

DECEMBER

newsletter



This is the month of giving but its also national bingo month!

National Days

1st World Aids Day

Dec 7th Hanukkah Begins

Dec 10th Humans Rights Day

Dec 15th Ugly Sweater Day

Dec 21st First Day of Winter

Dec 26th Kwanza Begins

Activities of the Month

- What's new?
- **Joining us for the holiday month is a new elf, his name is Jingles, he will be around to take photos with you and join activities we have. He only be around till Christmas so meet him fast!**
 - **Starting this month is book club, it will happen every other Tuesday and Thursday in the library so check your calendars and come join if this interests you!**
 - **Also starting this month is men's club. This will be a time when the men can meet up and play cards together, get to know each other, and hopefully as i learn more about you we can start to do more.**
- **Dec 1st Pipe Cleaner SnowFlakes**
 - **Dec 4th Popsicle Stick Christmas TRee**
 - **Dec 5th Shining Star Party**
 - **Dec 15th Sock Snowman**
 - **Dec 18th Paper Christmas Wreath**
 - **Dec 19th Resident Christmas Party**
 - **Dec 26th Pom Pom Sign**
 - **Dec 29th Happy Hour/Birthday Party**



_____ of the Month

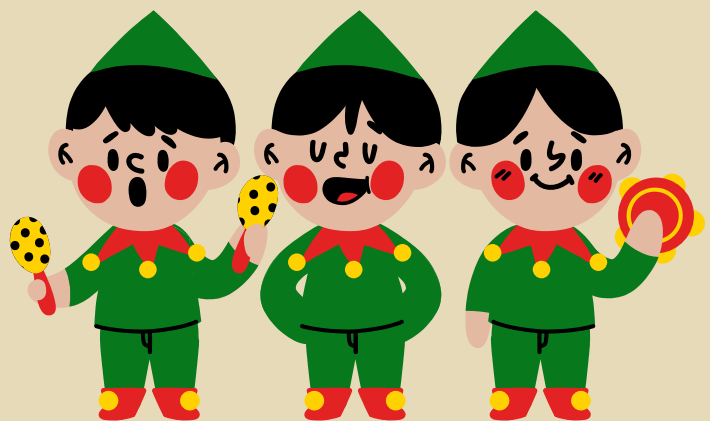
- **Joke-Why was Santa afraid of getting stuck in a chimney? Because he's Claustrophobic!**
- **Word- Yule(Noun) Meaning Christmas or the Christmas season**
- **Book- The Christmas Carol By Charles Dickens**

December Birthdays

- **Judy B. 12/22**
- **Thelma S. 12/10**

Fun Things Happening around us !

- **Downtown Mattoon Christmas- Happening December 1st from 5-8pm, there you will find deals from downtown merchants, Santa at the library, over 20 costumed characters, free tram rides, and a lighted Christmas parade.**
- **Christmas lights at Peterson Park**
- **9am Disney Christmas day parade on ABC**



