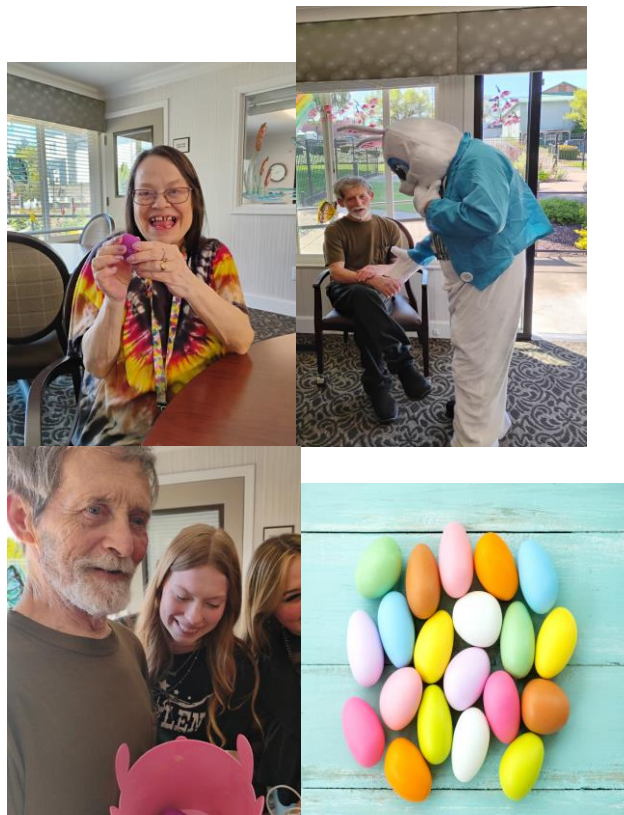


Visit from Caesar the No Drama Llama



Visit from the Easter Bunny



December Birthdays

In astrology, those born December 1–21 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitude, great sense of humor, and kind heart make them excellent friends. But get ready for an earful. Archers often speak their mind. Those born December 22–31 are Goats of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians.

- Bette Midler (singer) – December 1, 1945
- Eli Wallach (actor) – December 7, 1915
- Rita Moreno (actress) – December 11, 1931
- J. Paul Getty (industrialist) – December 15, 1892
- Ray Romano (comic) – December 21, 1957
- Diane Sawyer (journalist) – December 22, 1945
- Howard Hughes (aviator) – December 24, 1905
- Maggie Smith (actress) – December 28, 1934
- Bo Diddley (musician) – December 30, 1928

Dial a Smile

Some would argue that Ding-a-Ling Day on December 12 is a day to celebrate the kooky, off-the-wall ding-a-ling in your life. Well, those ding-a-lings probably don't know the real meaning of Ding-a-Ling Day. According to the *Chicago Sun-Times* newspaper, the Ding-a-Ling Club was started in 1971 by Franky Hyle of Chicago, Illinois. Hyle believed that city dwellers needed to be friendlier to one another. His solution was to spread cheer through the telephone lines. The mission of the club was to pick up the phone and dial a friend you haven't seen or spoken to in a long time. Why the name *Ding-a-Ling*? Hyle looked up the word and found the meaning to be "one who hears bells in his head." The name stuck, and so did his heartwarming method of "ringing" up old friends.



Jefferson Lodge

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Celebrating December

- Bingo Month
- Spiritual Literacy Month
- Safe Toys and Gifts Month
- Antarctica Day
December 1
- Mutt Day
December 2
- Lost and Found Day
December 12
- Hanukkah
December 14–22
- IFCM World Choral Day
December 14
- Christmas
December 25
- Boxing Day
December 26
- Kwanzaa
December 26–January 1
- New Year's Eve
December 31

UPCOMING EVENTS

Family & Friends Santa Visit
December 16, 2025
10am-12pm
Please RSVP by Dec.10th to darciec@cascadeliving.com

Year End Reflection

Places We've Been

Dallas Japanese Garden



Trunk or Treat Fun



Music



Shades of Calm

Looking for that perfect gift for someone on your “nice” list? Consider a coloring book. Coloring books are no longer just for children. Adult coloring clubs meet up at bars after work. Executives gather employees in conference rooms for impromptu coloring sessions. Just look at Amazon’s Best Sellers list, which regularly features adult coloring books. Recent top titles lean toward cozy, bold, easy-to-color designs. While Johanna Basford’s intricate *Secret Garden* remains iconic and beloved, selling over 21 million copies worldwide, current bestsellers favor simpler, hygge-inspired pages.

Why are adults so drawn to coloring? Research continues to support coloring as a form of stress relief. It promotes mindfulness and flow, engaging the brain in a soothing, focused activity that quiets anxiety. Clinical psychologist Ben Michaelis explains that the amygdala, the part of our brain responsible for our fight-or-flight response, takes a rest while we focus on coloring. Dr. Michaelis is such a believer that he both prescribes coloring to his patients and uses it at home with his own family.

Ringin' Through History

Everyone singing “Jingle Bells” this holiday season may be surprised to learn it’s a Thanksgiving song. The vice president of the Medford Historical Society in Massachusetts explained that the song’s 19th-century composer, Medford resident James Pierpont, based it on a local tradition of one-horse open sleigh races through the streets of his hometown. When Pierpont moved to Savannah, Georgia, and became a pastor, he led his congregation in singing the song on Thanksgiving. They loved it so much they sang it again a month later on Christmas. Today, residents of Savannah share their ancestors’ passion for the tune. They dispute that Pierpont wrote the song in Medford, and they claim it as their own.



Fall Fun



Quiet Wins the Day

We live in the Digital Age, where computers allow us access to vast amounts of information and copious social networking. It’s a nearly endless amount of distraction. Gloria Mark, University of California professor of informatics (the science of computer data), likens it to a candy store with unlimited offerings. As we know, an endless stream of candy is bad for our health.

What better way to ring in the new year than with No Interruptions Day on December 31? Research conducted by Mark and her colleagues shows that work interruptions cost us hours in productivity each day. But what of those who believe work itself is an interruption? Then you, too, can participate. Take time on the 31st to unplug and spend quality time with someone special—face-to-face, heart-to-heart.

Residents' Artwork



Winter Art



Valentine's Day