



Lets Celebrate!

Staff Birthdays

Kendra C.	12/7
Sarah C.	12/10
Casey I.	12/14
Theresa B.	12/16
Juliet C.	12/19
Marianne G.	12/19
Sue C.	12/21
Camille S.	12/22
Samuel D.	12/29

Staff Anniversaries

Tony D.	12/15	1 Year
Bailey M.	12/19	2 Years

Resident Birthdays

Margaret C.	12/17
Caroline C.	12/18
Marge F.	12/23
Carol E.	12/26
Gary G.	12/29
Mag D.	12/30
Gary M.	12/31

Did You Know... December Fun Facts!

- Wilbur and Orville Wright were the first to create a successful powered airplane. On December 17th, 1903, the Wright Flyer took to the air at Kitty Hawk, North Carolina.
- There are more than a billion Christmas cards sent in December, in the United States.
- Rudolph the Red-Nosed Reindeer was originally an advertising gimmick for Montgomery Ward in 1839.
- The song "Jingle Bells" was originally named "One Horse Open Sleigh". Two years after the song was released, the name was changed.
- Christmas was banned in England for 13 years by a puritan leader, Oliver Cromwell, in 1647.
- The largest bauble ornament according to Guinness World Records was in the Dubai Mall and it stood over 15 feet high.
- December is the birth month of Basketball (1891).

From the Executive Director

Happy Holidays!

How is it already Christmas and the end of 2024? The year sure flew by way too fast!

We have several fun holiday things going on this month at Fremont Village! One of those things is the Door Decorating Contest. We're looking for Residents to join us in decorating their apartment door between December 1st - 22nd. Judging will take place on Monday December 23rd at 2pm. Residents will be able to walk around the community, look at the festive doors, and vote! We hope to see many fun and creative holiday doors around the community!

Best,

Kendra Chambliss

Executive Director



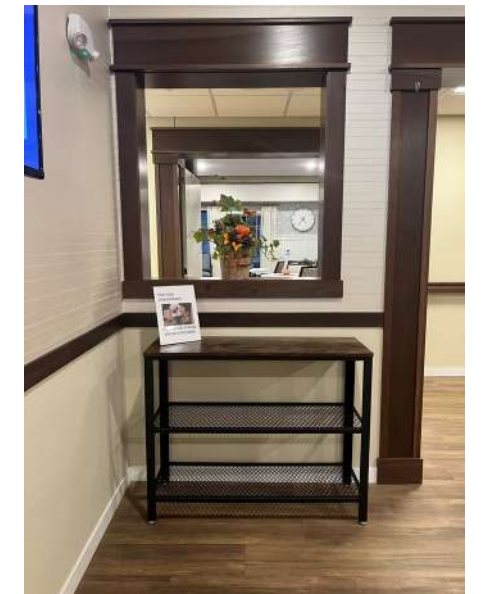
Community Announcements

NEW Package Pick-Up Location

Packages will now be held on this table, near the front desk.

Please note that Residents are responsible for picking up their packages. If you know you've ordered something, please be on the lookout for your package and check this table regularly.

Thank you!



Beverage Cart has a new location...

Now located by the railing; just down from the new package pick-up table.

Employee Spotlight

Tell us about your family!

My dad is a Mail Man and my mom is a Home Health Aide. My little sister and I are 7 years apart. I have 2 dogs & 2 cats. Their names are Princess Peach, Tuxedo, Mr. Mojo, and Skeeter.

What is your secret talent no one knows about?

I thought long and hard about this, and I don't think I have one.

What is your favorite season?

Summer!

What is on your bucket list?

I always thought going on a hot air balloon would be fun!

What are some of your hobbies?

I like agate hunting when there's no snow on the ground. I also enjoy painting.

Would you rather cook or order in, and why?

I would rather order in because it's convenient.

If you could live anywhere, where would it be?

I would live somewhere with no snow, hurricanes, tarantulas, snakes or spiders!

What is your favorite thing about your job?

