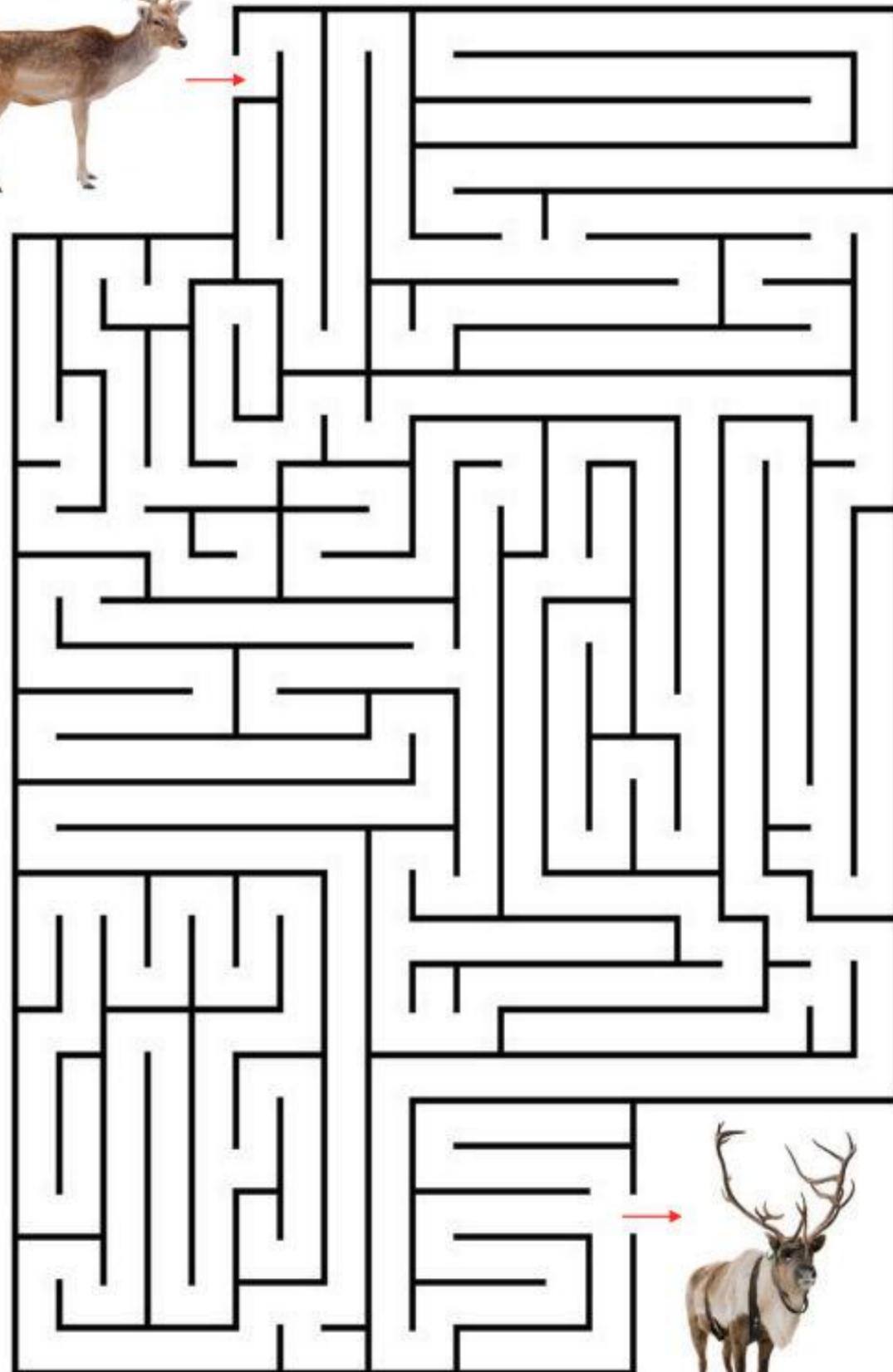


## A-Mazing Reindeer



## DECEMBER 2020 Newsletter



### Celebrating Resident

Tommy Gower 12/12

### Staff Birthdays

Mikael C. 10/6

Kelly Parker 10/9

Katie J 10/18



### A tough NUT to CRACK

December brings many beloved holiday traditions, but one soars above the rest. No, not flying reindeer, but the dance of the Sugar Plum Fairy. Tchaikovsky's classic ballet *The Nutcracker* has become a holiday staple all around the world, despite not mentioning the nativity story or Santa Claus. It was not Tchaikovsky's idea to write *The Nutcracker*. After enjoying success with his ballet *The Sleeping Beauty* in 1890, Tchaikovsky was asked to compose a ballet for the Imperial Theatre. Tchaikovsky turned to his friend and collaborator Marius Pepita, who suggested they write a ballet based on the fairy tale *The Story of a Nutcracker*, by the French writer Alexandre Dumas. Dumas himself had "borrowed" the story from the German writer E.T.A. Hoffman, who wrote *The Nutcracker and the Mouse King* in 1816. In the 1800s, nutcrackers were common decorations in German households, revered as symbols of good luck. While composing in France, Tchaikovsky discovered a new instrument, the celesta. He decided to feature its wonderful sound in his new ballet. Before the ballet premiered, a short concert of the musical suite was played in St. Petersburg. Every number was given an encore. Tchaikovsky knew the music was good, but he worried about the performance. Tchaikovsky was right to worry. Critics did not like *The Nutcracker* when it premiered at the Mariinsky Theater in St. Petersburg, Russia, on December 18, 1892. One particularly harsh review read, "The Nutcracker cannot in any event be called a ballet." For decades, only the first half of the ballet, featuring the battle between the soldiers and the rat king, was performed. But in 1944, the San Francisco Ballet, led by William Christensen, staged the entire ballet, and it became an instant holiday hit. Nutcrackers suddenly became cherished holiday decorations. By the 1960s, dance companies all across America were performing *The Nutcracker* as an annual December tradition. For many children, *The Nutcracker* remains their first and best exposure to ballet and classical music

