

# THE Cambridge Landing *Lifestyle*



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MEMORY CARE COMMUNITY

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## DECEMBER 2024



## Remember When: Wooden Sleds

For generations of children, the combination of a winter snowfall and a nearby hill made for a day of sledding fun. One of the most popular means of riding the snowy slopes was aboard a Flexible Flyer. The iconic wooden sled with its eagle logo, red metal runners and hardwood seat slats was famous for a revolutionary feature—a flexible front-end steering bar that allowed the rider to control their course. Created in 1899 by a New Jersey manufacturer, millions of the sleds were sold up until the 1980s.



Every year on Dec. 7, Pearl Harbor Remembrance Day pays tribute to those killed in the 1941 Japanese air attack on the U.S. naval base in Hawaii. Since its completion in 1962, the USS Arizona Memorial in Pearl Harbor serves as a physical reminder of that infamous day.

The white, curved structure, which sits over the remains of the sunken USS Arizona battleship, is accessible by boat from the Pearl Harbor Visitor Center. Tickets are free and include a short film about the historic event.

The memorial contains three areas. The entry room holds the flags of the nine states represented by battleships at Pearl Harbor during the attack. The assembly room is an open area often used for ceremonies and offers a close look at the USS Arizona's remains in the water. The shrine room contains a marble wall engraved with the names of the 1,177 crewmen killed.

The USS Arizona Memorial receives an average of 4,500 visitors per day and 1.5 million visitors a year. It is one of nine historic locations throughout Hawaii, Alaska and California that collectively form the World War II Valor in the Pacific National Monument.

**DECEMBER 2024**

**The Joy of Simple Things**

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

*Treats.* Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration. *Decorations.* Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

*Crafts.* Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work. *Music.* Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.

