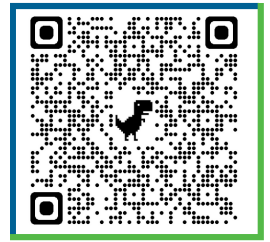




Sign up for our electronic newsletter



A Look at the Most Widely Celebrated Winter Holidays

Shondaland. (2021, November 2). A look at the most widely celebrated winter holidays. Shondaland. Retrieved November 9, 2022.

It's called the holiday season for a reason: December is absolutely jam-packed with celebrations.

While Christmas is the headliner in many Western countries, around the world, and even throughout the U.S., countless winter celebrations abound. Some of the most well-known and oft-celebrated are religious in nature, but a number spring from nature itself, acknowledging the darkest day of the year and the inevitable return of the sun, while others honor cultural traditions.

Here's a look at how many will be celebrating this December.



Las Posadas: December 16th - 24th

Las Posadas, celebrated throughout Mexico and Central America, is Spanish for "The Inns." It honors the journey of Mary and Joseph from Nazareth to Bethlehem in search of lodging. During each night of this nine-day festival, a small child dressed as an angel leads a procession through towns and cities. Children wear gold robes and carry candles along with pictures of Mary and Joseph. Continued on next page

Hanukkah: December 10th - 18th

During each of Hanukkah's eight nights, one candle on the menorah is lit by the Shamash candle – the ninth candle used to ignite all of the others. A recitation of special blessings accompanies the nightly lighting ceremony followed by the singing of traditional songs. The Hanukkah story is retold. Traditional food dishes, such as potato pancakes called latkes and jelly-filled donuts called sufganiyot, are fried in oil to honor the initial oil-based miracle. Many Jewish families exchange gifts – one per night for eight nights – wrapped in traditional silver and blue paper or gift bags.

Contents

Winter Holidays.....	pg. 1- 3
Coloring Page.....	pg. 4
Activity Center Calendars.....	pg. 5 - 7
Lunch Menu.....	pg. 8
Brain Game.....	pg. 9
Holiday Treats.....	pg. 10
Appropriate Gifts.....	pg. 11
Upcoming Events.....	pg. 12

Adults follow, many of them playing music, as they stop at houses to ask for lodging. When they are refused to lodge per the original story, they read Bible passages and sing Christmas carols.

Winter Solstice/Yule/Christmastide: December 21st

This Pagan celebration of the darkest day of the year, originally called Yule, is one of the oldest recorded winter holidays in history. At its core is the rebirth of the sun – a welcoming back of longer days of sunlight – and it has long been viewed as a powerful time for energy renewal and introspection. Historically, Yule – also referred to as Christmastide or Yuletide – was celebrated by feeding a large oak tree into the fireplace. The tree would be cut down on the Winter Solstice and the yule log would be slowly pushed into the flames over the 12 days of Christmas. That ritual became the basis for the modern yule log that's decorated with candles and berries and generally placed on a mantle or altar.

Kwanzaa: December 26th - January 1st

Created in 1966 by Dr. Maulana Karenga, professor and chairman of Black Studies at CSU, Long Beach, Kwanzaa – which stems from a Swahili phrase meaning “first fruits” – honors African-American culture. Each of Kwanzaa's seven nights involves a candle-lighting ceremony during which attendees light a candle representing one of Kwanzaa's seven principles: unity, self-determination, collective work/responsibility, cooperative economics, purpose, creativity, and faith.

Davis County's Comm

Roseanne, was a child in the 1940's. She has fond memories of being responsible for preparing & hanging Christmas stockings for herself and 3 brothers. She was asked to do this because she was the only girl and it made her feel so special.



Making Pomegranate Salad and getting a stocking with an orange, apple, nuts, and candy

Nancy, was born in the 1930's and was the 3rd child of 8 children. She recalls ringing in the New Year with her father who would hang a milk carton with a hole in the top from the cellar stairs. Throughout the year, the family would put all of their extra change in this milk carton understanding that Santa would come at the end of the year and collect the money to purchase gifts for all of them. It was at the end of the Depression.

Community Christmas Memories

Making cookies at my school and taking them to all the people in my neighborhood. Also, for Christmas in England, we would have a big fancy dinner with a turkey, ham, minced pie, everything you can imagine. We would go all out to make it a special occasion!



Stringing popcorn and making bows as decorations for the Christmas tree. Also, grandma and grandpa would hand make our gifts such as a wagon and rag dolls.

