

# CRAIGLEE NEWS



**Bingo's Birthday Month**

**Universal Human Rights Month**

**Hanukkah Continues**  
*December 1–6*

**Saint Nicholas Day**  
*December 6*

**Poinsettia Day**  
*December 12*

**Yaldā**  
*December 21*

**Christmas**  
*December 25*

**Kwanzaa**  
*December 26–January 1*

**Boxing Day**  
*December 26*

**New Year's Eve**  
*December 31*

As an old carol reminds us, Christmas is “the most wonderful time of the year.” In ancient Rome, the weeklong festival of Saturnalia starting on December 17 was just as popular. The famed Roman poet Catullus went so far as to say that Saturnalia offered “the best of days.”

Saturn was the Roman god of agriculture, seed, sowing, and time. Saturnalia began as a farmer's holiday to mark the end of the autumn planting season. Over time, the holiday evolved into a widely celebrated festival and moved later into the season, eventually coinciding with the winter solstice. The Temple of Saturn in Rome was the best place to celebrate Saturnalia. Rituals were performed to honor Saturn and ensure a good harvest. Some records indicate that the hollow statue of Saturn was filled to the brim with olive oil. The statue's feet were bound with woolen ties, which were loosened on Saturnalia to symbolically free the god.

Romans also freed themselves. Slaves were permitted to wear the *pileus*, the red felt cap denoting freedom. Businesses and courts were closed. Banquets and feasts were held throughout the week, and gifts of candles were exchanged so they could be offered at the Temple of Saturn. Evergreen boughs were used as decorations, and tin ornaments were hung from trees and shrubs. Revelers wandered from door to door singing songs. Saturnalia was such a raucous affair that the author Pliny the Younger built a soundproof room to shield him from the noisy crowds.

Many cherished Christmas traditions were originally part of Saturnalia: gift-giving, decorating with evergreen boughs, lighting candles, and door-to-door caroling. Emperor Constantine may have converted to Christianity in AD 312, but Saturnalia celebrations continued into the next century. Slowly, as Christianity became the dominant religion, the traditions associated with Saturnalia were celebrated on Christmas Day, December 25, a date chosen nine months after Gabriel's Annunciation to Mary on March 25.

# HAPPY BIRTHDAY !

## December Birthdays

In astrology, those born between December 1–21 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure. Those born between December 22–31 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and money.



David B	December 2
Bernadette Mc	December 9
Helen C	December 11
James Mc	December 11
Cecile K	December 14
Kirubaharan K	December 14
Tien "Tony"	December 20
Robert W	December 22
Douglas D	December 24
Meeri T	December 27





## How Did Christmas Start?

The middle of winter has long been a time of celebration around the world. Centuries before the arrival of the man called Jesus, early Europeans celebrated light and birth in the darkest days of winter. Many peoples rejoiced during the winter solstice, when the worst of the winter was behind them and they could look forward to longer days and extended hours of sunlight.

## Who Invented Santa Claus?



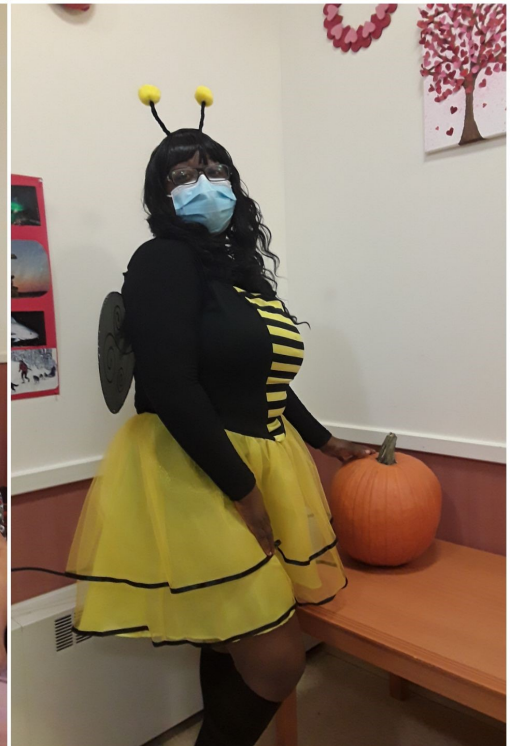
Illustrator Thomas Nast has been called the “Father of the American Cartoon” for the illustrations he featured in *Harper’s Weekly* magazine in the 19th century. It was Nast who first used a donkey and elephant to symbolize America’s political parties. He fought corruption with scathing political cartoons. But Nast’s most enduring contribution to popular culture might be his depictions of Santa Claus as a jolly, fat man from the North Pole dressed in red and white.