# Hello December!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B—Bistro (1st Floor) CR—Card Room (2nd Floor) CY 1—Courtyard 1 (Behind Bistro) CY 2—Courtyard 2 (Behind WC) DR—Dining Room (1st Floor) L—Library (3rd Floor) T—Theater (3rd Floor)  WC—Wellness Center (1st Floor) S—Salon (1st Floor) MC—Memory Care (1st Floor) WD—Welcome Desk (1st Floor)	10:00 Cardio Classic T 11:00 Devotion L 11:00 Am Chair Travel T 2:00 Comedy Movie Time T 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Monday Night Football B	1 10:30 Ya News, Ya Loose B 11:30 Brain Exercises B 2:00 Hydration Corner DR 2:30 Seated Exercise w/Santino T 3:00 BINGO DR 5:00 Daily chronicles B 6:15 Movie Night: T	2 10:00 Its Yoga & Breathing T 11:00 Devotion L 11:30 Word Search and Brains CR 2:00 Pampered Hands S 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night T	3 10:00 3000 pick or choose CR 11:00 Brain Teasers CR 2:00 Matinee Movie T 2:00 Hangman Groups S 3:00 Community Social DR 5:00 Daily Chronicles B 6:15 Bistro Card Games T	4 10:00 Morning Painting Class B 11:00 Fun with Food B 2:00 Netflix and More T 3:00 Table Bowling CR 4:00 Happy Hour B 5:00 Daily Chronicles B 6:15 Movie Night: T	5 10:00 Cranium Crunches B 2:00 Can you Picture This? CR 3:00 BINGO DR 5:00 Daily Chronicles B
6 9:30 Coffee/Muffins B 10:30 Church Service CH 7 B 2:00 Matinee Movie T 4:00 Daily Chronicles B	7 10:00 Cardio Classic T 11:00 Devotion L 11:00 Am Chair Travel T 2:00 Comedy Movie Time T 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Monday Night Football B	8 10:30 Crafts for the Ages T 11:30 Brain Exercise L 2:00 Hydration Corner T 2:30 Seated Exercise w/ Santino T 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night T	9 10:00 Its Yoga & Breathing B 11:00 jump jive work out B 2:00 Pampered Hands DR 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night B	10 <b>Hanukkah Begins at Sunset</b> 10:00 Aromatherapy Game T 11:00 5 Second Rule CR 2:00 Matinee Movie S 3:00 CRAFTSSS DR 5:00 Daily Chronicles B 6:15 Bistro Card Games T	11 10:00 Coffee & Current Events B 11:00 Making HOLIDAZE Cookies B 2:00 Darts Competition T 3:00 Fun with Food B 4:00 Happy Hour B 5:00 Daily Chronicles B 6:15 Movie Night: T	12 10:00 Gadgets and Gizmos B 3:00 BINGO DR 4:00 Cranium Crunches B 5:00 Daily Chronicles B
13 9:30 Coffee/Muffins B 10:30 Church Service CH 7 B 2:00 Matinee Movie T 4:00 Daily Chronicles B	14 10:00 Sit and Stretch w/ Tino T 11:00 Devotion L 2:00 Painting Class B 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Monday Night Football B	15 10:30 News and YOU!! T 11:30 Wheel of Fortune L 2:00 Hydration Corner B 2:30 Seated Exercise w/Santino T 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night T	16 10:00 Its Yoga & Breathing B 11:00 Devotion B 11:30 Cranium Crunches DR 2:00 Pampered Hands T 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night T	17 10:00 UNO CARD GAME T 11:00 Resin Mold Madness L 2:00 Matinee Movie B 2:30 Pictionary S 3:30 Wellness center seminar DR 5:00 Daily Chronicles B 6:15 Bistro Card Games T	18 10:00 Morning Painting Class CR 11:00 Community Crossword CR 2:00 Resin Mold Madness T 3:00 Table Bowling CR 4:00 Happy Hour T 5:00 Daily Chronicles B 6:15 Movie Night: B	19 10:00 Cranium Crunches B 2:00 Netflix Documentary T 3:00 BINGO DR 5:00 Daily Chronicles B
