

THE Courtyards *Lifestyle*

COURTYARDS
OF ODESSA

Like Us!  

ASSISTED LIVING & MEMORY CARE COMMUNITY
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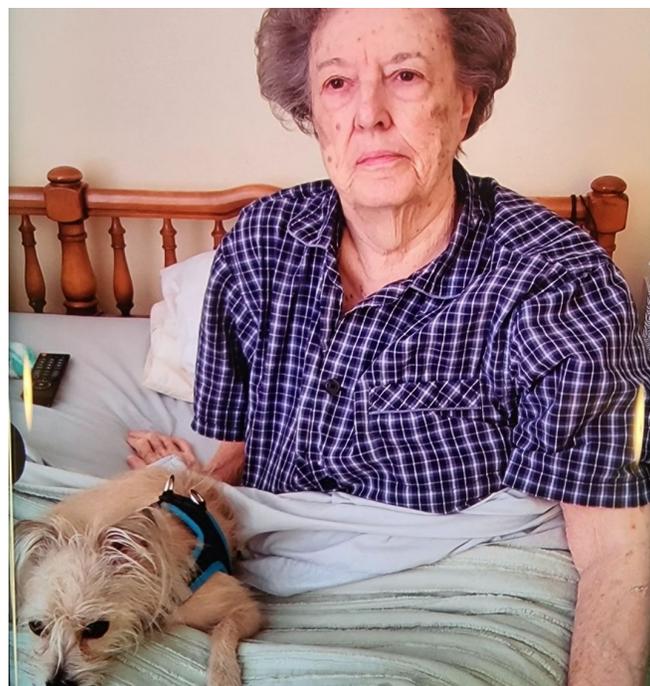


Laugh Lines: Holiday Humor

- Q: What kind of holiday tunes do elves like?
A: Wrap music!
- Q: What do you call a bankrupt Santa?
A: Saint Nickel-less.
- Q: What's Jack Frost's favorite part of the school day?
A: Snow and tell.
- Q: What do you call a speck that falls into the latke pan?
A: An unidentified frying object.
- Q: Why didn't Rudolph get a good report card?
A: Because he went down in History.
- Q: How can Santa deliver presents during a thunderstorm?
A: His sleigh is flown by rain-deer!
- Q: What's a parent's favorite holiday carol?
A: "Silent Night."
- Q: How do snowmen greet each other?
A: "Ice to see you!"
- "For the longest time, I thought my mother, father and cat all had the same handwriting. Then I found out Mom was just signing cards for all of them." —Michelle Wolf
- "Keep your friends close, your enemies closer and receipts for all major purchases." —Bridger Winegar
- "My New Year's resolution is to be more assertive, if that's OK with you guys?" —Megan K. Valente



DECEMBER 2024



This month we are celebrating Ms. Joyce, who is celebrating her 93rd birthday. Ms. Joyce was a 6th grade teacher for 49 years. Teaching school is something she has always been proud of. She says she enjoyed every minute of it. We would all like to wish Ms. Joyce a Happy Birthday: may you have an awesome day with your friends and family.



COURTYARDS OF ODESSA

DECEMBER 2024

Laugh Lines: Ringing in the New Year

Q: What is a New Year's resolution?
 A: Something that goes in one year and out the other.
 Q: What did the little Champagne bottle call his father?
 A: Pop!
 Knock, knock. Who's there?
 Abby.
 Abby who?
 Abby New Year!
 Youth is when you're allowed to stay up on New Year's Eve. Middle age is when you're forced to.
 An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.
 I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.
 My New Year's resolution is to get better at pretending to know the words to "Auld Lang Syne."

