



Lets Celebrate!

Staff Birthdays

Sidra E.	12/3
Kendra C.	12/7
Casey I.	12/14
Theresa B.	12/16
Alaina B.	12/19
Keila B.	12/21
Sue C.	12/21
Danielle A.	12/28
Olivia G.	12/28
Sam D.	12/29
Kayla F.	12/31

Staff Anniversaries

Hailey S.	12/3	1 year
Keila B.	12/6	1 year
Bailey M.	12/19	3 years
Anna L.	12/24	1 year
Alix V.	12/24	1 year

Resident Birthdays

Laurie B.	12/3
Caroline C.	12/18
Marge F.	12/23
Bob F.	12/23
Carol E.	12/26
Gary G.	12/29
Margaret D.	12/30
Gary M.	12/31

Did You Know... December Fun Facts!

- The Wright brothers made the first successful powered flight on December 17, 1903, in Kitty Hawk, North Carolina, changing the future of travel.
- On December 1, 1955, Rosa Parks made her historic stand against racial segregation by refusing to give up her seat on a bus in Montgomery, Alabama.
- The first human-to-human heart transplant was performed by Dr. Christiaan Barnard on December 3, 1967, at Groote Schuur Hospital in Cape Town, South Africa.
- The creator of Mickey Mouse, the man who dreamed up Disneyland, Walt Disney, was born on the 5th of December, 1901.
- The Bill of Rights came into effect on December 15, 1791. The Bill of Rights included the first ten amendments to the US constitution, rights which are said to be the pillars of modern US society and government.
- "Silent Night" is the most-recorded Christmas song in history. It's had more than 733 different versions copyrighted since 1978.



From the Executive Director

Hello Residents and Families of Fremont Village!

As we enter this special time of year, I want to extend my heartfelt gratitude to our residents and their families for being such an important part of our community. The holiday season is always a wonderful reminder of the connections we share—moments of joy, reflection, and togetherness that make our community feel like home.

As we wrap up the year, I'm proud of everything we've accomplished together and grateful for the trust you place in us each day. Thank you for your continued support, your feedback, and the kindness you show to one another.

Looking ahead, we're excited for the opportunities the new year will bring. Our team is already planning new activities, improvements, and ways to enrich daily life for our residents. We look forward to continuing to grow, celebrate, and create meaningful moments with all of you in the year ahead.

Wishing you a wonderful holiday season and a bright, healthy, and joyful New Year!

Warmly,

Kendra Chambliss



Employee Spotlight

Tell us about your family!

I live with my mom, dad, and 3 siblings; 1 older sister, and 2 brothers that I am a triplet with.

What is your secret talent no one knows about?

I do not have a secret talent.

What is your favorite season?

Winter because I love the snow on everything.

What is on your bucket list?

To travel somewhere far like Greece and to be able to explore.

What are some of your hobbies?

Some things I enjoy doing is hanging out with friends and family.

Would you rather cook or order in, and why?

Order in because there are a lot more options.

If you could live anywhere, where would it be?

Utah because I feel like it wouldn't get too hot or cold there.

What is your favorite thing about your job?

Being able to listen to the resident's stories and working with such great staff!

What did you want to be when you grew up?

I wanted to be a veterinarian to see and help all different kinds of animals.



Natalie Gunderson

Dietary Aide/Home
Health Aide

A Message from our Chaplain



As we enter the Christmas season, our hearts turn toward the familiar sights and sounds that remind us of hope, love, and togetherness. For many, this time of year brings cherished memories of family gatherings, festive meals, and traditions that have shaped our lives. Yet, it can also be a season of mixed emotions—especially when circumstances have changed, and loved ones may be far away. Christmas is more than decorations and gifts; it is a celebration of light shining in the darkness. It reminds us that even in challenging times, there is a promise of peace and joy. Whether through a warm smile, a shared story, or a quiet moment of reflection, we can experience the true meaning of the season right here in our community.

This year, let us focus on what we can give: kindness, encouragement, and presence. A simple greeting or a heartfelt prayer can brighten someone's day. Together, we can create an atmosphere of hope and belonging for everyone.

May this Christmas bring you comfort, joy, and the assurance that you are deeply valued and loved. From all of us, we wish you a blessed holiday season filled with peace and grace.

Chaplain Jean

Dementia Support Group

Wednesday December 3rd at
5:00pm in the Community Room.

Please contact Mary Ann
with any questions.



Maryann.Mulvihill@LifesparkSL.com

Did You Know...?

In the late 17th century, people
used fruits like apples, pears, and
oranges to decorate Christmas
trees.

Family Council Happy Hour!

Join us for our quarterly Family Council
meeting on **February 19th at 5:30pm.**
We will have drinks and snacks available,
and we will discuss any questions,
comments, concerns, or suggestions you
might have.

