

# Shavings

The Magazine  
of

The  Estates  
A T C A R P E N T E R S

December  
2021



*“For the wages of sin is death; but the gift of God is eternal  
life through Jesus Christ our Lord.”  
2 Corinthians 9:15*



# From The Executive Director



As we enter the final month of “another year to remember,” we can reflect upon 2021 and look forward to the possibilities and opportunities of the New Year. But before we can look forward, I want to pause for a moment to say “Thank you” to everyone who contributes to the success of our community.

Our staff has shown remarkable grit, determination, and commitment over the last year. At the last Town Hall meeting I commented that our staff is tired. Operating during the pandemic has been challenging and additional demands have been placed on everyone who works at our community - our staff has stepped up to meet the challenge. Early in the pandemic we labeled our staff as heroes and that is still true today. Please join me in thanking our heroes for everything they have done and will do for our residents.

Our residents have been patient, understanding, and supportive. This is not to say that you did not hold us accountable when needed, but your words of encouragement meant more to our staff than words can express. The kind notes gave us the extra motivation we needed to get through the toughest times and motivated us to continue our journey to improve life at our community. The selfless ways residents help each other, the countless hours spent volunteering to improve our community, and the willingness to help is appreciated. Thank you for all that you do for the Estates.

Our Board of Directors continues to selflessly volunteer their time for the benefit of everyone who lives and works at the Estates. Their guidance, support, and understanding during the pandemic has been invaluable. Their commitment to our residents, staff, and the mission of our community sets the tone for all that we have accomplished and will accomplish in the months and years to come.

Over the final month of 2021 (and I say good riddance), please take the opportunity to reflect upon the year. Focus on the many blessings we have and join me in looking to a New Year filled with possibilities and opportunities. Our community is well positioned to make 2022 a year to remember, but it will take the combined effort of every member of our Estates’ family.

Thank you for being a part of the Estates family and I pray that God blesses you, your loved ones, and our community during this holiday season and the New Year.

- *Brian Robare, CEO & Executive Director*

# MEET YOUR NEW NEIGHBORS



## **Patsy Capps, A-118, Phone: (239) 898-7856**

Patsy is a southern girl through and through! She is originally from Memphis, Tennessee. She met her late husband in high school after moving down to Lake Wales, Florida where her dad was a pastor. Patsy worked as a guidance counselor in the public school system for twenty-eight years. She has always wanted to move back to Polk County and thought that coming to the Estates was a “top shelf” idea! Patsy loves “contesting”, reading, walking, and enjoys learning handwriting analysis. “It’s fascinating!” We are very happy to welcome Patsy to our Estates family.

## **Dennis & Joan Boulnois, K-208, Phone: (863) 858-2521**

Dennis originally lived in Paducah, Kentucky for fifteen years, and Joan originally lived in Syracuse, New York for five years. They both met in high school. Dennis worked as a manager for fifty years, and Joan worked as an accountant for fifty years. They have traveled extensively, so much so that they were able to visit national parks in Europe, Alaska and Hawaii. Dennis enjoys reading and sports, and Joan enjoys home decor and gardening. Please join me in welcoming Dennis and Joan to the Estates.



## **Rosie Ragsdale, D-105, Phone: (863) 207-3178**

Rosie originally lived in Winter Haven, Florida for fifty years. She has quite the work resume working as a bookkeeper, office manager, librarian, in real estate and the two most important jobs: a wife and a mother. Rosie was one of the founders of the Friends of the Winter Haven Public Library. She enjoys reading, bridge, movies and watching TV. We are excited to welcome Rosie to the Estates.

## **MEMORIALS, HONORARIUMS, AND DONATIONS**

The Estates would like to thank the following individuals for their generosity during the month of October 2021: Gary Mitchell, Brian Robare, John Thompson, and Matt Thompson.



# Wrap it Up!

It's that time of year again! I cannot believe that I am writing my Christmas Shavings article. It's time to "wrap it up." Wrap what up you say? Well, let's put this year in boxes and wrap it up. We'll need several different size boxes. The first gigantic box will be for COVID. Let's just stuff all the illness, the testing, the CDC guidelines, and mask wearing in that box. Let's not forget about the 6 feet apart rule, vaccination reactions and please don't forget to add the isolation and loneliness to that box! This box we will wrap with bright red paper so it's the first to be picked up and shipped to the trash heap!

The next box will be for all the conflict and arguments about who is the best in the White House and who did things the right way or wrong way. Don't forget to add the media and their desire to complicate everything even more. Everyone will be judged in the end and they all have to account for their own life. Let's just stuff that box full and put a huge black bow on it. It will also be shipped to the same trash heap.

I for one would like to make a box for social media and cell phones. Maybe if we get rid of that box, you will see more families faces at restaurants and hear more laughter while people actually speak to each other.

