

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

# December 2018



 <p><b>2</b></p> <p>2:00 (C) Sunday Series: When Calls The Heart Season 2 Episode 5 &amp; 6</p>	<p><b>3</b></p> <p><b>Shuttle Today</b> Hairdresser Today 11:00 (cl) Table Top Curling 1:00 (cl) Racket Balloon 1:30 (sign up) Picards Peanuts 2:00 (cl) Humour Hour 3:00 (cl) Colouring Mandalas 4:00 (fl) SJT Dog visit (Lily and Scott)</p> <p>First Day of Hanukkah</p>	<p><b>4</b></p> <p><b>C&amp;DC Mobility 1:30-2:30</b></p>  <p>11:00 (C) Music Appreciation: Christmas Songs 1:15 (C) Funny Christmas Videos! 2:00 (C) <b>BINGO</b> 3:00 (cl) By Request Music Hour 7:00 (C) Toastmasters</p>	<p><b>5</b></p> <p><b>Shuttle Today</b> Esthetician Today 11:00 (cl) Giant Crosswords 1:30 (Sign up) Burlington Mall 2:00 (C) Movie: "The Christmas Chronicles" 2:30 (cl) Euchre 3:00 (cl) Racket Balloon</p>	<p><b>6</b></p> <p>Hairdresser Today</p>  <p>10:30 (C) Bible Study with Chaplain Homer 11:00 (cl) Finishing Lines 2:00 (cl) Sing Along with Kent</p>	<p><b>7</b></p> <p>Hairdresser Today</p> <p>1:30 (C) Seated Pilates 4:30 Dinner Starts Early 6:30 (DR) Resident &amp; Family Christmas Party with Cameron Caton</p>	<p><b>8</b></p> <p><b>Warmth Tree Starts</b> Saturday Brain Games available at the Front Desk 10:00 (fl) Visit with St. Johns Therapy Dog Hank 11:00 (cl) Euchre 1:00 (cl) Balloon Rackets 2:00 (C) Afternoon Movie: "It's a Wonderful Life" 7:15 (C) Movie: "A Dogwalkers Christmas Tale"</p>
 <p><b>9</b></p> <p>2:00 (L) Sunday Series: When Calls The Heart S 02 Episode 7 &amp; 8</p>	<p><b>10</b></p> <p><b>Shuttle Today</b> Hairdresser Today 10:00 (sign up) Walmart 1:00 (cl) Racket Balloon 2:00 (C) Christmas Song Sing A Long 4:00 (fl) SJT Dog visit (Lily and Scott)</p>	<p><b>11</b></p> <p><b>Foot Care Doctor</b> 11:00 (C) Music Appreciation: Christmas Duets 1:15 (C) Funny Christmas Videos! 2:00 (C) <b>BINGO</b> 3:00 (cl) By Request Christmas Music Hour 7:00 (cl) Cathedral Junior Choir! 7:00 (C) Toastmasters</p>	<p><b>12</b></p> <p><b>Shuttle Today</b> Esthetician Today 2:00 (C) Karaoke In the Cottage 2:30 (cl) Euchre 3:00 (cl) Racket Balloon 4:30 (sign up) Niagara Falls Lights Drive and Dinner at Bettys!</p>	<p><b>13</b></p> <p>Hairdresser Today</p>  <p>10:30 (C) Bible Study with Chaplain Homer 1:30 (C) Java Music Club 3:00 (cl) Decorating a Gingerbread Village!</p>	<p><b>14</b></p> <p><b>Shuttle Today</b> Hairdresser Today 10:20 (sign up) Hamilton Philharmonic Talk and Tea (The Hockey Sweater) (\$12.00) 3:00 Caribbean Christmas <b>Happy Hour</b> With John Pebble</p>	<p><b>15</b></p> <p>Saturday Brain Games available at the Front Desk 10:00 (fl) Visit with St. Johns Therapy Dog Hank 11:00 (cl) Euchre 1:00 (cl) Balloon Rackets 2:00 (C) Afternoon Movie: "Holiday Inn" 7:15 (C) Movie: "Miracle on 34<sup>th</sup> Street"</p>
 <p><b>16</b></p> <p>2:30 Musical Performance By The "Café Adonai Singers"</p>	<p><b>17</b></p> <p><b>Shuttle Today</b> Hairdresser Today 10:00 (sign up) Dollarama 1:00 (cl) Racket Balloon 2:00 (cl) Musical Performance by Treble and Bass 3:00 (cl) Colouring Mandalas 4:00 (fl) SJT Dog visit (Lily and Scott)</p>	<p><b>18</b></p>  <p>11:00 (C) Music Appreciation: Holiday Songs Continued. 1:15 (C) Funny Christmas Videos! 2:00 (C) <b>BINGO</b> 3:00 (cl) Laughter Yoga 7:00 (C) Toastmasters</p>	<p><b>19</b></p> <p><b>Shuttle Today</b> Esthetician Today 11:00 (cl) Finishing Lines 1:30 (Sign up) Scenic Drive 2:30 (cl) Euchre 3:00 (cl) Racket Balloon</p> 	<p><b>20</b></p> <p>Hairdresser Today</p>  <p>10:30 (C) Bible Study with Chaplain Homer 11:00 (cl) Name 3 2:00 (cl) Sing Along with Kent</p>	<p><b>21</b></p> <p>Hairdresser Today</p> <p>10:30 (C) Java Music Club 1:30 (C) Seated Pilates <b>Happy Hour</b> With Dave Burden</p> <p>Winter Begins</p>	<p><b>22</b></p> <p>Saturday Brain Games available at the Front Desk 10:00 (fl) Visit with St. Johns Therapy Dog Hank 11:00 (cl) Euchre 1:00 (cl) Balloon Rackets 2:00 (L) Afternoon Movie: "The Princess Switch" 7:15 (L) Movie: "Jingle all the way"</p>
 <p><b>23</b></p> <p>2:00 (C) Sunday Series: When Calls The Heart S 02 Episode 9 &amp; 10</p>	<p><b>24</b></p> <p><b>Shuttle Today</b> Hairdresser Today 10:30 (cl) Java Club Party! 1:00 (cl) Racket Balloon 2:00 (C) Movie: "A Christmas Carol" 3:00 (cl) Come enjoy some Christmas Music! 4:00 (fl) SJT Dog visit (Lily and Scott)</p>	<p><b>25</b></p>  <p>1:30 Movie: "A Christmas Prince" 3:10 Movie: "A Christmas Prince 2: Royal Wedding"</p> <p>Christmas Day</p>	<p><b>26</b></p> <p><b>HAPPY BOXING DAY!</b></p>  <p>2:00 (C) Movie: "The Holiday" 2:30 (cl) Euchre</p> <p>Kwanzaa Begins</p>	<p><b>27</b></p> <p>Hairdresser Today</p>  <p>10:30 (C) Bible Study with Chaplain Homer 2:00 (C) Gingerbread and Eggnog Social</p>	<p><b>28</b></p> <p><b>Shuttle Today</b> Hairdresser Today 10:30 (C) Java Music Club 3:00 <b>Happy Hour</b> With Ken Lighthouse</p>	<p><b>29</b></p> <p>Saturday Brain Games available at the Front Desk 10:00 (fl) Visit with St. Johns Therapy Dog Hank 11:00 (cl) Euchre 1:00 (cl) Balloon Rackets 2:00 (C) Afternoon Movie: "Made of Honor" 7:15 (C) Movie: "Once Upon a Holiday"</p>
 <p><b>30</b></p> <p>2:00 (C) Sunday Series: When Calls The Heart S03 Episode 1 &amp; 2</p>	<p><b>31</b></p> <p>4:00 (fl) SJT Dog visit (Lily and Scott)</p> <p><b>NEW YEAR'S EVE</b> Party From 6:30-8:00PM With Cameron Caton!</p> <p>New Year's Eve</p>	 <p><b>Legend:</b> (cl)- Café/Lounge (C)- The Cottage (MAC)- Market Activity Room RM 216 (fl)- Front Lobby Shuttle Trips are In Purple</p>				

