

Dec 1 – Sing- A long w/ Beth

Dec 5- Paws 4 People

Dec 6- Dr. Martin- Real Mysteries

Dec 8- The Robinson's

Dec 11- Tree Walk Outing- 1pm .

Dec 13 –Christmas Movie in Quarry at 5:30pm.

Dec 13- Tenant Council

Dec 15- Tour of Boulder Homes/Door Decorating contest-2:30pm

Dec 18- Christmas Dinner 11:30 am

Dec 19-Christmas Movie in Quarry at 5:30 pm

Dec 20- Bday's w/ Verlyn King- 2:30pm

Dec 21- Boulder Living Nativity 7pm

Dec 22- Holiday Brain Games- 2:30 pm

Dec 27 –JP & David Rabaey

Dec 29 –Dick Baack2:30pm



House Calls w/ Dr. Clarissa Tues in a.m.

Wellness Clinic Thurs @ 12:30 sign up w/Georgette

Fixen Chiropractic in the 1st floor activity room. See calendar in lobby

Avera Eyewear Clinic – 1st floor activity room. See calendar in lobby

Town & County hearing aid clinic – 1st floor activity room. See calendar in lobby



THE BOULDER REMINDER

For many people the holidays are a sad and stressful time of year. Try these 6 ways to shake your holiday blues. As families change and grow, traditions will change as well. All you have to do is infuse what you do with meaning, beauty, and love. Remember family doesn't mean they have to be related by blood, just by love.

Help Others. Help others not because you should, but because it is the best antidote to self-pity and seasonal sadness. Find someone who is struggling more than you are, lend them a helping hand, and remember the real meaning of the holidays.

Stop by a Place of Worship.

Drop into a church. Sometimes just sitting in a sacred place can remind us of the true meaning of the holidays. Take a moment and sit quietly, imbibing the atmosphere and the prayers of its members.

Take Care of yourself. Eat well, drink a lot of water, exercise, and then be merry. You will be amazed how the littlest bit of movement will lift your spirits and how reducing the amount of junk food will reduce your blues.

Grieve- If a friend or family member has recently died or if you are far away from home, practice the lost art of grieving. Create a memorial with pictures of those you love; play music and allow

yourself to cry, remember, and heal..



Forgive-Forgiveness is the salve that heals a broken spirit. Forgive all sorts of people this holiday season those from your past, your family, and the ones in the news who you love to hate.

Love- Love everything. Love it all. Even in these hard times love the cranky and crooked people of the world. Most of all love yourself even with all of your perceived shortcomings.

*****If you just need to talk or would like to know way to get involved over the holidays just stop by Tenant Services.**

Christmas From the Heart

Over time things have changed in my life. I don't know about you but I sometimes find myself wondering what my purpose is. My children are grown and it's just me and the cat at home. Christmas is just for the kids right.... I wonder why should go to all the work of baking cookies, decorating, and spreading Christmas cheer. Why don't I just sit around like a lump of coal and be grinchy. After all Christmas has become all about the almighty dollar and how much we can spend. Why... I'll tell you....because that is not me. What brings me joy is to bring it to others. So this holiday season I'm going to spend time with those I love. Take time for those who need me, and love my fellow man. I'll be dropping a bundle of homemade goodies off for my neighbors just to let them know I care. By being good to others and bringing them joy I bring joy to myself. There is an old saying...."What we give is what we get." I'm going to give all I can. May your blessing be bountiful this holiday season & Merry Christmas one and all.

Meet your new neighbors! We are so proud to have so many wonderful residents here at Boulder Estates! You get a special feeling when you see so many friendly faces. If you see one of our new residents, stop by and say hello. Anyone can be a neighbor, but it takes someone special to be a friend. It gives us great pleasure to introduce:

George and Bea Dubbeldee- #333, Richard Bot #327,

Phyllis Carr # 218, Omar Johnson # 113, Fern Kerkvliet # 214



Count your life by smiles, not by tears. Remember to count your age by friends and not by years.

