

Newsletter

December 2017



December Health Tip:

Arthritis can affect anyone.

Arthritis affects people of every age, gender and ethnic background. Genetics, age and lifestyle can all play a part in increasing one's risk of developing arthritis. For instance, the likelihood of developing OA increases with age, a physically demanding job (e.g., athlete, heavy machinery operator) and/or previous joint injury.

Treating arthritis

Establishing an early diagnosis is critical to the outcome of the disease, since it only gets progressively worse and therapies work best when started as early as possible.

<http://arthritis.ca/understand-arthritis/about-arthritis>



What's happening at Vegreville Manor!

December 1st & 2nd – Debbie Fedoruk Music Studio Recital 7:00 pm both days.

December 3rd - Family and Resident Christmas Social at 1:30

December 7th - Staff and Resident Christmas Luncheon with Executive team from Edmonton

December 15 – Lunch Club – No afternoon activities

December 16 – 7th Day Adventist Choir at 2:00 p.m

No activities December 26th

December 29 – Birthday Celebrations



In and Around Vegreville!

December 2 – Christmas Art Show and Sale at the Sunshine Club

December 17 - Legion Pancake Breakfast

December 20 – Knitting Circle

December 22 – Farmers Market



Fun Facts!!!

The Christmas tree made its way to America in the 1830s but wasn't popular until 1846, after Germany's Prince Albert brought to England when he married Queen Victoria. The two were sketched in front of a Christmas tree and the tradition instantly became popular.



The poem that introduced us to the other eight reindeer, "A Visit from St. Nicholas," actually named dropped Dasher, Dancer, Prancer, Vixen, Comet, Cupid, *Duner* and *Blixem*. (Which, like Donner and Blitzen, come from the German words for thunder and lightning.)

MERRY CHRISTMAS

"I heard the bells on Christmas Day
Their old, familiar carols play,
And wild and sweet
The words repeat

Of peace on earth, good-will to men!"

-Henry Wadsworth Longfellow



Just a Reminder...

- ✓ Anyone going away with family please inform staff.
- ✓ If you are expecting guests for Christmas please let the kitchen know **1 day before**.



Monthly Trivia Question???

Where was mommy kissing Santa Clause?

- On the corner
- Beside the Christmas tree
- In the backyard
- Underneath the mistletoe



Last Month's Answer:

b. Coca-cola (in 1958 Coke used the slogan "Sign of Good Taste" as their marketing campaign)



Photo Gallery



A little something to hang on the tree!



Chinese Food for our first Lunch Club!



We Remember.