



# Georgian Heights December 2018 Newsletter

## Upcoming events:

December 5  
Art Therapy with Leslie

December 11  
Shopping Trip

December 14  
Come and Go Tea

December 17  
Larry Russell Music

December 19  
Year of the Lights

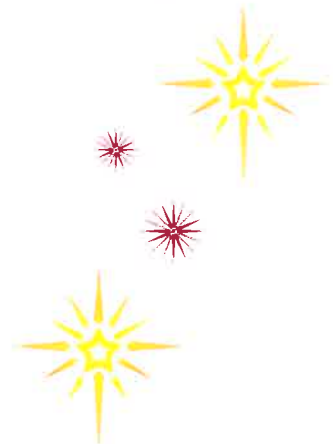
December 22  
Christmas Movie

December 25  
Merry Christmas

December 31  
Look Back at 2018



**Christmas 2015**  
*Visits with Santa and Charlie*



*Happy holidays from everyone at Georgian Heights!*

December is here! This brings another busy month ahead for the staff and residents of Georgian Heights.

The annual Christmas Bazaar last month was a success! Thanks to all that came out and supported. The residents worked so hard and are very pleased.

We have many programs going on this month to get in the spirit of the holidays. We are already glowing with all of the decorations!

We are hosting a **Family Christmas Come and Go Tea** this year. This will be held on Friday December 14th from 2pm-4pm. NO Charge. Please R.S.V.P. by December 11<sup>th</sup>.

Georgian Heights is asking family/friends to please bring in a gift for your family member to open on Christmas morning. Help make it extra special!

Please bring presents to the program department by Friday December 21st.

We will also be collecting items for the food bank

Please bring in perishable food items so we can donate to the Salvation Army.

Have a wonderful holiday season!

**Jenna Bunn, Interim Program Manager**

### WET BOOTS

With winter weather arriving, that means wet boots.

Please remember to take wet boots off at the front door. This helps prevent wet floors and possible falls. Very important for resident safety!

Thanks!

**Health and Safety Committee**

### Lucky New Years Foods!

Traditionally, it was thought that one could affect their luck in the coming year by what they did or ate on the first day of the year.

Many cultures believe that anything in the shape of a ring is good luck, because it symbolizes "coming full circle," completing a year's cycle.

Cabbage is a "good luck" vegetable that is consumed on New Year's Day by many.

Lentils represent money, being both green and coin-shaped.

Long noodles represent long life.

In some places, rice is a lucky food that is eaten on New Year's Day.

The Spanish ritual on New Year's Eve is to eat twelve grapes at midnight. The tradition is meant to secure twelve happy months in the coming year.