We will need one of those extra-large gift bags for the rest of these items. We'll throw hatred, bullying, poverty and addictions into the bag. We can also add hate crimes and pollution in the mix. Let's tie it extra tight so those things don't fall out.

We can have one box for the little annoying things in our lives. Things like Lakeland traffic, long lines at Chick-Fil-A, self check-outs and extended warranty robocalls.

We've wrapped up quite a bit and addressed it to the Grinch. Hopefully he will be much happier than we are with it.

I have wrapped one more big box for you all as well. This one is addressed to everyone here at The Estates. In it I included all my love and wishes for a beautiful Christmas and a Happy New Year. By the way, if anyone gets a box with the scissors and tape in it, I'm going to need that back.

- *Cheri Shrader, Director of Nursing*

## Changing Up the Holidays

While the holiday season is a wonderful time for gatherings with family and friends, it may also be a time of increased stress. Stress does not necessarily mean a bad thing, but increased levels can lead to disrupted exercise routines and at times make it difficult to adhere to nutritional plans. Finding a balance is key throughout the holidays. We all want to have a good time and participate in the festivities, but there are a few tips on making sure we can stay on track. Try following a few of these tips this holiday season to give you the best holiday experience.

Planning is key when it comes to the holidays. Looking ahead for derailment possibilities will be key to your success. If you will be attending a big dinner, try eating lighter meals throughout the day. This will give you a little wiggle room to enjoy yourself. The same can be said for your personal fitness routines. If you are planning on attending an event and you might not be able to attend a class, try stopping into the Fitness Center to get a quick gym session. Taking advantage of the cooler temperatures can be another great way to navigate social gatherings. Use this flexibility to get some fresh air and to walk around the community.

Taking time for yourself between all the excitement can be another way to help reenergize. With all the fun activities, events and family gatherings that are to come, it can become a little overwhelming at times. Whether you are traveling for the holidays or staying local and partaking in social gatherings, it is common for people to become physically and emotionally exhausted. Again, this is not necessarily a bad thing, but it's important to take the time to rest. Taking the time to do things you enjoy and give you rest are a great way to unplug for a bit in between activities. Doing so will help you feel rested throughout the holiday season.

- *Marco Silveira, Wellness Coordinator*

# Christmas Week of Celebration

Dec. 20th, 2021	Dec. 21st, 2021	Dec. 22nd, 2021	Dec. 23rd, 2021	Dec. 24th, 2021
<p><b>Holiday Concert</b> 2:00 p.m. - LOBBY</p> <p>Come and enjoy some classic holiday tunes on the saxophone with our special guest, John Provenzano.</p>	<p><b>Holiday Sing Along</b> 2:00 p.m. - LOBBY Enjoy our Christmas Sing-Along with our CHERA Chorus.</p> <p><b>Church Carols &amp; Cocoa</b> 6:00 p.m. - LOBBY Join us for some Christmas carols sung by the Victory Church carolers.</p>	<p><b>Holiday Show</b> 2:00 p.m. - LOBBY</p> <p>The Essence Duo is back to spread some holiday cheer with their guitar and vocal stylings.</p>	<p><b>Silent Singers Christmas</b> 2:00 p.m. - LOBBY</p> <p>Join us for a special holiday performance from our very own Silent Singers.</p>	<p><b>Holiday Piano Concert</b> 2:00 p.m. - LOBBY</p> <p>Enjoy a beautiful holiday classic piano concert with our very own Joanne Birtch.</p>

## Advent Reflections: Then & Now

I grew up in Southern Indiana almost eighty years ago with six sisters and brothers. We were a happy farm family with not much money. My dad would work extra jobs for the neighbors to get Christmas money. He would strip and sort tobacco, cut and split firewood and any other small jobs that were available. It was extremely hard work, but this is what you did for the family you loved.

We knew Christmas was coming. We were told many times that Santa Clause was coming and that it would soon be Jesus' birthday. We were also told to be very good during this special time.

Several days before Christmas, we would ask Mother if we could have a tree. The answer was, "Yes, if we could find one in the woods." My brothers and I would get the axe and search the hills for just the right size cedar tree. The boys wanted a big one and I said that it had to be smaller. Finally, we found one that was just right, but it was on the other side of the fence on the neighbor's land. We cut it down, carried it home and set it up in a bucket with wood ash mixed with gravel. There was no star or bright sparkly things on our tree. We thought about stringing popcorn, but on the farm, you did not want to encourage the mice. We thought our tree was beautiful. We knew there would be no gifts under the tree. In those days commercials and advertisements were not available – everything was so plain and simple.