Long before he was Santa Claus, he was Saint Nicholas, the Bishop of Myra, a fourth-century holy man renowned for the miracle of resurrecting three young boys killed by a butcher. For this remarkable feat, Saint Nicholas became the patron saint of children. Over the centuries, veneration of Saint Nicholas would spread. The Dutch called him Sinterklaas, and when the Dutch set sail for the New World in the 17th century, they brought Sinterklaas with them.

Sinterklaas, or Santa Claus, and Christmas, were well-established in America by the 1800s. But in December of 1823, Clement Clark Moore published his poem *’Twas the Night Before Christmas*, and first described Santa Claus not as an austere bishop, but “chubby and plump, a right jolly old elf.” Charles Dickens then published *A Christmas Carol* in 1843, transforming Christmas from a religious holiday into a popular and commercial extravaganza. By January of 1863, with the United States plunged into Civil War, Thomas Nast had plenty of inspiration for his first cartoon depicting Santa Claus.

Nast’s first depictions of Santa portray him not just as a jolly old elf but as an ally of the Union Army, and he used his own long beard as inspiration for Santa’s flowing white one. Over the next 23 years, Nast would make 33 illustrations of Santa, none more influential than his 1881 image of “Merry Old Santa Claus,” complete with a white beard, rosy cheeks, red suit, and pack full of toys. This image, more than any other, has made Santa Claus who he is today.

# Activities



## Halloween Party



# Activities



## Halloween Party



# Activities



## Halloween Party



# Activities



Diwali Celebration



# Activities



*the*  
**MUSIC**  
**MAN**



PICCOLLAGE

*So glad to have back Mark, the Music Man, for a live social distancing entertainment performance.*





PICCOLLAGE

*Tony, our favorite performer, delighted our residents and staff with his fantastic voice.*

# Activities



MUSIC WITH FRANK



PICCOLLAGE

*Nov 10<sup>th</sup> we had our first indoor entertainer on 1F.  
Frank sang an hour the residents' favorite songs...what a treat!*



# Activities



**Our elves are working tirelessly to make sure the balconies and outdoor are well decorated.**



# Activities



*Our first Christmas tree is up in the lower lobby! We are thrilled to celebrate Christmas this year the "old fashioned way." We've been so good.*



# Activities



*In-house entertainment  
with Charles*

PICCOLLAGE

We celebrate, value and create space for all residents to express themselves through their talents.  
Charles, a former entertainer, is delighting our residents weekly with his incredible voice.

# Activities



REMEMBRANCE DAY



# Activities



*The stained glass piece was inspired by the artwork created by Caroline, one of Craiglees' artists. The stained glass piece represents the devastating impact of the pandemic, paying tribute to the lives lost to COVID-19.*







*Busy hands as usual on the 2nd Floor. We are getting ready for the Holiday Season and the Residents' Council fundraising event.*

*"Good, old-fashioned ways keep hearts sweet, heads sane, hands busy. "*

*Louisa May Alcott*



# SPIRITUAL PAGE

Warmth of joy,  
glow of prosperity,  
sparkle of happiness...  
may you be  
blessed with all these  
& more!

Happy  
Hanukkah!



