

# SENIOR ..... ...MOMENTS

Volume 5 Issue 12 December



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BILLIARDS	QUILTING EVERY DAY	Sitting Exercises daily 10:30am	1 Civic Club 4:00	2 Odell Summers 11:45 CNS Blood Pressure 12:30
5 Better Hearing County DUP 1:00 WWW 12-1 Weight Watchers 5	6 Reflections 4-7	7 Last day for Medicare Changes B&B 9:30 Heat Assistance 9-3 Call for app. Essential Oil Christmas Party 6:30	8 Reflections 4:00 Self Essentials 6:30	9 Westernaires 11:30 CNS Wrap 2 gifts free 12:30
12 HCNU Lunch & Learn Garland DUP WWW 12-1 Weight Watchers 5	13 Quilt Guild 9:30	14 B&B 9:30 Heat Assistance 9-3 PrimRose sponsors lunch. Please make Reservation .	15 Rudd Funeral Home sponsors lunch. Please make Reservation Civic Club 7:00 Reflections 4:00 Am. Legion 6:30	16 Christmas Dinner Please Make your Reservations Afton Lovell Program CNS blood pressure 12:30
19 WWW 12-1 Midland DUP 1:00 Stagecoach DUP 12:30 Weight Watchers 5	20	21 RED CROSS BLOOD DRIVE 11-5:30 Chuck -A-Rama Day	22 Senior Center White Elephant Christmas party 10:30 Best Friends 11:30	23 No Congregate Meal Close AT 12:00 pm Merry Christmas
26 CLOSED	27 CLOSED  HEAT Assistance is available for those that qualify. If you are home-bound or receive Meals on Wheels, call us and we will come to you to help with the paperwork. 257-9455.	28 CLOSED	29 CLOSED	30 CLOSED SEE YOU NEXT YEAR. January 3 <sup>rd</sup> .

God gave us memory so that we might have roses in December. ~ James M Barrie

How did it get so late so soon? It's night before its afternoon. December is here before it June. My goodness how time has flown. How did it get so late so soon. ~ Dr. Seuss

# Happy December Birthday!

Lena Allen, Barbara Ashby, Jim Christensen, Jim Christensen, Marlene Hughes, Janet Leavitt, Dennis Pierson, Geraldine Cowley, Joyce Harris, Carrie Kerr, Judith Kraus, Marilyn Rose, Charlene Earl, Bonnie Hill, Mary Beth McCombs, MaryAnn Peterson, Verlyn Adams, Hazel Riser, Dale Meservy, James Archibald, Ruth Feldman, Annette Richards, Leon Scoffield, Blaine Williams, Myrna Smith, Frank Blum, Karen Busenbark, Joyce Cuzik, Layne Gardner, Willa Hurd, Jay Westergard, Donna Akers, Reese Anderson, Phyllis Markham, Kathleen Robbins, Dorothy Thompson, Neil Anderson, Carol Earl, Lauenna Garn, David Holt, Sandra Michaelis, Fay Thomas, Judy Ellertson, LeRoy Lund, Elaine Riser, Anna Hunsaker, Beb Okada, Dell Petersen, Boyd Josephson, Connie Christensen, Lorna Crozier, Bonnie Bryson, Marianna Christensen, Amy Johnson, Carl Pont, Hobart Dalton, Janice Gardner, Zane Peterson, Hyrum Auger, Barbara Bronson, Odell Summers, Estelle Stam, Fontella Bronson, Bonnie Godfrey, Renee Johnson, Dorothy Palmer, Dael Poulsen, Carl Ashby, Duard Andreason, Betty Campbell, Gloria Hathaway, Carl Roberts, Zenna White, Annette Christensen, Betty Lou Hansen, Lucy Thomas, Norman Clark, Shirley Coffee, Lana Rausch, Mable Kay, Daisy Kent, Beverly Grover

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." -- *Mark Twain*

## Colors of Christmas

### Red

- Red has religious significance at Christmastime as it represents the blood of Jesus Christ. According to [santas.net](http://santas.net), red is the religious symbol for "fire, blood and charity." Vibrant red also appears in Santa's suit, made popular when the Coca-Cola beverage company used a red suit-clad Santa Claus in advertising in the early 20th century, to match the color of the soda's cans, says [christmaslore.com](http://christmaslore.com).

### Green

- "Green is the symbol of nature, youth and the hope of eternal life" that Jesus Christ offers, says [santas.net](http://santas.net), making it a natural Christmas color. A Christmas tree is usually an evergreen, also a symbol of eternal life. Green hues need not be confined to the Christmas tree—the color scheme is often carried through in wreaths, swags, ornaments, presents, table coverings and even Christmas china. The green does not necessarily need be in bright or Kelly Green tones. Hunter or sage green are also popular, likely chosen to match a home's décor.

