Christmas in the 1950’s

Norma (Cedar)-“The last year we had with my grandma. She knew she wouldn’t make it to the next Christmas. She took my mom and I shopping. She bought us gifts like there was no tomorrow. It was a great day.”

Beth (Cedar)-“In Arkansas, my family would go outside and sing and dance around a huge fire. We didn’t have a lot of money to spend on gifts, so this was away for us to all enjoy each other.”

Betty Berg (Cedar)-“Everyone getting together at my house; all six kids and their families. Grandkids too. I’d cook a big meal and my mom would make her special stuffing.”

Betty Benz (Cedar)-“My favorite memory is my whole family gathering around the tree. There were 7 kids. When I was five, my twin and I each got our own dollies so we didn’t have to fight over just one.”

Patsy (Spruce)- “My favorite Christmas memory was baking and making Christmas cookies and listening to Christmas music while doing it with her kids.”

Peggy (Spruce)-“My favorite Christmas memory is being with her family and being all together.”

Norene (Spruce)- “My favorite Christmas memory is enjoying everything about Christmas and the warm happy feeling & everything that the Christmas season brings and what it’s all about!”

Great Gifts for People with Memory Loss

During the holidays, many shoppers wonder what to give their loved ones with Alzheimer's and other types of dementia. Too many gifts might be overwhelming or make the person feel bad if they don't reciprocate. When you're shopping, remember where the person is now, rather than buying something they would have liked before they suffered from memory loss.

Here are some gift ideas many people would enjoy or find useful.

- Joy for All is the company that created and sells some of the best robotic cats and dogs. Now, they are offering [super-cute birds called Walker Squawkers](#). The device is a battery-operated bird that can perch on a walker or wheelchair. It has motion sensors and chirps different tunes when the person is moving. After a period of stillness, the bird sings a playful "don't forget about me" tune.
- Use an online service like [Artifact](#) to create a photo book. Put plenty of pictures of people, but also consider

photos of animals, favorite locations, and gardens.

- Create a playlist of music the person loves using Spotify or another app. You could also program music into a phone or iPad.
- Record a simple video for a tablet or phone that the person could watch. You could sing a holiday song or simply say "Hi."
- Beach balls are simple and inexpensive, and almost everyone loves them. The [Intex beach ball](#) is sturdy and a good size for chair "volleyball." You'll likely need something to inflate the ball, too.
- [Ravensburger](#) makes sturdy, good-looking puzzles by hand. The pieces fit perfectly and don't easily peel or get soggy. Look for a puzzle with 24 to 60 pieces with a photo that isn't too childish.
- [MagicStix markers](#) come in vibrant colors, are easy to



hold, and are washable from most surfaces and fabrics. The handiest thing about them is they last a full week without their cap on. So, if someone forgets to put the lid on the marker right away, it won't dry out.

- Short stories for people with memory loss aren't easy to find. This collection is a [digital download with 10 large-print short stories](#). Each story has a slideshow with photos that accompany it. And, yes, this is written and produced by [Activity Connection](#)!



**Happy Holidays Float created by
Courtney & Joyce**



**Snow People Float created by
Merry and Julia**

Whispering Pines Participates in 3rd Annual Thanksgiving Day Parade

Oak Hill held its second Thanksgiving Day Parade on November 22. Numerous floats were in the parade with many departments participating. The smiles on the residents' faces were priceless as the floats moved through Magnolia Terrace, Arbor Court and Whispering Pines. All entries were creative, fun and enjoyed by all!



Whispering Pines Sherbet Punch

We have served this at every WP Christmas Party and it is always a hit!

Ingredients:

- 1 tub lime sherbet (or any other flavor sherbet, raspberry is also a nice color for Christmas)
- 1 2-liter bottle of Sprite or 7-UP, chilled (Can use sugar-free soda)

1. Grab a punch bowl. Spoon the sherbet into the punch bowl.
2. Pour the Sprite over the sherbet and stir.
3. Enjoy!

Christmas Trivia

Question: Which country started the tradition of putting up a Christmas tree?

Answer: Germany

Question: In the song “Winter Wonderland,” what do we call the snowman?

Answer: Parson Brown

Question: According to the song, what did my true love give to me on the eighth day of Christmas?

Answer: Eight maids a milking

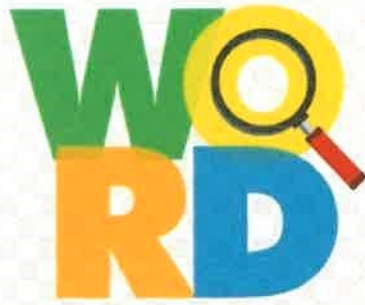
Question: What gift did the Little Drummer Boy give to the newborn Christ?