"BE THE CHANGE  
YOU WANT TO SEE  
IN THE WORLD"

खुद वो बदलाव बनो  
जो दुनिया में  
देखना चाहते हो

Merry  
CHRISTMAS

May the God of hope fill you with all joy  
and peace as you trust in him, so that you  
may overflow with hope by the power  
of the Holy Spirit. ROM 15:13



The happiest  
people are the  
givers, not the  
takers.



HAPPY  
KWANZAA

December

Be present.

Let the day flow with grace.

Expect joy. Be positive.

Serve with compassion.

Speak only kindness.

Impart only love.

Never forget you're not alone.

Give thanks for everything.

See goodness in others. mary davis

EveryDaySpirit  
NET



# LAUGHTER IS THE BEST MEDICINE

**First God created man,  
then he had a  
better idea...**



**I told my wife she  
should embrace her  
mistakes...  
She hugged me.**



**I am proud to announce  
that I **completed** the **1st**  
**item** on my **bucket list**.**



**I have the bucket.**

**If you think  
swimming with  
dolphins is  
expensive?**

**You should try  
swimming with  
sharks...**

**Cost me an arm  
and a leg!**

**This morning I saw  
a neighbor talking  
to her cat, it was  
obvious that she  
thought her cat  
understood her... I  
came to my house,  
I told my dog ... we  
laughed a lot.**



## 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.



### BINGO'S BIRTHDAY MONTH – December

Bingo's Birthday Month celebrated in December. You know the game that you probably loved playing with your grandparents and other family members growing up? Well, now's its birthday Month! (Wouldn't it be nice if we all got to celebrate our birthdays all month? Maybe we should start.) Play Bingo with friends and family at holiday parties to get everyone involved in the game that will bring you back to your childhood days.

The game began in Italy in 1530 as "LoGiuoco del Lotto D'Italia," and is still played there today, almost every Saturday. The French adopted the game in the 1770s as "Le Lotto." Germany put an academic spin on the pastime a century later turning it into an educational game for children, tying in lessons on various subjects.

Bingo arrived in North America in 1929, where it was first called "beano." Edwin Lowe, a New York salesman, modernized the game by hiring mathematician Carl Leffler, who developed thousands of combinations of numbered game cards. Lowe reportedly changed the name to "Bingo" when a winner shouted the word one day by mistake.

A Catholic priest approached Lowe in the thirties about using Bingo as a church fundraiser, thus kicking off the decades-long association of the game with the American Catholic community. The game is also popular in casinos, though casino Bingo has declined in many areas due to rising taxes, smoking bans, and the rise of online gaming.

And here's a fun fact for you: Edwin Lowe, the man who modernized Bingo, also invented Yahtzee!





# HEALTH

## ***Your feet says a lot about you and your overall health***

As we age, regular foot care becomes more important than we think. Often our feet are the most neglected part of our body and tasks like foot care is forgotten easily. Hence it is time to give your feet some care that they deserve for your overall well being.

To keep your aging feet healthy and reduce the risk of health issues caused indirectly by foot problems, here are the seven essential foot care tips that you should make part of your routine.



1. **Keep them clean and dry.**
2. **Moisturisation is a must.**
3. **Trim your toenails regularly.**
4. **Look out for sores.**
5. **Shoe size matters.**
6. **Do not neglect foot pain**

**WHY GETTING THE FLU SHOT ISN'T ALL ABOUT YOU**

**HERD IMMUNITY**  
Herd immunity is the idea that when most people get the flu vaccine, it helps protect the population as a whole.

**PROTECTING OTHERS**  
Getting the vaccine not only protects you, but everyone you come into contact with — this is especially important for those who are unable to get the flu vaccine themselves.

**THE CDC ESTIMATES THAT 310,000 PEOPLE WERE HOSPITALIZED DUE TO THE FLU DURING 2015-2016.**

**HOW THE FLU SPREADS**  
You can spread the flu to others up to 6 feet away by sneezing, coughing or just talking — even before you start showing symptoms.

**WHO'S SUSCEPTIBLE TO THE FLU?**  
Young children, adults 65+, pregnant women and those with pre-existing conditions, i.e. asthma and diabetes.

