

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

## Winter Wonderland

- |             |            |
|-------------|------------|
| Beautiful   | Glisten    |
| Brilliant   | Illuminate |
| Captivating | Lovely     |
| Charming    | Peaceful   |
| Delightful  | Radiance   |
| Enchanting  | Shimmery   |
| Enticing    | Sparkle    |
| Ethereal    | Sweet      |
| Frozen      | Twinkle    |
| Gleam       | Wonderful  |

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### Ambassadors

- Chuck Perkins..... VILLAS
- Lynette Maddocks..... 1ST FLOOR
- Bobbie Knight.....2ND FLOOR
- Linda Casburn .....2ND FLOOR
- Liz Steinwachs..... 3RD FLOOR
- Barbara Walker.....4TH FLOOR
- Floyd Willbanks..... 5TH FLOOR



## SENIOR LIVING with Style!

FRANKLIN PARK TPC PARKWAY

### December 2023

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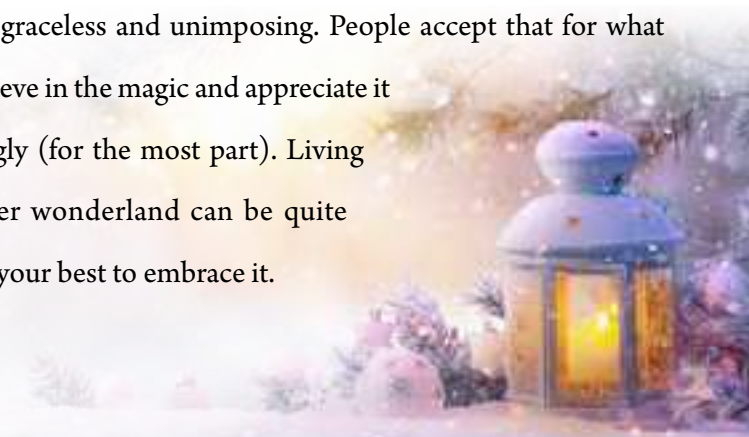
INDEPENDENT LIVING

## Winter Magic

Winter is such an enchanting season. For many, the long, cold days of December have some amount of family and friends time filled with lots of discussion on topics like life, love, inner-peace, values and belief systems. Thoughtful consideration is given more freely and openly, especially during the holiday season when magic and mystery abound.

In the grand tapestry of life, we see this enchanting cycle in nature, humans, plants and animals. Old gracefully gives way to new, echoing winter's magic and beauty. Simultaneously, senses are ignited by the sight of fresh snowfall, glittering lights on lamp posts and clear, dark night skies with twinkling stars shining ever so brightly. Some are blue and hot, others red and cool, and then there are those that fall somewhere in between, shades so faint they're indistinguishable. It's easy to get lost in it all, really...the magic, the beauty, the chaos and everything else.

December is a month filled with inexplicable wonders, majestic and glorious, graceless and unimposing. People accept that for what it's worth, believe in the magic and appreciate it unquestioningly (for the most part). Living life in a winter wonderland can be quite inspiring. Do your best to embrace it.





SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# Franklin Park TPC Parkway - Independent Living

