

THE Greenhaven Estates Lifestyle



GREENHAVEN
ESTATES
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY
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Maintenance Director
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DECEMBER 2023



ON THE GO!

Cranberry Sauce From Scratch

Making homemade cranberry sauce isn't nearly as intimidating as it sounds—in fact, it only takes a few ingredients and about 15 minutes. You'll need 3/4 cup water, 3/4 cup sugar, a whole orange, and a 12-ounce bag of fresh or frozen cranberries. In a saucepan, combine the water and sugar. Cut the orange into quarters and squeeze the juice into the saucepan, then toss in the peels, which you'll remove before serving. Empty the bag of cranberries into the pan, then turn the burner to medium heat. Let the sauce simmer for about 10 minutes, until most of the berries have popped. Remove orange peels, let cool, then refrigerate or enjoy right away!

DECEMBER 2023

Gingerbread Pecans

Celebrate a sweet taste of the season with this festive snack.

Ingredients:

- 1 large egg white, beaten
- 2 cups raw pecan halves
- 2 tablespoons granulated sugar
- 2 tablespoons light brown sugar
- 2 teaspoons gingerbread spice blend
- 1 pinch salt

Directions:

Preheat oven to 300° F. Line baking sheet with parchment paper and set aside.

In a large bowl, whisk beaten egg white with a fork until frothy. Add pecans and stir until coated.


Sprinkle pecans with granulated sugar, brown sugar, gingerbread spice and salt. Stir to coat evenly. Spread pecans in an even layer on the prepared baking sheet.

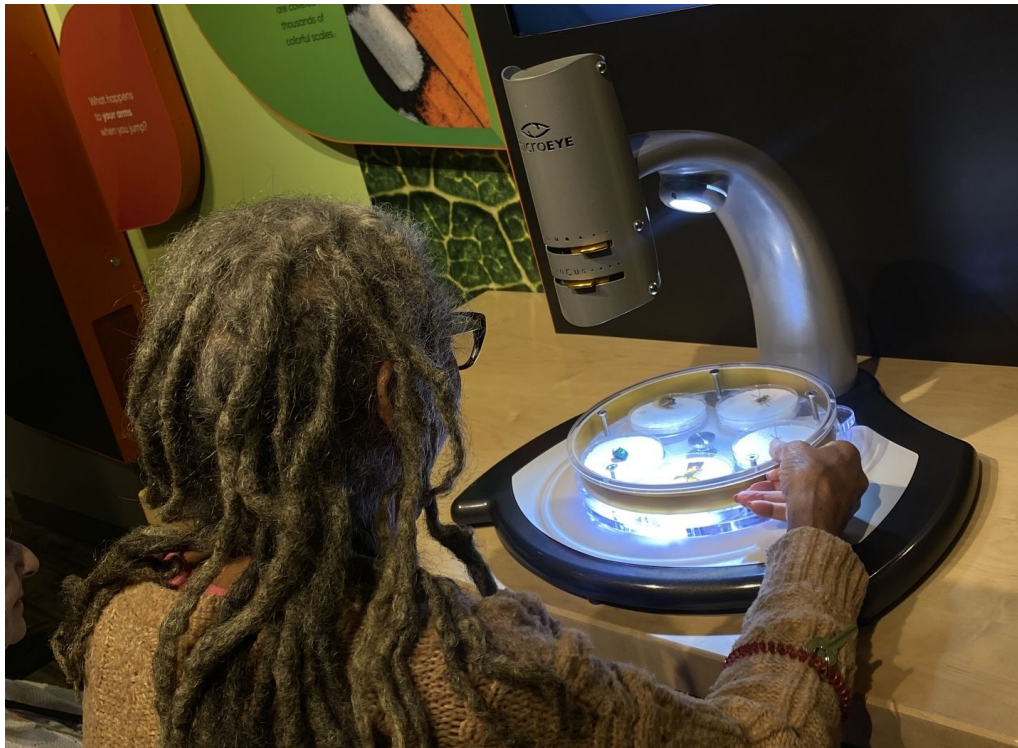
Bake pecans for 40 minutes, stirring halfway. Allow pecans to cool completely before serving.

Store pecans in an airtight container for up to four days.

For more recipes, go to AmericanPecan.com.