Carmen enjoyed a caroling tradition called Parrandas. People would start gathering around 10 at night. They would bring all sorts of instruments, singing house to house to "wake" them with song. Every home would have food and drink to offer the singers, then they would join the band. The party would go on till 6 in the morning, eating, drinking, and singing, expanding their party with every stop they made.

Soyal: December 22nd

Zuni and Hopi Native American tribes in the southern U.S. honor the Winter Solstice on Tuesday, December 22 with a ceremony to lure back the sun god, who is believed to have traveled away from the tribes during the winter. It also marks a new cycle of the Wheel of the Year. Traditionally, it's viewed as a time for purification and, for the Hopi, it's a festival that lasts 16 days and includes prayers, supplications, a passing down of stories from elders in the tribe, and concludes with a feast.

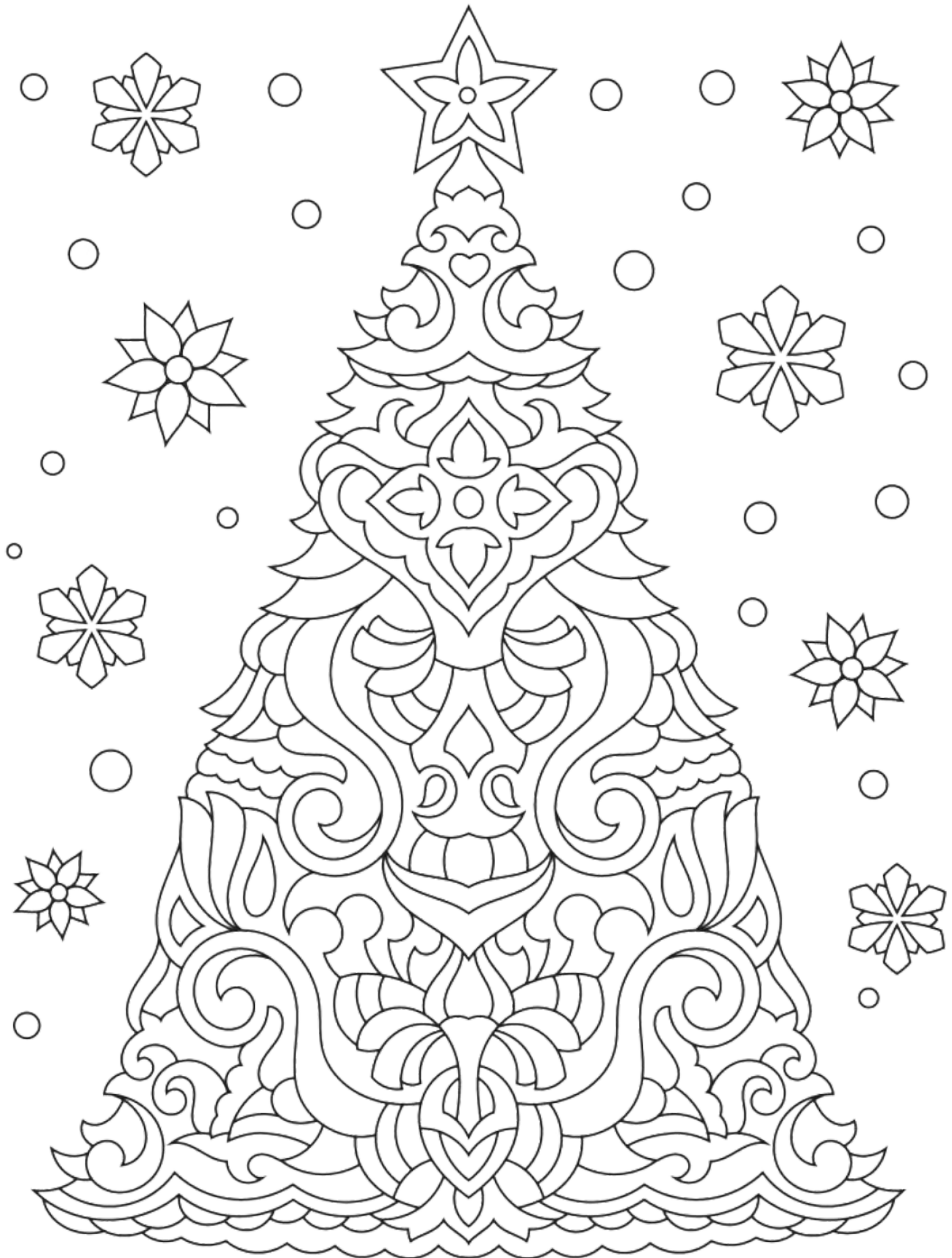
Christmas: December 25th

Most Americans love Christmas – 93% report celebrating the holiday while only 65% define themselves as Christians. It's come to symbolize family, love, coziness, and expressions of joy. It's the time of year we all stop and come together, with 67% of workers taking at least part of Christmas week off of work.