## December 2023



<p>9:30 DEPART FOR CT CHURCH <sup>3</sup></p> <p>10:30 Sunday Stroll</p> <p>2:00 MAHJONGE-4th</p> <p>2:00 DOMINOES-4TH FLOOR</p> <p>2:30 CRAZY EIGHTS-GR</p> <p>4:00 GUITAR MUSIC BY DIEGO &amp; POPCORN-Dining Room</p>	<p>9:45 CATHOLIC COMMUNION-GR <sup>4</sup></p> <p>11:00 EXERCISE FOR FLOYD</p> <p>2:00 BOCCEE-AC</p> <p>2:00 COME DO A PUZZLE-GR</p> <p>3:00 LINE DANCING-AC</p> <p>3:30 CRAZY EIGHTS-GR</p> <p>4:00 SING WITH ME-AC</p> <p>7:00 Christmas Movie "ELF"</p>	<p>Pajama Day! Wear your PJ'S <sup>5</sup></p> <p>10:15 BIBLE STUDY-GR</p> <p>11:00 EXERCISE WITH APREL-AC</p> <p>2:00 RUMMIKUB - 4TH Floor</p> <p>2:00 Christmas Cookie Craft</p> <p>3:00 RESIDENT ACTIVITY MEETING-AC</p> <p>4:00 DOLLAR BINGO -AC</p>	<p>Making A Gingerbread House Begins <sup>6</sup></p> <p>11:00 MARIE'S CLOTHES - 4TH</p> <p>11:00 EXERCISE WITH APREL-AC</p> <p>2:00 Start Gingerbread House-AC</p> <p>2:15 HOLIDAY SING-A-LONG-AC</p> <p>2:30 RUMMIKUB-4th Floor</p> <p>3:30 CRAZY EIGHTS-GR</p> <p>4:00 Dinner Date to Max and Louie's</p>	<p>9:00 Stroll With Me! <sup>7</sup></p> <p>10:00 Morning Conversations-GR</p> <p>11:00 Exercise with Aprel-AC</p> <p>2:00 RESIDENT HOUSEKEEPING MEETING-AC</p> <p>4:00 Franklin's Open House W/Rebecca</p> <p>7:00 Hallmark Christmas Movies-GR</p>	<p>Door Decorating Contest Begins <sup>1</sup></p> <p>11:00 EXERCISE WITH APREL-AC</p> <p>1:30 SHUTTLE-WALGREENS</p> <p>1:30 MAHJONGE-4th</p> <p>2:00 RUMMIKUB-4TH</p> <p>4:00 DOLLAR BINGO-AC</p> <p>6:00 POKER - GR</p> <p>7:00 Christmas Light Tour</p>	<p>10:00 CHURCH SERVICE W/ KANDI-AC <sup>2</sup></p> <p>1:30 MAH JONGE-GR</p> <p>2:00 Walkers Club</p> <p>3:00 Beanbag Baseball Practice-AC</p> <p>4:00 Fun with Board Games-GR</p> <p>5:30 Puzzles-GR</p> <p>7:00 Movie Night-GR</p>
<p>9:30 DEPART FOR CT CHURCH <sup>10</sup></p> <p>10:30 Sunday Stroll</p> <p>2:00 MAHJONGE-4th</p> <p>2:00 DOMINOES-4TH FLOOR</p> <p>2:30 CRAZY EIGHTS-GR</p> <p>4:00 GUITAR MUSIC BY DIEGO &amp; POPCORN-Dining Room</p>	<p>9:45 CATHOLIC COMMUNION-GR <sup>11</sup></p> <p>11:00 EXERCISE FOR FLOYD</p> <p>1:30 SHUTTLE TO HEB</p> <p>2:00 BOCCEE-AC</p> <p>2:00 COME DO A PUZZLE-GR</p> <p>3:00 LINE DANCING-AC</p> <p>3:30 CRAZY EIGHTS-GR</p> <p>4:00 SING WITH ME-AC</p> <p>7:00 Christmas Movie "Santa Claus"</p>	<p>Wear Christmas Colors Day! <sup>12</sup></p> <p>10:15 BIBLE STUDY-GR</p> <p>11:00 EXERCISE WITH APREL-AC</p> <p>1:30 Mini Wreath Craft</p> <p>2:00 RUMMIKUB - 4TH Floor</p> <p>3:00 "Twas the Night Before Christmas" Reading with Cocoa -Lobby</p> <p>4:00 DOLLAR BINGO -AC</p>	<p>10:00 Walkers Club <sup>13</sup></p> <p>11:00 EXERCISE WITH APREL-AC</p> <p>2:00 Jeopardy!-AC</p> <p>2:15 HOLIDAY SING-A-LONG-AC</p> <p>2:30 RUMMIKUB-4th Floor</p> <p>3:30 CRAZY EIGHTS-GR</p> <p>3:30 Scrabble-AC</p> <p>4:00 J' Alexander's Steak House Dinner Date and Lights</p>	<p>9:00 Stroll With Me! <sup>14</sup></p> <p>10:00 Emma's Jewelry- By Bistro</p> <p>10:00 Morning Conversations-GR</p> <p>11:00 Exercise with Aprel-AC</p> <p>2:00 SkipBo-GR</p> <p>3:00 Wii Bowling-AC</p> <p>4:00 HAPPY HOUR WITH MIKE</p> <p>7:00 Hallmark Christmas Movies-GR</p>	<p>11:00 EXERCISE WITH APREL-AC <sup>15</sup></p> <p>1:30 SHUTTLE-WALGREENS</p> <p>1:30 MAHJONGE-4th</p> <p>2:00 RUMMIKUB-4TH</p> <p>2:00 Word Puzzles-AC</p> <p>4:00 DOLLAR BINGO-AC</p> <p>6:00 POKER - GR</p> <p>7:00 Christmas Light Tour</p>	<p>10:00 CHURCH SERVICE W/ KANDI-AC <sup>16</sup></p> <p>1:30 MAH JONGE-GR</p> <p>2:00 Walkers Club</p> <p>3:00 Beanbag Baseball Practice-AC</p> <p>4:00 Fun with Board Games-GR</p> <p>5:00 Puzzles-GR</p> <p>7:00 Movie Night-GR</p>