I love all the relationships I have built here at Fremont Village!

What did you want to be when you grew up?

I wanted to be a Welder.



Jade Cash

Home Health
Aide

Dementia Support Group

Wednesday Dec. 4th at 5:00pm in the Community Room.

Please contact Maryann with any questions.

Maryann.Mulvihill@LifesparkSL.com



Did You Know...?

The world's largest gingerbread house was built in Texas in 2013, as a hospital charity fundraiser. It was 1,110 square meters and 3.07 meters tall.



Family Council

We are looking for more family members to join our Family Council! Family Council meets once per quarter to discuss questions, comments, concerns, suggestions, etc. Please join us!

Next Meeting: Feb. 20th at 5pm

Carpet Cleaning Service

If anyone is interested in having their carpet cleaned please see our Housekeeping Manager, Tarah, to schedule this service.

The cost is \$15 per room. If you have two rooms in your apartment you would like cleaned, the cost would be \$30.

Please note that housekeeping is not able to move any furniture.

Nursing News

Hi everyone! As the Christmas holiday season is approaching fast, we are eating plump turkey with all the fixings, breads, candies and cookies that aren't usually in our diets. Here are a few tips you can be mindful of to help the "Christmas Binge" Here are some tips for eating healthily during the holidays:

- Plan ahead: Eat breakfast, lunch, and snacks throughout the day, and have a small snack before events. Skipping meals can lead to overeating.
- Eat mindfully: Avoid multitasking while eating, as this can lead to overeating.
- Drink water: Drink lots of water to stay hydrated and energized.
- Eat smaller portions: Eat smaller portions throughout the day to avoid overeating.
- Be selective: Choose white meat without the skin, and limit gravy and cream sauces.
- Cook separately: Cook stuffing in a separate dish from the meat to reduce the risk of food poisoning.
- Serve plain: Serve baked potatoes, yams, and steamed vegetables plain instead of in a casserole.

We wish you all a Merry Christmas and Happy New Year!
~ Fremont nursing team!



Community Events

December 1st – 22nd – Holiday Door Decorating Contest!

Join us for a holiday door decorating contest! Decorate your apartment door by December 22nd to enter the contest.



Monday December 9th – National Pastry Day!

Join us in the Bistro at 2pm to enjoy some delicious pastries.

Friday December 20th – Christmas Sweater Day!

Join us in wearing your favorite Christmas sweater!



Monday December 23rd – Door Decorating Contest!

Join us in the Pub at 2pm to judge the Door Decorating Contest!

December Outings

- December 16th at 5:00pm - Christmas Light Drive
- December 18th at 12:45pm - Shopping outing to Walmart

Remember to sign up in the Outing Binder by the mailboxes!

Welcome New Residents

Ron Mathison - 106
Joyce Tessmer - 303
Margaret Casell - 307



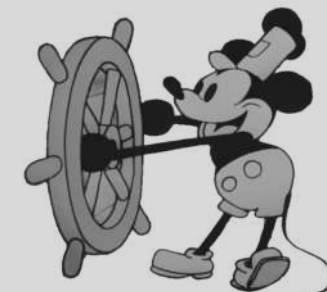
Trivia

How many different versions are there of Silent Night?

- A) 390
- B) 640
- C) 530
- D) 750

Answer: D

Random Fact



On December 5th, 1901 Disney released it's first cartoon, featuring Mikey Mouse, called Steamboat Willie.

Christmas Eve Lunch
Tuesday December 24th
11:30am - 1:00pm



We will be hosting a Christmas lunch on December 24th. Guests are welcome to attend (\$12 each & max of 4). Please sign up at the front desk by Friday December 20th.