Self Care During the Holidays

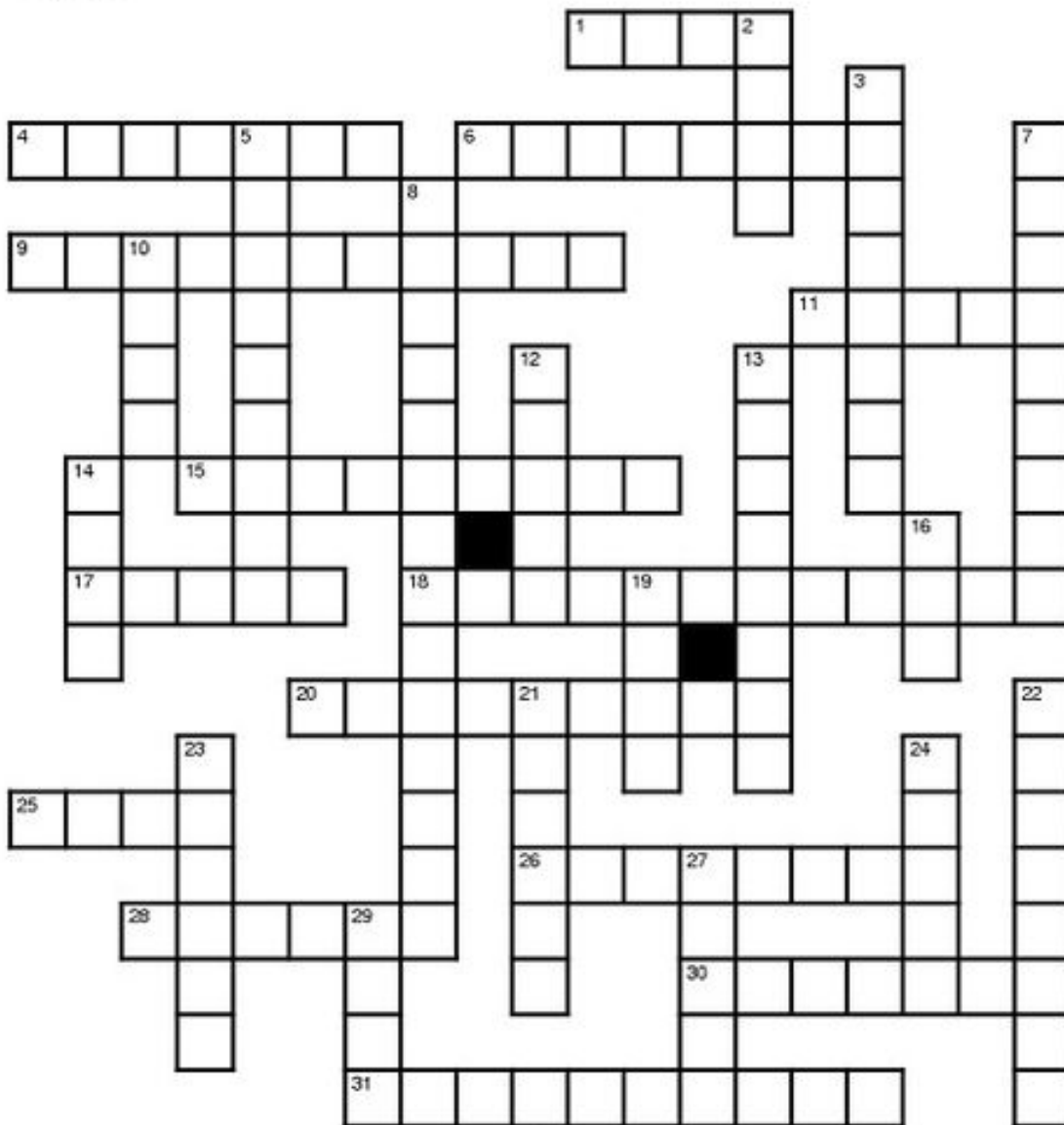


- **Gratitude-** When your mind goes to a negative place try finding something positive to flip it around.
- **Saying No-** It is okay to say 'no'. Stay mindful of your own needs as well as others.
- **Getting Restful Exercise-** Join in on 10:30am exercises or just go on a simple walk. its helpful to stay moving especially when eating all the sweet treats.
- **Stimuli-** The holidays have more sights, people, and smells trying to reduce these can help or just focusing on one thing at a time. Reducing technology use to focus on things over the holidays can also help.
- **Nutritional Needs-** During the holidays good habits can go out the window but, don't deprive yourself of the sweet treats and large meals. Stay mindful of your needs and limits along with any health issues. Good food decisions can positively affect your mood as well.





Christmas Crossword



Merry Christmas!

Across

1. Another word for present.
4. Santa's door?
6. Animals that pull Santa's sleigh.
9. What people put on their Christmas tree.
11. Something on Santa's face.
15. The day after Christmas.
17. Santa's helpers.
18. The day before Christmas.
20. A piece of snow.
25. What Santa gives to bad girls and boys.
26. A sock that hangs by the chimney.
28. People put these bright things on their house.
30. A reindeer with a red nose.
31. A jolly man in a red suit with a beard.

Down

2. Something people decorate.
3. What people give each other.
5. Where Santa's workshop is located.
7. A striped Christmas treat.
8. Drink and food left for Santa.
10. Something people send to each other to say 'Merry Christmas'.
12. The presents are usually _____ the tree.
13. The month of Christmas.
14. Look at a present before you should.
16. The color of Santa's suit.
19. A common decoration for the top of the tree.
21. A famous snowman.
22. The place where Santa makes toys.
23. Santa's car?
24. A common decoration for the top of the tree.
27. A Christmas song.
29. What Santa gives to good girls and boys.