<p>9:30 DEPART FOR CT CHURCH <sup>17</sup></p> <p>10:30 Sunday Stroll</p> <p>2:00 MAHJONGE-4th</p> <p>2:00 DOMINOES-4TH FLOOR</p> <p>2:30 CRAZY EIGHTS-GR</p> <p>4:00 GUITAR MUSIC BY DIEGO &amp; POPCORN-Dining Room</p>	<p>9:45 CATHOLIC COMMUNION-GR <sup>18</sup></p> <p>11:00 EXERCISE FOR FLOYD</p> <p>2:00 BOCCEE-AC</p> <p>2:00 COME DO A PUZZLE-GR</p> <p>3:00 PHOTOS WITH SANTA-Main Lobby</p> <p>3:30 CRAZY EIGHTS-GR</p> <p>7:00 Christmas Movie and Popcorn-GR</p>	<p>Crazy Holiday Hat Day, Wear a Crazy Holiday Hat! <sup>19</sup></p> <p>10:15 BIBLE STUDY-GR</p> <p>11:00 EXERCISE WITH APREL-AC</p> <p>2:00 RUMMIKUB - 4TH Floor</p> <p>2:00 Christmas Cookie Craft</p> <p>3:00 RESIDENT FOOD MEETING -AC</p> <p>4:00 DOLLAR BINGO -AC</p> <p>5:00 Hall Walker's</p>	<p>10:00 Walkers Club <sup>20</sup></p> <p>11:00 EXERCISE WITH APREL-AC</p> <p>2:00 Jeopardy-AC</p> <p>2:15 HOLIDAY SING-A-LONG-AC</p> <p>2:30 RUMMIKUB-4th Floor</p> <p>3:00 Craft Time-Paper Angel-AC</p> <p>3:30 CRAZY EIGHTS-GR</p> <p>4:00 Dinner Date to Old English Tea Shoppe</p>	<p>Wear Your Ugly Christmas Sweater Day! <sup>21</sup></p> <p>10:00 HEARING LIFE-GR</p> <p>10:00 Morning Conversations-GR</p> <p>2:00 ADVISORY COMMITTEE MEETING-GR</p> <p>3:00 Ugly Sweater Happy Hour w/TJ (Special 2Hr Social)</p> <p>3:00 Wii Bowling</p>	<p>11:00 EXERCISE WITH APREL-AC <sup>22</sup></p> <p>1:00 Door Decorating Judging Today!</p> <p>1:30 MAHJONGE-4th</p> <p>2:00 RUMMIKUB-4TH</p> <p>2:00 Word Puzzles-AC</p> <p>4:00 DOLLAR BINGO-AC</p> <p>6:00 POKER - GR</p> <p>7:00 Christmas Light Tour</p>	<p>1:30 MAH JONGE-GR <sup>23</sup></p> <p>2:00 Walkers Club</p> <p>3:00 Beanbag Baseball Practice-AC</p> <p>4:00 Fun with Board Games-GR</p> <p>6:00 POTLUCK - BISTRO</p> <p>7:00 Movie Night-GR</p>
<p>9:30 DEPART FOR CT CHURCH <sup>24</sup></p> <p>10:30 Sunday Stroll</p> <p>2:00 MAHJONGE-4th</p> <p>2:00 DOMINOES-4TH FLOOR</p> <p>2:30 CRAZY EIGHTS-GR</p> <p>4:00 GUITAR MUSIC BY DIEGO &amp; POPCORN-Dining Room</p>	<p>9:45 CATHOLIC COMMUNION-GR <sup>25</sup></p> <p>11:00 EXERCISE FOR FLOYD</p> <p>2:00 BOCCEE-AC</p> <p>2:00 COME DO A PUZZLE-GR</p> <p>3:00 LINE DANCING-AC</p> <p>3:30 CRAZY EIGHTS-GR</p> <p>7:00 Christmas Movie "Polar Express"</p>	<p>BIBLE STUDY-GR <sup>26</sup></p> <p>11:00 EXERCISE WITH APREL-AC</p> <p>2:00 RUMMIKUB - 4TH Floor</p> <p>2:00 "New Year's Resolution Craft</p> <p>4:00 DOLLAR BINGO -AC</p> <p>5:00 Hall Walker's</p> <p>7:00 Movie Night-GR</p>	<p>10:00 Walkers Club <sup>27</sup></p> <p>11:00 EXERCISE WITH APREL-AC</p> <p>2:00 Jeopardy-AC</p> <p>2:15 HOLIDAY SING-A-LONG-AC</p> <p>2:30 RUMMIKUB-4th Floor</p> <p>3:00 Craft Time- New Years Painting!</p> <p>3:30 CRAZY EIGHTS-GR</p> <p>3:30 Scrabble-AC</p> <p>4:00 Dinner Date to 410 Diner</p>	<p>9:00 Stroll With Me! <sup>28</sup></p> <p>10:00 Morning Conversations-GR</p> <p>11:00 Exercise with Aprel-AC</p> <p>2:00 SkipBo-GR</p> <p>3:00 Wii Bowling-AC</p> <p>4:00 Happy Hour with Martinez</p> <p>7:00 Hallmark Christmas Movies-GR</p>	<p>11:00 EXERCISE WITH APREL-AC <sup>29</sup></p> <p>1:30 MAHJONGE-4th</p> <p>2:00 RUMMIKUB-4TH</p> <p>2:00 Word Puzzles-AC</p> <p>4:00 DOLLAR BINGO-AC</p> <p>6:00 POKER - GR</p> <p>7:00 Christmas Light Tour</p>	<p>1:30 MAH JONGE-GR <sup>30</sup></p> <p>2:00 Walkers Club</p> <p>3:00 Beanbag Baseball Practice-AC</p> <p>4:00 Fun with Board Games-GR</p> <p>5:00 Puzzles-GR</p> <p>7:00 Movie Night-GR</p>

