

THE

P.R. Press

PHEASANTS  
RIDGE

ASSISTED LIVING AND MEMORY CARE

# DECEMBER

"In December"

Poet: Lillie D. Chafin

Snowflakes softly drifting down  
Over countryside and town.  
Give the earth an ermine crown  
In December.

Warmth of glowing hearthside fire,  
Brightness of winter attire,  
Spicy flavors all conspire  
In December.

Eyes are smiling, bright and gay,  
Hearts are singing all the day,  
Joy of Christmas comes to stay  
In December.

December is  
Seasonal Affective  
Disorder Awareness  
Month:

Seasonal affective disorder is a type of depression that's related to changes in seasons

Symptoms usually appear during late fall or early winter & go away during the sunnier days of spring & summer.

Don't ignore that feeling as simply a case of the "winter blues" or a seasonal funk that you have to just accept.

Take steps to keep your mood and motivation steady

If you have questions, or feel you may be experiencing SADD, talk to Laura!

MERRY  
CHRISTMAS  
&  
Happy  
New Year



PODIATRY  
TUESDAY  
DECEMBER 16

Nice  
Have you been Naughty  
or REALLY Nice this year?



If you will be leaving with family for an extended visit this Christmas, please let a Resident Assistant or Laura know!

HAPPY  
BIRTHDAY



Tim!

Also, Claudia & Madison!

Missing Word: Christmas Lyrics

-Well the weather outside is \_\_\_\_\_

-I'll have a \_\_\_\_\_ Christmas without you.

-City sidewalks busy sidewalks, \_\_\_\_\_ in holiday style.

-Then all the reindeer loved him, as they \_\_\_\_\_ out with glee...

-I am a poor boy too, pa rum pum pum pum, I have no \_\_\_\_\_ to bring...

-Good \_\_\_\_\_ we bring to you and your kin; Good tidings for Christmas and a Happy New Year!

ANSWERS: frightful, blue, dressed, shouted, gifts, tidings

December 21<sup>st</sup> marks  
the Winter Solstice,  
the shortest/darkest  
day of the year

BLUESTONE  
ROUNDING.  
MONDAY  
DECEMBER



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## \*NEW\* GET TO KNOW YOUR NEIGHBOR. MOLLY!



Molly really enjoys coming out to participate in activities & socialize with her neighbors & friends!

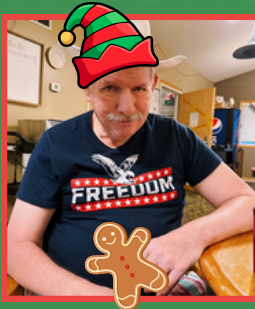
One of her favorite activities to do is create beautiful Diamond Art pieces. Going out to eat with the folks at the Clubhouse is also something she looks forward to! Last but not least, if you're ever having have a tough day, you're bound feel better after she shares a funny joke or two! Say "Hi" to Molly today!

## FIVE FUN FAST FACTS FEATURING... SHAKIRA!



Shakira is a Native Texan but moved to MN when she was 13. She's traveled more throughout Mexico than she has the United States!

Shakira has a Black German Shephard as a pet, his name is Oso which translates to "bear" in Spanish. She also has a love for Farm animals. You might see her in the color red alot as it's her favorite, and if you catch her in her free time she might be baking (something else she enjoys to do) some yummy cookies! Give Shakira a high five today!



Christmas  
Wishes

Christmas Wish List: Turn in to Natalia in the office

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## DECEMBER ACTIVITIES CALENDAR



Morning excersize group in our Memory Care unit

10:00-10:20 am. Every day

Earn a red ticket for every exercise group you attend! Everyone welcome!!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2:00 <b>1</b> <b>bingo!</b>	2:00 <b>2</b> DIY GINGERBREAD ORNAMENTS	1:00 <b>3</b> LIBRARY 2:00 <b>bingo!</b>	2:00 <b>4</b> KARAOKE WITH LADDIE	2:00 <b>5</b> WRITING CHRISTMAS CARDS	3:30 <b>6</b> NAIL SALON
3:30 <b>7</b> CONNECT 4	2:00 <b>8</b> <b>bingo!</b> 3:45 CHURCH	2:00 <b>9</b> CHRISTMAS DIAMOND ART COASTERS	2:00 <b>10</b> <b>bingo!</b>	2:00 <b>11</b> RESIDENT COUNCIL MEETING	11:30 <b>12</b> VETERANS VISIT 2:00 BARGAIN BASEMENT	3:30 <b>13</b> CARD GAMES
3:30 <b>14</b> MINI GOLF	2:00 <b>15</b> <b>bingo!</b>	2:00 <b>16</b> DIY NAME ORNAMENTS	1:00 <b>17</b> LIBRARY 2:00 <b>bingo!</b>	<b>NO</b> <b>18</b> <b>AFTERNOON</b> <b>ACTIVITY;</b> <b>STAFF</b> <b>MEETING</b>	2:00 <b>19</b> CHRISTMAS COOKIES & EGG NOG	3:30 <b>20</b> <b>bingo!</b>
3:30 <b>21</b> DARTS	2:00 <b>22</b> <b>bingo!</b> 3:45 CHURCH	2:00 <b>23</b> PAINTING CHRISTMAS VILLAGES	2:00 <b>24</b> <b>bingo!</b>	<b>Merry</b> <b>25</b> <b>CHRISTMAS</b> OFFICE CLOSED	2:00 <b>26</b> BIG SCREEN MOVIE <b>BRITNEY OFF</b>	3:30 <b>27</b> BOWLING
3:30 <b>28</b> BALLOON BAT	2:00 <b>29</b> <b>bingo!</b> <b>BRITNEY OFF</b>	2:00 <b>30</b> HUNGRY HUNGRY HIPPOS <b>BRITNEY OFF</b>	1:00 <b>31</b> LIBRARY 2:00 <b>bingo!</b>	<b>HAPPY</b> <b>1/1</b> <b>NEW</b> <b>YEAR!</b> OFFICE CLOSED		