

## 'Twas the Night Before Christmas

'Twas the night before Christmas, when all through  
the house

Not a creature was stirring, not even a mouse;

The stockings were hung by the chimney with care,  
In hopes that St. Nicholas soon would be there;

The children were nestled all snug in their beds,  
While visions of sugar-plums danced in their heads;  
And mamma in her 'kerchief, and I in my cap,  
Had just settled down for a long winter's nap,

When out on the lawn there arose such a clatter,  
I sprang from the bed to see what was the matter.  
Away to the window I flew like a flash,  
Tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow  
Gave the lustre of mid-day to objects below,  
When, what to my wondering eyes should appear,  
But a miniature sleigh, and eight tiny reindeer,

With a little old driver, so lively and quick,  
I knew in a moment it must be St. Nick.  
More rapid than eagles his coursers they came,  
And he whistled, and shouted, and called them by name;

"Now, DASHER! Now, DANCER! Now, PRANCER and  
VIXEN! On, COMET! On CUPID! On, DONDER and  
BLITZEN!

To the top of the porch! to the top of the wall!  
Now dash away! Dash away! Dash away all!"

As dry leaves that before the wild hurricane fly,  
When they meet with an obstacle, mount to the sky,  
So up to the house-top the coursers they flew,  
With the sleigh full of toys, and St. Nicholas too.

And then, in a twinkling, I heard on the roof  
The prancing and pawing of each little hoof.

As I drew in my hand, and was turning around,  
Down the chimney St. Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,  
And his clothes were all tarnished with ashes and soot;  
A bundle of toys he had flung on his back,  
And he looked like a peddler just opening his pack.

His eyes -- how they twinkled! His dimples how  
merry! His cheeks were like roses, his nose like a  
cherry!

His droll little mouth was drawn up like a bow,  
And the beard of his chin was as white as the snow;

The stump of a pipe he held tight in his teeth,  
And the smoke it encircled his head like a wreath;  
He had a broad face and a little round belly,  
That shook, when he laughed like a bowlful of jelly.

He was chubby and plump, a right jolly old elf,  
And I laughed when I saw him, in spite of myself;  
A wink of his eye and a twist of his head,  
Soon gave me to know I had nothing to dread;

He spoke not a word, but went straight to his work,  
And filled all the stockings; then turned with a jerk,  
And laying his finger aside of his nose,  
And giving a nod, up the chimney he rose;

He sprang to his sleigh, to his team gave a whistle,  
And away they all flew like the down of a thistle.  
But I heard him exclaim, ere he drove out of sight,  
HAPPY CHRISTMAS TO ALL, AND TO ALL A GOOD-  
NIGHT!

# Happy Times

December 2017 - Senior Living



## Happy Holidays

Most famous for the cover illustrations for *The Saturday Evening Post*, Norman Rockwell captured America as he observed it, with whimsy and a touch of humor.

I first discovered Norman Rockwell at the age of 10 when I was given a book of his work. I fell in love with his illustrations and the way he viewed small town American life. I learned a little about history and compassion through his eyes. Christmas dinner at my Grandmother's house in Kansas City was very much like his depiction of the family holiday dinner. Family of all ages gathered around a beautifully set table that stretched on forever. My Grandmother was an amazing cook. How so much delicious food came out of one tiny woman's kitchen was a Christmas miracle.

We opened presents on Christmas Eve, after much conversation among the adults and a long dinner.

As children we could hardly wait for the adults to say it was time to open gifts. My parents were unaware I had already snuck a peek at all of my gifts, and my sister's as well.

While Norman Rockwell's illustrations shaped my childhood image of how Christmas should be, we all have our own traditions and ways to celebrate. As I grew up and had a family of my own my traditions have evolved and changed. The most important thing to me now about the holidays is being with family, if possible, and spreading love and cheer to those around me.

There is so much to be thankful for. No matter what your personal family traditions are, give thanks, spread love and have a blessed holiday!