We hope to see you there!

Greeting Cards

Fremont Village has greeting cards
available for residents. These include
birthday, anniversary, sympathy,
thank you, etc.

Please stop by the front desk if you are in
need of a card for a special occasion.

Nursing News

"December: a month of lights, snow, and feasts."



Hi everyone!

Well, we made it through the Thanksgiving meal, now bring on the Season of Christmas Goodies.

- Eat breakfast, lunch, and snacks throughout the day, and have a small snack before events.
- Skipping meals can lead to overeating.
- Avoid multitasking while eating, as this can lead to overeating.
- Drink lots of water to stay hydrated and energized.
- Eat smaller portions throughout the day to avoid overeating.
- Keep the sweets to minimum.



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

December Outings

- Elk River Walmart - Wednesday, December 15th at 1:30pm
 - Christmas Lights Bus Tour - Thursday, December 18th at 5:15pm and 6:45pm
- *Sign up with MaryAnn**

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



Maintenance

Hoping everyone had a wonderful Thanksgiving. Colder temps are here and the snow will be falling! Please remember to report any issues that you may have to Dan or the front desk. We will be having a refresher on Emergency Preparedness for residents in December so please look for a date soon, it will be posted in the elevators. We can go over what to do in case of fire alarms, severe weather and if an evacuation is ever needed. Please be safe if you are traveling for the Holidays, stay warm, take it slow, and be prepared. Happy Holidays!!

- Dan, Maintenance Director

Community Events



Thursday, December 18th - Visit with Santa

Santa is coming to visit from 1pm-3pm in the multi-purpose room. Stop by to say hi and for hot cocoa and cookies!

Friday, December 19th - Holiday Happy Hour

Wear your favorite christmas sweater or holiday attire. Festive drinks and snacks will be served.



Monday, December 22nd - Caroling and Jingle Bell Walk for Arthritis Awareness

Join us at 1pm in the Bistro for Caroling and a festive walk for Arthritis Awareness.

Trivia

Who was awarded the Nobel Peace Prize in December 1964?

- A) Martin Luther King Jr. B) Henry Kissinger
C) Linus Pauling D) Rosa Parks

Answer: A

Christmas Eve Lunch



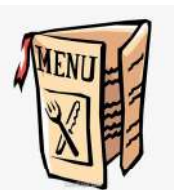
Join us for a delicious Christmas Eve meal! Please sign up at the front desk, maximum of 4 guests.

When: Wednesday, December 24th 11:30am-1pm
Where: Fremont Village in the Main Dining Room

Door Decorating Contest


Let's get creative in celebrating the holidays by decorationg your door! Vote at the front desk on Monday, December 22nd. Winners will be announced at 1 pm on Monday, December 22nd in the Pub.

What's Cookin' in the Kitchen



Chef Chat is back! Meet with Sue on Wednesday, December 17th at 2pm to give your feedback on meals.

*Chef Chat will be held every 3rd Wednesday of the month at 2pm in the Pub.