20 9:30 Coffee/Muffins B 10:30 Church Service CH 7 T 2:00 Matinee Movie T 4:00 Daily Chronicles B	21 <b>FIRST DAY OF WINTER</b> 10:00 Cardio Classic T 11:00 Devotion L 11:00 Netflix and More T 2:00 Comedy Movie Time T 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Monday Night Football B	22 10:30 Crafts for the Ages T 11:30 Community Crossword L 2:00 Hydration Corner T 2:30 Wellness Center Explore WC 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night: T	23 10:00 Its Yoga & Breathing B 11:00 Devotion B 11:30 Sensational Sounds CR 2:00 Pampered Hands S 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night T	24 10:00 Trivia for you and me CR 11:00 Who What When? CR 2:00 Matinee Movie T 3:00 CHRISTMAS EVE Social B 5:00 Daily Chronicles B 6:15 Bistro Card Games B	25 <b>CHRISTMAS</b> 10:00 Coffee & Current Events B 11:00 This day in History B 2:00 Telephone GAME CR 3:00 Jewelry Making CR 4:00 Happy Hour B 5:00 Daily Chronicles B 6:15 Movie Night: T	26 <b>KAWNZAA BEGINS</b> 10:00 Gadgets and Gizmos B 3:00 BINGO DR 4:00 Cranium Crunches B 5:00 Daily Chronicles B
27 9:30 Coffee/Muffins B 10:30 Church Service CH 7 T 2:00 Matinee Movie T 4:00 Daily Chronicles B	28 10:00 Sit and Stretch w/ Santino T 10:30 Devotion L 11:00 Am Chair Travel T 2:00 Comedy Movie Time T 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Monday Night Football B	29 10:30 Crafts for the Ages T 11:30 Community Crossword L 2:00 Hydration Corner T 2:30 Wellness Center Explore WC 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night: T	30 10:00 Its Yoga & Breathing B 11:00 Devotion B 11:30 Sensational Sounds CR 2:00 Pampered Hands S 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night T	31 <b>NEWSYEARS EVE</b> 10:00 Cards to Take CR 11:00 Resin Mold Madness CR 2:00 Matinee Movie T 2:30 Pictionary CR 3:30 UNO CARD GAME CR 5:00 Daily Chronicles B 6:15 Bistro Card Games B	Important Times to Know MEAL TIME Breakfast 8:00—9:00 A.M Lunch 12:00—1:00 P.M Dinner 5:00—6:00 P.M Hydration Times 10am, 4pm & 7pm Snacks & Hydration offered throughout each day!	All Activities (Date, Time, Place) Subject to Change  More details will be given on weekly





## What's Happening in December....

Universal Human Rights Month

Bingo's Birthday Month

Cookie Cutter Week December 1-7

Hanukkah December 10-18

Gingerbread House Day December 12

Christmas Bird Count December 14-January 5

Free Shipping Day December 17

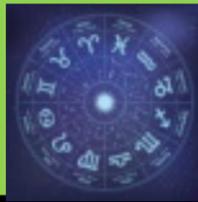
Christmas December 25

Kwanzaa December 26-January 1

New Year's Eve December 31

## December Birthdays

In astrology, those born between December 1-21 are the Archers of Sagittarius. The Archer's open mind, optimism, curiosity, and enthusiasm make them the travelers of the zodiac. They treasure freedom: freedom to roam, freedom of thought, and freedom to express themselves. Those born between December 22-31 are Capricorn's Goats. Goats are responsible masters of self-control. They are practical planners and leaders who value experience and expertise.



