

Plantation South Dunwoody

4594 Barclay Drive • Atlanta, GA 30338

Put Dry Skin to Rest

The dry air from indoor heating systems can cause itchy skin and chapped lips. Tend to both by keeping a bottle of body lotion and a tube of lip balm on your nightstand and apply them before bedtime. Your skin and lips will soak up the moisture while you sleep.

Logic Problem

A bookshelf holds several books. If one book is the fourth from the left and the sixth from the right, how many books are on the shelf?

Card Games Can Boost Your Brain

Whether you're bidding in bridge or building a run in rummy, playing cards can have a hand in exercising your gray matter. Studies show card games—especially challenging ones, such as bridge, pinochle and canasta, which require strategy, concentration and math skills—may help reduce the risk of cognitive decline. Doctors say engaging in these types of games is one way to keep the brain's neural pathways stimulated. Players also benefit from the enriching social interaction that comes from a group activity.



December 2015



Hot Cocoa and Health

A cup or two of cocoa each day may do more than ward off a chill. Cocoa is rich in antioxidants, potassium, iron and other nutrients. Hot chocolate is also chock-full of flavonoids, powerful compounds that are being studied for their link to fighting cancer, preventing stroke and delaying dementia and other cognitive problems. Plus, sipping this sweet treat can make you feel better—not only because the drink is delicious, but also because it raises the body's levels of serotonin, which produces endorphins and can banish a bad mood.

A Classic Talent

Dec. 13 is the birthday of Dick Van Dyke, the actor known for movie classics such as "Mary Poppins" and "Chitty Chitty Bang Bang" and the TV series "The Dick Van Dyke Show" and "Diagnosis: Murder." Van Dyke was born in West Plains, Mo., in 1925.

Practice Playfulness

"It is a happy talent to know how to play."
—Ralph Waldo Emerson

Winter Is Here

Winter begins in the Northern Hemisphere on Dec. 21. In the Southern Hemisphere, it is the first day of summer.

Sweet Clementines

They're small and sweet, but clementines are big on nutrition. A cross between a sweet orange and a mandarin, this easy-to-peel variety of citrus fruit is a good source of vitamin C, as well as fiber, calcium and other essential nutrients, for just 35 calories. Clementines are in season from late November through January, making them a popular holiday treat.

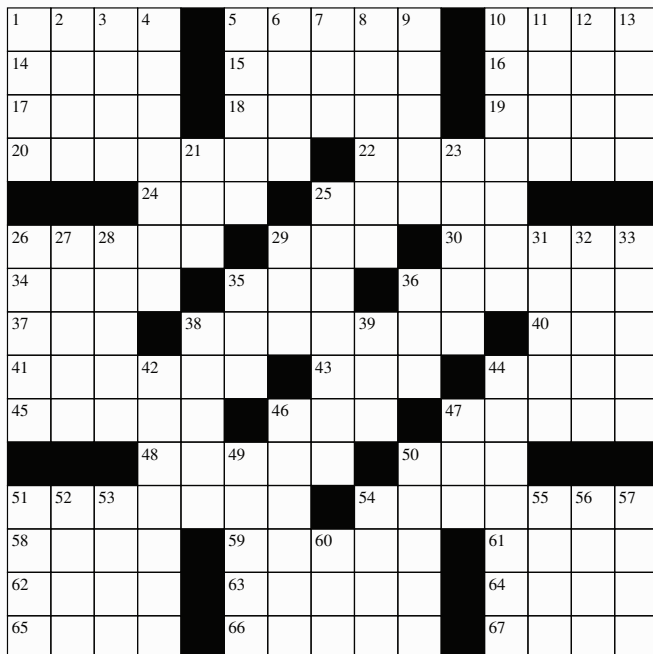
Popcorn Pick: 'Citizen Kane'

Often hailed as one of the greatest films ever made, "Citizen Kane" was shot using many techniques in storytelling, cinematography and sound that were revolutionary for its time. The 1941 drama was co-written, produced and directed by its star, Orson Welles—in his screen debut at just age 25. The film traces the rags-to-riches story of newspaper tycoon Charles Foster Kane, a character that was loosely based on real-life American publishing magnate William Randolph Hearst. The movie earned nine Oscar nominations and won the award for best screenplay.