Answer: He played a song for him on his drums

Question: What is the best-selling Christmas song ever?

Answer: “White Christmas” by Bing Crosby

Word Search Winner's



Marcia Sutton

Marilyn Brinkman

Julie Blechle

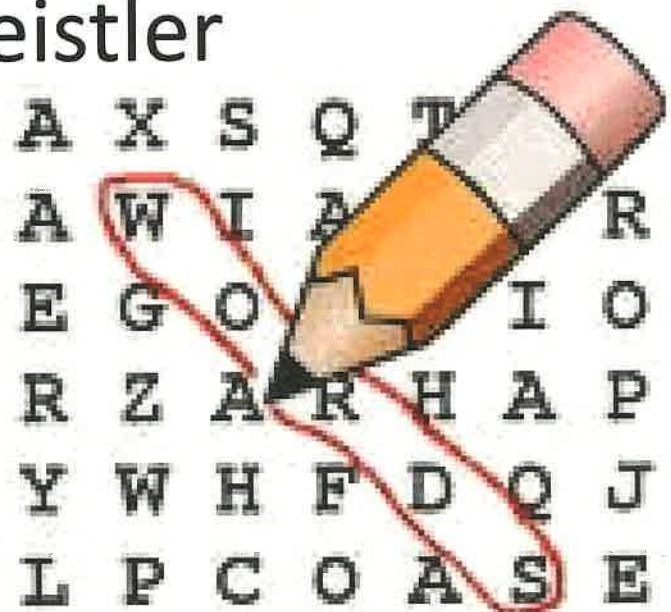
Sherry Vanover

Jackie Stamme

Deb Reeves

Corrine Kirby

Joan Leistler



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Breakfast – Coffee Cake Lunch- Honey Glazed Pork Loin Spaghetti w/ Meat Sauce Supper- Asian Chicken	Breakfast – Pancakes & Lunch- Chicken & Dumplings Butterflied Shrimp Supper- Mushroom Swiss Patty	Breakfast – Toast Lunch- Polish Sausage Beef Tips in Gravy Supper- Boston Clam Chowder Chili Cheese Mac	Breakfast – Biscuits & Gravy Lunch- Residents Choice Supper- Pork Outlet	Breakfast – Donuts Lunch- Country Fried Steak w/ Gravy Cheese Ravioli in Sauce Supper – Grilled Turkey, Swiss, & Tomato Sandwich	Breakfast – Raisin Toast Lunch- Catfish Nuggets Swiss Steak Supper- Wisconsin Cheese Soup Tuna Salad Sandwich	Breakfast – Buttermilk Biscuit Lunch- Ham & Beans Beef & Cabbage Casserole Supper- Minestrone Soup Cheese Pizza
Breakfast – Coffee Cake Lunch- Chicken Fried Chicken Breast Baked Ziti with Italian Sausage Supper-Creamy Potato Soup Hot Ham & Cheese Sandwich	Breakfast- Pancake Lunch- Beef Pot Roast Baked Pork Chop Supper- Garden Vegetable Soup Salmon Patty	Breakfast- Toast Lunch- Roast Turkey w/ gravy Lemon Pepper Baked Fish Supper- Tomato Basil Soup Tuna Noodle Bake	Breakfast – Biscuit & Gravy Lunch- Autumn Pork Roast (Apple Glaze) Cheeseburger on Bun Supper- Sloppy Joe	Breakfast – Muffin Lunch- Meatloaf Chicken & Broccoli Stir Fry Supper- Homestyle Chicken Noodle Soup Chicken Drumsticks	Breakfast- French Toast Lunch- Beer Battered Cod / Homemade Chili Grilled Cheese Supper-Chicken Gumbo Southern Style Shrimp & Grits	Breakfast – Raisin Toast Lunch- Salisbury Steak Pulled Pork on Bun Supper- Chicken Pot Pie
Breakfast – Banana Bread Lunch- Honey Glazed Ham Herbed Baked Chicken Supper- Cream of Mushroom Soup French Dip Beef Sandwich	Breakfast- Muffin Lunch- Broccoli Chicken Divan Bratwurst on Bun Supper- Beef Stroganoff over Noodles	Breakfast – Biscuit & Gravy Lunch- Rosemary Pork Beef Liver & Onions Supper- Fish & Cheese Sandwich	Breakfast – Pancakes Lunch- Baked Pork Chop Sliced Roast Turkey Supper- Broccoli Cheese Soup Braunschweiger Sandwich	Breakfast – Cinnamon Toast Lunch- Orange Chicken Almond Crusted Baked Fish Supper- Tomato Tortellini Soup Baked Dijon Salmon	Breakfast – Raisin Toast Lunch- Beef Stew Sliced Smoked Sausage Supper- Philly Cheesesteak w/ grilled Onions & Peppers on Bun	Breakfast – Raisin Toast Lunch- Beef Stew Sliced Smoked Sausage Supper- Philly Cheesesteak w/ grilled Onions & Peppers on Bun
 Christmas Lunch Christmas Dinner	Breakfast- Biscuit & Gravy Lunch- Baked Turkey Crunch Homemade Pizza Supper-Homemade Vegetable Soup Beef Cube Steak	Breakfast – Muffin Lunch- Pork Roast w/gravy Beef Macaroni Bake Supper- Breaded Chicken Tenders	Breakfast – Pancakes Lunch- BBQ Chicken Taco Salad Supper- Beef & Bean Chili Pigs in a Blanket	Breakfast – Donuts Lunch- Country Fried Steak w/ Gravy Cheese Ravioli in Sauce Supper – Grilled Turkey, Swiss, & Tomato Sandwich	Breakfast – Raisin Toast Lunch- Catfish Nuggets Swiss Steak Supper- Wisconsin Cheese Soup Tuna Salad Sandwich	Breakfast – Buttermilk Biscuit Lunch- Ham & Beans Beef & Cabbage Casserole Supper- Minestrone Soup Cheese Pizza