Christmas Eve would soon be here and boy we were excited, but we knew we still had to be good. We had to go to bed early, but before bed we had to hang our stockings. We had no fireplace and no mantle, so our stockings were hung with care on ladder-back chairs. Since all stockings were alike, Mother had to know where each child hung their stocking. Then off to bed we went.

The next morning, someone would wake up early and down the stairs we came, thundering all the way, to see what was in our stockings. Always in the tow, we would find a Florida orange – a special treat for us children, and hard candies along with roasted peanuts in the shell. Also, in our stockings we would find our practical gifts: gloves and mittens, hair bows for the girls and, one year the boys got toy harmonicas. That was a noisy Christmas day.

It seemed like it always snowed on Christmas Eve. The next morning, we would look out the steamed-up windows and see a beautiful world of white. We could not wait to get out in it, we had new gloves to try out.

We played and played, made snow angels, and of course had a snowball fight. After a while, we came in to dry our gloves by the wood-burning stove in the kitchen. Mother was always in the kitchen preparing our Christmas Dinner: roast pork, dried string beans, sauerkraut, and fried apple pies. All our food was home grown. That was our Advent – Christmas celebration.

Today, I look forward to hearing the beautiful Christmas music, singing the Christmas carols, attending church services, calling my family and friends, and counting my blessings. This virus has made life very stressful for me. We must keep a positive attitude, keep our faith, and remember to stay focused on the real meaning of Advent, the birth of the Christ Child.

*The Word became flesh and made his dwelling among us. (John 1:14a)*

God,

Thank You for the birth of the Christ Child. Help each one of us to keep a positive attitude and be ever faithful in our trust in You.  
Amen.

