



Mt. Carmel

DECEMBER 2023

ASSISTED LIVING EDITION

CONNECTIONS

Let Heaven and Nature SING

“The best way to spread Christmas cheer is SINGing loud for all to hear.”

This famous line, spoken by Buddy the Elf, is a great description of our goal for December. We'll be using **holiday music** in various ways to spread Christmas cheer throughout our community. Ever since the angels **sang** “Glory to God in the highest” as they announced the birth of Jesus to the shepherds, mankind has celebrated Christmas with **songs of praise**. As we carry on that tradition, we'll have **concerts, sing-alongs**, activities, and events that focus on the **sounds of the season**. During the first full week of December, we'll enjoy Dream Studios **Holiday Music Performance**, Sabrina Shivley's Students **Christmas Piano Program**, **Carols & Cocoa** with First Baptist Church **Choir**, and the **music** of Pat Stuckey. Later in the month, we'll hear **music** from The Blue Velvet Band and The Dailey's and Friends. We'll enjoy an afternoon of **Christmas CAROL-oke** on the 15th. We'll play festive editions of Bingo on **Christmas CAROL**, “**Nutcracker Suite**,” **MUSIC**, and “**Have a Holly Jolly Christmas**” cards throughout the month. Our Wheel of Fortune games will feature various **Christmas Carol** titles and bell phrases in honor of “**The Carol of the Bells**.” We'll feature two “**Rudolph the Red-Nosed Reindeer**”-themed activities: a Ring Toss Game where Rudolph's antlers are the target and a relay race where players will use their 'hooves' to win! Come craft a clever “**Joy to the World**” Ornament and **Sheet Music Christmas Tree** on the 13th and 20th. Search for the “**Twelve Days of Christmas**” at our Scavenger Hunt before our Christmas Lunch on the 22nd. We hope the **music** and joy you experience this month at Mt. Carmel Community will remain in your heart throughout the New Year!



HAPPY BIRTHDAY

Mt. Carmel Residents:

- December 3 • Mary Stewart
- December 4 • Bob Forquer
- December 5 • Martha Bernardi
- December 9 • John Olsen
- December 10 • Barbara Plunkett
- December 12 • Rose Harris
- December 14 • Janiata Morgan
- December 22 • Anabob Arnold
- December 26 • Peggy Smith

Mt. Carmel Staff:

- December 3 • Cashayla Nash
- December 13 • Julie Page
- December 14 • Alona James
- December 16 • Nancy Collyer
- December 21 • Leah Thweatt

CHRISTMAS PHOTOS

On Monday, **December 4**, dress up in your holiday best and join us in the Main Dining Room for our annual Christmas Photo Shoot. Don't miss this opportunity to give your loved ones a treasured keepsake photograph of you from this holiday season.

COCOA and CAROLS

The Church Choir from First Baptist Benton will be our special guests at Cocoa and Carols on **December 7**. We'll have a hot cocoa bar with marshmallows, whipped cream, chocolate chips, peppermint sticks, and caramel sauce. We'll also enjoy singing some of your favorite Christmas carols! Oh, what fun!!

DECEMBER OUTINGS

Early and last-minute Christmas shoppers can take advantage of our **Target** and **Walmart** Shopping Trips on December 1st and 15th. We'll enjoy **Larry's Pizza** at our Out-to-Lunch Trip on December 8. We could add an outing to our calendar with an extra Friday this month! We are going to the Benton Senior Center on Friday, the 29th, to participate in a fun fitness activity called **Drums Alive** with the Benton Senior Steppers. Don't miss it!

'T WAS THE DAY AFTER CHRISTMAS

Do you ever catch yourself wishing every day could be Christmas? While we can't make that happen, we are extending all the fun and festivity of Christmas for an extra day at Mt. Carmel Community! Join us on Tuesday, December 26, for Fruit Pizza and a variety of holiday games, including a Jingle Bell Toss, a Christmas Bow Game, and a Tabletop Christmas Tree Ball Obstacle Course. Stop by the 100 Hall Activity Room for our **After Christmas Game Time** at 1:30 and celebrate one more day of the 2023 Holiday Season!