**"Bells are music's laughter."
—Thomas Hood**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1</p> <p>8:00 Morning News ☑</p> <p>9:30 Morning Exercise</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>1:00 Bingo 🎲</p> <p>3:00 Happy Hour ★</p> <p>5:00 Movie Night 🎬</p>	<p>2</p> <p>8:00 Morning news ☑</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>1:30 Bingo 🎲</p> <p>3:00 Beauty Time 🧴</p> <p>5:00 Movie night 🎬</p>
<p>3</p> <p>8:00 Morning News ☑</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>12:30 Crossword challenge</p> <p>5:00 Movie Night 🎬</p>	<p>4</p> <p>8:00 Morning News ☑</p> <p>9:30 Morning Exercise</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>12:30 Crossword challenge</p> <p>1:30 Activity time 🧘</p> <p>3:00 Happy Hour ★</p> <p>5:00 Movie Night 🎬</p>	<p>5</p> <p>8:00 Morning News ☑</p> <p>9:30 Morning Exercise</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>12:30 Crossword challenge</p> <p>1:30 Activity time 🧘</p> <p>3:00 Happy Hour ★</p> <p>5:00 Movie Night 🎬</p>	<p>6</p> <p>8:00 Morning News ☑</p> <p>9:30 Morning Exercise</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>12:30 Crossword challenge</p> <p>1:30 Activity time 🧘</p> <p>3:00 Happy Hour ★</p> <p>5:00 Movie Night 🎬</p>	<p>7</p> <p>8:00 Morning News ☑</p> <p>9:30 Morning Exercise</p> <p>10:30 Church</p> <p>12:00 Communication skills</p> <p>12:30 Crossword challenge</p> <p>1:30 Activity time 🧘</p> <p>3:00 Happy Hour ★</p> <p>5:00 Movie Night 🎬</p>	<p>8</p> <p>8:00 Morning News ☑</p> <p>9:30 Morning Exercise</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>1:00 Bingo 🎲</p> <p>3:00 Happy Hour ★</p> <p>5:00 Movie Night 🎬</p>	<p>9</p> <p>8:00 Morning news ☑</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>1:30 Bingo 🎲</p> <p>3:00 Beauty Time 🧴</p> <p>5:00 Movie night 🎬</p>
<p>10</p> <p>8:00 Morning News</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>12:30 Crossword challenge</p> <p>5:00 Movie Night</p>	<p>11</p> <p>8:00 Morning News ☑</p> <p>9:30 Morning Exercise</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>12:30 Crossword challenge</p> <p>1:30 Activity time 🧘</p> <p>3:00 Happy Hour ★</p> <p>5:00 Movie Night 🎬</p>	<p>12</p> <p>8:00 Morning News ☑</p> <p>9:30 Morning Exercise</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>12:30 Crossword challenge</p> <p>1:30 Activity time 🧘</p> <p>3:00 Happy Hour ★</p> <p>5:00 Movie Night</p>	<p>13</p> <p>8:00 Morning News ☑</p> <p>9:30 Morning Exercise</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>12:30 Crossword challenge</p> <p>1:30 Activity time 🧘</p> <p>3:00 Happy Hour ★</p> <p>5:00 Movie Night 🎬</p>	<p>14</p> <p>Fab '40s Christmas Light</p> 	<p>15</p> <p>Fab '40s Christmas Light</p> 	<p>16</p> <p>8:00 Morning news ☑</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>1:30 Bingo 🎲</p> <p>3:00 Beauty Time 🧴</p> <p>5:00 Movie night 🎬</p>
<p>17</p> <p>8:00 Morning News ☑</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>12:30 Crossword challenge</p> <p>5:00 Movie Night</p>	<p>18</p> <p>8:00 Morning News ☑</p> <p>9:30 Morning Exercise</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>12:30 Crossword challenge</p> <p>1:30 Activity time 🧘</p> <p>3:00 Happy Hour</p> <p>5:00 Movie Night 🎬</p>	<p>19</p> <p>8:00 Morning News ☑</p> <p>9:30 Morning Exercise</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>12:30 Crossword challenge</p> <p>1:30 Activity time 🧘</p> <p>3:00 Happy Hour ★</p> <p>5:00 Movie Night 🎬</p>	<p>20</p> <p>9:30 Morning Exercise</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>12:30 Crossword challenge</p> <p>3:00 Happy Hour ★</p> <p>5:00 Movie Night 🎬</p>	<p>21</p> <p>8:00 Morning News ☑</p> <p>9:30 Morning Exercise</p> <p>10:30 Church</p> <p>12:00 Communication skills</p> <p>12:30 Crossword challenge</p> <p>1:30 Activity time 🧘</p> <p>3:00 Happy Hour ★</p> <p>5:00 Movie Night 🎬</p>	<p>22</p> <p>8:00 Morning News</p> <p>9:30 Morning Exercise</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>1:00 Bingo 🎲</p> <p>3:00 Happy Hour ★</p> <p>5:00 Movie Night 🎬</p>	<p>23</p> <p>8:00 Morning news ☑</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>1:30 Bingo 🎲</p> <p>3:00 Beauty Time 🧴</p> <p>5:00 Movie night 🎬</p>
<p>24</p> <p>HERE COMES Santa PAWS</p> 	<p>25</p> <p>Christmas</p> <p>MERRY CHRISTMAS AND HAPPY NEW YEAR</p> 	<p>26</p> <p>8:00 Morning News ☑</p> <p>9:30 Morning Exercise</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>12:30 Crossword challenge</p> <p>1:30 Activity time 🧘</p> <p>3:00 Happy Hour ★</p> <p>5:00 Movie Night</p>	<p>27</p> <p>9:30 Morning Exercise</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>12:30 Crossword challenge</p> <p>3:00 Happy Hour ★</p> <p>5:00 Movie Night 🎬</p>	<p>28</p> <p>8:00 Morning News ☑</p> <p>9:30 Morning Exercise</p> <p>10:30 Church</p> <p>12:00 Communication skills</p> <p>12:30 Crossword challenge</p> <p>1:30 Activity time 🧘</p> <p>3:00 Happy Hour ★</p> <p>5:00 Movie Night 🎬</p>	<p>29</p> <p>8:00 Morning News</p> <p>9:30 Morning Exercise</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>1:00 Bingo 🎲</p> <p>3:00 Happy Hour ★</p> <p>5:00 Movie Night 🎬</p>	<p>30</p> <p>8:00 Morning news ☑</p> <p>10:30 Morning walk club</p> <p>12:00 Communication skills</p> <p>1:30 Bingo 🎲</p> <p>3:00 Beauty Time 🧴</p> <p>5:00 Movie night 🎬</p>
<p>31</p> <p>2024 HAPPY NEW YEAR</p> 						



