



Westminster Village Kentuckiana

December 2018

Mix and Mingle

Holiday gatherings can be a merry way to catch up with loved ones and meet new people, and all that socializing can be good for your health. Experts say mingling with others can help lower stress, boost confidence, and improve physical well-being.

Save the Sweet Date

Whether your favorite is peanut butter, sugar, oatmeal or classic chocolate chip, go ahead and get caught with your hand in the cookie jar on Dec. 4, National Cookie Day.

Remember When: Candy Stripers

Wearing red-and-white striped pinafore uniforms that resembled peppermint sticks, candy stripers were once a common sight in many hospitals. Beginning in the 1940s, these teenage girls took part in the first hospital volunteer programs. Their duties included delivering meals and mail to patients, assisting nurses and visitors, and performing clerical tasks. Serving as a candy striper was often a first step to a career in the medical field.

Spread the Word

OK, ew, bestie and yowza are words Scrabble fans can now add to their arsenals when playing the board game. Those are among the 300 new entries in the latest edition of The Official Scrabble Players Dictionary, which is updated every four to eight years.

Legacies Live On

"Memories of our lives, of our works and our deeds will continue in others." —Rosa Parks



Festive Flower

Sporting solid and speckled colors of red, burgundy, pink and white, poinsettias can be seen just about everywhere this time of year. In fact, they're the top-selling potted plant in the U.S. The poinsettia's showy colored "petals" are actually the plant's leaves and are called bracts. The true flowers are the tiny yellow buds at the center of the bracts.

Wreaths Across America

Every year on the third Saturday in December, the sacrifice of U.S. veterans is remembered and honored on Wreaths Across America Day. Wreaths are placed at veterans' graves at Arlington National Cemetery and more than 1,400 locations in all 50 states and abroad.

Avoid This to Stay Healthy

Doctors say habits such as rubbing your eyes and scratching your nose can increase your risk of catching a cold or the flu. Because your hands can transfer viruses into your body by way of the eyes, nostrils and mouth, avoid touching your face.

December Birthdays

Dec. 2 Eileen Mullineaux
 Dec. 3 Diane Denny
 Dec. 3 William Talley
 Dec. 6 Jean Dooley
 Dec. 6 Charles Dorwick
 Dec. 7 Norma Talley
 Dec. 7 Carolyn Woods
 Dec. 8 Betty Chambers
 Dec 15 Eugene Carta
 Dec 15 Carolyn Miller
 Dec 17 Wanda Marcum
 Dec 18 Venah Cox
 Dec 21 Ruth Cleek
 Dec 29 Robert Nichols
 Dec 30 Rolla Dyer
 Dec 30 Lindy Warren
 Dec 31 Suzanna Summers

Holiday Quiz

What color is Santa's Belt?
 How many drummers drumming are in the song?
 What does the Grinch use to pull his sleigh?
 What state has a city named Santa Claus?
 What were Frosty the Snowman's last words?
 What do the reindeer names Donner and Blitzen mean?
 In the movie "It's a Wonderful Life" what happens every time a bell rings?

Holiday Humor

Q: How many cars does it take to fill a mall with shoppers?
 A: A whole lot.

Post Office Peak

It's peak season for the U.S. Postal Service, which processes about 16 billion pieces of mail from Thanksgiving to New Year's Eve.

Sunday	Monday	Tuesday
December	Please note there will be changes in December. Please check the Lobby Calendars for changes.	Attention: All Residents Who Own Plants That Are in the Hallways and Lounges, Please Clean Up Daily as Needed. Thanks, Housekeeping
2	3	4
8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers-Music/David Lamb SC 6:30p Music W/Rick McDonald SC	9:45a Coffee Social AL 10a Donuts W/Gen Care SC 10a Catholic Mass HC 2p the Harmonics SC 3p Exercise W/Jan SC 6:30p Forest Ridge Band SC	9:45a Coffee Social AL 10a Exercise AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Exercise W/Jan SC 6:30p Trivia MRLL 6:30p Cards N 1st FI T/I
9	10	11
8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 1:30 Central Christian Caroling 3:30p Vespers- Music W/Rick McDonald-SC 6:30p Music/ Lonnie Bryant SC	9:45a Coffee Social AL 10a Exercise AL 11a Hospitality Mtg RR 3p Exercise W/Jan SC 6:30p IUS Alum Christmas Celebration SC	IN Became A State on This Day! 9:45a Coffee Social AL 10a Exercise AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Exercise W/Jan SC 6:30p Trivia MRLL 6:30p Cards N 1st FI Tee L
16	17	18
8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 1:30 Rockford View Girls SC 3:30p Vespers Music W/Rick McDonald SC	9:45a Coffee Social AL 10a Exercise AL 1p Veterans Comm. Mtg RR 2p Resident Assoc Christmas Checks SC 3:00 Exercise W/Jan SC 6:30p Music W/Tari Martin SC 7p Crit Club "Art" MRLL	9:45a Coffee Social AL 10a Exercise AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st Floor T-I
23/30	24/31	Christmas 25
8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music/Rick McDonald SC 6:30p Music W/Sue Loy SC	9:45a Coffee Social AL 10a Exercise AL 1p \$1.00 Bingo MRLL 6:30p Amber Steel Christmas Music SC 6:30p Ring in New Year W/Rick McDonald SC	Merry Christmas!!! Enjoy your day with family and friends!! 11 - 2p Holiday Meal in dining room \$9.00 a meal for family & friends to enjoy get your tickets early at the front desk Offices closed and no transportation on this day!