No matter how you choose to celebrate the holiday season, the one thing all of these traditions have in common is togetherness. There's never been a better time to honor all that we have and those that we love.

Malkiat is from India and shared that in his home Country, the Diwali (or Dipawali) Festival is the largest and most important holiday celebration of the year. The festival gets its name from the row of clay lamps that Indians light outside their homes to symbolize the inner light that protects from spiritual darkness. This festival is as important to Hindus as the Christmas holiday is to Christians.

Have fun while improving your hand mobility by coloring!



© WooJr.com. All Rights Reserved.

North Davis Senior Activities Center

December Highlights

Senior Health Resource Fair
Thursday, December 8th
11:00am-3:00pm



**Christmas Light Trip
to Willard Bay**
Tuesday, December 13th



**Christmas Program by
Utah Military Academy**
Wed. December 14th
at 11:00 am



Christmas Party
Thursday, December
22nd at 11:00 am

New Years Rockin' Eve Party
Friday, December 30th
11:00 am -1:00 pm at
Central Davis Senior Center



**Virtual Tour "Christmas in French
History"**

December 22nd @ 12:00 pm

**You may participate at the senior
center or at your own home!**

Contact the center for more info

A yummy treat will be served!

Daily Activities

Mondays

9:00 am Quilters
10:00 am Bingo
12:30 pm Texas Hold'Em Poker
12:30 pm Bingocize

Tuesdays

8:00 am Lapidary
10:30 am Fun and Games
12:00 pm Pinochle
1:00 pm Line Dancing



Wednesdays

8:00 am Lapidary
9:00 am Quilters
10:00 am Technology Lab by appt.
10:00 am Creative Crafters
12:00 pm Hand & Foot Cards
12:30 pm Texas Hold'Em Poker

Thursdays

8:00 am Lapidary
10:30 am Fun and Games
12:15 pm Theater Thursday



Fridays

10:00 am Bingo
12:00 pm Pinochle
12:30 pm Texas Hold'Em Poker

Available All Day/Everyday:
Pool table, computers, treadmill,
recumbent bike, library, videos, and
puzzles!

MONTHLY

Parkinson's Support Group
December 7th 6:00 to 7:00 pm

Dementia Caregiver Support
December 7th 3:00 to 4:00 pm

Shopping
December 2nd, 16th, and 29th
at 12:30 pm

Central Davis Senior Activities Center

Daily Activities

Mondays

9:00 am Oil Painting/Watercolors
9:30 am EnhanceFitness Class
10:00 am Wii Games
11:30 am Lunch
1:00 pm Line Dancing With Linda
2:00 pm Beginners Line Dancing

Tuesdays

9:00 am Art Class With Kathy
10:00 am Tai Chi With Diana
10:30 am Boredom Buster Game
11:30 am Lunch
1:00 pm Art Class With Kathy
3:30 pm Tap Dancing Class

Wednesdays

9:00 am Oil Painting/Watercolors
9:30 am EnhanceFitness Class
10:15 am Bingo
11:00 am Ceramics & Crafts
11:30 am Lunch
12 - 3 pm Ceramic Instructor Available
12:30 pm Pinochle
12:30 pm Square Dancing

Thursdays

9:00 am Marvelous Makers Crafts
10:00 am Tai Chi With Diana
10:30 am Boredom Buster Game
11:00 am Ceramics & Crafts
11:30 am Lunch
12:30 pm Mahjong

Fridays

9:30 am EnhanceFitness Class
11:00 am Ceramics & Crafts
11:30 am Lunch
12:00 pm Movie (call for info)
12:15 pm Shopping Day
12:30 pm Bridge

Celebration Highlights



HALLOWEEN FUN!

Who says you
shouldn't play with
your food?!