THE ART MUSEUM!
 What a wonderful experience
 Learning something new every day.

Frosty Facts About Chilly Critters

While winter weather makes some of us shudder, to these animals, the coldest season is “snow” big deal!

Snowshoe hare. This astonishing little hare, residing within North America, changes color for the seasons, wearing a white coat in the winter and a brown coat in spring and summer. Snowshoe hares are identifiable by the very tips of their ears, which always stay black, and large hind legs that keep the critters from sinking in the snow.

Snowy owl. This striking bird is always on the move. As Arctic summers are full of extreme daylight, these owls have learned to hunt during the day, as well as at night. They travel far, too; one snowy owl, tracked in 2012, made a 7,000-mile round trip through Massachusetts and the Arctic.

Snow monkey. Also known as the Japanese macaque, these monkeys live on three of the four main Japanese islands. The primates located in the colder areas often bathe in thermal springs heated by volcanoes. They also make snowballs, just for fun!

Snow leopard. At home in the Himalayas and other mountain ranges of Asia, snow leopards are solitary and elusive, earning them the nickname “ghosts of the mountains.” The cat stays cozy by wrapping its long tail around its body like a blanket.

Arctic ground squirrel. This is the only ground squirrel that dwells in the northernmost regions of Russia and North America. These mammals hibernate for seven to eight months and have a rare way of doing it: Their body temperature drops below freezing, and they can spend 12 to 15 hours shivering in their sleep to stay warm.

Holiday Tips for Caregivers

As a family caregiver, you already manage a full plate of demands. During the holidays, family gatherings and social events can bring added challenges. Remember these tips to help you enjoy merry moments this season.

Plan ahead. As with most holiday activities, planning ahead to manage errands and anticipate problems can be the best preventive measure. Taking care of tasks ahead of time can make a get-together run more smoothly and give you a chance to ask for help.

Prepare visitors. Loved ones who require care may not be able to participate in the holidays the way they once did. Let family members and friends who don't see your loved one frequently know what to expect and how to make the most of their visit.

Adapt celebrations. Celebrate with your loved one within his or her current capabilities. Keep it simple: Listen to memorable music, look at photos from past holidays or share a favorite seasonal treat. Don't forget that the season is about joy and love—not perfection.

Take a timeout. It's imperative to make time for yourself to relax and recharge during the busy season. Consider respite care services or call in a friend or relative to look after your loved one for a few hours while you do something you enjoy.