"The more positivity, love and light you reflect, the more light is mirrored your way."
 —Suzy Kassem

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Bday Ms. Joyce B. 1 9:45 Sit-N-B Fit 3:30 Resident Led Skip-Bo	2 9:45 Select Rehab Exercise with Jason in the Bistro 3:30 Resident Led Skip-Bo	3 9:45 Select Rehab Exercise with Jason in the Bistro 10:45 Calendar Catch-Up with Yvette 1:15 Bingo 2:30 Painting Christmas Wood Ornaments	4 9:45 Sit-N-B Fit 10:30 Shopping @ Walmart 1:15 BINGO 2:00 Craft Time "Xmas Gumball Machine" 3:30 Puzzle Club in Bistro	5 9:45 Select Rehab Exercise with Jason in the Bistro 10:30 Cooking w/ Yvette & OC Tech 1:30 Chili Cook-Off With Gentiva	6 9:45 Sit-N-B Fit 10:30 One on Ones w Yvette 1:15 Bingo 3:30 Ice Cream Social	7 9:45 Sit-N-B Fit 10:30 Christmas Art/Craft 1:15 Bingo 3:00 Saturday Cinema (Miracle on 34th St.) 3:30 Snack a Tack 5:00 Parade of Lights Outing
8 9:45 Sit-N-B Fit 1:30 Resident Led Puzzle Club 3:30 Resident Led Skip-Bo	9 9:45 Select Rehab Exercise with Jason in the Bistro 12:00 Door Decorating Contest 3:30 Resident Led Skip-Bo	10 9:30 Amenti Beauty Academy 9:45 Select Rehab Exercise with Jason in the Bistro 1:15 Bingo 3:00 Christmas Photo Booth	11 9:45 Sit-N-B Fit 10:30 Musical Flute By: Clay 1:00 Select Rehab Education Topic 1:30 Xmas Trivia & Punch w/ Angel's Hospice 2:00 Select Rehab Senior Fit Test	12 9:45 Select Rehab Exercise with Jason in the Bistro 10:30 Christmas Card Stuffing Event 1:15 Bingo 3:00 Holiday Social Hour Hosted by Express Nursing	13 9:30 Men's Coffee with Clark 9:45 Sit-N-B Fit 1:15 Bingo 2:30 Dollar Tree Shopping \$\$\$\$ 3:30 Ice Cream Social	14 9:45 Sit-N-B Fit 10:30 Christmas Art/Craft 1:30 Tammy Locklar's Dance Team 3:00 Saturday Cinema (Miracle on 34th St.) 3:30 Snack a Tack
Theme Week 15 9:45 Sit-N-B Fit 1:30 Resident Led Puzzle Club 3:30 Resident Led Skip-Bo	Ugly Sweater Day 16 9:45 Select Rehab Exercise with Jason in the Bistro 3:30 Resident Led Skip-Bo	Christmas Accessories 17 9:45 Select Rehab Exercise with Jason in the Bistro 10:30 Bake Christmas Cookies 1:15 BINGO 2:30 Decorating Xmas Cookies with St. Joseph & BP Checks	Grinch Stole Christmas Attire 18 9:45 Sit-N-B Fit 10:30 Movie Mania (The Grinch Stole Christmas) 1:15 Grinch BINGO 2:30 Cooking: The Grinch Christmas Dip 3:45 Grinch Art Contest/Bistro	Santa Hat 19 9:45 Select Rehab Exercise with Jason in the Bistro 1:00 AL Feliz Navidad Luncheon \$15 Per Plate 3:45 Music Memories in the '50s Diner	Red & Green Attire 20 9:45 Sit-N-B Fit 1:15 BINGO & M&M's 3:30 Eggnog Social & Building A Gingerbread House	Christmas Socks 21 9:45 Sit-N-B Fit 1:15 Bingo 3:00 Saturday Cinema (Miracle on 34th St.) 3:30 Snack a Tack
22 9:45 Sit-N-B Fit 1:30 Resident Led Puzzle Club 3:30 Resident Led Skip-Bo	23 9:45 Select Rehab Exercise with Jason in the Bistro 3:30 Resident Led Skip-Bo	Happy BDay Ms. Betty J. 24 9:45 Select Rehab Exercise with Jason in the Bistro 10:45 Merry Memories around the Fireplace 12:15 Christmas Eve Service @1P @ Crossroads	Happy Birthday Jesus 25 9:45 Sit-N-B Fit 1:15 Resident Led Christmas Packets in Bistro 4:30 BOXED DINNER IN ROOM	Happy Bday Ms. Louise 26 9:45 Select Rehab Exercise with Jason in the Bistro 1:15 Bingo 3:45 Music Memories in the '50s Diner	27 9:45 Sit-N-B Fit 10:30 Glitter Fun Hosted By Home Hospice 1:15 Bingo 3:30 Ice Cream Social	Happy BDay Ms. Wilson 28 9:45 Sit-N-B Fit 10:30 Book Folding Art 2:00 December Birthday Bash 3:00 Saturday Cinema (Miracle on 34th St.) 3:30 Snack a Tack
29 9:45 Sit-N-B Fit 1:30 Resident Led Puzzle Club 3:30 Resident Led Skip-Bo	30 9:45 Select Rehab Exercise with Jason in the Bistro 10:30 Resident Led New Year's Resolution List 1:15 BINGO & Sparkling Punch w/ Angels's Hm Health 3:30 Resident Led Skip-Bo	31 9:45 Select Rehab Exercise with Jason in the Bistro 10:30 Apple Cider Social 1:15 White Elephant BINGO 3:00 New Year's Eve Social				