Congratulations to our
costume contest
winners!
(pictured above)

Center Highlights

Health Resource Fair For All Patrons

Thursday, December 8th @ North Davis Senior
Activity Center in Clearfield 11 am-3 pm

Virtual Tour To Lisbon

Holiday Lights Live Tour

Tuesday, December 20th @ 11am (1hr)
Learn about local Portuguese Christmas
traditions (at our center or from home)

New Years Rockin' Eve Party-All Centers

Friday, December 30th, 11am-1 pm

Celebrate a new year, dance & enjoy a special
meal (see our menu for more details)

Available All Day/Everyday:

Pool Tables, Lapidary, Computers/WiFi,
Treadmill, Recumbent Bike, Ping Pong, Puzzles
& Library

81 E. Center Street, Kaysville (801) 444-2290

South Davis Senior Activities Center

Monday

8:00 am Enhance Fitness
9:00 am Sit N Fit
9:00 am Stained Glass
9:00 am Pencil Drawing
9:30 am Line Dancing
1:00 pm Oil Painting

Tuesday

9:00 am Sit N Fit
12:45 pm Bingo
1:00 pm Pinochle

Wednesday

8:00 am Enhance Fitness
9:00 am Sit N Fit
9:00 am Stained Glass
9:00 am Pencil Drawing
9:30 am Line Dancing
12:30 pm Grocery Shopping
1:00 pm Hand and Foot
2:00 pm Tap Dancing

Thursday

8:00 am Gentle Chair
9:00 am Yoga
9:30 am Sit N Fit
9:30 am Crochet
12:45 pm Bingo
1:00 pm Bridge
3:00 pm Alzheimer's support Group (1st & 3rd of the Month)

Friday

8:00 am Enhance Fitness
9:00 am Sit N Fit
9:00 am Stained Glass
9:00 am Water Color
9:30 am Line Dancing
9:45 am Tai Chi

Christmas
Sing Along
13th

Feliz
Navidad

Hot Chocolate
13th
Bar

Waffle
Breakfast
9th @ 9:30
am

Whaaat's
happening

December

★ Dec. 8th-
Willard Bay
Christmas
Lights Field Trip

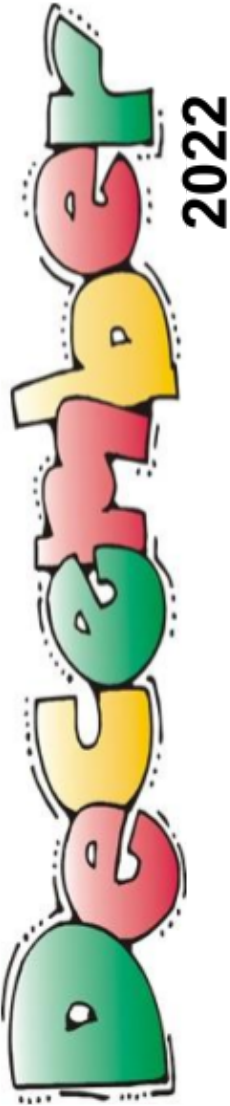


★ Dec. 16th Golden Years
Jazz Band Christmas
Performance

★ Dec. 21- Holiday Musical
Performance

Call for more info

726 S. 100 E., Bountiful

(801) 451-3660

Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
									
5 Chicken Taco Seasoned Beans Corn Fruit Milk	41 22 17 21 11	6 Enchilada Pie Spanish Rice Corn Zucchini Fruit Milk	27 24 17 3 21 11	7 Sweet/Sour Meatballs Fluffy Rice Cooked Cabbage Mixed veggies Fruit Cookie Milk	5 30 5 5 21 18 11	8 Fish Sandwich Oven Brown Potatoes Mixed Veggies Fruit Milk	48 23 5 14 11	9 Baked Turkey Mash Potatoes/gravy Winter squash Peas Fresh Fruit Dessert Bar Milk	3 23 8 14 22 27 11
12 Meat/potato casserole Three Bean Salad Mixed veggies Fresh fruit Milk	19 28 5 22 11	13 Buffalo Chicken Salad Dinner Roll Fruit Dessert Bar Milk	10 22 21 27 11	14 Chicken Enchiladas Cooked Beans Broccoli/red peppers Dessert Bar Milk	21 22 6 27 11	15 Beef & Gravy Mashed Potatoes Roasted Cauliflower Dinner Roll Fruit Milk	6 23 4 22 14 11	16 Baked Chicken Mash Potatoes/Gravy Carrots Wheat Bread Fruit Dessert Bar Milk	1 23 7 14 14 27 11
19 Chicken Cacciatore Rotini Pasta Corn Mixed veggies Dinner Roll Fresh Fruit Milk	8 20 17 12 22 22 11	20 Pulled Pork Sand. Oven Brown Potatoes Green Beans Fruit Milk	39 23 6 14 11	21 Salisbury Steak Mash Potatoes/Gravy Zucchini Dinner Roll Fruit Milk	6 23 3 22 21 11	22 Ham Cheese Potatoes Italian Veggies Roll Cobbler Milk	23 Closed for Christmas Holiday 		
26 Closed for Christmas Holiday 		27 Turkey & Rice Casserole Squash Broccoli Fruit Pudding Milk	46 8 5 14 22 11	28 Swedish Meatballs Noodles Green beans Zucchini Fruit Milk	14 20 6 3 21 11	29 Chili Corn Romaine Lettuce Fresh Fruit Roll Milk	26 17 2 21 22 11	30 Chicken Alfredo Spaghetti Spinach Mixed Veggies Roll Fresh Fruit Milk	5 32 6 5 22 19 11

