



# DOMINION™

SENIOR LIVING

2143 Northpoint Blvd. • Chattanooga, TN 37343 • (423) 847-2646

## Welcome, Winter

Bringing with it the year's shortest day and longest night, winter officially arrives Dec. 21. On this day, the U.S. will see the least amount of daylight, ranging from just eight hours in northern latitudes to 10.5 hours in the southernmost regions.

## Giant Gingerbread House

Texas holds the record for the world's largest gingerbread house. As part of a 2013 hospital fundraiser in the city of Bryan, volunteers spent a month constructing the 2,520-square-foot sweet structure that was entirely edible and decorated with more than 20,000 pieces of candy. Join us for a gingerbread decorating contest on Thursday, December 21st, any time between 2 and 5pm. Decorate a house with your loved one, grandkids or friends; 1st, 2nd, and 3rd place prizes will be awarded. DSL Hixson will provide the gingerbread houses and materials for decorating. Please sign up with Becky by December 7th.



## December 2017







## A Festive Favorite

Ribbon candy was created centuries ago by European confectioners, who molded long, sticky strips of candy around their thumbs to make festive, edible decorations for their shops. Today, the sweets have become a traditional holiday treat in the U.S.

## Remember When: Lionel Trains

What began as a store window display in 1900 quickly raced to the top of many wish lists, after customers asked to buy the electric toy train—originally designed to advertise other products. Joshua Lionel Cowen's new designs consisted of realistic details, variable speeds and an array of accessories that added to the appeal of Lionel model trains, which hit their peak of popularity in the 1950s and remain a favorite among enthusiasts.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please be advised that activities and times may change to better fit the needs of our residents. All outings are weather permitting.</p>					<p><b>8:30 Wellness Checks with Guardian</b></p> <p>9:40 Devotion 9:45 Exercise 10:30 You Be The Judge 2:00 Ornament Craft <b>3:15 BINGO with Janet from Avalon Hospice</b></p>	<p>10:00 Coffee Club 10:30 BINGO 2:00 Ring Toss/Horseshoes 3:00 Movie and Popcorn</p>
<p>9:15 Sunday School 10:30 <span style="color: blue;">■</span> Abba's House Service</p>	<p>9:40 Devotion 9:45 Exercise <b>10:30 Ed plays the Hammered Dulcimer</b> <b>1:30 Manicures apt. numbers 1300-1319</b> 3:15 Christmas Cards 4:00 Happy Feet Walking Club</p>	<p>9:00 Hair Salon Open 9:30 Manicures apt. numbers 1100-1119 <b>10:30 Devotion with Kevin from Avalon</b> 11:00 <span style="color: blue;">■</span> Silver Sneakers <b>2:00 Sing-a-long with Brandon</b> 2:45 Cooking Class</p>	<p>8:30 <span style="color: purple;">■</span> Breakfast Outing to IHOP⇧⇩ 9:40 Devotion 9:45 <span style="color: blue;">■</span> Exercise 10:30 Remember When <b>2:00 Charity BINGO with Chris from Preferred Care at Home</b> 3:15 Hot Cider Social 4:00 <span style="color: blue;">■</span> Bible Study</p>	<p>9:55 Devotion 10:00 Talk and Tea 10:30 Current Events 11:00 <span style="color: blue;">■</span> Silver Sneakers 2:00 Movie Matinee (White Christmas) 4:00 Happy Feet Walking Club <b>6:00 Christmas Dinner</b></p>	<p>9:40 Devotion 9:45 Exercise 10:30 Name That Tune 2:00 Ornament Craft <b>3:15 BINGO with Janet from Avalon Hospice</b> <b>6:30 Children's choir and Christmas play Calvary Baptist Church</b></p>	<p>10:00 Coffee Club 10:30 BINGO 2:00 Movie and Popcorn</p>