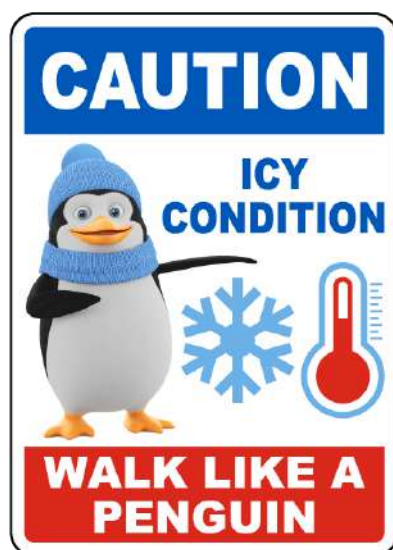
Maintenance

Fremont Village Community - Winter weather is here! As a reminder, please take extra caution when going outside, or traveling outside the community. During this month we tend to see refreeze; a black ice that can be very dangerous for slips and falls.


Happy holidays and stay safe!
- Dan, Maintenance Director

What's Cookin' in the Kitchen

Our new Rise & Dine menu has started! Our new menu offers additional meal choices for those who may not be interested in ordering the Daily Special. The items on this menu will change every 60 days. Please let us know if you have any suggestions for this menu, by completing a Comment Card.