No-Cost Gifts

Gifts can be thoughtful, heartfelt and not cost a single cent. See if any of these work for those on your list this holiday season:

- **Playlists:** Compile songs around a theme that your loved one would enjoy, such as travel, parenthood or a happy mood.
- **Recipes:** If you're the chef in your friend group, assemble your best dishes in a homemade cookbook. Or make a batch of treats—cookies, trail mix, etc.—and include the recipe on a note card.
- **Time and talents:** Give a "coupon" your loved one can exchange for something you can help them with, whether it's organizing their home, planning a vacation or filling their freezer with home-cooked meals.



Laugh Lines: Eat, Drink and Be Merry

The gingerbread man went to the medical clinic because he had a sore knee. After examining it, the doctor said, "Have you tried icing it?"

Q: Why did the gingerbread man go to the dentist?

A: He had gingervitis.

Q: What does gingerbread do when it's done baking?

A: It just loafa around.

Q: What is a gingerbread man's favorite drink?

A: Ginger ale.

Q: How would you rate the eggnog?

A: It's egg-cellent.

Q: Who tells the best eggnog jokes?

A: Comedi-hens!

Q: What's a fun party activity to do while drinking eggnog?

A: Singing kara-yolkie!

Q: What happens when no one comes to your holiday party?

A: You can have your fruitcake and eat it too.

Q: Why is history like a fruitcake?

A: Because it's full of dates.

Q: When is a fruitcake like a golf ball?

A: When it's been sliced.

Q: Why was the German tourist searching for fruitcake?

A: It was stolen.

Cold and Flu Truth

"Feed a cold, starve a fever." This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don't force yourself to eat if you aren't hungry. However, staying hydrated is important, so drink plenty of fluids.

Brain Bender: Ho, Ho, Ho!

Santa Claus needs some help with this puzzle. He's filled in some of the blanks with his famous laugh, but can you come up with the remaining letters to answer each clue?

1. Hershey's addict: _ H O _ _ H O _ _ _
2. Listing of famous names: _ H O ' _ _ H O
3. "Deer" and "dear," for example: H O _ _ _ H O _ _ _
4. Be patient!: H O _ _ _ _ _ H O _ _ _ _ !
5. Slang for a person in charge: _ _ _ _ H O _ _ H O
6. To the fullest extent: _ H O _ _ H O _
7. A backyard game: H O _ _ _ _ H O _ _
8. Distinguished Oxford student: _ H O _ _ _ _ H O _ _ _
9. One-handed basketball throw: H O _ _ _ H O _
10. Helps with getting into footwear: _ H O _ H O _ _
(Answers: 1. chocoholic; 2. who's who; 3. homophones; 4. Hold your horses; 5. head honcho; 6. whole hog; 7. horseshoes; 8. Rhodes scholar; 9. hook shot; 10. shoehorn)