<p>9:30 DEPART FOR CT CHURCH <sup>31</sup></p> <p>10:30 Sunday Stroll</p> <p>2:00 MAHJONGE-4th</p> <p>2:00 DOMINOES-4TH FLOOR</p> <p>2:30 CRAZY EIGHTS-GR</p> <p>4:00 GUITAR MUSIC BY DIEGO &amp; POPCORN-Dining Room</p>
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## Global Hanukkah Happenings

The Festival of Lights, also known as Hanukkah, falls in the winter annually and is observed according to the Hebrew calendar. This year, Hanukkah occurs December 7-15. Some traditions and rituals of Hanukkah's observance never change. But for some people in other countries across the world, other traditions have been added to celebrate the holiday and incorporate more of the culture found in their respective areas. Let's take a look at a few of those traditions and places.

- Mexico: Children have fun playing with the traditional dreidel, but also with a nontraditional one as well. They play a game called "toma todo" with a dreidel that has six sides instead of four and is called a "pirinola."
- Morocco: Hanukkah has more than the standard number of days in this country. They've extended it to nine days to include the "day of the shamash." Kids collect unused Hanukkah candles from neighbors on the ninth day, which are used in a festive bonfire event.
- Cuba: One of the most commonly eaten foods are plantains, which are often used in lieu of potatoes. Potato pancakes, or latkes, are among traditional Hanukkah fare worldwide. Here, however, they've added a little something different to their holiday feast that's made with plantains. These delicacies are called "patacones" and "tostones."