This menu is subject to change at any time based on product availability

Time for Some Wheel of Fortune!

Solve the phrases by filling in the letters.

W _ _ _ I _ _ _ I _ _ _ W I _ _ _
W _ _ _ D _ _ _ _ _

Holiday Song Lyrics

Day After Christmas

B _ X _ _ _
_ A _

_ U _ _ _ _ _ A
S _ _ _ _ A _

Winter Activity

Fuga de Letras: En la actividad de hoy, trabajaremos en completar palabras que forman parte del vocabulario navideño.

A _ B _ L 
_ A L _ E _ A 



CA _ PA _ A _
 T _ IN _ O

CA _ _ E _ I _ 
A _ _ E _ 



_ E _ A _ O
E _ T _ E _ LA

Providing Comfort and Joy: Gift Giving Guide for Older Adults

Michelle McCann, OTD, OTR/L, CBIS, C/NDT, PPSC
Director of Quality and Risk Management
Sewickley, Pennsylvania

The older adults in our lives may have already received a lifetime of gifts, which makes it even more difficult to come up with ideas for a truly valuable and purposeful gift.

However, it is still possible to find meaningful gifts for those we love, especially to help older adult maintain their health and safety. Here are some practical gift-giving ideas to help bring a little more joy and comfort to their lives this year.

Gifts That Promote Peace of Mind

Lost your house key or locked out? Smart door lock systems are becoming more accessible and user-friendly. Lock and unlock your home using controlled keyless access. Many have added features that allow mobile users to see who has visited their mom or dad right from their phone.

Making sure our loved ones are taking the proper medications at the correct time can also be a great concern. Pill organizers with reminder alarms can also be a practical gift-giving option for anyone who could benefit from the extra safeguard of being reminded when to take scheduled medications.

Gifts That Ease Tension and Relieve Stress

Trouble sleeping? Weighted blankets just may be an option to allow your loved one better sleep quality. Weighted blankets have been shown to reduce anxiety and promote calm by allowing a person more restful and rejuvenating sleep.

Aromatherapy gifts may be an option to help your loved one find effective stress relief and increase their overall feelings of general well-being.

Gifts That Promote Connection

Custom photo calendars and digital picture frames: Helping your loved one stay connected to special events and appointments can be important, so why not attach your smiling face? Custom printed photo calendars can be particularly beneficial for a family member or friend with early-stage dementia as it helps them stay organized while enjoying the memories and familiar faces of those they love at the same time.

Want to share family photos in near real-time? Digital photo frames are another way of allowing your loved one to easily view family photos or special occasions. An automatic slideshow can help them feel connected to family and can be updated to make them feel they are close at heart while they may be miles away.

Gifts That Keep on Giving All Year Long!

Cooking can be a difficult task as we age. The hassle of cooking for one or two can consume a whole lot of time in preparation and clean-up. Consider cooking and freezing make-ahead meals of favorite dishes your loved one enjoys. Single-serve portions can be easily packed to allow them to ease with reheating.

Delivery of the month clubs can be the perfect way to give the gift that keeps on giving. Fresh fruits, gourmet foods, self-care, spa gifts, or even craft kits can be customized and preordered to allow your loved one 12 months of surprises. Gift kits come in all price ranges which is an added benefit. Subscriptions can be personalized too to allow you to send your older adult uplifting gifts all year long, too!

