Merry Christmas

Our Christmas/Hanukkah Celebration Will be
On Saturday, December 21st
@ 12:00PM

Our event Is provided by our
Board of Directors
EVERYONE IS INVITED!

Why are there 9 candles in the Menorah?

On each night of Hanukkah, a new branch is lit.
The ninth holder, called the shamash ("helper" or "servant"), is for a candle used to light all other candles or to be used as an extra light.
December Calendar of Events

Monday December 2nd Avon @ 9:00am
Tuesday December 3rd CareMore Touch Nurse Practitioner from 8:30am-11:00am
Tuesday December 3rd Oshyn Hospice In Service @ 9:00am
Thursday December 5th Haircuts w/ Nora @ 9:00am
Friday December 6th Christmas Stocking Project in the MPR @ 10:00am
Friday December 6th Fire Drill @ 3:00pm
Monday December 9th Food Boxes
Friday December 13th Offices closed Staff in Phoenix for Employee Holiday Party
Monday December 16th United Health Bingo @ 2:00pm
Tuesday December 17th CareMore Touch Nurse Practitioner from 8:30am-11:00am
Tuesday December 17th Music Symphony on Screen @ 6:00pm
Wednesday December 18th Board Meeting @ 8:30am
and Board Liaisons Nicky & Vickie @ 11:00am

December 9th Food Boxes

Thursday December 19th Higher Ground Ministries Music Praise & Worship @ 6:30pm
Saturday December 21st Resident Christmas/Hannukah & Birthday Celebration @ 12:00pm
Saturday December 21st Christmas Carols Children Choir @12:30pm
Sunday December 22nd Hannukah Begins at Sundown/First Day of Winter

Wednesday December 25th Christmas Day Offices Closed
Tuesday December 31st New Year' Eve

HAPPY KWANZAA!

Merry Christmas
Happy Hannukah
Happy Holidays

Weekly Events

Monday-Friday Coffee Time @ 9:00am
Mondays Bingo @ 2:00pm
Mondays Sing-A-Long Music Rehearsal @ 4:00pm-6:00pm
1st & 3rd Tuesday of the month CareMore Touch Nurse Practitioner @ 8:30am-11:00am
Tuesdays Wellness Class @ 12:00pm
Tuesdays Sewing @ 3:00pm
Wednesdays Games /Puzzles etc... @ 2:00pm
Thursdays The Book Club Bible Study @ 9:00am
Thursdays Wellness Class @ 12:00pm
Thursdays Knitting/Crochet 4:00pm-6:00pm
Fridays Art Class @ 3:00pm
Saturdays Movie Night @ 7:00pm
(see the wellness full schedule on next page)
(Dates, times, and events subject to change without notifications)
Exercise can also be a valuable tool to get you through the Challenges of the holiday season. Here are 4 reasons why you should give yourself the gift of regular exercise.

**Holiday Weight Gain** - The holidays are a high-risk time for gaining weight. Exercise can combat this risk by burning calories, and by maintaining muscle mass which sustains metabolic rate.

**Holiday Stress** - Shopping, increased food preparation, frequent visitors, and managing finances all lead to increased stress. Exercise promotes the release of hormones that improve mood and reduce feelings of anxiety.

**Seasonal Depression** - As we approach the winter solstice, the season chips away at our daylight hours. For many people, this can lead to varying degrees of seasonal depression. Exercise can reduce symptoms of Depression and elevate mood. Performing an outdoor workout during the daylight hours provides additional benefits by increasing sunlight exposure.