Warm holiday wishes from  
Julie, Sheena and Constance

Gateway Vista  
a Nye Health Services campus

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Mark Sroczynski	Administrator
Heather Hazen	Director of Senior Living
Tonya Richards	Director of Case Management
Susie Horner	Director of Culinary Services
Gene Steppat	Director of Environmental Services
Kay Rakes	Director of Resident Accounts
Julie Benes	Director of Life Enrichment
Kim Jardine	Admissions Coordinator
Nicole Wilson	Clinical Education Coordinator

# December 2017 - Senior Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Outings in RED</b> <b>Special Events in BLUE</b> <b>Religious Activities in PURPLE</b> <b>EnerG/Wellness in Brown</b> <b>Activities/Groups in BLACK</b></p>	<p><b>Gateway Vista In-house Movie Channel</b> <b>Tune in to channel 902 every day at 10am, 2pm, and 7pm</b></p> <p><b>Activities and times are subject to change. For a current daily list of events tune in to channel 901 or Call 4228</b></p>				<p>1</p> <p>9:00 Exercise (Strengthening/Bands) - AUD 9:30 Catholic Rosary - MC 11:00 Lunch Bunch - CiCi's Pizza 3:00 Beer and Bingo - PUB</p>	<p>2</p> <p>9:00 Exercise - AUD 10:00 Sing-A-Long - 3rd FL <b>7:00 Big Ten Championship Game</b> <i>Game and tailgate in the PUB</i></p>
<p>3</p> <p>2:00 Hymn Sing-a Long - 3rd FL <b>3:30 "Four 4 Thee" - Concert by St. Mark's United Methodist Church - AUD</b></p>	<p>4</p> <p>9:00 Exercise (Strengthening/Yoga) - AUD 1:00 Card Making Group - AUD <b>1:30 Shopping Trip - LOBBY</b> 3:00 Quarter Bingo - PUB</p>	<p>5</p> <p>10:00 Healthy Minds - AUD Afternoon Popcorn - PUB 1:30/3:00 Tai Chi - AUD <b>2:00 BUNCO - PUB</b> 7:00 Travel Movie - PH</p>	<p>6</p> <p>9:00 Exercise - AUD <b>10:00 Church Service - AUD</b> 1:00 Weight/BP Check - AUD 1:30 Book Club - PDR 2:00 Triominoes - PUB</p>	<p>7</p> <p>9:00 Balance Class - AUD <b>10:00 Shopping Trip - LOBBY</b> <b>1:00 Resident Council - PUB</b> 1:30/3:00 Tai Chi - AUD 3:00 Card Group - PUB</p>	<p>8</p> <p>9:00 Exercise (Strengthening/Flexibility) - AUD <b>9:30 Catholic Rosary - MC</b> 1:30 Baking Buddies - PH 3:00 Beer and Bingo - PUB</p>	<p>9</p> <p>9:00 Exercise - AUD 10:00 Sing-A-Long - 3rd FL</p>
<p>10</p> <p>2:00 Hymn Sing-a-Long - 3rd FL</p>	<p>11</p> <p>9:00 Exercise (Strengthening/Yoga) - AUD <b>1:30 Shopping Trip - LOBBY</b> 3:00 Quarter Bingo - PUB</p>	<p>12</p> <p>10:00 Karaoke - AUD 1:00 Art Experience - PUB 1:30/3:00 Tai Chi - AUD Afternoon Popcorn - PUB 7:00 Travel Movie - PH</p>	<p>13</p> <p>9:00 Exercise (Seated Kickboxing) - AUD <b>10:00 Church Service - AUD</b> <b>10:45 Catholic Mass - PUB</b> <b>1:30 Book Club - PDR</b> 2:00 Triominoes - PUB</p>	<p>14</p> <p>9:00 Balance Class - AUD 9:00 Sing-A-Long - 3rd FL <b>10:00 Shopping Trip - LOBBY</b> 1:00 Bookmobile - W. BACK LOT <b>3:00 Pius X High School Choir - AUD</b></p>	<p>15</p> <p>9:00 Exercise (Strengthening/Bands) - AUD <b>9:30 Catholic Rosary - MC</b> 1:00 Finishing Lines - PUB 1:30 Clever Clippings - PH 3:00 Beer and Bingo - PUB</p>	<p>16</p> <p>9:00 Exercise - AUD 10:00 Sing-A-Long - 3rd FL</p>