Ella Mae Jensen Dec 1 Grace Wegner Dec 2 Marian Blomme Dec 6

Burta Jacobsen Dec 8 Arlene Sutherland Dec 11 Celesta Hagg Dec 16

Dolores Hebig Dec 18 Verlaine Schlemmer Dec 21 Bob Reimler Dec 21

Helen Clark Dec 23 Jesus Christ Dec 25 Dorothy Storck Dec 28

Ivy Goergen Dec 31

THE BOULDER COOKBOOK IS ALMOST READY. IT WILL BE AVAILABLE TO PURCHASE STARTING DEC 11TH. REMEMBER ALL PROCEEDS ABOVE AND BEYOND THE COST INCURRED WILL GO TO HOSPICE.

TELL YOUR FAMILIES AND FRIENDS.



Join us for Movie Night at the Quarry Theater. The Quarry will be showing

Dec 1st Miracle on 34th Street @ 7pm

Dec 8th Ice Castles @ 7pm

Dec 17th The Bells of St. Mary's @ 2pm

Dec 22nd White Christmas @ 7pm

Dec 29th A Christmas Story @ 7pm

We are still looking for Tenant Volunteers to help with movie night/matinee. Please contact Tenant Services if you are interested.

THE LEGEND OF ST. NICHOLAS

December 6 marks Saint Nicholas Day (Dec 19th in many of the Scandinavian countries), and I thought I'd mark the beginning of the Christmas season by telling the story of Santa Claus's namesake. But before I do, I should remark that, historically speaking, there's not much we really know about Nicholas. Though he's one of the most popular saints in the Greek and Latin churches, his existence isn't attested by any historical document. All we can say is that he was *probably* the bishop of Myra (Turkey) sometime in the 300s. That said, there are of course many legends about Nicholas. Supposedly, Nicholas was born to a wealthy family in Patara, Lycia. His parents died, and he inherited a considerable sum of money, but he kept none of it. In the most famous story about his life, he threw bags of gold through the windows of three girls about to be forced into lives of prostitution. At least that's the most common version of the story; there are others, including an excessively grim one where the three girls are beheaded by an innkeeper and pickled in a tub of brine until Nicholas resurrects them. After a couple of miracles (he's sometimes called Nicholas the Wonder-Worker) performed while he was still a boy, Nicholas was chosen by the people of Myra to be their new bishop. But it wasn't long before Diocletian and Maximian began their persecutions of Christians, and the new bishop was imprisoned.

When Constantine became emperor, Nicholas was released with countless others and returned to his preaching only to find a new threat: Arianism. According to one biographer (writing five centuries after Nicholas's death), "Thanks to the teaching of St. Nicholas, the metropolis of Myra alone was untouched by the filth of the Arian heresy, which it firmly rejected as a death-dealing poison." Other biographers claim Nicholas attacked the heresy of Arius (who denied the full divinity of Christ) in a much more personal way—he traveled to the Council of Nicea and slapped Arius in the face! As the story goes (and this should be taken as fantasy because there are pretty good records of the council, and Nicholas isn't mentioned), the other bishops at Nicea were shocked at such rude behavior and relieved him as bishop. But then Jesus and Mary appeared next to him, and they quickly recanted. That's the questionable legend of Nicholas, but not the end of the story. Even by the reign of Justinian (d. 565), Nicholas was famous, and the emperor dedicated a church in Constantinople to him. By the 900s, a Greek wrote,

"The West as well as the East acclaims and glorifies him. Wherever there are people, his name is revered and churches are built in his honor. All Christians reverence his memory and call upon his protection." The West became even more interested when his "relics" were taken from Myra to Bari, Italy, on May 9, 1087. He's said to have been represented by medieval artists more frequently than any saint but Mary, and nearly 400 churches were dedicated in his honor in England alone during the late Middle Ages.

With such a popularity, his legends inevitably became intertwined with others. In Germanic countries, it sometimes became hard to tell where the legend of Nicholas began and that of Woden (or Odin) ended. Somewhere along the line, probably tied to the gold-giving story, people began giving presents in his name on his feast day. When the Reformation came along, his following disappeared in all the Protestant countries except Holland, where his legend continued as Sinterklass. Martin Luther, for example, replaced this bearer of gifts with the Christ Child, or, in German, Christkindl. Over the years, that became repronounced Kriss Kringle, and ironically is now considered another name for Santa Claus.