December 2024 - Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30 Christ our Light 1 Catholic Service on TV [PD]</p> <p>1:00 Games with Friends! [P]</p>	<p>11:00 Gentle Fitness [CR] 2 1:00 Word Games [P]</p> <p>1:00 Women's Group work on a Craft, Crochet or Knit [P]</p> <p>1:30 Men's group meet to play Pool, Shuffleboard [P]</p> <p>1:30 Trivia and Word Games [P]</p> <p>2:30 Bunco [P]</p>	<p>10:00 Sit and Be Fit with Brenda [FR] 3 1:00 Spark Challenge [P]</p> <p>1:30 Church Service with Chaplain Jean [CR]</p> <p>2:30 Farkle or Left Center Right [P]</p> <p>2:30 Chef Chat with Sue [P]</p>	<p>11:00 Gentle Fitness [CR] 4 12:45 Spark Challenge [CR]</p> <p>1:00 Bible Study with Pastor Jake [PD]</p>	<p>10:30 Resident Led Chair Yoga on YouTube [FR] 5 10:30 Resident Walking Group [L]</p> <p>1:00 Mexican Train, Cards, Bunco, Pool [P]</p> <p>1:00 Drumming Class [FR]</p> <p>2:30 Bingo [P]</p> <p>6:00 Games in the Pub [P]</p>	<p>11:00 Gentle Fitness [CR] 6 1:00 Balloon Ball [CR]</p> <p>6:00 Games in the Pub with Friends</p>	<p>10:00 Meet with Friends for coffee in the Pub [P] 7 2:00 Meet with Friends in the Pub for Games, Puzzles and Visits [P]</p>
<p>10:30 Christ our Light 8 Catholic Service on TV [PD]</p> <p>1:00 Games with Friends! [P]</p>	<p>11:00 Gentle Fitness [CR] 9 1:00 Word Games [P]</p> <p>1:00 Women's Group work on a Craft, Crochet or Knit [P]</p> <p>1:30 Men's group meet to play Pool, Shuffleboard [P]</p> <p>1:30 Trivia and Word Games [P]</p> <p>2:30 Bunco [P]</p>	<p>10:00 Sit and Be Fit with Brenda [FR] 10 1:00 Spark Challenge [P]</p> <p>1:30 Church Service with Chaplain Jean [CR]</p> <p>2:30 Farkle or Left Center Right [P]</p>	<p>11:00 Gentle Fitness [CR] 11 12:45 Spark Challenge [CR]</p>	<p>10:30 Resident Led Chair Yoga on YouTube [FR] 12 10:30 Resident Walking Group [L]</p> <p>1:00 Mexican Train, Cards, Bunco, Pool [P]</p> <p>1:00 Drumming Class [FR]</p> <p>2:30 Bingo [P]</p> <p>6:00 Games in the Pub [P]</p>	<p>11:00 Gentle Fitness [CR] 13 1:00 Balloon Ball [CR]</p> <p>1:00 Visit with Santal: [P]</p> <p>6:00 Games in the Pub with Friends</p>	<p>10:00 Meet with Friends for coffee in the Pub [P] 14 2:00 Meet with Friends in the Pub for Games, Puzzles and Visits [P]</p>
<p>10:30 Christ our Light 15 Catholic Service on TV [PD]</p> <p>1:00 Games with Friends! [P]</p>	<p>11:00 Gentle Fitness [CR] 16 1:00 Word Games [P]</p> <p>1:00 Women's Group work on a Craft, Crochet or Knit [P]</p> <p>1:30 Men's group meet to play Pool, Shuffleboard [P]</p> <p>1:30 Trivia and Word Games [P]</p> <p>2:30 Bunco [P]</p> <p>5:00 Christmas Light Drive [L]</p>	<p>10:00 Sit and Be Fit with Brenda [FR] 17 1:30 Church Service with Chaplain Jean [CR]</p> <p>2:30 Farkle or Left Center Right [P]</p>	<p>11:00 Gentle Fitness [CR] 18 12:45 Spark Challenge [CR]</p> <p>12:45 Walmart Outing [L]</p> <p>12:45 Walmart Outing [L]</p>	<p>10:30 Resident Led Chair Yoga on YouTube [FR] 19 10:30 Resident Walking Group [L]</p> <p>1:00 Mexican Train, Cards, Bunco, Pool [P]</p> <p>1:00 Drumming Class [FR]</p> <p>2:30 Bingo [P]</p> <p>6:00 Games in the Pub [P]</p>	<p>11:00 Gentle Fitness [CR] 20 1:00 Balloon Ball [CR]</p> <p>6:00 Games in the Pub with Friends</p>	<p>10:00 Meet with Friends for coffee in the Pub [P] 21 2:00 Meet with Friends in the Pub for Games, Puzzles and Visits [P]</p>
<p>10:30 Christ our Light 22 Catholic Service on TV [PD]</p> <p>1:00 Games with Friends! [P]</p>	<p>11:00 Gentle Fitness [CR] 23 1:00 Women's Group work on a Craft, Crochet or Knit [P]</p> <p>1:30 Men's group meet to play Pool, Shuffleboard [P]</p> <p>1:30 Trivia and Word Games [P]</p> <p>2:30 Bunco [P]</p>	<p>Christmas Eve 24 10:00 Sit and Be Fit with Brenda [FR]</p> <p>11:30 Christmas Lunch [D]</p> <p>1:30 Church Service with Chaplain Jean [CR]</p> <p>2:30 Farkle or Left Center Right [P]</p>	<p>Christmas Day 25 2:00 Meet with Friends in the Pub for Games, Puzzles and Visits [P]</p> <p>6:00 Games in the Pub with Friends [P]</p>	<p>10:30 Resident Walking Group [L] 26 1:00 Drumming Class [FR]</p> <p>1:00 Mexican Train, Cards, Bunco, Pool [P]</p> <p>2:30 Bingo [P]</p>	<p>11:00 Gentle Fitness [CR] 27 1:00 Balloon Ball [CR]</p> <p>6:00 Games in the Pub with Friends</p>	<p>10:00 Meet with Friends for coffee in the Pub [P] 28 2:00 Meet with Friends in the Pub for Games, Puzzles and Visits [P]</p>
<p>10:30 Christ our Light 29 Catholic Service on TV [PD]</p> <p>1:00 Games with Friends! [P]</p>	<p>1:00 Women's Group work on a Craft, Crochet or Knit [P] 30</p> <p>1:30 Men's group meet to play Pool, Shuffleboard [P]</p> <p>1:30 Trivia and Word Games [P]</p> <p>2:30 Bunco [P]</p>	<p>New Year's Eve 31 10:00 Sit and Be Fit with Brenda [FR]</p> <p>1:30 Church Service with Chaplain Jean [CR]</p> <p>2:30 Farkle or Left Center Right [P]</p>		<p>CR Community Room D Dining Room FR Fitness Room L Lobby P Pub PD Private Dining Room</p>		