# WELLNESS CLASSES

ALL ARE WELCOME

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45-9:45					Better Balance (gym)
10:15-11:00	Group Exercises	Group Exercises	Group Exercises	Group Exercises	Group Exercises
11:15-12:00		Tai Chi/Breathe Right	Hand Therapy	Tai Chi/Breathe Right	Hand Therapy
1:00-2:00	Sit To Be Fit	Fewer Falls (gym)	Pedaling Class (gym)		
2:00-3:00	Hip and Knee Therapy (gym)		Hip and Knee Therapy (gym)		
3:00-4:00			Sit To Be Fit		

Classes Are In The Café Unless Posted Otherwise

## Share the Warmth



This year we will have a tree in our lobby to collect donations of new winter gear. Such as: scarves, mittens, hats and blankets. These donations will go to The Good Shepherd of Hamilton

## Caroline Place Christmas Celebration Friday December 7<sup>th</sup>

6:30-8:00PM

Come Celebrate with Friends and Family!  
Wonderful Musical Entertainment by  
Cameron Caton!

\*Limit 2 guest per resident\*



Caroline Place has adopted a scout elf. The elf receives its Christmas magic and can fly to the North Pole each night to tell Santa Claus about all of the days adventure. Each morning the scout returns to its family and perches in a different place to watch the fun. Find the Elf in a new place every day and enter your name to win a prize at the end of the month. You can enter your name every day that you find him. Remember you're not allowed to touch him for he will lose his magic!

Please Note that some of the Movies/TV shows will be shown in the Library this month

# December

## Waiting for the Sun

In the northern hemisphere, the winter solstice, on December 21, brings the longest night of the year. Due to the tilt of Earth on its axis, the north pole faces away from the sun. While the interminable darkness stretches on, in many cultures this is a time to celebrate the light and has been for centuries. In fact, the celebration of winter solstice predates the Christmas holiday.

Perhaps the most famous destination for viewing the sun during the winter solstice is at Stonehenge in England. This famous arrangement of massive stones was erected in prehistoric times and is perfectly aligned with sunset on the winter solstice. Scientists have concluded that this was a site of ancient ritual. Less famous is the massive burial mound and passageway at Newgrange in Ireland, dated to be older than the Pyramids. At sunrise on the winter solstice, the sun shines perfectly down the passageway to illuminate the innermost chamber. This is yet another instance where prehistoric peoples heralded the return of the sun and its light after the longest period of darkness.



**"What good is the warmth of summer, without the cold of winter to give it sweetness. "**  
— John Steinbeck

Halfway across the world in Iran, Persians also celebrate the return of the light. On *Shab-e Yalda*, people gather to light fires to protect each other from the evil of the night. They feast and read poetry as they await the sunrise. The return of the sun is equated with the banishment of evil, the arrival of goodness, and the triumph of Mithra, the Sun God, over dark forces.

Japan, too, celebrates the return of the sun. The winter solstice festival of *Toji-sai* marks the start of a new year, and it is when farmers traditionally welcome the sun as the source of their bountiful crops. As in Iran, bonfires are lit during the night to encourage the sun's return. It is then common to take baths scented with the *yuzu* citrus fruit, which is believed to foster good health and fortune. On the solstice, don't despair during the long night; instead, think of all those around the world who, perhaps like you, await the return of the sun.