



Grace Senior Community

December 2019

9995 W. State Street



Once again the Gift Box is wrapped and ready to be filled with Coffee, Hot Coca and other food items which well be givin to the Boise Rescue Mission. The mission tries to keep fresh hot coffee available all day, so that is a great need in cold weather. In addition to coffee we will also be collecting snack items that are served in the evening to the women and children before bed. Non-perishable item such as pudding snacks, granola bars, fruit cups, individually wrapped raisins and crackers are appropriate.

If you would like to contribute items for this cause you can put them in the box near the front desk. This is a wonderful opportunity for us to give back to the community

Christmas Fair

There will be a Christmas Fair on Friday December 5th in the activities room. Stop by between 1:00 to 3:00 p.m. and buy a gift for a friend, family member or yourself.



Family Christmas Party



Invite your family, friends and loved ones to join us on **Friday December 20th** at 2:00 p.m. for our Family Christmas Party.

There will be all types of finger foods, singing and music by The Heartfelt Country Band, and a visit from Mr. and Mrs. Claus. Family and staff will have the chance to visit and enjoy the holiday spirit.




December Birthdays

Kathy V.	12/5
Scotty A.	12/6
Patricia S.	12/8
Dick M.	12/8
Maria R.	12/8
Tom S.	12/10
Betty B.	12/17
Margaret P	12/20
Darlene F	12/22
Norma M.	12/28



December 2019 Entertainment Lineup

Tuesday Dec 3rd at 3:00 p.m.

 Rolando Ortego
On the piano

Thursday Dec 5rd at 3:00 p.m.

Gayle Chapman
In the Library

Monday Dec 9th at 4:00 p.m.

4 Hand Piano Music 
In the dining room

Dec 10th at 3:00 p.m.
Treble Clef Singers
In the dining room

Monday Dec 16th at 7:00 p.m.

 Piano Recital from
Local Students


Tuesday Dec 17th at 3:00 p.m.

Singing Duo
Jennie Squared

Tuesday Dec 24th at 2:00 p.m.

Rock-n-Rod
Sings in Christmas

Tuesday Dec 31st at 3:00 p.m.

Ring in the New Year with
 The Boise Banjo Band



Last month a city water pipe broke which affected the water here in the building. This is something we had no control over. The kitchen did purchase water so there was good drinking water in the building, however it is suggested that each of you purchase a gallon of water and keep in your rooms in the event that our regular water source be cut- off or Compromised

<https://www.ready.gov/water>



December is chock full of holidays celebrating cookies. The first week of December is Cookie Cutter Week. The week of December 16–20 is Cookie Exchange Week. The 4th is Cookie Day, the 12th is Gingerbread House Day, and the 14th is Gingerbread Decorating Day. No wonder December is heralded as “the most wonderful time of the year”! Baking and exchanging sweets have been winter solstice traditions for hundreds of years.

The winter solstice has long been celebrated around the world by many cultures, and food has always been associated with these traditions. It was during the Middle Ages that dessert became an important part of winter solstice feasts. This was due to an influx of new and exotic ingredients, including spices like cinnamon, nutmeg, and black pepper, and sweet fruits like dates and apricots. Wealthy families added these fine new ingredients to their pantries, and

their cooks created new and wonderful pastries and cookies. It became a sign of great wealth to send friends and rivals gifts of baked sweets.

One of the oldest and most popular cookies was springerle, the anise-flavored cookie that originated in the German province of Swabia in the 15th century. Anise was prized as a spice and a medicine, often grown in the cloistered gardens of monasteries. Springerle is easily recognized by the elaborate bas-relief pictures pressed into the cookies thanks to detailed molds carved into wood or clay. These cookies were not only delicious, but their pictures told important historical and religious stories. Like anise, ginger was considered both an exotic spice and a medicine. Recipes existed in China as early as the 10th century and finally made it to Europe during the Middle Ages, but it wasn’t until the 16th century that the gingerbread house became popular. This was thanks to the Brothers Grimm and their story of Hansel and Gretel discovering a house made entirely of candy. These traditions have endured for centuries because they are so delicious.



The Power of Gratitude

Being grateful has been linked to health benefits such as improved mood, better sleep, and more satisfying relationships. Thank You Note Day on December 26 offers us a chance to use the power of gratitude. Researchers recently explored how writing thank-yous increases one’s sense of well-being. Writers of thank-you notes often feel nervous about the task. They worry that they will not be able to find the right words or that the recipients of their notes would feel awkward or surprised to receive a letter. But these worries are completely unfounded. Recipients of thank-you notes are almost always grateful. In fact, recipients find thank-you notes to be warmer and more articulate than the writers expect. As long as the intentions of the writer are sincere and heartfelt, the contents of the note are always well received. Researchers believe that thank-you notes are prosocial; that is, they are an important type of social glue linking people together. Self-consciousness should never stand in the way of giving thanks. So, let us express our gratitude to the researchers for conducting their experiment.

I will honour Christmas in my heart, and try to keep it all the year. I will live in the Past, the Present, and the Future. The Spirits of all Three shall strive within me. I will not shut out the lessons that they teach!”
— Charles Dickens, A Christmas Carol