



# Warm Beach

## SENIOR COMMUNITY

Christ Centered - People Focused

**Dear Warm Beach Friend,**

Everytime the Christmas season rolls around, it makes the world seem so much brighter (though the skies may be quite gray). This time of year, it is hard to resist getting caught up in the spirit of the holiday. The Christmas season is truly one of the great gifts that the Lord gave us, and know that your Warm Beach family will be including you in our thoughts and prayers this month. We would love to have you celebrate with us! Read more below about our many Christmas festivities!

**In This Month's Newsletter:**

1. Visit Warm Beach at our Christmas Open House
2. Pearl Harbor: the 75th Anniversary
3. Residents Invited to Christmas Party on December 2nd
4. Avoid the Holiday Sweets Temptation
5. Warm Beach Camp and Conference Center Opens Lights of Christmas

**Hear the Dickens Carolers at our Christmas Open House!**

And this is the testimony: God has given us eternal life, and this life is in his Son. -1 John 5:11



In the Christmas Carol, Charles Dickens wrote "For it is good to be children sometimes, and never better than at Christmas, when its mighty Founder was a child Himself." In that spirit of joy and festivity, the Dickens Carolers will join us at our Christmas Open House on **Friday, December 9th** at 6:30 PM. Christmas is a lovely time to see Warm Beach in all its joy, and we hope you will join us!

### Honoring the 75th Anniversary of Pearl Harbor



On December 7th, 1941, Japanese planes attacked the US Navy base at Pearl Harbor on the Hawaiian Island of Oahu. In 2016, on the 75th anniversary of the attacks, many American schoolchildren will hear for the first time the famous line from President Franklin Roosevelt: "a date which will live in infamy." Though those students may not understand it, the tragedy at Pearl Harbor is all too alive in the hearts of the Americans who lost loved ones that day. Thousands are expected to gather at the memorial early that Wednesday morning, and a live-stream of the commemoration will be

available online through the National Parks Department.

### **Residents Invited to the Annual Christmas Party!**



The Annual Resident Christmas Party is always a fun get-together! Join your neighbors to sing along to your favorite carols, or just enjoy listening. A delicious Christmas buffet will be provided. This year's party will be **Friday, December 2nd**, at 2:00 making it the perfect chance to get the season off to a great start and enjoy the spirit throughout the month!

### **Stay Healthy Through the Holidays**

Many of us associate our favorite holiday season with our favorite holiday treats. Heavy feasts, hot drinks, Christmas candy and cookies galore can leave us in a holiday sugar coma.

Below are a few tried and true tips to keep the cravings in check:

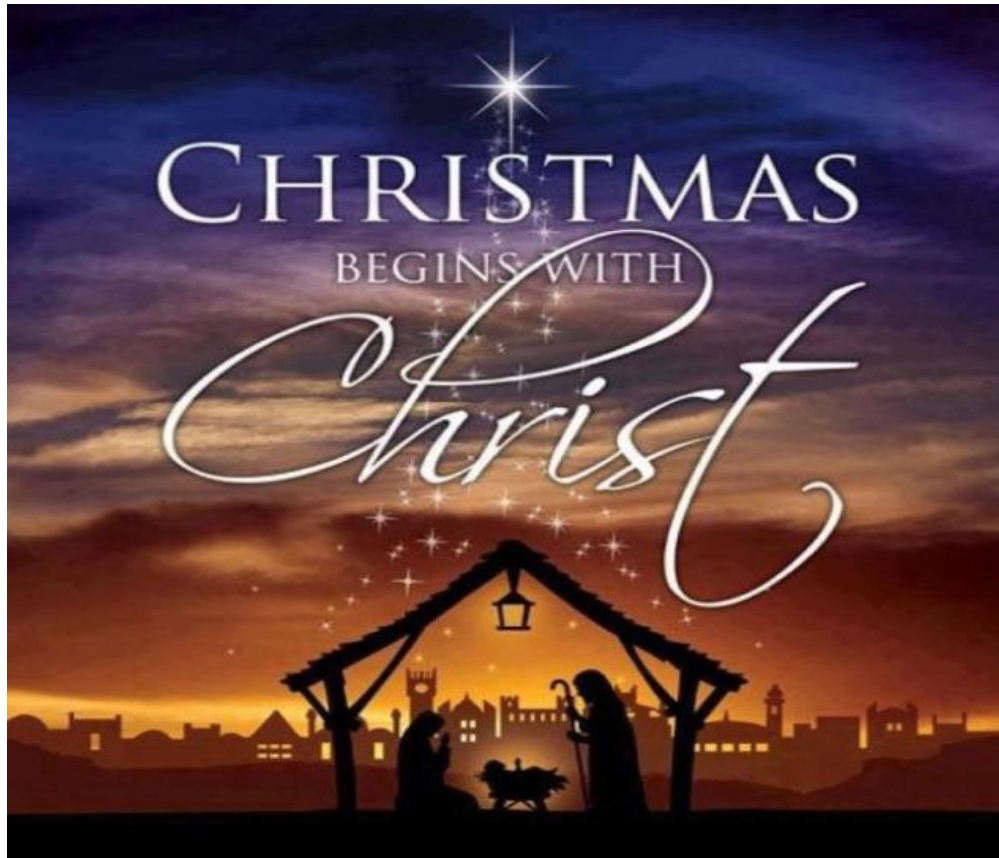
- Don't skip meals to compensate for over-treating yourself! Balanced meals will help prevent more indulgences.
- Choose wisely by looking at all the different choices before placing any food on your plate.
- Be extra diligent about staying hydrated.
- Be realistic! You may not be able to stay away from the cookie table entirely, but you *can* stop yourself at just one.



### **Warm Beach Lights of Christmas Opens for the Season**



See more than 1 million lights sparkling throughout the woods at the 2016 Lights of Christmas display! Enjoy donuts, hot chocolate, and other favorites along with your sparkling nighttime stroll. Visit the Lights of Christmas website for more details on dates, times, tickets, and events.



### **Upcoming Activities and Events**

We would like to extend an invitation to you to be our guest at one or all of the upcoming events. All are located in Beachwood Lounge, unless otherwise stated.

**December 2 2016**

Resident Christmas Party, 2:00 PM

**December 6, 2016**

Christian Advocates Breakfast, 8:00 AM, program at 8:40 AM

**December 7, 2016**

Pearl Harbor Remembrance Day

**December 9, 2016**

Christmas Open House, 6:30-8:00 PM, Featuring The Dickens Carolers

**December 11, 2016**

Sparks Piano Recital, 2:00 PM

**December 12, 2016**

Warm Beach Fellowship, "Christmas Social" 2:00 PM

**December 20, 2016**

Christian Advocates Breakfast, 8:00 AM, program at 8:40 AM

**December 25, 2016**

Merry Christmas

To find out more about an upcoming event, please call 360-652-2645. We also welcome you to visit and explore the Warm Beach Senior Community website located at [www.warmbeach.org](http://www.warmbeach.org).

Warmest Regards,

Sheila Bartlett

**Contact Information**



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