There are many gift-giving options to cater to the particular needs of the older adults in our lives. There are plenty of gifts to make them feel special while also offering practicality and functionality.

Do you need help with prescription costs?

Is your monthly income

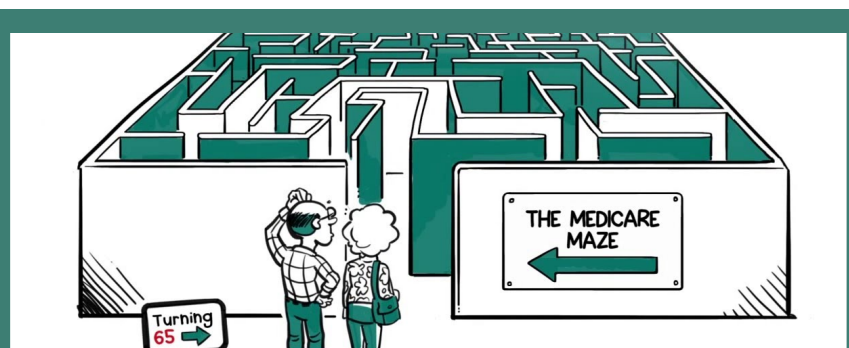
- Single: less than \$1,719
- Married: less than \$2,309

Are your assets

- Single: less than \$14,010
- Married: less than \$27,950

You may be eligible for help paying for prescription drug costs.

Call Davis County Senior Services SHIP/SMP
801-525-5050 opt 5



FREE MEDICARE 101 CLASSES

December 15, 2022 6:30 pm

@ Clearfield Library

January 19, 2023 6:30 pm

@ Layton Library

February 16, 2023 6:30 pm

@ Centerville Library

Questions: Call 801-525-5050 opt 5



ARTHRITIS FOUNDATION EXERCISE PROGRAM



A low-impact class that can be done sitting or standing.

Take away information that will last you a lifetime!

KEEP YOUR ARTHRITIS PAINS AWAY WITH EXERCISE!



North Davis Senior Activity Center

42 S State Street, Clearfield UT

Every Tuesday and Thursday @ 10:30 am
January 17th - February 23

Call Emily at 801-525-5014 or Sign up at
<https://www.compasshp.org/workshops/registration/15986>

South Davis Senior Activity Center

726 S 100 E, Bountiful UT

More Details coming in February

No-Bake Peanut Butter Treats

Total Time Prep/Total Time: 10 min.
Makes 15 treats

Ingredients

1/3 cup chunky peanut butter
1/4 cup honey
1/2 teaspoon vanilla extract
1/3 cup nonfat dry milk powder
1/3 cup quick-cooking oats
2 tablespoons graham cracker crumbs

Nutrition Facts

1 each: 70 calories, 3g fat (1g saturated fat), 1mg cholesterol, 46mg sodium, 9g carbohydrate (6g sugars, 1g fiber), 3g protein. Diabetic Exchanges: 1/2 starch, 1/2 fat.

Directions

In a small bowl, combine the peanut butter, honey and vanilla. Stir in the milk powder, oats and graham cracker crumbs. Shape into 1-in. balls. Cover and refrigerate until serving.



No-Bake Peanut Butter treats. Taste of Home. (2022, April 25). Retrieved November 10, 2022

Keto Fluffy Chocolate Mousse

Total Time Prep/Total Time:
5min. Makes 4 servings

Ingredients

1 ½ cups heavy whipping cream
⅓ cup unsweetened cocoa
⅓ cup low-carb powdered sugar sweetener eg. Truvia, Kanto Monkfruit Xylitol, etc

Directions

Using a mixer and a large bowl, mix the heavy whipping cream and sweetener on medium-low speed until it thickens. Add cocoa powder and beat until stiff peaks form. Divide between 4 serving glasses and decorate as desired.

Nutrition Facts

Calories: 324kcal, Carbohydrates: 7g, Protein: 3g, Fat: 34g, Saturated Fat: 21g, Cholesterol: 122mg, Sodium: 35mg, Potassium: 176mg, Fiber: 2g, Sugar: 1g, Vitamin C: 1mg, Calcium: 67mg, Iron: 1mg

NOTES

Chill in the refrigerator for just a few minutes after preparing or serve immediately. This will keep your mousse from having that 'deflated' texture.

Lange, K. (2022, June 6). Keto fluffy chocolate mousse - 3 ingredients of heaven! The Baking ChocolaTess. Retrieved November 10, 2022,