Sunday	Monday	Tuesday
	<i>December</i>	1 10:00 Morning Exercise 10:30 Current Events 11:00 Word-N-Word 1:30 Card Games 3:30 Movie & Snacks MC: 10:00 Exercise 3:00 Remember When
1st Day of Hanukkah 6 AL -1:30 Remember When 2:30 Snacks 3:00 Bingo MC- 10:00 Exercise 10:30 Balloon Volleyball 3:00 Movie & Snacks	7 AL: 10:00 Exercise 10:30 Coffee & News 11:00 Word-N-Word 1:30 Positive Points by Tim 2:30 Movie 3:30 Pokeno MC: 10:00 Balloon Volleyball 1:30 Movie 3:00 Music & Snacks	8 AL: 9:30 Devotion 10:00 Exercise 10:30 Arts & Crafts 1:30 Musical Tunes 2:30 Today in History 3:30 Card Games MC: 10:00 Move to the Beat 1:30 Story Time 3:00 Outing
13 AL - 1:30 Remember When 2:30 Card Games 3:30 Bingo MC- 10:00 Exercise 10:30 Bowling 3:00 Movie & Snacks	14 AL: 10:00 Exercise 10:30 Ring Toss 11:00 Remember When 1:30 Positive Points by Tim 3:30 Pokeno MC: 10:00 Cooking Class 1:30 Puzzles 3:00 Trivia	15 AL: 9:45 Devotion 10:30 Exercise 11:00 Today in History 1:30 Ring Toss 2:30 Card Games 3:30 Old TV Show MC: 10:00 Devotion 1:30 Rest-N-Relax 3:00 Bowling
20 AL - 1:30 Remember When 2:30 Relax & Snacks 3:30 Bingo MC: 10:00 Move to the Beat 10:30 Balloon Volleyball 3:00 Movie & Snack	21 AL - 9:45 Devotion 10:30 Exercise 11:00 Balloon Volleyball 1:30 Positive Points by Tim 3:30 Spa Day MC- 10:00 Balloon Volleyball 1:30 Trivia 3:00 Arts & Crafts	22 AL - 9:45 Motivational Devotion 10:30 Exercise 11:00 Ring Toss 1:30 Rest-N-Relax 2:30 Bowling 3:30 Poker MC- 10:00 Motivational Devotion 1:30 Smoothies 3:00 Story Time
27 AL - 1:30 Remember When 2:30 Relax & Snacks 3:30 Bingo MC: 10:00 Move to the Beat 10:30 Balloon Volleyball 3:00 Movie & Snack	28 AL - 9:45 Devotion 10:30 Exercise 11:00 Bingo 1:30 Positive Points by Tim 3:30 Word Games MC- 10:00 Exercise 1:30 Relax-N-Snacks 3:00 Kick Ball	29 AL - 9:45 Motivational Devotion 10:30 Morning Stretches 11:00 You Be the Judge (Optical Illusion) 1:30 Cross Word Puzzles 2:30 Uno 3:30 Movie MC- 10:00 Devotion 1:30 Movie 3:30 Ice Cream Social

Wednesday	Thursday	Friday	Saturday
2	3	4	5
AL: 10:00 Exercise 10:30 Cooking Class 11:00 Current News 2:00 Bible Study 3:30 Bingo MC: 10:00 Musical Tune 1:30 Rest & Relax 3:30 Movie	AL: 9:30 Devotion 10:00 Exercise 10:30 Trivia 11:00 Cross Word Puzzles 1:30 Rest-N-Relax 2:30 Card /games 3:30 Arts & Craft MC: 10:00 Cooking Class 1:30 Arts & Craft 3:00 Story Time	AL: 9:45 Devotion 10:30 Exercise 11:00 Remember When 1:30 Poker 3:30 Social Hour MC: 10:00 Exercise 1:30 Movie 3:30 Social Hour	AL- 10:00 Exercise 10:30 Current News 1:30 Rest -N-Relax 3:30 Working With Puzzles MC- 11:00 Exercise 3:00 Old TV Show
9	10	11	12
AL: 10:00 Exercise 10:30 Cooking Class 2:00 Bible Study 3:30 Bingo MC: 10:00 Exercise 1:30 Rest-N-Relax 3:00 Cooking Class	AL: 9:45 Devotion 10:30 Morning Stretches 11:00 Trivia 1:30 Famous Faces 2:30 Mystery Box 3:30 Word Games MC- 10:00 Devotion 1:30 Music & Snacks 3:00 Old TV Show	AL- 9:30 Devotion 10:00 Exercise 10:30 Bowling 11:00 Famous Faces 1:30 Old TV Show 3:30 Social Hour MC- 10:00 Move to the Beat 3:00 Social Hour	AL- 10:00 Exercise 10:30 Current News 1:30 Rest -N-Relax 3:30 Working With Puzzles MC- 11:00 Exercise 3:00 Old TV Show
16	17	18	19
AL: 10:00 Exercise 10:30 Ring Toss 11:00 Cooking Class 2:00 Bible Study 3:30 Bingo MC: 10:00 Balloon Volleyball 1:30 Spa Day 3:00 Old TV Show	AL- 9:45 Devotion 10:30 Morning Stretches 11:00 Trivia 1:30 Card Games 3:30 Today in History MC: 10:00 Exercise 1:30 Devotion 3:00 Ring Toss	AL- 9:45 Devotion 10:30 Morning Stretches 11:00 Bean Bag Toss 1:30 Card Games 2:30 Pokeno 3:30 Social Hour MC: 10:00 Exercise 1:30 Remember When 3:30 Social Hour	AL- 10:00 Exercise 10:30 Current News 1:30 Rest -N-Relax 3:30 Working With Puzzles MC- 11:00 Exercise 3:00 Old TV Show
23	24	25	26
AL: 10:00 Exercise 10:30 Balloon Volleyball 11:00 Cooking Class 2:00 Bible Study 3:30 Bingo MC: 10:00 Music & Snacks 1:30 Bowling 3:30 Movies	AL: 10:00 Devotion 10:30 Exercise 11:00 Christmas Stories 1:30 Relax & Snacks 3:30 Arts & Crafts MC: 10:00 Devotion 1:30 Christmas Music 3:00 Movie	AL- 9:45 Devotion 10:00 Christmas Music & Snacks 1:30 Christmas Movie MC- 10:00 Christmas Music & Snacks 1:30 Christmas Movie *Enjoy Your Christmas Everyone *	AL- 10:00 Exercise 10:30 Current News 1:30 Rest -N-Relax 3:30 Working With Puzzles MC- 11:00 Exercise 3:00 Old TV Show
30	31		
AL: 10:00 Exercise 10:30 Cooking Class 2:00 Bible Study 3:30 Bingo MC: 10:00 Exercise 1:30 Old TV Show 3:30 Arts & Craft	New Year's Eve AL: 9:45 Devotion 10:30 Exercise 11:00 Ring Toss 1:30 Movie 3:30 New Year's Eve Party MC: 10:00 Devotion 1:30 Movie 3:30 New Year's Eve Party		*Activities Are Subject to Change*