December 2025 - Assisted Living						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:45 PH Gentle Fitness [CR] 1 1:00 IN Cribbage [PD] 1:00 IN Horse Racing [P] 2:30 VO Bunco, Left Center Right [P]	10:00 SO Nail Painting - Sign up [P] 2 10:00 PH Sit and Be Fit with Brenda [FR] 12:45 SP Spark Lifeguard Training [P] 2:00 SP Church with Chaplain Jean [CR] 2:30 IN Farkle or No Name Card Game [P]	Happy Birthday Laurie 3 10:45 PH Gentle Fitness [CR] 12:45 SP Spark Challenge - Arm Crank [P] 2:30 SO Coney Island Bags [CR]	10:30 PH Drumming [P] 4 1:00 SO Let's Sing Christmas Carols [P] 2:00 VO Lifelong Learning - Artic Wolves [PD] 2:30 VO Bingo [P]	10:45 PH Gentle Fitness [CR] 5 1:00 PH Balloon Ball [CR] 2:30 SO Happy Hour Music with Bill [MDR]	10:00 IN Let's Sing [LC] 6 1:00 EM Walking with Kelly or Emily [P] 2:00 SO Games with Kelly or Emily [P]
10:30 SP Christ our Light Catholic Service on TV 7 1:00 VO Mexican Train [PD] 2:30 SO Meet with Friends in the Pub for Games!	10:45 PH Gentle Fitness [CR] 8 1:00 IN Cribbage [PD] 1:30 VO Paint and Sip - Sign up Activity Only [CR] 2:30 VO Bunco, Left Center Right [P]	10:00 PH Sit and Be Fit with Brenda [FR] 9 12:45 SP Spark Challenge - Leg Crank [P] 2:00 SP Church with Chaplain Jean [CR] 2:30 IN Farkle or No Name Card Game [P]	10:45 PH Gentle Fitness [CR] 10 1:00 SP Catholic Bible Study [CR] 1:00 SO Let's Sing [P] 1:00 IN Work on your Knitting or Crocheting with Lucy [PD] 2:30 SO Coney Island Bags [CR]	11:00 IN Book Club [BIS] 11 12:45 SP Spark Championship - Walking Whizzer [P] 2:30 VO Bingo [P] 3:35 VO Resident Council Meeting [P]	10:45 PH Gentle Fitness [CR] 12 1:00 PH Balloon Ball [CR] 2:30 SO Happy Hour Music with Tony [MDR]	10:00 IN Let's Sing [LC] 13 1:00 EM Walking with Kelly or Emily [P] 2:00 SO Games with Kelly or Emily [P]
10:30 SP Christ our Light Catholic Service on TV 14 1:00 VO Mexican Train [PD] 2:30 SO Meet with Friends in the Pub for Games!	10:45 PH Gentle Fitness [CR] 15 1:00 IN Cribbage [PD] 1:00 IN Horse Racing [P] 2:30 VO Bunco, Left Center Right [P]	10:00 SO Nail Painting - Sign up [P] 16 10:00 PH Sit and Be Fit with Brenda [FR] 1:00 SO Prairie Hill Montessori Kids coming to Sing [CR] 2:00 SP Church with Chaplain Jean [CR] 2:30 SO St. Johns Preschoolers Christmas Singing [MDR]	10:45 PH Gentle Fitness [CR] 17 1:00 SO Let's Sing Christmas Songs 2:00 VO Chef Chat with Sue [P] 2:30 SO Coney Island Bags [CR]	10:30 PH Drumming [P] 18 1:00 SO Visits with Santa - Hot Cocoa and Cookies [FLR] 5:15 SO Must Sign Up - Christmas Light Drive [L] 6:45 SO Must Sign up - Christmas Light Drive [L]	Wear your Christmas Sweater Day 19 10:45 PH Gentle Fitness [CR] 1:00 PH Balloon Ball [CR] 2:30 SO Happy Hour Music with Jo [MDR]	10:00 IN Let's Sing [LC] 20 12:45 SO Nation Lampoon's Christmas Vacation [P]
10:30 SP Christ our Light Catholic Service on TV 21 1:00 VO Mexican Train [PD] 2:30 SO Meet with Friends in the Pub for Games!	10:45 PH Gentle Fitness [CR] 22 1:00 IN Cribbage Group [PD] 1:00 IN Let's Carol through the Building Meet in the Pub [P] 1:15 VO Walmart Outing - Sign up by December 18th [L] 2:00 IN Door Winners will be Announced [P] 2:30 VO Bunco, Left Center Right [P]	Happy Birthday Caroline C. 23 Happy Birthday Marge F. 1:00 SO Let's Talk Christmas Traditions with Friends [P] 2:00 SP Church with Chaplain Jean [CR] 2:30 IN Farkle or No Name Card Game [P]	Christmas Eve 24 10:45 PH Gentle Fitness [CR] 1:00 SO Christmas Social Hour [P]	Merry Christmas Everyone 25 Christmas Day	Happy Birthday Carol E. 26 10:45 PH Gentle Fitness [CR] 1:00 PH Balloon Ball [CR]	10:00 IN Let's Sing [LC] 27 1:00 EM Walking with Kelly or Emily [P] 2:00 SO Games with Kelly or Emily [P]
10:30 SP Christ our Light Catholic Service on TV 28 1:00 VO Mexican Train [PD] 2:30 SO Meet with Friends in the Pub for Games!	Happy Birthday Gary G. 29 10:45 PH Gentle Fitness [CR] 1:00 IN Horse Racing [P] 1:00 IN Cribbage Group [PD] 2:30 VO Bunco, Left Center Right [P]	Happy Birthday Mag D. 30 No Chaplain Jean Today 10:00 SO Nail Painting - Sign up [P] 1:00 VO You be the Judge [P] 2:30 IN Farkle or No Name Card Game [P]	Happy Birthday Gary M. 31 New Year's Eve 10:45 PH Gentle Fitness [CR] 1:00 SO New Years Eve Happy Hour [P]	<div>  <p>Schedule is subject to change.</p> </div> <div> EM Emotional SP Spark Performance IN Intellectual PH Physical VO Vocational SO Social SP Spiritual OT Other </div> <div> BIS Bistro CR Community Room FLR Front Living Room 1st Floor FR Fitness Room L Lobby LC Legacy Court MDR Main Dining Room P Pub PD Private Dining Room </div>		