- Marjorie Ford Brisbin

Sunday	Monday	Tuesday	Wednesday
<p><b>Abbreviations Key</b>            AUD - Auditorium            CR - Community Room            MDR - Main Dining Room            PDR - Private Dining Room            GR - Game Room            AS - Art Studio, D-406            FC - Fitness Center            C - Chapel, K-106            THE SHOP - Woodshop            19TH HOLE - Outside C/D</p>	 <h1 style="font-family: cursive;">December</h1>		<p>9:00 Strength Cir            9:30 Walmart Ru            10:00 Water Aero  <b>11:00 Marketing            AUD</b>            11:00 Intercessor            1:00 Wii Bowling  <b>2:00 Red Apple</b>            6:00 Bridge - AU            6:15 Mexican Tra</p>
<p>11:00 CHERA Worship: <b>05</b>            Rev. Norm Bradney - AUD  <b>1:00 It's a Wonderful Life - BUS</b>            1:30 Hand, Knee &amp; Foot -            C/D 3rd Floor            Fitness Center Open 24/7            All Day Swimming            All Day Outdoor Activities            Game Room OPEN            Art Studio OPEN</p>	<p>9:00 Group Exercise - AUD            10:00 Catholic Rosary - PDR            10:00 Water Aerobics - POOL            10:00 Body Balance - AUD            10:30 CHERA Chorus - AUD            11:00-1:00 Lakeland Square Mall - BUS            11:15 Silent Singers - AUD            1:00 Wii Bowling League - GR  <b>2:30 Care 2 Dance Christmas - AUD</b>  <b>3:30 Enchant Christmas - BUS</b>            6:00 Scrabble - C/D 3rd Floor            6:30 Bingo - AUD <i>Hanukkah            Ends</i></p>	<p>8:00 Coffee Social - CR            9:00 Gentle Yoga - AUD            10:00 Drum Fit - AUD            10:00 Water Aerobics - POOL            2:00 Reflections - CR  <b>2:00 Pearl Harbor Remembrance            AUD</b>  <b>6:00 Christmas Tree Lighting -            FRONT PARKING LOT</b></p>	<p>9:00 Strength Circu  <b>9:00 Low Vision S            CR</b>            9:30 Walmart Run -            10:00 Water Aerobi  <b>10:00 Journey Thr</b>            11:00 Intercessory I            1:00 Wii Bowling I            6:00 Bridge - AUD            6:15 Mexican Train</p>
<p>11:00 CHERA Worship: <b>12</b>            Rev. Robert Houlihan - AUD            1:30 Hand, Knee &amp; Foot -            C/D 3rd Floor            Fitness Center Open 24/7            All Day Swimming            All Day Outdoor Activities            Game Room OPEN            Art Studio OPEN</p>	<p>9:00 Group Exercise - AUD            10:00 Catholic Rosary - PDR            10:00 Water Aerobics - POOL            10:00 Body Balance - AUD            10:30 CHERA Chorus - AUD            11:00-1:00 Lakeland Square Mall -            BUS            11:15 Silent Singers - AUD            6:00 Scrabble - C/D 3rd Floor            6:30 Bingo - AUD</p>	<p>8:00 Coffee Social - CR            9:00 Gentle Yoga - AUD            10:00 Drum Fit - AUD            10:00 Water Aerobics - POOL            10:00 Foshee Jewelers - CR            2:00 Reflections - CR  <b>2:00 This is Jeopardy:            Holiday Edition - AUD</b>  <b>6:00 Concert of Musical            Christmas Presents - BUS</b></p>	<p>9:00 Group Exercis            9:30 Walmart Run            10:00 Water Aerob            10:00 Tai Chi - AU            11:00 Intercessory  <b>12:00-2:00 Christ</b>  <b>4:00-6:00 Christm</b>            6:00 Bridge - AUD            6:15 Mexican Train</p>
<p>11:00 CHERA Worship: <b>19</b>            Rev. Dan Morris - AUD  <b>1:00 The Sound of Music - BUS</b>            1:30 Hand, Knee &amp; Foot -            C/D 3rd Floor            Fitness Center Open 24/7            All Day Swimming            All Day Outdoor Activities            Game Room OPEN            Art Studio OPEN</p>	<p>9:00 Group Exercise - AUD  <b>9:00 Veterans Club Outing -            BUS</b>            10:00 Catholic Rosary - PDR            10:00 Water Aerobics - POOL            10:00 Body Balance - AUD            10:30 CHERA Chorus - AUD            11:00-1:00 Lakeland Square Mall -            BUS            11:15 Silent Singers - AUD  <b>2:00 Holiday Concert - LOBBY</b>            6:00 Scrabble - C/D 3rd Floor            6:30 Bingo - AUD</p>	<p>8:00 Coffee Social - CR            9:00 Gentle Yoga - AUD            10:00 Drum Fit - AUD            10:00 Water Aerobics - POOL            2:00 Reflections - CR  <b>2:00 Holiday Sing Along - LOBBY</b>  <b>6:00 Victory Church Carols &amp; Cocoa            LOBBY</b></p>	<p>9:00 Group Exercis            9:30 Walmart Run            10:00 Water Aerob            10:00 Tai Chi - AU            11:00 Intercessory            11:00 Bean Bag Ba            1:00-3:00 Ladies' E  <b>2:00 Christmas H            LOBBY</b>            6:00 Bridge - AUD            6:15 Mexican Train</p>
<p>11:00 CHERA Worship: <b>26</b>            Rev. William Allen - AUD            1:30 Hand, Knee &amp; Foot -            C/D 3rd Floor            Fitness Center Open 24/7            All Day Swimming            All Day Outdoor Activities            Game Room OPEN            Art Studio OPEN</p>	<p>9:00 Group Exercise - AUD            10:00 Catholic Communion - PDR            10:00 Water Aerobics - POOL            10:30 CHERA Chorus - AUD            11:00-1:00 Lakeland Square Mall -            BUS            11:15 Silent Singers - AUD            1:00 Wii Bowling League - GR  <b>2:00 Holiday Afternoon Tea - AUD</b>            6:00 Scrabble - C/D 3rd Floor            6:30 Bingo - AUD</p>	<p>8:00 Coffee Social - CR            9:00 Gentle Yoga - AUD            10:00 Water Aerobics - POOL            10:00 Foshee Jewelers - CR  <b>10:00 Travel Series: Toronto -            AUD</b>            2:00 Reflections - CR  <b>2:00 National Card Playing Day -            AUD</b></p>	<p>9:00 Group Exerc            9:00 Clergy Fello            9:30 Walmart Run            10:00 Water Aero            11:00 Intercessory            11:00 Bean Bag E            1:00-3:00 Ladies'  <b>2:00 Birthday Ba</b>            6:00 Bridge - AU            6:15 Mexican Tra</p>