### White

- In many countries' in the northern hemisphere, Christmas season coincides with winter and Christmastime. White is also the religious symbol for "light, purity, joy and glory," according to [santas.net](http://santas.net). Christian churches often use white as the liturgical color of Christmas, as well as gold, according to the National Shrine of Saint Francis of Assisi.

### Gold

- "Gold stands for sunlight and radiance," says [santas.net](http://santas.net). Ancient pagans wintertime celebrations centered on the golden sun in a time of cold and even darkness. Christmas lights, candles and the star atop a Christmas tree could remind Christians of the star the Wise Men followed to find the Christ child. Silver is often substituted for gold, as it can create a chilly atmosphere, reminiscent of the wintry outside. Silver is sometimes exchanged for white, as well.



Daughter: "Guess what Dad, I smoke!"

Dad: "No, darling you don't smoke. The cigarette smokes. You're just the sucker."

## Care for the Care Giver Class

1<sup>st</sup> and 3<sup>rd</sup> Thurs. of every month. 10:30-11:45. This is a great class to help cope with challenges of caring for someone, being the one cared for, or getting ready to care for someone.



**Don't forget !!!  
Rudd Funeral  
Home sponsors  
lunch, on the third  
Thursday,  
December 15<sup>th</sup> at  
12:00 noon. Please  
call to make your  
Reservation.**

**Make sure you tell Joe  
Hi!**

**"Sweat plus sacrifice equals success."  
-- Charlie Finley**

## Prim Rose

Home Care & Hospice  
Sponsors lunch on the 3<sup>rd</sup> Wed. of  
every month. December 14<sup>th</sup>  
. Please call and make your  
reservation.  
Remember to tell them thanks!



## Hospice Care of Northern Utah

**December 1:** Reiki Night An ancient Japanese healing modality that benefits mind, body and spirit 5:30-6:30

**December 8 :** Caregiver Support Group  
Treat yourself to some respite from your Care giving responsibilities and enjoy the company of others who are also caring for loved ones 6:30-7:30pm **December 15:** Community Education

Learn about Reiki and how it benefits: mind, body spirit 6:30-7:30pm

**December 22:** Bereavement Group  
Benefit from the company and support of others. Learn coping skills that can be used daily to assist with grief and loss 6:30-7:30pm

Please RSVP Free to the Public! Please call our office with questions or to RSVP!

Check us out on Facebook! We now have a page under HCNU Hospice!



## Alpine Transitional Rehabilitation Center Home Care & Hospice



435-734-1300

**Lunch & Learn 12:15  
December 7<sup>th</sup>**

**Last Day to Change your Medicare Insurance  
is December 7, 2011. Please do a check up on  
your coverage to make sure it is what you  
want. Call me if you need help. 257-9456 ask  
for Marion.**

# DECEMBER

## A Season full of Snowballs & Sleigh Bells

Monday	Tuesday	Wednesday	Thursday	Friday
Call 257-9455 for lunch reservations	Bread & Milk served with all meals		1 Tuna Casserole Mixed Veggie Orange Jell-O Juice Lemon Poppyseed Cake	2 Roast Beef Potatoes/gravy Carrots Fruit Cup Roll Ice Cream
5 Sloppy Joes Green Beans Cottage cheese /Pear Juice Apple Crisp	6 Ham & Beans Broccoli Salad Beets Juice Bread Tropical Fantasy	7 Chicken Fried Steak Potatoes/gravy Mixed Veggie Green Salad Surprise Cake	8 Sweet & Sour Pork Rice Chinese Salad Eggroll Carrots Pumpkin Cookie	9 Lemon Pepper Chicken Rice Mixed Veggie Seafoam Salad Brownie w candy cane
12 Tater tot Casserole Mixed Veggie Juice Bread Working Girl Salad Lemon Bars	13 Chicken Enchiladas Green Beans Green Salad Rice Krispie Treat	14 Salisbury Steak Potatoes/gravy 3 Bean Salad Beets Bread German Chocolate Cake	15 Mahi Mahi Potato Bake Coleslaw Bread Peas Juice Peach Cobbler	16 Christmas Dinner Ham Baked Potato California Veggie Pistachio Salad Caramel Apple Cake Roll
19 Green Bean Casserole Carrots Bread Juice Spinach Salad 7-layer Bars	20 Chicken Pillow / gravy Peas Coconut Fruit Salad Juice Texas Sheet Cake	21 Beef Stew Bread Beets Ambrosia Grasshopper Pie	22 Chicken Salad Corn Bread Fruit Pumpkin Dessert	23 Home Delivered ONLY Turkey Steak Potatoes/gravy Green Beans Coleslaw Oatrageous cookie
26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED
				

“In conclusion,” said the seminary teacher, “I would like to give you a demonstration on the evils of(alcohol. I have here two glasses, one filled with water, the other filled with tequila. I will now place a worm in each glass. Notice how the worm in the water squirms and gyrates, while the worm in the tequila dies in agony. Now, students, what is the moral of this story?”  
 Young Seminary student: “If you don’t want worms, drink tequila.”