Crossword Puzzle



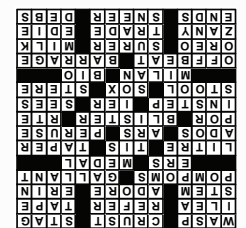
ACROSS

1. Flying insect
5. Part of a loaf
10. Male animal
14. Parts of intestines
15. Allude
16. Sticky stuff
17. Plant part
18. Reverse
19. Actress Moran
20. Ornamental tufts
22. Noble
24. Vocalized pauses
25. Religious article
26. British metric unit
29. Contraction
30. Candle
34. Bustles
35. “___ longa, vita brevis”
36. Read
37. ___ favor
38. Foot problem
40. Way: abbr.
41. Shoe part
43. Suffix for class and cheer
44. Eyes
45. Simple seat
46. Word with Red or White
47. Cubic meter
48. City in Italy
50. Brief life history

DOWN

1. Thin strand
2. Choir member
3. Appear
4. Baby items
5. Stuffs
6. Ohio athletes
7. Rare sighting, for short
8. Strong fabrics
9. ___ water; keep afloat
10. Outstanding
11. Place where 27 Down was spoken
12. Neat as ___
13. Mannerly man
21. Gold or copper
23. In a while
25. Rural church
26. ___ lazuli
27. “Frankly, my dear, ___.”
28. Incomplete sculpture

29. Prefix for pod or cycle
31. Make baby food
32. Organic compound
33. Della ___
35. Matterhorn or Mont Blanc
36. ___ person; apiece
38. Misrepresent
39. John Ritter’s dad
42. Old word for athletic girls
44. Raged
46. Celestial body
47. Dignified title
49. Continue
50. Plainer
51. Leak
52. Quarterback Tarkenton
53. ___ off; resist
54. Venerable historian
55. Helpmate
56. Insincerely smooth
57. ___ out a living; gets by
60. Charlotte ___



“This Month In History” DECEMBER

1818: The song “Silent Night” is performed for the first time at a church in Austria.

1913: Created to entertain readers, the first crossword puzzle is published in the New York World newspaper.

1925: The world’s first motel, the Motel Inn, opens in San Luis Obispo, Calif. It charged \$1.50 per night.

1938: Construction begins on the Thomas Jefferson Memorial in Washington, D.C.

1943: Gen. Dwight D. Eisenhower is appointed supreme commander of Allied forces during World War II. He led the invasion of Western Europe that began on D-Day.

1947: Florida’s Everglades National Park is dedicated.

1963: During the broadcast of the annual Army-Navy college football game, instant replay is used for the first time in a live sporting event.

1985: Wilma Mankiller takes office as chief of the Cherokee Nation and becomes the first woman to lead a major American Indian tribe.

1998: Six astronauts aboard the space shuttle Endeavour deliver the first American module of the new International Space Station.

2004: After 23 years as anchor of the “NBC Nightly News,” Tom Brokaw signs off for the last time.

2006: New York City becomes the first major U.S. city to ban artery-clogging artificial trans fats in foods sold by restaurants and bakeries.