Wednesday	Thursday	Friday	Saturday
<p>01</p> <p>8:00 Coffee Social - CR</p> <p>9:00 Gentle Yoga - AUD</p> <p>9:30 Publix/ALDI Run - BUS</p> <p>10:00 Water Aerobics - POOL</p> <p>10:00 SilverFit - FC</p> <p>10:00 Senior Scholars - AUD</p> <p><b>11:00 Disney Springs Trip - BUS</b></p> <p>1:00 Scrabble - C/D 3rd Floor</p> <p>1:00-3:00 Ladies' Boutique - D-304</p> <p>6:30 Chapel: The Dunnemans - AUD</p>	<p>02</p> <p>8:00 Coffee Social - CR</p> <p>9:00 Gentle Yoga - AUD</p> <p>9:30 Publix/ALDI Run - BUS</p> <p>10:00 Water Aerobics - POOL</p> <p>10:00 SilverFit - FC</p> <p>10:00 Senior Scholars: Art Museum - AUD</p> <p><b>11:00 ROMEOS Lunch: Miller's - BUS</b></p> <p>1:00 Scrabble - C/D 3rd Floor</p> <p>1:00-3:00 Ladies' Boutique - D-304</p> <p>6:30 Chapel: 12 Gifts of Christmas - AUD</p> <p><b>7:30 CHERA Quarterly Meeting - MDR</b></p>	<p>03</p> <p>8:00 Coffee Social - CR</p> <p>9:00 Group Exercise - AUD</p> <p>10:00 Tai Chi - AUD</p> <p>10:00 Water Aerobics - POOL</p> <p>10:30 Target Run - BUS</p> <p>11:00 Cranium Crunches - AUD</p> <p>1:00 Local Bank Run - BUS</p> <p>1:00 Wii Bowling League - GR</p> <p>1:00-3:00 Flea Market - A-421</p> <p>1:30 Hand, Knee &amp; Foot - C/D 3rd Floor</p> <p>2:00 Tech Time - AUD</p> <p>6:00 Pinochle - AUD</p> <p>6:30 Manipulation Cards - AUD</p>	<p>04</p> <p>Fitness Center Open 24/7</p> <p>All Day Swimming</p> <p>All Day Outdoor Activities</p> <p>Game Room OPEN</p> <p>Art Studio OPEN</p> <p>1:00 Women's Social Connection - MDR</p> <p>6:00 Saturday Night Movie - AUD</p> <p>"The Santa Clause"</p>
<p>08</p> <p>8:00 Coffee Social - CR</p> <p>9:00 Gentle Yoga - AUD</p> <p>9:30 Publix/ALDI Run - BUS</p> <p>10:00 Water Aerobics - POOL</p> <p>10:00 SilverFit - FC</p> <p>10:00 Senior Scholars: Art Museum - AUD</p> <p><b>11:00 ROMEOS Lunch: Miller's - BUS</b></p> <p>1:00 Scrabble - C/D 3rd Floor</p> <p>1:00-3:00 Ladies' Boutique - D-304</p> <p>6:30 Chapel: 12 Gifts of Christmas - AUD</p> <p><b>7:30 CHERA Quarterly Meeting - MDR</b></p>	<p>09</p> <p>8:00 Coffee Social - CR</p> <p>9:00 Group Exercise - AUD</p> <p>10:00 Tai Chi - AUD</p> <p>10:00 Water Aerobics - POOL</p> <p>10:30 Target Run - BUS</p> <p>11:00 Cranium Crunches - AUD</p> <p>1:00 Local Bank Run - BUS</p> <p>1:00 Wii Bowling League - GR</p> <p>1:00-3:00 Flea Market - A-421</p> <p>1:30 Hand, Knee &amp; Foot - C/D 3rd Floor</p> <p>2:00 Tech Time - AUD</p> <p>6:00 Pinochle - AUD</p> <p>6:30 Manipulation Cards - AUD</p>	<p>10</p> <p>8:00 Coffee Social - CR</p> <p>9:00 Group Exercise - AUD</p> <p>10:00 Tai Chi - AUD</p> <p>10:00 Water Aerobics - POOL</p> <p>10:30 Target Run - BUS</p> <p>11:00 Cranium Crunches - AUD</p> <p>1:00 Local Bank Run - BUS</p> <p>1:00 Wii Bowling League - GR</p> <p>1:00-3:00 Flea Market - A-421</p> <p>1:30 Hand, Knee &amp; Foot - C/D 3rd Floor</p> <p>2:00 Tech Time - AUD</p> <p>6:00 Pinochle - AUD</p> <p>6:30 Manipulation Cards - AUD</p>	<p>11</p> <p>Fitness Center Open 24/7</p> <p>All Day Swimming</p> <p>All Day Outdoor Activities</p> <p>Game Room OPEN</p> <p>Art Studio OPEN</p> <p>1:00 Women's Social Connection - MDR</p> <p>6:00 Saturday Night Movie - AUD</p> <p>"The Polar Express"</p>