Meal Tickets can be purchased for \$3.00 at the front desk.

Christmas

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2022



4 3:00 pm- Immanuel Lutheran Christmas Caroling! fa la la! Independent Bingo	5 8:00 am- House Calls 10:00 am- Stretch and Flex 10:30 am- Christmas Trivia 2:00pm- UCC Harp Entertainment	6 8:00 am- House Calls 10:00 am- Blue Grass Shack Christmas Music 2:00 pm- Mini Christmas Tree Ornament Making	7 8:00 am-House Calls 9:30 am- Exercise 10:30 am- Rosary 2:00 pm-Sentimental Christmas Travelogue Home Sweet Home	8 8:00 am- House Calls 10:30 am- Lutheran Church 2:00 pm- Bingo	9 8:00 am- House Calls 10:00 am- Christmas Stories/News 10:30 am- Moving and Grooving 2:00 pm- Jim Cox Entertainment	10 Independent Weekend Packet 2:00 pm Lampoons' Christmas Vacation
11 8:00 am- One on Ones 10:00 am- Sun Room Games 2:00 pm- Christmas Netflix with Wendy Independent Bingo	12 8:00 am- House Calls 10:00 am-Yoga 10:30 am- Christmas Trivia 2:00 pm- Bingo on Big Screen	13 2:00pm-Nail Care 6:00pm- Cottonwood and Sycamore Christmas Party with Family! Christmas Wonderland	14 10:30am- Catholic Mass 2:00pm- Christmas Brain Games 6:00 pm- Hickory and Maple Christmas Party with Family! Christmas Wonderland	15 8:00 am-House Calls 10:00 am- Gospel Sing Along 10:30 UCC Church Service 1:30 - Santa Coming to Town! 2:00 pm- Elf Bingo	16 8:00 am- House Calls 10:00 am- Ballon Volleyball 2:00 pm- Joe Powell Entertainment	17 Independent Weekend Packet 2:00 pm Home Alone
18 8:00 am- One on Ones 9:30 am-The Bells of St. Mary's in activity room 1:30 pm- Presbyterian Church Independent Bingo Hanukkah Begins	19 8:00 am- House Calls 10:00 am- Kickball 1:30pm- Hot Cocoa Social 2:00 pm- Christmas Bingo	20 8:00 am- House Calls 10:00 am- Holiday Wheel of Fortune 2:00 pm- Resident Council Christmas Party!	21 8:00 am- House Calls 9:30 am- Exercise 10:30 am- Catholic Mass 2:00 pm- Shopping Day! Winter Begins	22 8:00 am- House Calls 10:00 am- Baptist Church Service 2:00 pm-Birthday Party with Alan Brandt!	23 8:00 am- House Calls 10:00 am-Christmas Stories/News 10:30 am- Tai Chi 2:00 pm- Forrest the Singing Sheriff	24 Independent Weekend Packet 2:00 pm-It's a Wonderful Life Independent Bingo
25 Merry Christmas! Christmas Hanukkah Begins	26 8:00 am- House Calls 10:00 am- Drumming with the Big Screen 2:00 pm- Bingo on Big Screen Boxing Day (Canada) Kwanzaa Begins	27 8:00 am- House Calls 10:00 am- Nail Care 2:00 pm- Reindeer Races	28 8:00 am- House Calls 9:30 am- Exercise 10:30 am- Rosary 2:00 pm- New's Year's Eve Junk Drawer Detective	29 8:00 am -House Calls 10:00 am- Magazine Scavenger hunt 2:00 pm- Bingo	30 8:00 am- House Calls 10:00 am- New Year's Mad Libs 10:30 am- Yoga 2:00 pm- New Year's Party! Wine and Cheese	31 Independent Weekend Packet Happy New Year's Eve! New Year's Eve