ARE YOU READY FOR ST. NICHOLAS DAY?

Let's see if you have been naughty or nice this year. If you put a pair of shoes outside your door on Dec 19th at sometime St. Nicholas will be putting something into those shoes.

- 1. If you get a stick or lump of coal you are on the naughty list and must be extra nice until Christmas.**
- 2. If you get candy you've been good. Just keep up the good work.**
- 3. If you get an odor eater.....Well St. Nicholas is trying to tell you something.**
- 4. If you get candy and coal it is undecided and you had better be on your best behavior.**

HOW PEOPLE CELEBRATE CHRISTMAS AROUND THE WORLD

Did you ever wonder where certain Christmas traditions come from?

In Ireland, candles are set in the windows on Christmas Eve to light the Christ Child on His way, and only a woman named Mary may snuff out the candles on Christmas Day.

It is a European custom to paint nuts silver or gold and hang them on the Christmas Tree. Sometimes a verse or a tiny manger scene is placed in a hollowed-out walnut, broken in half and hinged on one side to open and close.

In Syria, it is said that the youngest camel of the Wise Men was so tired when they reached the manger he fell down. In sympathy, the infant Christ blessed him. Syrian children believe this animal brings their gifts on Epiphany. They call him “the Camel of Jesus”.

A Spanish legend tells that the Three Kings cross Spain each year on their way to Bethlehem and leave gifts for children who have been good. On Epiphany Eve, the children put out shoes filled with hay and carrots for the camels of the Kings.

In Old England, sprays of holly are placed on hives to wish bees a Merry Christmas. The bees are said to hum a carol in honor of the Christ Child.

Italians have a female Santa Claus, Lady Befana. Legend has it that when Christ was born she delayed setting out. Every Christmas since, she has wandered in search of the Holy Child, leaving gifts at each house in the hope He might be within, while children roam the streets blowing paper trumpets.

Austria – eats roast goose with all the trimmings for Christmas.

Chile – on Christmas Eve everyone enjoys a chicken soup filled with potatoes and onions plus corn on the cob.

England – you'd better believe there's going to be mince pie on the table.

Greece – the pig, fattened since harvest time is the main course at Christmas dinner.

Italy – roasted, baked or fried eel, a capon and various home baked cakes.

France- a banquet of thirteen different foods, many of the richest desserts in France! The number 13 symbolizes Christ and His 12 apostles.

Americans will be enjoying everything from turkey, prime rib, ham, seafood, Cornish hen to vegetarian dishes and lavish cream desserts....and who could forget the chocolate?!!!!

Did you know according to folklore?

Eating an apple at midnight on Christmas Eve can enable good health to befall you for an entire year.

It's bad luck to let your evergreen decorations fall or throw them away. You should burn them or feed them to your cow.

The weather on each of the twelve days before Christmas signifies the weather for every month of the New Year!

A message of thanks during a difficult time:

Shirley Stensrud would like to offer her sincere thanks to all of the cards and the outpouring of love and support that was given from her Boulder Family during this very difficult time. It was unexpected, overwhelming, and very much appreciated.

**No act of kindness,
no matter how small,
is ever wasted.**
- Aesop

Check out your Boulder Holiday Cheer Calendar for opportunities to beat the Holiday Blues.....

SPECIAL HOLIDAY ACTIVITIES AT BOULDER OVER THE MONTH OF DECEMBER.