<p>15</p> <p>8:00 Coffee Social - CR</p> <p>9:00 Gentle Yoga - AUD</p> <p>9:30 Publix/ALDI Run - BUS</p> <p>10:00 Water Aerobics - POOL</p> <p>10:00 SilverFit - FC</p> <p><b>12:00-2:00 Christmas GALA - MDR</b></p> <p>1:00 Scrabble - C/D 3rd Floor</p> <p>1:00-3:00 Ladies' Boutique - D-304</p> <p><b>4:00-6:00 Christmas GALA - MDR</b></p> <p>6:30 Chapel: John &amp; Joanne Birtch - AUD</p>	<p>16</p> <p>8:00 Coffee Social - CR</p> <p>9:00 Gentle Yoga - AUD</p> <p>9:30 Publix/ALDI Run - BUS</p> <p>10:00 Water Aerobics - POOL</p> <p>10:00 SilverFit - FC</p> <p>10:00 Senior Scholars - AUD</p> <p><b>12:00-2:00 Christmas GALA - MDR</b></p> <p>1:00 Scrabble - C/D 3rd Floor</p> <p>1:00-3:00 Ladies' Boutique - D-304</p> <p><b>4:00-6:00 Christmas GALA - MDR</b></p> <p>6:30 Chapel: John &amp; Joanne Birtch - AUD</p>	<p>17</p> <p>8:00 Coffee Social - CR</p> <p>9:00 Group Exercise - AUD</p> <p>10:00 Tai Chi - AUD</p> <p>10:00 Water Aerobics - POOL</p> <p>10:30 Target Run - BUS</p> <p>11:00 Cranium Crunches - AUD</p> <p>1:00 Local Bank Run - BUS</p> <p>1:00-3:00 Flea Market - A-421</p> <p>1:30 Hand, Knee &amp; Foot - C/D 3rd Floor</p> <p><b>2:00 Holiday Bash - AUD</b></p> <p>6:00 Pinochle - AUD</p> <p><b>6:00 Christmas Light Bus Tour - BUS</b></p> <p>6:30 Manipulation Cards - AUD</p>	<p>18</p> <p>Fitness Center Open 24/7</p> <p>All Day Swimming</p> <p>All Day Outdoor Activities</p> <p>Game Room OPEN</p> <p>Art Studio OPEN</p> <p>1:00 Women's Social Connection - MDR</p> <p>6:00 Saturday Night Movie - AUD</p> <p>"A Christmas Carol"</p>
<p>22</p> <p>8:00 Coffee Social - CR</p> <p>9:00 Gentle Yoga - AUD</p> <p>9:30 Publix/ALDI Run - BUS</p> <p>10:00 Water Aerobics - POOL</p> <p>10:00 SilverFit - FC</p> <p>10:00 Senior Scholars - AUD</p> <p>1:00 Scrabble - C/D 3rd Floor</p> <p><b>2:00 A Silent Singers Christmas - LOBBY</b></p> <p>6:30 Chapel: Special Christmas Eve Service - AUD</p>	<p>23</p> <p>8:00 Coffee Social - CR</p> <p>9:00 Gentle Yoga - AUD</p> <p>9:30 Publix/ALDI Run - BUS</p> <p>10:00 Water Aerobics - POOL</p> <p>10:00 SilverFit - FC</p> <p>10:00 Senior Scholars - AUD</p> <p>1:00 Scrabble - C/D 3rd Floor</p> <p><b>2:00 A Silent Singers Christmas - LOBBY</b></p> <p>6:30 Chapel: Special Christmas Eve Service - AUD</p>	<p>24</p> <p>10:00 Water Aerobics - POOL</p> <p>1:00 Scrabble - C/D 3rd Floor</p> <p><b>2:00 Holiday Piano Concert - LOBBY</b></p> <p>Fitness Center Open 24/7</p> <p>All Day Outdoor Activities</p> <p>Game Room OPEN</p> <p>Art Studio OPEN</p> <p><i>Christmas Eve</i></p>	<p>25</p> <p>Fitness Center Open 24/7</p> <p>All Day Swimming</p> <p>All Day Outdoor Activities</p> <p>Game Room OPEN</p> <p>Art Studio OPEN</p> <p>1:00 Women's Social Connection - MDR</p> <p>6:00 Saturday Night Movie - AUD</p> <p>"A Nativity Story"</p> <p><i>Christmas Day</i></p>
<p>29</p> <p>8:00 Coffee Social - CR</p> <p>9:00 Gentle Yoga - AUD</p> <p>9:30 Publix/ALDI Run - BUS</p> <p>10:00 Water Aerobics - POOL</p> <p>10:00 SilverFit - FC</p> <p>10:00 Senior Scholars - AUD</p> <p><b>11:00 JULIETS Lunch: Carrabbas - BUS</b></p> <p>1:00 Scrabble - C/D 3rd Floor</p> <p>6:30 Chapel: Pastor Jason Diaz - AUD</p>	<p>30</p> <p>8:00 Coffee Social - CR</p> <p>9:00 Gentle Yoga - AUD</p> <p>9:30 Publix/ALDI Run - BUS</p> <p>10:00 Water Aerobics - POOL</p> <p>10:00 SilverFit - FC</p> <p>10:00 Senior Scholars - AUD</p> <p><b>11:00 JULIETS Lunch: Carrabbas - BUS</b></p> <p>1:00 Scrabble - C/D 3rd Floor</p> <p>6:30 Chapel: Pastor Jason Diaz - AUD</p>	<p>31</p> <p>10:00 Water Aerobics - POOL</p> <p>1:00 Scrabble - C/D 3rd Floor</p> <p><b>7:00 New Years Eve Party - MDR</b></p> <p>Fitness Center Open 24/7</p> <p>All Day Outdoor Activities</p> <p>Game Room OPEN</p> <p>Art Studio OPEN</p> <p><i>New Years Eve</i></p>	<p><b>Gift Shop Hours</b></p> <p>M-F 8:30 - 10:00 a.m.</p> <p>2:00 - 3:30 p.m.</p> <p><b>Salon OPEN</b></p> <p>For more details, please check the posters by the C/D, F/G, and M elevators.</p>