<p>9:15 Sunday School 10:30 <span style="color: blue;">■</span> Abba's House Service</p>	<p>9:40 Devotion 9:45 Exercise 10:30 Laughter Yoga <b>1:30 Manicures apt. numbers 1300-1319</b> 3:15 Washer Toss 4:00 Happy Feet Walking Club</p>	<p>9:00 Hair Salon Open 9:30 Devotion and Hymns <b>10:00 Manicures apt. numbers 1100-1119</b> 11:00 <span style="color: blue;">■</span> Silver Sneakers 2:30 Cooking Class</p>	<p>9:40 Devotion 9:45 <span style="color: blue;">■</span> Exercise <b>10:30 Shopping Trip to Walmart</b> <b>2:00 Charity BINGO with Meesha from ResCare Home Care</b> <b>3:15 Hot Chocolate Social</b> 4:00 <span style="color: blue;">■</span> Bible Study</p>	<p>9:55 Devotion 10:00 Talk and Tea 10:30 Current Events 11:00 <span style="color: blue;">■</span> Silver Sneakers <b>2:00 Gift wrapping store</b> 4:00 Happy Feet Walking Club</p>	<p>9:40 Devotion 9:45 Exercise 10:30 You Be The Judge 2:00 Trivia <b>3:15 Charity BINGO with Justin from Comprehensive Care Chattanooga</b></p>	<p>10:00 Coffee Club 10:30 BINGO <b>2:00 Christmas Concert with Megan</b></p>
<p>9:15 Sunday School 10:30 <span style="color: blue;">■</span> Abba's House Service <b>1:30 White Oak United Methodist</b></p>	<p><b>Happy Birthday Bill B.</b> 9:40 Devotion 9:45 Exercise <b>10:30 Resident Council</b> <b>1:30 Manicures apt. numbers 1300-1319</b> <b>3:15 Al Mahan's Christmas Show</b> ♪ 4:30 Happy Feet Walking Club</p>	<p>9:00 Hair Salon Open 9:30 Devotion and Hymns <b>10:00 Mary K Makeovers with Luanne</b> <b>11:00 Manicures apt. numbers 1100-1119</b> 2:30 Cooking Class</p>	<p><b>Happy Birthday Alene H.</b> 9:40 Devotion 9:45 <span style="color: blue;">■</span> Exercise <b>10:00 Northgate Mall Shopping Trip</b> <b>2:00 BINGO</b> <b>3:15 Eggnog and Gingerbread Social</b> 4:00 <span style="color: blue;">■</span> Bible Study</p>	<p><b>First Day of Winter</b> 9:55 Devotion 10:00 Talk and Tea 10:30 Current Events 11:00 Happy Feet Walking Club <b>2:00 Gingerbread Decorating Contest</b></p>	<p>9:40 Devotion 9:45 Exercise 10:30 Senior Stocking Assembly line 2:00 Trivia <b>3:15 BINGO with Kristi from Hearth Hospice</b></p>	<p>10:00 Coffee Club 10:30 BINGO 2:00 Movie and Popcorn</p>
<p>9:15 Sunday School 10:30 <span style="color: blue;">■</span> Abba's House Service</p>	<p><b>Christmas/ Happy Birthday Jim B.</b> 9:40 Devotion 9:45 Exercise 10:30 Christmas BINGO 2:00 Christmas cookie Social 4:00 Happy Feet Walking Club</p>	<p>9:00 Hair Salon Open 9:30 Devotion and Hymns <b>10:00 Manicures</b> <b>1:30 Chef's Meeting</b> 2:30 Cooking Class</p>	<p>9:40 Devotion 9:45 <span style="color: blue;">■</span> Exercise 10:30 Horse Race <b>2:00 BINGO</b> 4:00 <span style="color: blue;">■</span> Bible Study</p>	<p>9:55 Devotion 10:00 Talk and Tea 10:30 Current Events <b>2:00 December Birthday Party</b> 4:00 Happy Feet Walking Club</p>	<p>9:40 Devotion 9:45 Exercise 10:30 You Be The Judge <b>2:00 New Year's Resolutions</b> <b>3:15 BINGO</b></p>	<p>10:00 Coffee Club 10:30 BINGO 2:00 Bowling 3:00 Movie and Popcorn</p>
<p><b>New Year's Eve</b> 9:15 Sunday School 10:30 <span style="color: blue;">■</span> Abba's House Service</p>						

## Dr. Ruth



Ruth stands tall when she's in uniform. She's not an officer or a member of the military, but a volunteer. She has faithfully served as a volunteer for Memorial North Park Hospital for 17 years. She is happy to help all who come through the door. If you need directions or can't find something, she's the person to ask. She has made many friends with the doctors, nurses, staff, volunteers and visitors. She has even been nicknamed Dr. Ruth. Ruth doesn't volunteer as much as she used to, but still manages to check in and serve a few days. Ruth continues to have a heart to help others and we are happy to have her as a member of the Dominion Family.

