



Westminster Village Kentuckiana

Winter's on the Way

Winter officially begins Saturday, Dec. 21.

A Festive Use for Fabric

The centuries-old Japanese art of *furoshiki* is gaining popularity as an eco-friendly way to wrap presents. Originally a practical means of carrying items from place to place, *furoshiki* is the craft of tying a square piece of fabric around an object and is an attractive substitute for wrapping paper or gift bags. The word *furoshiki* also refers to the cloth itself, which adds a soft and cozy touch to gifts and can be reused by the recipient.

Remember When: Red Pistachios

Snacking on pistachios used to leave folks seeing red—their red-stained fingers and lips. Before the 1980s, most of America's pistachio supply was imported from the Middle East, where the nuts were dyed bright red to cover blemishes caused during harvesting. Improved production methods eliminated the need for dyeing, and today, nearly all the pistachios sold in the U.S. are grown in California. Red pistachios can still be found as a novelty item, especially during the holidays.

A Fruitful New Year

To fill up on good luck, some revelers welcome the New Year by gobbling up grapes. The Spanish tradition of eating 12 grapes, one for each month of the year ahead, dates to around the 1900s and increasingly has become part of holiday celebrations around the world.

December 2019



Happy Holly-days

Haul out the holly! For thousands of years, people from different cultures have used branches of holly, full of glossy green leaves, to decorate their homes in wintertime. Birds like to feast on the foliage's bright red berries. Of the 400-plus varieties, English holly and American holly are most commonly associated with the holiday season.

Happiness Helper: Get Creative

Whether putting together a holiday craft, making music or baking cookies, engaging in creative activities can help you feel happier. And those feelings of well-being last long after you've taken part in the activity. Psychologists studying the effect say you can gain this feel-good benefit from an artistic pursuit no matter your skill level or talent for it.

Season of Giving

"The measure of your life will not be in what you accumulate, but in what you give away." —Wayne Dyer

December Birthday List

12/01 James Caudill
 12/03 Diane Denny
 12/04 Shirley Armstrong
 12/06 Charles Dorwick
 12/07 Norma Talley
 12/07 Carolyn Woods
 12/08 Betty Chambers
 12/15 Carolyn Miller
 12/17 Wanda Marcum
 12/18 Jeanette Cox
 12/20 Theresa Ruddell
 12/21 Ruth Cleek
 12/21 Robert Propst
 12/22 Vivian Ridgway
 12/30 Inez Real
 12/30 Lindy Warren
 12/31 Suzanna Summers

We've Got Mail

About 1.5 billion holiday cards are sent each year in the U.S., says the Greeting Card Association.

Sip Ginger Tea



Drinking ginger tea can warm you up on a chilly day, and nutrients in the spice have been shown to boost the immune system, helping to ward off cold and flu viruses.

'Click, Click, Click'

Whether they're landing "Up on the Housetop," as the holiday song lyrics say, or shuffling along in a herd, reindeer really do make a clicking noise with every step. Scientists believe the sound, created by the tendons and bones in their feet, helps the animals stay close together during a snowstorm or heavy fog.



| Sunday | Monday | Tuesday |
|--|--|--|
| 1 | DECORATING ALL WEEK | 2 |
| 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRL | 9a Coffee Social AL 10a Wellness Exercise AL 10a Catholic Mass HC 10:30a Games AL 1p Fund Raising Comm. Mtg RR 2p Harmonics SC 3:15p Exercise SC 6:30p Forest Ridge Band SC | 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRL 6:30p Cards N 1st FI TL |
| 8 | 9 | 10 |
| 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 1:30 Rockview Girls' Choir SC 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRL | 9a Coffee Social AL 10a Wellness Exercise AL 10:30a Reminiscing AL 1p Finance Comm Mtg 3rdFL/WW 2:00 Christmas Bingo MRL 3p Exercise SC 6:30p Music W/Al Hilbert SC | 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRL 6:30p Cards N 1st FI TL |
| 15 | 16 | 17 |
| 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRL 6:30 The Messengers SC | 9a Coffee Social AL 10a Wellness Exercise AL 10:30 Welcome Wagon AL 1p Employee Christmas Checks SC 3p Exercise SC 6:30p Music W/Tari Martin SC 7p Crit Club "Art" MRL | 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p Merry Melodies SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRL 6:30p Cards N 1st FI TL |
| 22 | 23 | 24 |
| 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRL | 9a Coffee Social AL 10a Wellness Exercise AL 10:30a Games AL 1p Administration Comm. Mtg 3rd WF/TL 2:30 Res. Christmas Party SC | 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRL 6:30p Cards N 1st FI TL |
| 29 | 30 | 31 |
| 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRL | 9a Coffee Social AL 10a Wellness Exercise AL 10:30 Games AL 1p \$1 Bingo MRL 2:30 AL Resident Council AL 3p Exercise SC 6:30p Music W/ | 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 12p Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 7:00 - 10p New Year's Eve Party Music W/Tari Martin SC |

| Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|
| 4 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3p Wine & Cheese SC 6:30p Music W/Lonnie Bryant SC | 5 9a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visit 10:30 Games AL 1p West Wing FI Mtg 2nd FLTL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL | 6 9a Coffee Social AL 10a OLPH Service RR 10a Exercise AL 11a Trinity Park Children--SC 1p Game Day SC 3:15 Exercise SC 6:30p Music W/Rick McDonald SC | 7 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL 6:30 Music W/John King SC |
| 11 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 1p Christian Academy Choir SC 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Sue LoySC | 12 9a Coffee Social AL 9:30 Discovery Kids Daycare Visits SC 10a Exercise AL 10:30a Games AL 1p Bldg & Grds Mtgs MRLL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL | 13 9a Coffee Social AL 10a Exercise AL 10:30 New Res. Coffee SC 1:30p New Washington Choir SC 6:30p Music W/Rick McDonald SC | 14 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL |
| 18 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 1p Brain Study W/Lisa MRLL 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p First Bapt. Ch. Choir Praise Band, Bells & Pictures W/Santa SC | 19 9a Coffee Social AL 10a Exercise AL 10:30 Red Cross Dog Visits 1p Dietary Mtg MRLL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL | 20 9a Coffee Social AL 10a Exercise AL 10:30 Music W/Sue Loy AL 2p Dec. B-day Party SC 6:30p Music W/Charlie Hornung SC | 21 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL 6:30 St. Anthony's Caroling Hallways |
| Christmas 25 Have a Blessed and Merry Christmas with families and friends! Offices closed and no transportation! | 26 9a Coffee Social AL 10a Exercise AL 10:30a Games AL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL | 27 9a Coffee Social AL 10a Exercise AL 10:30a Games AL 2p Game Day SC 3p Exercise SC 6:30p Music W/Country Sounds SC | 28 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL |
|  | CHECK AT FRONT LOBBY AREA THE CALENDAR DUE TO CHANGES FOR THE HOLIDAY SEASON! | ABBREVIATION KEY SC - Social Center RR - Rose Room MRLL - Basement AL - Assisted Living 3rd Floor HC - Health Center DR - Dining Room |  |



In the Toy Box

Every generation has its top-selling toys. Look back at some popular playthings of each decade.

| Decade | Toys |
|--------|---|
| 1940s | Slinky, Little Golden Books, Magic 8 Ball |
| 1950s | Mr. Potato Head, Barbie, Play-Doh, Legos |
| 1960s | G.I. Joe, Etch A Sketch, Easy-Bake Oven |
| 1970s | "Stars Wars" action figures, Nerf balls, Atari |
| 1980s | Rubik's Cube, Cabbage Patch Kids, Transformers |
| 1990s | Tickle Me Elmo, Beanie Babies, American Girl dolls |
| 2000s | Zhu Zhu Pets, Razor Scooter, Beyblades, Wii |
| 2010s | "Frozen" dolls, Hatchimals, "Stars Wars" BB-8 droid |

"This Month In History" DECEMBER

1913: Created as a new game to entertain readers, the first crossword puzzle is published in the Sunday edition of the New York World newspaper.

1925: The world's first motel opens in San Luis Obispo, Calif. It charged \$1.50–\$3 a day.

1947: A snowstorm hits the Northeast, burying New York City in more than 25 inches of snow in less than 24 hours.

1955: Rosa Parks is arrested after refusing to give up her seat on a public bus in Montgomery, Ala. Her actions helped spark the civil rights movement.

1979: The first Susan B. Anthony dollar coins are minted. This marked the first time a woman appeared on a circulating U.S. coin.

1987: Ron Hextall of the Philadelphia Flyers becomes the first NHL goalie to shoot and score a goal.

2006: Legendary blues musician B.B. King is awarded the Presidential Medal of Freedom.

2018: Tom Brady, quarterback of the New England Patriots, breaks the record for most touchdown passes in NFL history, with 580.