## Holiday Holly

Holly was initially made popular by the Celts in northern and central Europe. When the winter solstice arrived, they used it to decorate their homes, making wreaths and hanging sprigs inside and outside on windows and over doors. Holly, with its glossy green leaves bearing spikey edges, was thought to be a protective plant, one that would ward off evil spirits and ensure only kind-hearted people would cross the threshold. This belief was held by the Druids as well.

Celtic, Druid and Roman cultures held holly in the highest regard and believed it to be of great significance. Holly's symbolism among the three cultures varied, but at one point or another it served as a symbol of protection, hospitality, fertility, new life and good luck. Eventually, holly made its way into the Christian sector and is now commonly associated with Christmas.

Its symbolism takes a different shape, though. Holly produces reddish berries in the fall, which are thought to represent the blood of the lamb, aka Jesus. The spikey edges of holly leaves symbolize the crown of thorns worn by Jesus when he was nailed to the cross and the plant's green leaves that maintain their color 365 days a year represent new life that occurs after death.

No matter what holly represents, it's historically part of a tradition spanning numerous cultures and countries, and that is a very beautiful thing.



## Senior Living with Style!





## Let It Snow

Snow is a beautiful, magnificent sight to behold. While everyone doesn't have the opportunity to witness a snow flurry, snowstorm or blizzard in their region, such an event, albeit potentially dangerous, is a sight to behold. Snowflakes wisp into wide-open eyes, tickle runny noses and melt softly on exposed fingertips as layer upon layer of white crystals blanket the ground. It can be quite mesmerizing.

Snowflakes are a particularly interesting phenomenon, not just because of their beauty and individually unique shapes, though.

- Snowflakes affect sound. Have you ever noticed how everything seems just a little bit quieter and more serene after a snowfall? That's because sound waves are absorbed by fresh snow, allowing the sound of silence to briefly prevail.
- Snowflakes fall faster than they look. Three to four mph is the standard.
- Snowflakes initially develop symmetrically. Their growth is contingent on cloud variables like humidity and temperature, which remain fairly constant for each individual snowflake, making symmetry a natural occurrence.
- A clinical name exists for those who have an intense fear of snow. The psychological condition is known as chionophobia.
- Snow is an exceptionally strong insulator. It's made of nearly 100 percent trapped air. That's why interior igloo temperatures can be up to 100 degrees warmer than outside temperatures and animals burrow in the snow when it's hibernation time.



## A Charlie Brown Christmas

It's unlikely to find a person unfamiliar with the cult classic short film known as "A Charlie Brown Christmas." This 20-minute "Peanuts" cartoon features all the favorites: Snoopy, Charlie Brown, Pigpen, Linus, Lucy and the like. It is often found on repeat throughout the holiday season, whether it be on cable television, a streaming service or elsewhere. For many, Christmas is the prime time to break out the dusty DVD player or VCR from the attic, too. It's nostalgic and familiar, and families gather just to share the viewing experience as holiday traditions take hold. Regardless of the viewing method, "A Charlie Brown Christmas" is indisputably one of the most famous and well-loved family Christmas films.

So when did the tiny downtrodden Christmas tree Charlie Brown takes under his wing make its television debut? The answer to that is December 9, 1965. It aired on CBS. In fact, it was Charles M. Schulz's first Peanuts holiday special, which was produced by Lee Mendelson and directed by Bill Melendez.

"A Charlie Brown Christmas" tells a tale that differs from many other Christmas classics and centers more around life lessons and holiday humility, as opposed to Santa Claus and presents. CBS almost didn't run with the film when initially approached with the idea. But thank goodness, the film aired. What would Christmas be like without it?



## December 2023 Dates to Celebrate

World AIDS Day .....	12/1
Pearl Harbor Day.....	12/7
Hanukkah .....	12/7-15
Winter Solstice.....	12/21
Christmas Day .....	12/25
Full Moon .....	12/26
Kwanzaa .....	12/26-1/1
New Year's Eve .....	12/31

Birthstone - Blue Topaz | Flower - Holly  
Zodiac - Sagittarius & Capricorn