## Strange Christmas Traditions

Christmas brings with it many beloved traditions: trimming the tree, hanging stockings, and singing carols. Many countries around the world enjoy traditions you may be less familiar with. In Japan, an estimated 3.6 million families eat Kentucky Fried Chicken during the Christmas season. This is largely thanks to Takeshi Okawara, who managed the first KFC franchises in Japan. In 1970, Okawara marketed the Christmas "party barrel," a complete fried chicken dinner replicating American turkey dinners. There were so few existing Christmas traditions in Japan that KFC filled the void. These days, if you do not pre-order your KFC dinner weeks in advance, you will have to stand in line for hours to get your "Kentucky Christmas." If you happen to be in Norway for Christmas, you'll be hard-pressed to find a broom, for they are all hidden away. Norwegian folklore tells of how evil spirits and witches emerge on Christmas Eve. Norwegians hide their brooms so that witches cannot steal them for riding. In Caracas, Venezuela, Christmas morning brings presents and roller skates. Authorities close down the city streets on Christmas morning so that thousands of residents can roller-skate to church in safety. One tradition tells of how children go to sleep with one end of a skate lace tied around their toe and the other end dangling out the window. In the morning they are awakened by skaters tugging at the lace to alert them that it is time for mass. In Ukraine, trees are not decorated with tinsel and ornaments but with faux spider webs. A common folktale tells the story of a poor woman who could not afford tree decorations. When she awoke on Christmas morning, she found her tree glistening with spider webs, courtesy of the spiders in her house who took pity on her. These traditions may seem strange to you, but does your family have any Christmas traditions that others may find nontraditional?

## A Pearl of Wisdom!

December 15 is Wear Your Pearls Day, a day to wear the pearl jewelry that's been hiding out in your jewelry box. It is also a day to appreciate nature's design. A pearl is created when an irritant, often a parasite (not a grain of sand as commonly thought), invades an oyster, mussel, or clam. To defend itself against the foreign invader, the oyster secretes a fluid called nacre that envelops the irritant. Layer upon layer of nacre coats the irritant until a pearl is formed. Nacre is more commonly known as mother-of-pearl. It is incredibly strong and beautifully iridescent. For this reason, Wear Your Pearls day is also a day to recognize the hidden beauty and strength that comes with life's small imperfections.

## Peak Performance

December 11 is International Mountain Day, a day to show appreciation and respect for the high places in the world. It is also a day to honor those with the courage to explore the mountains. On December 3, 1910, Australian mountaineer Freda du Faur became the first woman to reach the summit of Mount Cook in New Zealand. As a young girl growing up in Sydney, Australia, Du Faur taught herself rock climbing at a nearby national park. Summer vacations to New Zealand inspired her to summit the island's snow-capped peaks. Du Faur's dedication to physical fitness and rock-climbing would become standards for mountaineers of any gender. Du Faur made many first ascents in New Zealand's rugged ranges, for which she would become famous in the mountaineering world.

## The Tale of Beatrix Potter

On December 16, 1901, 35-year-old Beatrix Potter was so fed up with receiving rejection letters that she decided to publish her book *The Tale of Peter Rabbit* on her own. The book had begun as a letter to the sick son of Potter's former governess. Potter had written and illustrated a letter in 1893 detailing the silly adventures of a family of rabbits, Flopsy, Mopsy, Cottontail, Peter, and their mother. The rabbits of the story were modeled after Potter's own pet rabbits, Peter Piper and Benjamin Bouncer. Potter later asked for the letter back, so that she could turn it into a children's book. Potter first printed 250 black-and-white copies of her book. In 1902, it was picked up by the publisher Frederick Warne & Co. and reprinted in color. The book was such a success that it had to be reprinted six times in its first year, selling 20,000 copies. Ever the self-starter, when Potter and Warne disagreed over her next book, *The Tailor of Gloucester*, she again published 500 copies on her own.