**"The more positivity, love and light you reflect, the more light is mirrored your way."**  
—Suzy Kassem

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<b>National Christmas Lights Day</b> 1 9:00  Talk with Friends 10:00  Exercise 11:00  Sunday Worship! 2:00  Paint and Chat 3:00  Reminiscing Childhood Memories 6:00  Resident Choice	2 9:00  Talk with Friends 10:00  Move to Music 10:30  Balloon Battle 2:00  Who Am I? 3:00  Fluff and Fold 6:00  Movie of Choice	3 9:00  Talk with Friends 10:00  Chair Exercises 10:30  Let's Build a Snowman 2:00  Sensory Bins 3:00  Bingo 6:00  Resident Choice	<b>National Cookie Day</b> 4 9:00  Talk with Friends 10:00  Mind and Body 10:30  Cooking Corner 2:00  Candy Cane Race 3:00  Science Experiment 6:00  Movie of Choice	5 9:00  Talk with Friends 10:00  Yoga 10:30  Cornhole 2:00  Resident Council 3:00  Let's Make Music 6:00  Resident Choice	<b>St. Nicholas Day, Wear Red and White</b> 6 9:00  Talk with Friends 10:00  Weights 10:30  History of St. Nicholas 2:00  Movie and Popcorn 6:00  Movie of Choice	<b>Pearl Harbor Remembrance Day</b> 7 9:00  Talk with Friends 10:00  Exercise 10:30  Let's Talk Pearl Harbor 2:00  Ladderball 3:00  Sort and Match Socks 6:00  Resident Choice		
8 9:00  Talk with Friends 10:00  Exercise 11:00  Sunday Worship! 2:00  Cornhole 3:00  Fluff and Fold 6:00  Resident Choice	<b>Christmas PJ Day</b> 9 9:00  Talk with Friends 10:00  Move to Music 10:30  Christmas Cards 2:00  Bow Race 3:00  Riddles and Rhymes 6:00  Movie of Choice	10 9:00  Talk with Friends 10:00  Chair Exercises 10:30  Sing - A - Long 2:00  Craft Corner 3:00  Bingo 6:00  Resident Choice	11 9:00  Talk with Friends 10:00  Mind and Body 10:30  Christmas Story 11:00  Ball Toss 2:00  Movie and Popcorn 6:00  Movie of Choice	<b>Gingerbread House Day</b> 12 9:00  Talk with Friends 10:00  Yoga 10:30  Build Gingerbread Houses 2:00  Hot Cocoa Bar 3:00  Bowling 6:00  Resident Choice	13 9:00  Talk with Friends 10:00  Weights 10:30  Ukulele Vibes with Robin 2:00  Sensory Bins 3:00  Reminiscing Childhood Memories 6:00  Movie of Choice	<b>Happy Birthday Penny</b> 14 9:00  Talk with Friends 10:00  Exercise 10:30  Let's Talk Monkeys 2:00  Cooking Corner 3:00  Connect 4 6:00  Resident Choice		
15 9:00  Talk with Friends 10:00  Exercise 11:00  Sunday Worship! 2:00  Bingo 3:00  Name that Tune 6:00  Resident Choice	16 9:00  Talk with Friends 10:00  Move to Music 10:30  Let's Make Music 2:00  Bowling 3:00  Fluff and Fold 6:00  Movie of Choice	17 9:00  Talk with Friends 10:00  Chair Exercises 10:30  Paint and Chat 2:00  Who Am I? 3:00  Bingo 6:00  Resident Choice	18 9:00  Talk with Friends 10:00  Mind and Body 10:30  Cooking Corner 2:00  Guess the Object 3:00  Learning Sign Language 6:00  Movie of Choice	19 9:00  Talk with Friends 10:00  Yoga 10:30  Let's Make Music 1:30  Hangman 5:00  Family Night 6:00  Resident Choice	<b>National Ugly Sweater Day</b> 20 9:00  Talk with Friends 10:00  Weights 10:30  Sing Christmas Carols 2:00  Christmas Tree Game 3:00  Science Experiment 6:00  Movie of Choice	21 9:00  Talk with Friends 10:00  Exercise 10:30  Ladderball 11:00  What's in the Bag 2:00  What's That Song 3:00  Sort and Match Socks 6:00  Resident Choice		
22 9:00  Talk with Friends 10:00  Exercise 11:00  Sunday Worship! 2:00  Bowling 3:00  Fluff and Fold 6:00  Resident Choice	23 9:00  Talk with Friends 10:00  Move to Music 10:30  Cooking Corner 2:00  Eggnog Social 3:00  Reminiscing Childhood Memories 6:00  Movie of Choice	<b>Penny Birthday, Santa Hat Day</b> 24 9:00  Talk with Friends 10:00  Christmas Party 2:00  Sing - A - Long 3:00  Bingo 6:00  Resident Choice	<b>Christmas</b> 25 9:00  Talk with Friends 10:00  Mind and Body 10:30  Let's Talk Christmas 2:00  Ants in the Pants 3:00  Sensory Bins 6:00  Movie of Choice	26 9:00  Talk with Friends 10:00  Yoga 10:30  Craft Corner 2:00  Snowball Toss 3:00  Name that Tune 6:00  Resident Choice	27 9:00  Talk with Friends 10:00  Weights 10:30  Bowling 2:00  Riddles and Rhymes 3:00  Sensory Bins 6:00  Movie of Choice	<b>National Short Film Day</b> 28 9:00  Talk with Friends 10:00  Exercise 10:30  Let's Watch Short Films 2:00  Bingo 3:00  Let's Make Music 6:00  Resident Choice		
29 9:00  Talk with Friends 10:00  Exercise 11:00  Sunday Worship! 2:00  Ball Toss 3:00  Science Experiment 6:00  Resident Choice	30 9:00  Talk with Friends 10:00  Move to Music 10:30  Matching 2:00  Let's Tell Jokes 3:00  Sort and Match Socks 6:00  Movie of Choice	<b>New Year's Eve</b> 31 9:00  Talk with Friends 10:00  Visits with Evelyn 2:00  Let's Talk New Year's Eve 3:00  Bingo 6:00  Resident Choice						<b>December Birthdays</b> December 12 ~ Nicole December 14 ~ Penny December 15 ~ Meta December 28 ~ Latisha We wish you all a <i>Happy Birthday</i> from all of us at Cambridge Landing!





## Memorable Melody: 'Jingle Bell Rock'

Turn on the radio or enter a shopping mall this time of year, and you're bound to hear this hoppin' holiday hit, released by Bobby Helms in 1957. Written by two admen, Joseph Carleton Beal and James Ross Boothe, and featuring guitarist Hank Garland, the song mixes elements of the classic carol "Jingle Bells" with trendy tunes of the era, including "Rock Around the Clock." Within two days of its debut, "Jingle Bell Rock" became a top 10 single, and continues to dominate the airwaves every holiday season.



Merry Christmas and Happy New Year to you and your family! May this joyous season bring blessings to you and all your loved ones.



## Break Out Your Ugly Sweater

Show off your tacky, quirky or comical style on Ugly Sweater Day, the third Friday in December.



## Hot Cocoa and Health

A cup or two of cocoa each day may do more than ward off a chill. Cocoa is rich in antioxidants, potassium, iron and other nutrients. Hot chocolate is also chock-full of flavonoids, powerful compounds that are being studied for their link to fighting cancer, preventing stroke and delaying dementia and other cognitive problems. Plus, sipping this sweet treat can make you feel better—not only because the drink is delicious, but also because it raises the body's levels of serotonin, which produces endorphins and can banish a bad mood.