<p>17</p> <p>2:00 Hymn Sing-a-Long - 3rd FL 4:00 Indian Hills Church - AUD</p>	<p>18</p> <p>9:00 Exercise (Strengthening/Yoga) - AUD <b>1:30 Shopping Trip - LOBBY</b> <b>2:30 Lincoln East High School Choir - AUD</b> 3:00 Quarter Bingo - PUB</p>	<p>19</p> <p>10:00 Karaoke - AUD <b>10:00 Customs Hearing Solutions</b> 1:00 Manicures - PUB Afternoon Popcorn - PUB <b>5:30 Girl Scouts Caroling - DIN</b> 7:00 Travel Movie - PH</p>	<p>20</p> <p>9:00 Exercise (Seated Kickboxing) - AUD <b>10:00 Church Service - AUD</b> 2:00 Triominoes - PUB 5:00 Birthday Dinner</p>	<p>21</p> <p>9:00 Balance Class - AUD 9:00 Sing-A-Long - 4th FL <b>10:00 Shopping Trip - LOBBY</b></p>	<p>22</p> <p>9:00 Exercise (Strengthening/Flexibility) - AUD <b>9:30 Catholic Rosary - MC</b> <b>2:00-4:00 Resident and Family Christmas Party - AUD</b></p>	<p>23</p> <p>9:00 Exercise - AUD 10:00 Sing-A-Long - 3rd FL</p>
<p>24/31</p> <p>2:00 Hymn Sing-a-Long - 3rd FL</p>	<p>25</p> <p><b>Merry Christmas</b></p>	<p>26</p> <p>10:00 Karaoke - AUD <b>1:00 Culinary Corner - PH</b> <b>2:00 Snack and Chat 3rd Floor - 3rd Floor Commons Area</b> Afternoon Popcorn - PUB 7:00 Travel Movie - PH</p>	<p>27</p> <p>9:00 Exercise (Seated Kickboxing) - AUD <b>10:00 Church Service - AUD</b> <b>10:45 Catholic Mass - PUB</b> 2:00 Triominoes - PUB <b>3:00 Movie: It's A Wonderful Life - PH</b></p>	<p>28</p> <p>9:00 Balance Class - AUD 9:00 Sing-A-Long - 3rd FL <b>10:00 Shopping Trip - LOBBY</b> 1:00 Bookmobile - W. BACK LOT <b>3:00 Sisterhood of GV - PUB</b></p>	<p>29</p> <p>9:00 Exercise (Strengthening/Bands) - AUD <b>9:30 Catholic Rosary - MC</b> 2:00 Beer and Bingo - PUB <b>3:00 New Year's Eve Party - PUB</b></p>	<p>30</p> <p>9:00 Exercise - AUD 10:00 Sing-A-Long - 3rd FL</p>

### Locations

3rd FL - 3rd Floor Living Room  
4th FL - 4th Floor Living Room  
3rd DIN - 3rd Floor Dining Room  
4th DIN - 4th Floor Dining Room  
AUD - Auditorium Garden Level  
MC - Meditation Chapel 1st Floor  
PH - Penthouse - 6th Floor  
PDR - Private Dining Room  
PUB - Grill & Pub

### Birthdays

Linda Pabst 12/4  
Theresa Voboril 12/6  
Mary Winter 12/7  
John Drury 12/18  
Marjorie Sampson 12/18  
Richard Orosco 12/27

### Barber & Beauty

#### Shop

Tuesdays with Connie  
1:00 p.m. - 5:00 p.m.  
Wednesdays with Connie  
9:00 a.m. - 5:00 p.m.  
Thursdays & Fridays with Linda  
9:00 a.m. - 5:00 p.m.  
\*\*Call 5020 (as a courtesy, please call ahead to make an appointment)