December 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1:30 Satin Hands
Paraffin Wax Dipping
6:30 Wii Bowling



11
1:30 Quarter Bingo
3:00 Hymn Singing
6:30 Wii Bowling

DECEMBER

18
1:30 Satin Hands
Paraffin Wax Dipping
1:30 Presbyterian Church
**
3:00 Hymn Singing
6:30 Wii Bowling

25
1:30 Movie
White Christmas &
Popcorn
6:30 Wii Bowling

Merry Christmas

4
9:30 Sit & Be Fit
2:00 Christmas Painting
6:30 Church Ladies
Christmas Songs



12
9:30 Sit & Be Fit
1:30 Horse Races
5:00 Dinner out & Our
Lady of the Snows
6:30 Wii Bowling

DOOR PRIZES

19
9:30 Sit & Be Fit
1:30 Merry Christmas
Bingo
2:45 Cooking Baking
(Upstairs)
6:30 Wii Bowling
Deck yourself Head to
Toe in Christmas!

26
9:30 Sit & Be Fit
1:30 Bingo
6:30 Wii Bowling

5
Foot Doctor after Breakfast
9:30 Making Christmas
Ornaments
1:30 Walmart
6:30 Wii Bowling



13
9:30 Farkle
2:00 Music with Alan
Brandt & Homemade Hot
Cocoa
6:30 Wii Bowling
Cocoa Day



20
9:15 Resident Council
10:00 Weights with Faith
2:00 It's a Wonderful Life
(Popcorn & Movie)
6:30 Christmas Craft with
Sam
6:30 Wii Bowling
Jingle Bell Day

27
9:30 Card Lotto
2:00 Horse Races
6:30 Wii Bowling

6
9:30 Exercise Video
12:00 Christmas Lunch
2:00 Christmas Party &
Music with Matt
McCallie
6:30 Wii Bowling



14
9:30 Exercise Video
9:30 Shopping @ Walmart
2:00 Rob Callmeyer
playing piano
6:15 Christmas Lights
Scenic Drive
6:30 Wii Bowling

21
9:30 Exercise Video
9:30 Shopping @ Walmart
1:30 Merry Christmas
Bingo
6:30 Wii Bowling
Winter Begins
Wear Winter Apparel



28
9:30 Exercise Video
1:30 Bingo
6:30 Wii Bowling



9:30 Morning Manicures
10:30 UCC Service **
1:00 Booster Shot in the
Dining Room
6:30 Wii Bowling

8
9:30 Morning Manicures
10:30 Lutheran Church **
2:00 Pearl Hirsch on Piano
6:30 Wii Bowling
12 days of Ice-cream begins!
2:00 - 3:00 in the Gift Shop
Brownie Day

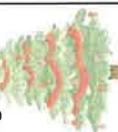
15
9:30 Morning Manicures
10:30 UCC Service **
2:00 Christmas Social
Hour & Special Guests
6:30 Wii Bowling



22
9:30 Morning Manicures
10:30 Baptist Church **
1:30 Rekha on Piano &
Birthday Party
6:30 Wii Bowling
Red & Green
Day

29
9:30 Morning Manicures
11:00 Lunch out @ Mr.
BBQ's
2:00 Ron Schewe on
Accordion
6:30 Wii Bowling

