

SHORE VIEW NEWS &



MAY YOUR DAYS BE MERRY & BRIGHT!

The holiday season is upon us and we're diving right in! Christmas is always a busy time of year for us and this year is no different. This month will be filled with many time honored traditions here at Shore View. Tree trimming, a lights ride, a Christmas party with a visit from Santa and so much more! In addition to our Christmas festivities we will have other fun events planned. December 16th is National Chocolate Covered Anything Day, we will celebrate it on the 13th with our annual Chocolate Dipping Social.

12/1 Tree Trimming

12/4 Pastor Kevin

12/5 Shopping Outing: Dollar Tree

12/6 & 12/20 Ruru Visits!

12/7 Christmas Dinner Party

12/8 Armand plays Christmas Carols

12/9 The Grace Notes

12/12 Christmas Lights Ride

12/13 Chocolate Dipping Social

12/14 Christmas Treat Craft for Lynn Woods School Buddies

12/16 Piano w/ Nico

12/17 Christmas Carols w/ Irma's Family

12/18 Birthday Tea

12/19 Special Holiday Craft

12/21 Ice Cream Ride

12/22 Resident Gathering around Tree

12/27 Lunch Outing: IHOP

12/29 "New Years Eve" Party



THE WINTER SOLSTICE

The winter solstice marks the exact moment when half of Earth is tilted the farthest away from the sun. Typically it happens on December 21 or 22, at the exact same second around the world. With less light hitting the earth it is also the shortest day of the year. Many people consider the Solstice to be the first day of Winter but meteorologically they are not always on the same day. The meteorological first day of winter is determined by temperature records. This year they will fall on the same day. Thursday, December 21st.



ANNUAL CHRISTMAS PARTY

We will have out annual Resident Christmas Party on the evening of December 7th. We will have appetizers starting at 5 in the dining room followed by a beautiful holiday meal cooked by Bob and his crew. A special guest will round out the evening! Put on your finest Christmas outfit and meet us there!

THE HOLIDAY BLUES 1. Feel your feelings. The only way out is through. 2. Open up to others. You don't have to face this alone. 3. Meditate to quiet the thoughts that torment you. 4. Start a new holiday tradition instead of

- focusing on what once was.
- 5. Try light therapy to counter grey weather.6. Make a gift. Creativity can be therapeutic.
- 7. Get moving. Exercise boosts endorphins.
- 8. Get outside, even if it's cold. Nature heals.
- 9. Treat yourself. A little self-care can go a long way.
- 10. Give to someone in need and get a helper's high.

LORI DESCHENE

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HOLIDAY BLUES

We know the holidays are not always a happy time of year for everyone. Dealing with loss and sadness when it seems everyone around you is filled with joy is hard. There is always someone available to listen if you need to talk.



CAROLS WITH ARMAND

Our very own Armand LeBlanc will be playing some Christmas Carols for us on Friday, December 8th at 1:30 pm in the first floor living room. We're sure many of you have had the pleasure of hearing him practicing over the last few weeks. Please join us and enjoy his talents and help us celebrate the lovely sounds of the season!



OUR FRIEND LOLA HAS RETURNED

Lola the elf will be hidden around the building this month.

She will not be in any resident's rooms or any offices.

If you find Lola, bring her to Chelsea or Susan for a prize!!

HANUKKAH

Evening of Thu, Dec 7, 2023 - Fri, Dec 15, 2023