**Healthy Holiday Tips**

1. Don't skip meals beforehand
2. Keep plate sizes and portions small
3. Drink mostly water & limit alcoholic drinks
4. Make time for daily exercise routines
5. Eat 70% vegetables, and 30% other foods
6. Skip dressings, butter & gravy
7. Eat slowly and thoughtfully
8. Give away leftover dishes
9. Avoid stressful topics of conversation
10. Schedule time alone to rest and recharge
11. Keep up your spiritual disciplines
12. Avoid long hours watching TV or chatting
13. Trust and act on your inner guidance
14. Go for a walk after dinner
15. Be thankful and see lessons and blessings
16. Remember that you are lovable and valuable

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## Christmas Word Search



O	Q	E	C	H	S	T	A	B	L	E	Y
D	E	Q	A	F	Q	A	B	O	Y	A	X
F	L	L	R	I	E	I	E	R	V	P	V
X	V	L	O	R	Y	R	L	N	V	M	N
L	E	B	L	E	D	T	L	A	F	E	A
N	S	W	E	P	N	O	S	M	Z	M	T
S	T	A	R	L	A	N	G	E	L	O	I
S	W	D	S	A	N	E	F	N	F	H	V
W	N	C	D	C	V	Z	F	T	F	A	I
M	Q	H	D	E	C	E	M	B	E	R	T
A	V	Q	J	C	O	O	K	I	E	S	Y
W	D	W	I	N	T	E	R	F	O	H	C

COOKIES

ORNAMENT

STAR

FIREPLACE

ELVES

DECEMBER

STABLE

CAROLERS

BELLS

WINTER

ANGEL

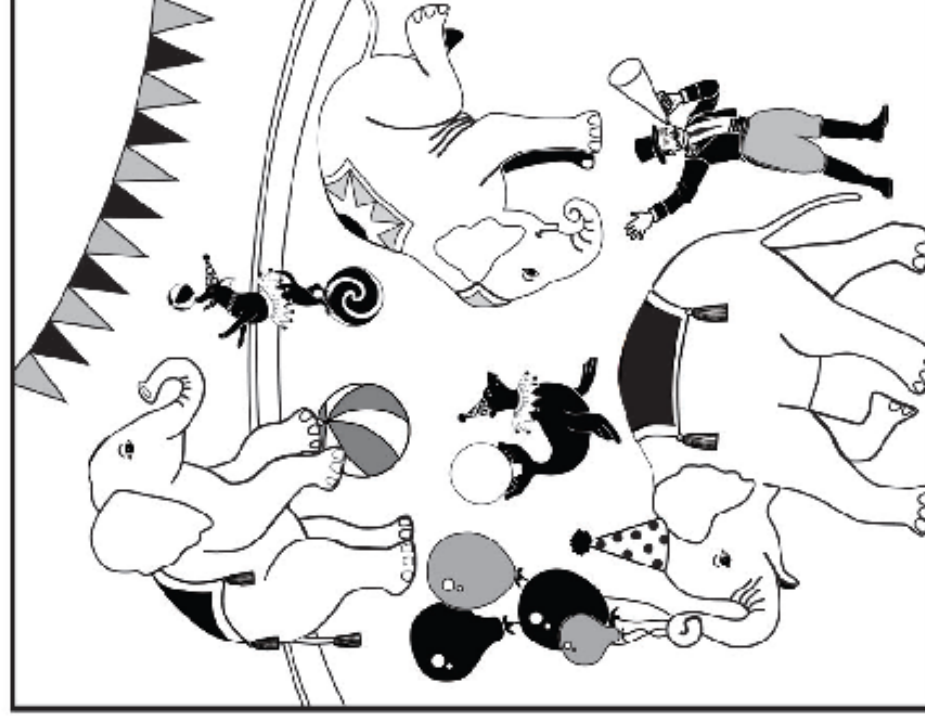
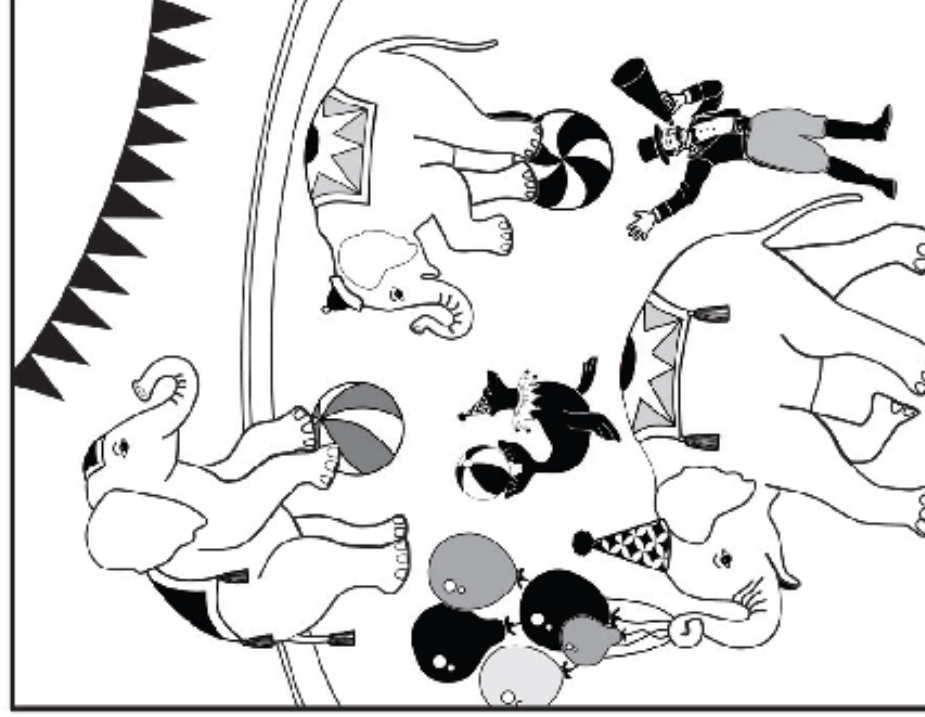
NATIVITY