# December Events

Entertainment

Information

Christmas

## 01 | Red Apple Day 2:00 p.m. - AUD

As the saying says, “An apple a day keeps the doctor’s away.” Enjoy some delicious apple slices and different toppings in the **AUDITORIUM**.

## 06 | Care 2 Dance Christmas 2:30 p.m. - AUD

Enjoy a special dance presentation in the **AUDITORIUM**, put on by Care 2 Dance that will help ring in the Christmas season.

## 07 | Pearl Harbor Remembrance 2:00 p.m. - AUD

We will be taking a day of remembrance of Pearl Harbor in the **AUDITORIUM** with a documentary.

## 07 | Christmas Tree Lighting 6:00 p.m. - FRONT PARKING LOT

The time has come for our annual Christmas tree lighting. Join us in the **FRONT PARKING LOT** and enjoy some live music, delicious treats & refreshments, and more!

## 14 | This is Jeopardy: Holiday Edition 2:00 p.m. - AUD

Jeopardy is **BACK** for a special holiday edition! Join us in the **AUDITORIUM** for some fun and holiday trivia!

## 15 & 16 | Christmas Gala 12-2 p.m. & 4-6 p.m. - AUD

It’s time to celebrate the greatest time of the year! Join us for our annual Christmas Gala in the **MAIN DINING ROOM**. Enjoy delicious food, refreshments, and live entertainment. This is a reservation **ONLY** event! Please call Dining Services at ext. 111 to reserve a table!

## 17 | Holiday Bash 2:00 p.m. - AUD

Get in the holiday spirit with our Holiday Bash in the **AUDITORIUM**. Bring out your best holiday sweater, enjoy special treats, and enjoy different crafts and activities.

## 27 | Holiday Afternoon Tea 2:00 p.m. - AUD

Join us for some delicious holiday inspired teas, delicate finger sandwiches, delicious pastries, mouth-watering cakes and freshly made scones located in the **AUDITORIUM**.

## 28 | Travel Series: Toronto 10:00 a.m. - AUD

Take a live journey to Toronto, Canada from the comfort of your seat in the **AUDITORIUM**, as we take a virtual tour over Zoom.

## 28 | National Playing Card Day 2:00 p.m. - AUD

To celebrate this unique national day, we will hosting a Bridge tournament in the **AUDITORIUM**. Sign ups will be available at C-118.

## 31 | New Years Eve Party 7:00 p.m. - MDR

With 2021 coming to a close it’s time to ring in the new year! Join us in the **MAIN DINING ROOM** as we celebrate the new year with: delicious appetizers, sparkling cider, and fun activities. This is a reservation **ONLY** event! Please sign up with the Lifestyles department at C-118 or ext. 114.



# Health Center Update

It is hard to believe we are at the end of the year already! It's December which means celebrating The Birth of our Savior, colder weather, Christmas music, hot chocolate, Egg Nog, Christmas trees, and the gift of giving.

Recreation had fun celebrating being thankful in November! We had fall decorations, a Veteran's Day Celebration, apple cider socials, pumpkin pies, and a Thanksgiving treat. The residents and staff enjoyed sharing what made them thankful and family and friends was the one that everyone named first!

During this Holiday season, remember your friends in the Manor and Villa by writing them, sending them a card, or calling them to see how they are doing.

The residents and staff in the Health Care Center want to wish each and every one of you a Merry Christmas and a Happy and safe New Year!



*- Jamie Backensto, Director of Recreation, Health Center*

## The Season of Giving

Christmas is a celebration of Love, Joy, and Peace. Spending time with those you love is the greatest gift that you can give. While we celebrate with our families and friends, it is the perfect time to remember all the things God has blessed us with. One of the main parts of Christmas is giving and receiving gifts which allows friends and families to come together. Gifts create love and bonds between the giver and the receiver; this bond allows people to become close and enjoy not only their presence but all those around them. Christmas is a day for joy and gratitude, a day for peace and generosity. It is a season focused on joy and good tidings. One of the best ways to celebrate is to take inspiration from God and give without the expectation of receiving something in return. Let's spread Christmas joy both in word and deed because that is what Christmas is all about.