## The Bermuda Triangle

On December 5, 1945, five bombers, collectively known as Flight 19, piloted by experienced veterans, took off from a naval air station in Fort Lauderdale, Florida, on a routine training flight over the Atlantic. But then something strange happened. The flight's leader, Lieutenant Charles Taylor, suddenly believed that his compass was malfunctioning. Soon, all the pilots were disoriented and lost. Some believed they were flying out over the open ocean, while others believed they were heading into the Gulf of Mexico. Then the planes vanished. This disappearance is perhaps the most dramatic of those involving the infamous Bermuda Triangle. Scientists today insist that the pilots made several mistakes under poor flying conditions, yet many still fear the Bermuda Triangle as an inexplicable place of menace and mystery.

## Sitting Down for Equal Rights

On December 1, 1955, Rosa Parks was commuting home after working a long day at a Montgomery, Alabama, department store. Segregation was written into law and Blacks were required to sit in the back of the bus, with seats in the front reserved for white riders. When a white man entered the bus and found no open seats, the bus driver asked four Black riders seated in the first row of the "colored" section to stand. Three complied, but Parks did not. This was not because she was tired from working all day. In her own words, she "was tired of giving in." Parks was arrested and later released on bail, but not before word of her arrest reached civil rights activist E.D. Nixon. Nixon quickly organized a boycott of the Montgomery buses and enlisted the support of Martin Luther King Jr. Despite threats and bombings of both Nixon and King's homes, the boycott continued. Nearly a year later, the Supreme Court ruled Montgomery's bus segregation unconstitutional. Parks' story has remained an inspiration for generations of civil rights activists seeking equality, justice, and equal protection under the law.

## **History Happenings with Vanessa**

### **"ONE HORSE OPEN SLEIGH"**

#### **The Thanksgiving History of "Jingle Bells"**

When I was a child, the Christmas season did not officially begin in our house until the day after Thanksgiving. Black Friday in my family was not spent shopping, it was spent decorating and that is when the Christmas records came out to be played on the phonograph. One of my favorites was "Jingle Bells" because we had a set of sleigh bells that I would shake as my brother and I sang along with Bing Crosby and the Andrews Sisters. Those were the days! What I did not know until I became a historian was the history behind "Jingle Bells" and the man who wrote it: James Lord Pierpont. Looking into the family of James Pierpont, we find that he had an older sister who had married a millionaire in the banking business.

Their oldest son followed in his father's footsteps becoming a powerful financier and a household name in the world of finance. Not many people know that the uncle of J.P. Morgan wrote "Jingle Bells." From an early age, the rebellious nature of James Pierpont made it clear that he wasn't content to be tied down to anyone, including his family. Son of a Unitarian minister and a fierce abolitionist, Pierpont wanted adventure away from Boston. At age 14 while enrolled in boarding school, he ran away and joined the crew of a whaling vessel and spent nearly 10 years at sea. After returning home and marrying, he was gone once again chasing gold in 1849. Several years later he returned home no richer than he left but was soon gone again. In 1853, he left his family in Massachusetts and headed to Savannah, Georgia to become the organist for his brother's Unitarian church. Just a few months after his wife died in 1856, he remarried the daughter of the mayor of Savannah, leaving his 2 children in Massachusetts. If all of that is not rebellious enough, when the Civil War began, James Pierpont's abolitionist father joined the Union army and Pierpont joined the Confederacy! In 1857, when "One Horse Open Sleigh" was published, it was not intended to be a Christmas song, but instead, according to some historians, was used as a song for a church Thanksgiving program possibly at his brother's Unitarian church. When the publishing was reissued 2 years later, the title of the song became "Jingle Bells." As to where Pierpont actually wrote the song, is somewhat controversial, as both Massachusetts and Georgia claim it. A plaque in Medford, Massachusetts claims it was written in 1850 while Pierpont was drinking in a tavern. This is unlikely as he was still chasing gold in California in 1850. Savannah, Georgia erected a plaque claiming that it was written while he was the music director at his brother's church (more likely). What is not controversial is the fact that he clearly wrote it about snowy winters up north. Most of us are familiar with the lyrics to the first 2 verses, but few know the entire song or think about the words actually being about picking up girls and drag racing in a sleigh (boys will be boys).

