

# MUSTANG ARBOR HOUSE TIMES



## December 2021

12/2 World Pollution Prevention Day

12/21 First Day of Winter

12/24 Christmas Eve

12/25 Christmas Day (Happy Birthday, Jesus!!!)

12/31 New Years Eve

# Interesting Facts about December

## A Visit from St. Nicholas

Twas the night before Christmas, when all through the house not a creature was stirring, not even a mouse. The stockings were hung by the chimney with care, in hoped that St Nicholas soon would be there.

The children were nestled all snug in their beds, while visions of sugar-plums danced in their heads. And mamma in her 'kerchief, and I in my cap., had just settled our brains for a long winter's nap.

When out on the lawn there across such clatter, I sprang from the bed to see what was the matter. Away to the window I flew like a flash, tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow gave the luster of mid-day to objects below. When, what to my wondering eyes should appear, but a miniature sleigh, and eight tinny reindeer.

With a little old driver, so lively and quick, I knew in a moment it must be St Nick. Move rapid than eagles his courses they came, and he whistled and shouted, and called them by name!

"Now Dasher! Now, Dancer! Now, Prancer and vixen! On, Comet! On, Cupid! On, on Donner and Blitzen! To the top of the porch! To the top of the wall! Now dash away! Dash away all!

As dry leaves that before the wind hurricane fly, when they meet with an obstacle, mount to the sky. So up to the house-top the coursers they flew. With the sleigh full of toys, and St Nicholas too.

And then, in a twinkling, I heard on the roof the prancing and the pawing of each little hoof. As I drew in my head, and was turning around, down the chimney St Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,

and his clothes were all tarnished with ashes and soot. A bundle of toys he had flung on his back, and he looked like a peddler, just opening his pack.

His eyes-how they twinkled! His dimples how merry! His cheeks were like roses, his nose like a cherry! His droll little mouth was drawn up like a bow, and the broad of his chin was as white as the snow.

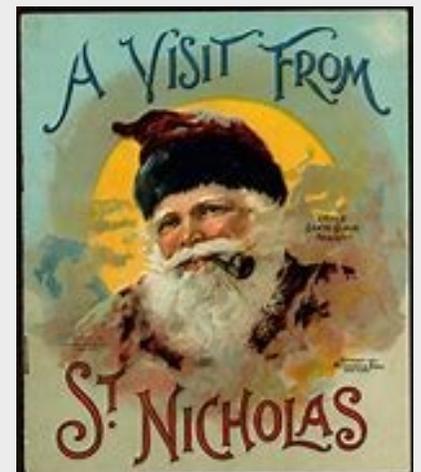
The stump of a pipe he held tight in his teeth, and the smoke it encircled his head like a wreath. HE had a broad face and little round belly, that shook when he laughed, like a bowlful of jelly!

He was chubby and plump, a right jolly old elf, and I laughed when I saw him, in spite of myself! A wink of his eye and twist of his head, soon gave me to know I had nothing to dread.

He spoke not a word, but went straight to his work, and filled all the stockings, then turned with a jerk. And laying his finger aside of his nose, and giving a nod, up the chimney he rose!

He sprang to his sleigh, to his team gave whistle, away they flew like the down of a thistle. But I heard him exclaim, 'era he drove out of sight, "Happy Christmas to all, and to all a good-night!"

-Charles Dickens



# Happy Birthday!!!



12/6 Margaret Forcum

12/21 Sharon Huffman

12/7 Isabel Enriquez

12/27 Lauren Radford

12/9 Lynne Zepeda

12/29 Pat Berkley & Megan Gateley

12/13 Betty Lowe

12/16 Allison Shepherd

12/20 Renee Laughlin





## Sugar cookies

Preheat oven to 325 degrees. Beat the butter & sugar and light and fluffy using a mixer. Add half of the flour mixture to the butter mixture and gently mix on low speed. Once the flour is about absorbed, add the remainder of the flour mixture and mix until just combined. Do not over mix and be sure to thoroughly scrape the sides and bottom of your bowl every so often while mixing. Roll to a 1/4 inch thickness. Cut using your desired cookie cutters. Use an offset spatula to lift the cookies off the surface and place the cookies on the prepared tray. If you are decorating with sprinkles, this is when you would sprinkle your cookies. Bake for 11-13 minutes. These cookies are done when they are barely golden brown on the edges. Allow to cool on the pan for 5 minutes and transfer to a baking rack to finish cooling. Decorate as desired.

### Ingredients

1c & 4tbsp butter, softened at room temp 1c granulated sugar 1egg 1egg yolk 2tsp vanilla extract 3c all purpose flour 1½tsp baking powder ½tsp fine salt



# Christmas Tree Trivia Quiz



**1. Where are most Christmas trees grown?**

- a, Tree Farms
- b, Wild Forests
- c, Tropical Jungles

**2. What did most Europeans use for Christmas tree lights?**

- a, Bulbs
- b, Candles
- c, Fairy Lights

**3. Until the mid-20th century what was used for tinsel on Christmas trees?**

- a, Strips of Gold
- b, Strips of Tin
- c, Strips of Silver

**4. In 16th century Poland it was popular to hang your Christmas tree upside down from the ceiling.**

- a, True
- b, False

**5. How long does it take the average Christmas tree to mature?**

- a, 2-3 years
- b, 4-6 years
- c, 7-10 years

**6. Between the 1500s and 1600s, people in which countries began decorating Christmas tree**

- a, Latvia and other Eastern European Countries
- b, Ireland and England
- c, Italy and Spain

**7. Besides evergreens, what other types of were used as Christmas trees in the past?**

- a, Cherry and hawthorns
- b, Apple and maple
- c, Hawthorns and Apple

**8. Live Christmas trees have been sold commercially in the United States since which year?**

- a, 1750
- b, 1800
- c, 1850

**9. Each year how many Christmas trees are sold in the United States.**

- a, 1-2 million
- b, 25-30 million
- c, 70-80 million

**10. How many States in United States produce Christmas Trees?**

- a, All 50
- b, 35
- c, 45

The Arbor House Philosophy is based on the belief that each resident is entitled to the highest quality of life through wellness services that work to promote each individuals: independence, healthy lifestyles, dignity, and a sense of security.

The right of each resident to determine his/her need is respected at each level of care, and promoted by providing services in ways that recognize individuals needs and preferences. A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.



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### Our Staff

- Executive Director.....Cristy Davis
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- Wellness Coordinator.....Tonda Morris
- Executive Assistant.....Allison Shepherd
- AL Engagement Coordinator.....Douglas McCollough
- Reminisce Engagement Coordinator.....Renee Laughlin
- Maintenance.....Jamey Foote
- Dietary Manager.....Kevin Laughlin
- Housekeeping.....Esther Gomez/Shawwna Hilling
- Laundry Attendant.....Angie McGuire