**Exercise Provides Structure** – One of the main culprits associated with Stress, depression, and weight gain is a reduction in structure within daily routine. Maintaining your exercise schedule provides structure to your day. The routine will you stay on track with food intake, aid in maintenance of sleep schedules, and provides a framework so you can prioritize the demands of the holiday season.
DECEMBER 2019 WELLNESS CENTER CALENDAR

TUESDAY, DECEMBER 3RD
12:00PM-12:30PM—ACTIVE CHAIR WORKOUT
2:00PM-2:30PM—CHAIR STRETCH & STRENGTH

THURSDAY, DECEMBER 5TH
12:00PM-12:30PM—CHAIR DANCE
2:00PM-2:30PM—WALKING GROUP

TUESDAY, DECEMBER 10TH
12:00PM-12:30PM—SHOULDER MOBILITY
2:00PM-2:30PM—HIP MOBILITY

THURSDAY, DECEMBER 12TH
12:00PM-12:30PM—TAI-CHI
2:00PM-2:30PM—CHAIR YOGA

TUESDAY, DECEMBER 17TH
12:00PM-12:30PM—GENTLE UPPER BODY STRETCH
2:00PM-2:30PM—GENTLE LOWER BODY STRETCH

THURSDAY, DECEMBER 19TH
12:00PM-12:30PM—TAI-CHI
2:00PM-3:00PM—HIGH TEA

TUESDAY, DECEMBER 24TH
12:00PM-12:30PM—AEROBICS CLASS
2:00PM-2:30PM—BREATH & TAI-CHI

THURSDAY, DECEMBER 26TH
12:00PM-12:30PM—BALANCE & BREATH
2:00PM-2:30PM—SIT & BE FIT

TUESDAY, DECEMBER 31ST
12:00PM-12:30PM—RESISTANCE CHAIR
2:00PM-2:30PM—TAI-CHI
HAPPY HOLIDAYS WORD SEARCH

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

1. Happy
2. Holidays
3. Christmas
4. Vacation
5. Family
6. Friends
7. Presents
8. Decorations
9. Shopping
10. Candy canes
11. Cookies
12. Milk
13. Santa
14. Songs
15. Movies
16. Fun
BBQ TURKEY SANDWICHES

SERVES: 4
PREP TIME: 10 min
COOK TIME: 10 min

DIRECTIONS
1. Arrange bread on baking sheet.
2. Combine Hellmann's® or Best Foods® Real Mayonnaise with barbecue sauce.
   Spread the mayonnaise mixture on bread. Arrange turkey on bread, then top with cheese and bacon.
3. Broil 1 minute or until cheese is melted.

INGREDIENTS
- 4 slices rustic Italian bread, lightly toasted
- 1/4 cup Mayonnaise
- 1/4 cup barbecue sauce
- 2 cups sliced deli turkey breast or leftover turkey
- 4 slices bacon, crisp-cooked
- 1 cup shredded Monterrey Jack cheese (about 4 oz.)

TIP: To add sautéed mushrooms, melt 1 tablespoon of I can't Believe It's Not Butter!
Spread in 12-inch nonstick skillet and cook 1 package (10 oz.) sliced mushrooms, stirring occasionally, 6 minutes or until golden.
Season with salt and pepper to taste, then add to sandwiches before adding bacon and cheese.
This holiday season, Strauss Manor residents will be sponsoring another senior building in our community. Catalina Village Assisted Living is an AZ Long Term Care facility. They have 110 senior residents. We will be putting together gift bags filled with an afghan, bib or something we've been working on in our weekly classes.

Knitters/Crochets and Sewers
We are seeking volunteers to make lap throws/quilts/bibs etc...
These items will be donated to the residents of Catalina Village Assisted Living.
Sewing Class
Tuesdays @ 3:00pm
Knitting/Crochet Class Thursdays @ 4:00pm

WHAT ARE YOU THANKFUL FOR?
I am so grateful to all my resident volunteers for their help and dedication.
You make it so much easier to run these programs!
Luz Gallego-Service Coordinator

Christmas Stocking project
Every year the residents of Strauss Manor with the funding assistance from our board of directors and community donors, have been providing Christmas Stockings with a stuffed toy to the children who are in the hospital on Christmas Day.
If you are interested in making a difference in someone’s life by donating a stuffed toy or help with stuffing the stockings, please come see me or leave me a message @ 722-9963.
Manager's Corner

Reminder - Please DO NOT let people in the lobby or any other doors unless they are your guest(s). We ask that all guests enter and exit using the lobby doors. Residents are RESPONSIBLE for letting their own caregivers, family, friends, etc. in the building. There are specific instructions on the call box by the lobby door. If you do not have a land line, you will need to come to the lobby to let your guest(s) in. Residents are not permitted to give outside door keys to anyone. Please check exterior doors behind you, make sure the exterior doors are closed/locked when you leave the building. Please do not prop the doors open with a stone and leave. This is for your own safety. Leaving a stone in the door allows unauthorized people access to our building.