9:30 Sit & Be Fit
1:30 Trim a Tree &
Christmas Decorating
6:30 Wii Bowling



9
9:30 Sit & Be Fit
1:30 Bingo (2 Card)
6:30 Wii Bowling
BINGO's BIRTHDAY

B	I	N	G	O
13	27	38	47	44
4	20	40	30	70
11	28	22	48	46
15	19	43	54	48
7	29	31	56	48

16
9:30 Sit & Be Fit
1:30 Bingo (2 Card)
6:30 Wii Bowling



23
9:30 Sit & Be Fit
1:30 Bingo (2 Card)
3:00 Music with Curt
Kneisel
Last day of 12 days of
Ice-cream!
2:00 - 3:00 in the Gift Shop
Wear Red & White
Candy Cane Day

30
9:30 Sit & Be Fit
2:00 Shopping @ Dollar
Tree
6:30 Wii Bowling

10:00 Exercise Video
1:30 Movie
(Christmas Vacation)
6:30 Wii Bowling

10
10:00 Exercise Video
1:30 Movie (The Grinch)
6:30 Wii Bowling



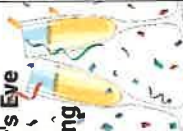
17
10:00 Exercise Video
1:30 Movie (Elf)
6:30 Wii Bowling



24
10:00 Exercise Video
1:30 Quarter Bingo
6:30 Wii Bowling



31
10:00 Exercise Video
1:30 New Year's Eve
Party
6:30 Wii Bowling



* All Activities Subject to Change ** Activity Center

Magnolia Terrace

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Church on the Pines Library Book Cart Sunday Football Game Pizza Party	4 Morning Stretches Table games & puzzles Cooking: Apple Streusel & Holiday Baking Shows Cookies & Coffee	5 Beach Ball Hockey Junk Drawer Detective Holiday in Chicago IN2L Karaoke IN2L <i>Happy Birthday Mary Ann!</i>	6 Relaxation IN2L 10am Catholic Mass IN2L Bingo IN2L Coffee & Snack Chat	7 Relaxation IN2L 10am Lutheran Church* 2pm Singing Sheriff - Forrest on Pines Cookies & Coffee	8 Brain Games\Trivia Netflix: Movie Time IN2L 2pm Arbor Court Music* Coffee & Snack Chat	9 Mochas and Munchies 10 Saltbox: Movie Time IN2L Craft: Cards for families Cookies & Coffee
Church on the Pines Craft: Cards for families Sunday Football Game Popcorn Party & Tunes	11 Relaxation IN2L Reading Circle & Trivia 2pm Arbor Court Music* Coffee & Snack Chat	12 Ball Kick\Toss 2pm Singing Cowboy - Terry Roberson on Pines Cookies & Coffee	13 Morning Stretches 10am Catholic Mass* Bingo IN2L Coffee & Snack Chat	14 Morning Stretches 10am Catholic Mass* Bingo IN2L Coffee & Snack Chat	15 Morning Stretches 10am UCC Church* Birthday Trivia IN2L Monthly Birthday Party!	16 Brain Games\Trivia 2pm Accordion - Ron Schewe on the Pines Cookies & Coffee
Church on the Pines Library Book Cart Sunday Football Game Popcorn Party & Tunes	18 Morning Stretches Table games & puzzles 2pm Pearl on Pines Cookies & Coffee PINES X-MAS PARTY!	19 Beach Ball Hockey Finish the Phrase Christmas Karaoke IN2L National Game Day	20 Relaxation IN2L 10am Catholic Mass* Bingo IN2L Favorite Cereal Snack	21 Relaxation IN2L 10am Baptist Church* TED Talks IN2L Donut Shop	22 Brain Games\Trivia Netflix: Movie Time IN2L 2pm Curt-Music on Pines Cookies & Coffee	23 Stars\Stripes Stretch Christmas Trivia IN2L Eggnog - Night before Christmas & Carols
Church on the Pines Classic TV IN2L Sunday Football Game Popcorn Party & Tunes	25 Relaxation IN2L Armchair Travel - Canada Saltbox TV Humor IN2L Coffee & Snack Chat	26 Ball Kick\Toss Funny videos IN2L 2pm Brad on the Pines Cookies & Coffee	27 Morning Stretches 10am Catholic Mass IN2L Bingo IN2L Coffee & Snack Chat	28 Morning Stretches Protestant Church IN2L Library Cart Cookies & Coffee	29 Brain Games\Trivia Saltbox: Movie Time Latin Dance with Maracas & Ribbons Coffee & Snack Chat	30 Noodle Stretch End of Year Trivia IN2L Holiday Music Reminisce New Year's Eve Party

WHISPERING PINES

* Off unit activity

Activity schedule subject to change. IN2L touch screen computer.

New Year's Eve