Wednesday	Thursday	Friday	Saturday
Wellness Therapy Exercise Is Now Being Held on Wed. And Thursdays in AL at 10 a.m. Wellness Therapy Exercise Is Now Being Held on Wed. And Thursday at 3 pm In IL	SHUTTLE BUS Leaves WVK at 10 a.m. Tuesday Walmart Wednesday "About Town" Thursday Kroger Last Wednesday of the Month to Meijer and Aldi in Jeffersonville	ABBREVIATION KEY SC - Social Center RR - Rose Room MRLL - Basement AL - Assisted Living 3rd Floor HC - Health Center DR - Dining Room	1 2p Bingo AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FI TL
5	6	7	8
9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 12:30 Nondenominational Communion SC 1p Christian Academy Children's Choir SC 3p Rosary RR 3p Wellness Exercise SC 6:30p Music W/Bill Riley SC	9:45a Coffee Social AL 10a Wellness Exercise AL 10:30a Red Cross Dog Visits 1p West Floor Mtg 2nd FI TI 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	9:45a Coffee Social AL 10a OLPH Service RR 10a Exercise AL 11a Trinity Pre School Choir SC 1p Mex Train Dominoes W2TL 2p Pearl Harbor Memories SC 6:30p Music W/Rick McDonald SC	1p Children's String Violin SC 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FI TL
12	13	14	15
9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3:15p Wellness Exercise SC 6:30p Music W/WVK Singers Along W/Bart Fisher SC	9:45a Coffee Social AL 10a Wellness Exercise AL 1p Bldg & Grds Mtgs MRLL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30 St Anthony Adult Choir SC	9:45a Coffee Social AL 10a Exercise AL 10:30a New Resident Coffee SC 1p Mex Train Dominoes W2TL 1p New Washington Choir SC 3p Rosary Service SC 6:30p Music SC	2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30p Cards in North 1st FI TL
19	20	21	22
9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3:15p Wellness Exercise SC 6:30p Music W/Ron McCubbins SC	9:45a Coffee Social AL 10a Exercise AL 1p Dietary Mtg MRLL 2p Bible Study RR 2p Merry Melodies SC 3:15p Wellness Exercise SC 6:30p Bingo MRLL	9:45a Coffee Social AL 10a Exercise AL 1p Messenger's SC 2p Christmas Party SC 6:30p Music W/Charlie Hornung SC	2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FI TL
26	27	28	29
9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3:15p Wellness Exercise SC 6:30p Music W/Mellow Soundz's SC	9:45a Coffee Social AL 10a Wellness Exercise AL 1p CVS Info Reports SC 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	9:45a Coffee Social AL 10a Exercise AL 1p Mex Train Dominoes W2TL 1p Movie Christmas Story SC 6:30p Music W/Country Music SC	2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FI TL



Setting Up Shop

The first department stores in the 1800s changed the way people purchased goods by offering one-stop shopping for clothing, furniture, toys and more. Browse through this list of retailers and see when they first opened for business.

Year	Retailer
1858	Macy's
1879	Woolworth
1893	Sears
1899	S.S. Kresge Co./Kmart
1902	JCPenney
1927	Ben Franklin
1955	Dollar General
1962	Walmart, Target, Kohl's
1976	T.J. Maxx
1983	Costco, Sam's Club
1986	Dollar Tree
1994	Amazon.com

"Then & Now"

"This Month In History" DECEMBER

1907: On New Year's Eve, a ball decorated with 100 lightbulbs is lowered down a flagpole over New York City's Times Square. The ball drop has been featured in the annual celebration ever since.

1918: In the first official visit by a U.S. president to Europe, Woodrow Wilson travels to France for World War I peace negotiations.

1924: Astronomer Edwin Hubble announces his discovery of the existence of galaxies outside the Milky Way. The Hubble Space Telescope was named in his honor.

1941: America enters World War II after the Japanese attack on Pearl Harbor, Hawaii.

1962: The first observance of Kwanzaa takes place in Los Angeles. The seven-day holiday celebrates African heritage.

1970: Congress authorizes the creation of a new dollar coin depicting President Dwight D. Eisenhower.

1982: Gabriel Garcia Marquez is awarded the Nobel Prize in

literature. The Colombian writer is best known for his 1967 novel "One Hundred Years of Solitude."

1990: British computer scientist Tim Berners-Lee demonstrates his information-sharing system that would become the World Wide Web.

2001: Italy's Leaning Tower of Pisa reopens to the public after 11 years and \$27 million in work to fortify its famous lean.

2017: "Star Wars: The Last Jedi," the eighth installment in the space fantasy series, premieres. The film's \$1 billion in ticket sales made it the year's highest-grossing film.