- 3 Dec Arlene Sutherland Birthday Open house (Summit)
- 4 Dec Christmas Card/Jewelry Sale 1st Floor Activity Room
- 5 Dec Samuel Lutheran Piano kids 2:00-2:25 (Summit)
- 6 Dec First Lutheran Church Choir at 6:30 in the Lobby
- 7 Dec Samuel Lutheran Piano kids 2:00-2:25 (Summit)
- 8 Dec SMSU Drama Club singing Carols 3:30 pm in the Summit
- 9 Dec Winter Funderland 1-4 pm (Lobby, Summit, Library, 1st Floor Activity Rm)
- 10 Dec Burta Jacobsen Birthday Open house (Summit)
- 11 Dec Bell Choir 7:00pm (Summit)
- 12 Dec Take Note Acapella 6:20pm (Summit)
- 13 Dec Christmas Bonus Movie at 5:30 in the Quarry
- 15 Dec Cider and Songs w/ Sue Schreier (lobby by piano) @1pm

- 15 Dec Tour of Homes 2:30 (Tenants)
- 15 Dec Door Decorating Contest 2:30 (Tenants Doors)
- 16 Dec SMSU Student's will be caroling 3:30 pm in the Summit.
- 17 Dec Christ Lutheran Church carolers at 3pm in the Lobby
- 17 Dec Living Word Lutheran Church Carolers at 7pm in the dining room.
- 19 Dec St. Nicholas Day (Leave a pair of shoes outside of your door)
- 19 Dec Christmas Bonus Movie at 5:30 in the Quarry
- 20 Dec 7&8th graders from Living Word Church caroling at 6:45 pm in Summit.
- 21 Dec Cider and Songs w/ Sue Schreier (lobby by piano) at 1pm.
- 21 Dec Living Nativity 7:00 in the (Summit)
- 22 Dec Holiday Brain Games at 2:30 in the Summit
- 25 Dec Christmas meal will be served at regular time
- 27 Dec JP & David Rabaey will perform at 2:30 in the Summit



You've heard of the game "Where's Waldo"....Well each month we will have something hidden in the newsletter that you must find. The first person to find it and let Tenant Services know will receive a prize. Alice Shaw found the hidden wishbone last month. (Clue: I'm made of sugar and spice and everything nice but like to run so make sure you look twice). I know its fun to find but we've decided to be kind. All of you eagle eyes can only win once every three months to give others a chance. Happy Hunting.

Riddles of the Week

The United States has a lot of Christmas.

How many places in the United States can Bethlehem be found?

How many states can Holly be found?

How many states can Noel be found?

How Many states can Santa Claus be found?

In which state can you find Mistletoe?

Where is Christmas Cove located?

Where can Christmas be found?



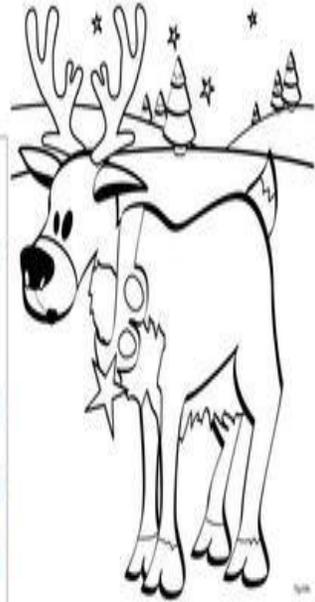
Please Help Us! The Grinch kidnapped Happy the Elf. He wants to stop him from spreading anymore “Christmas Cheer”. The Grinch said he is going to hide everyday until December 22nd. He has hidden him somewhere around Boulder Estates. Tenant Services has put out a reward out for finding our elf. If you find Happy please return him to Tenant Services and receive your reward.