Thank you,

Theresa & Sully
Remembering Nancy Harmes
December 22nd 1049-November 12th 2019

If anyone loved to participate and have a blast at any of our Strauss Manor events, that would be Nancy! Nancy was a cheerful fun-loving lady, her infectious smile could light up a whole room. Whether it was a funny joke, her positive attitude or her cute laugh. She was fun to be around, always making everyone laugh.

Nancy was a resident volunteers. Always on time along with lots of suggestions. She enjoyed being part of the poker club, assisted with the monthly events, and was happy to attend the B’nai B’rith Resident Leadership Retreat in Starlight, Pennsylvania. Nancy was a wonderful friend, she will be missed by a lot of people here :(
We would love to give a BIG thanks to our Partners in the community for their generous contributions for our residents' events, projects and classes. The pictures speak for themselves:) Your generosity is key to the success of our resident programs. I am so grateful for the support of our donors and volunteers. Thank you for helping us keep our programs strong!

The Tucson Electric Power Company
Corpus Christi Catholic Church Quilting Group,
Richard & Carol Poirier
Diane Arnold
Linda Moss
Barbara Bailey
Safeway Stores
Higher Grounds Ministries
United Health Care
Oshyn Hospice
Biltmore Properties
and our Board of Directors

and our Board of Directors
Happy Holidays!

We all survived Thanksgiving, though perhaps a couple pounds heavier...
Was our Thanksgiving luncheon fabulous, or what? That was a lot of fun and
it was a pleasure for our Board, staff and volunteers to be able to share such a wonderful
tradition with you. Now we can look forward to the upcoming events this December.
Christmas? Already? And a New Year....2020! Wow, time sure flew by so quickly!

We have so much to be thankful for.
2019 has been a blessing for many. December is a wonderful time to get together with the
ones that mean so much to us. Showing kindness to everyone and helping
one another is something to be proud of here at Strauss Manor.

We have a few holiday events planned that you don’t want to miss, so please mark your calendars!

*Upcoming Events*

*We will be working on our Christmas Stocking project on Friday, December 6th @ 10:00am.
If you would like to help, come join us in the multi purpose room.
We will be stuffing the Christmas stockings.
This project is to take a little cheer to the children who will be
spending Christmas in the hospital. We hope to see more participation.

*This year our Strauss Manor residents are sponsoring
Catalina Village Assisted Living residents for the holidays.
Thank you to all my resident volunteers who participated with this event.
We will continue to finish this gift wrapping project on Wednesday,
December 11th @ 2:00pm in the MPR.
These gifts are from the Strauss Manor knitting/Crochet and sewing groups. All items made in our
classes are to give out to the community.

* The “BE A SANTA TO A SENIOR” program gifts will arrive before Christmas. If they arrive
before December 21st the gifts will be passed out at our Christmas/Hannukah celebration.

*I will be meeting with my resident volunteers every four months. Thanks to all of you who attended
our last meeting. You all had great suggestions and ideas.
Our next meeting will be on Monday, January 6th 2020. If you are interested in
volunteering, please call me for an appointment.

*We will be celebrating Christmas/Hannukah with a wonderful meal
on Saturday, December 21st @12:00pm.
Thanks to our Board Of Directors for providing our Christmas/Hannukah feast!
This is for residents only!

Happy Holidays!
Luz E. Gallego
Service Coordinator
B'nai B'rith Strauss Manor
**Resident Activities December 2019**

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