## Step Right Up

### Puzzle #1

Circle the things that are different in the picture on the right.





# Holiday Tunes

Away in a Manger  
 Choir of the Bells  
 Dominick the Donkey  
 Frosty the Snowman  
 Holly Jolly Christmas  
 Jingle Bell Rock  
 Jingle Bells  
 Let it Snow  
 Little Drummer Boy  
 Little St Nick  
 O Holy Night  
 Rudolph  
 Santa Baby  
 Silent Nigh  
 Silver Bells  
 The Christmas Song  
 The First Noel  
 Winter Wonderland

Chicken Scratch NY

X J L O K L D J W S Q W U N U Q J E S C B  
 J I N G L E B E L L R O C K M I S D H Y  
 H T Z C J B O A S C Y J E D N N I O O C  
 U T H G I N T N E L I S T L B G L M I Q  
 K L I T T L E S T N I C K S K L V I R M  
 F E J R H R N P B S I X A Y Y E E N O U  
 X D G Y E I X I U N R N O J T B R I F R  
 Z R T B C G W X U I T I O A I E B C T V  
 Z U J C H D N H E A M L F U P L E K H B  
 F M R L R F I A B A L K G E K L L T E X  
 I M U E I L T A M Y I T M Z H S L H B B  
 C E D Y S A B V C A X Z K V O T S E E H  
 F R O S T Y T H E S N O W M A N N D L J  
 A B L D M D R R T H G I N Y L O H O L C  
 M O P E A I Q I V C E A Y C O I Z N S F  
 A Y H Z S O X T W C X I S A Q U C K K Y  
 D A B T S K O J F U V N E K W P G E T U  
 R W M W O N S T I T E L V O Q A F Y B M  
 G A K D N A L R E D N O W R E T N I W I  
 S W C Z G Q X D F N B F B G M G L I L U





*From our Family  
to yours  
Happy Holidays  
and a Joyful  
2022!*