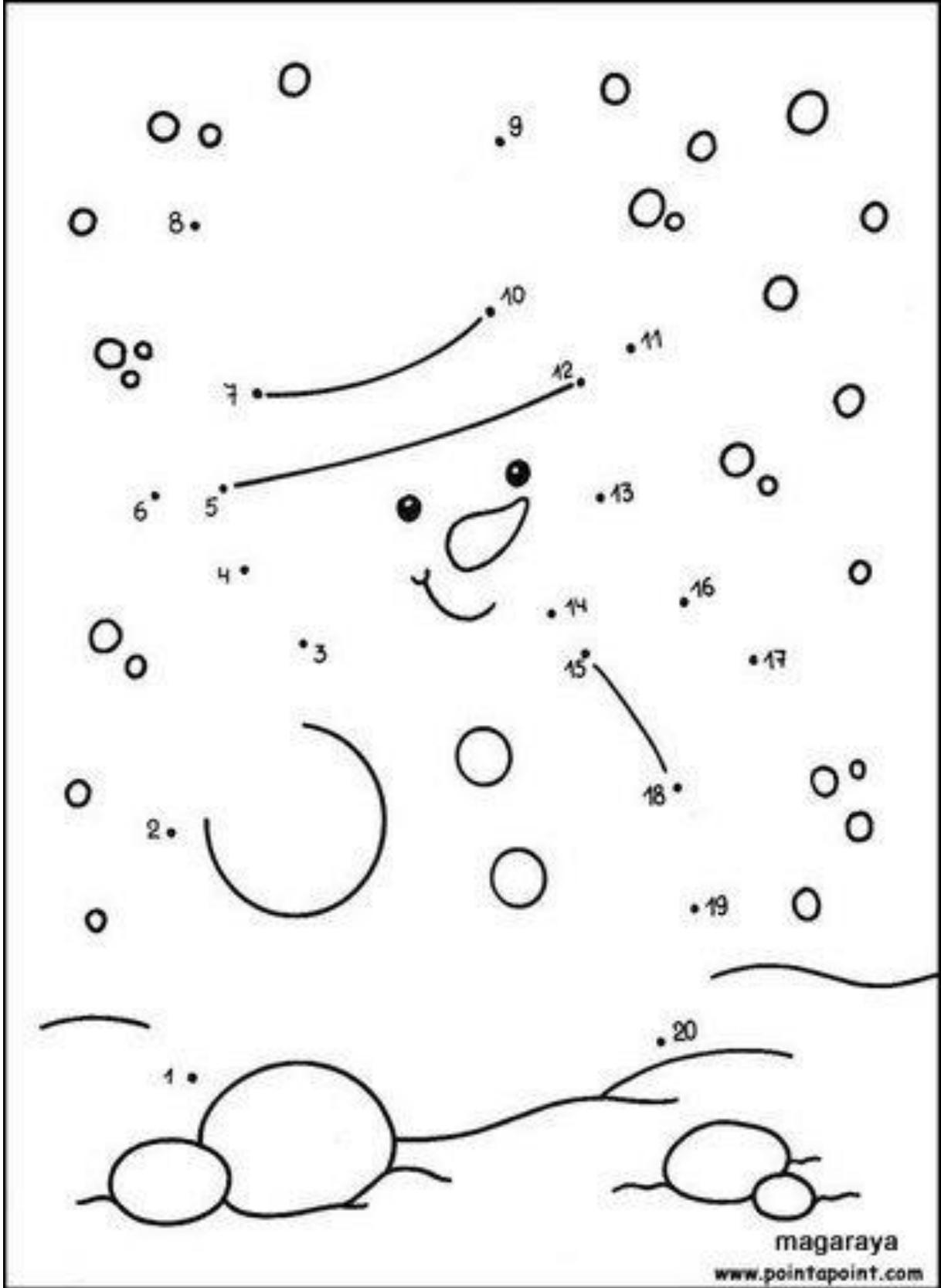
CHRISTMAS



a e r f f c t n r a r c
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i e e e a s l e i g h o
l a g c a f n e r o s n
y n n c n t u r k e y t
a u k t a b h t r e d t



tree	baubles	decorations
turkey	santa	ham
angel	family	reindeer
candycane	ribbon	wreath
elf	present	pudding
northpole	sleigh	sack
carrot		



Good example of a Brain Study: If you can read this you have a strong mind:



Solutions:

Bethlehem can be found in Pennsylvania Kentucky, Indiana, New Hampshire, Maryland, Connecticut, and Georgia.

Holly is in the states of Colorado, New Jersey, and Vermont.

The cities of **Noel** are happily located in Missouri and Virginia.

Yes, Virginia there is a **Santa Claus** in Indiana and Idaho.

If you look closely, you'll find **Mistletoe** in Kentucky!

The delightful **Christmas Cove** is off the coast of Maine.

It's always **Christmas** in two towns in Michigan and Florida!