Merry Christmas to you all!



*- Rana Khan, Director of Nursing, Health Center*

# Happy Birthday

## ESTATES

## HEALTH CENTER

Nancy Lynette . . . . .	.03
Ervin Byrnes. . . . .	.07
Henry Coffman. . . . .	.09
Mary Smith. . . . .	.09
Doris Jackson. . . . .	.10
Marie Paolantonio. . . . .	.10
Donna Novak. . . . .	.11
Jane Miller. . . . .	.13
Katherine Hamann. . . . .	.14
Raymond Meder. . . . .	.15
Owen Smith. . . . .	.15
Mark Sutherland. . . . .	.17
Danny Morris. . . . .	.18
Martha Conrad. . . . .	.20
Dona Nash. . . . .	.25
Joanne Birtch. . . . .	.26
Patricia Swope. . . . .	.31

Barbara Meikle. . . . .	.01
Clara Nettles. . . . .	.10
Harold Hall. . . . .	.21
Geraldine Rogers. . . . .	.23
Marlene Cheatwood . . . . .	.30
Phyllis Snavely. . . . .	.31



Those born in December are invited to a birthday celebration in the Auditorium on December 29<sup>th</sup> from 2:00-4:00 p.m. There will be delicious desserts and punch provided by our Dining Service department. Everyone will be able to invite one guest to attend. Find your invitation at your front door and RSVP to Kira Morisako in C-118.



### December 4th – “The Santa Clause”

Starring Tim Allen, Wendy Crewson, and Eric Lloyd. When a man inadvertently makes Santa fall off of his roof on Christmas Eve, he finds himself magically recruited to take his place.  
(PG - 97 mins.)

### December 11th – “The Polar Express”

Starring Tom Hanks, Peter Scolari, and Nona Gaye. On Christmas Eve, a young boy embarks on a magical adventure to the North Pole on the Polar Express, while learning about friendship, bravery, and the spirit of Christmas.  
(G - 100 mins.)

### December 18th – “A Christmas Carol”

Starring Jim Carrey, Gary Oldman, and Colin Firth. An animated retelling of Charles Dickens’ classic novel about a Victorian-era miser taken on a journey of self-redemption, courtesy of several mysterious Christmas apparitions.  
(PG - 96 mins.)

### December 25th - “A Nativity Story”

Starring Keisha Hughes, Oscar Isaac, and Shohreh Aghdashloo. A drama that focuses on the period in Mary and Joseph’s life where they journeyed to Bethlehem for the birth of Jesus.  
(PG - 101 mins.)



# How Not to Be a Cranky Christian at Christmas

There are a lot of reasons to be cranky on Christmas. It can be one of the busiest times of the year, with the pressure to get the perfect gift, all the parties and events to attend, and the commercialization of Christmas by our culture. None of these should be allowed to steal our joy. Christmas should be the most joyous time of the year for a Christian. Rather than get frustrated with another “happy holiday” greeting from the checkout lady, why not allow your Christian joy to shine forth with a smile. Rather than complain about another holiday event to attend, why not use the opportunity for friendship-building among people who desperately need to hear about the baby in a manger? Rather than airing your holiday grievances on social media, why not spend time in prayer and gratitude for God’s sending of Jesus? Christians should be the most joyful on Christmas because we own the Christmas story. It is our story. It is us whom Jesus came to earth to redeem from the curse. It is our hearts He has chosen to regenerate. It is our world He is making new. This is why God has called every generation of His people to tell the story anew. We are the ones God is calling to share the gospel story to a world thirsting for a savior. So, let’s do it with joy, not with anger. Let’s engage people as friends and not enemies. And let’s wear the smile of Christmas joy that only the Christ Child could bring.

Merry Christmas!

- Chaplain Randy Horn

## Thursday Night Chapel Schedule

December 2nd	The Dunnemans
December 9th	“The 12 Gifts of Christmas” A Christmas Program
December 16th	John & Joanne Birtch Christmas Service
December 23rd	Special Christmas Eve Service
December 30th	Pastor Jason Diaz

## CHERA Sunday Worship Speakers

December 5th	Rev. Norm Bradney Assembly of God
December 12th	Rev. Robert Houlihan Assembly of God
December 19th	Rev. Dan Morris Southern Baptist
December 26th	Rev. William Allen Swiss Brethren



# The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$394,996.27. As of October 31, 2021, \$68,198.82 has been used to help residents. Monies are taken from the interest earned.

# The Estates

A T C A R P E N T E R S



Visit us on the web at : [www.EstatesatCarpenters.com](http://www.EstatesatCarpenters.com)