

Go A-Wassailing



Whether you have a good singing voice or not, get into the swing of the holiday season with Go Caroling Day on December 20. You may be surprised to hear that carols did not originate as holiday songs at all. Carols were folk dances, and *carol* meant “to dance in a ring.” Most often these dances and their accompanying songs were sung in the pubs (along with the presumptive overindulgence of ale). So when did carols make the jump from the alehouse to the church house? The answer might lie in Victorian England.

Wassailing, or the act of wishing good fortune on your neighbors, was a fairly common practice during the medieval era. It was believed that if you passed well wishes to your neighbors, they would reward you in turn. Caroling, or performing folk songs of well-wishes to neighbors, became traditional during local festivals and on holidays like May Day. But it was during the Victorian Era that caroling became forever merged with Christmastime. Legend has it that the first Christmas carol service was held in Truro, England, in 1880, when Edward White Benson attempted to lure carolers out of the pub on Christmas Eve by publicizing a carol service at church. Benson would go on to become the Archbishop of Canterbury.

It was also during Victorian England that Christmas became more popular and commercialized. Publishers began compiling and printing vast anthologies of carols. Some went so far as to take ancient songs and rewrite them as hymns to the birth of Christ. Many of the most famous Christmas carols date from this period, including “God Rest Ye Merry Gentlemen,” “The First Noel,” “Hark! the Herald Angels Sing!,” and “Joy to the World.” Nowadays, Christmas caroling is almost uniquely found during church services. Rarely do carolers venture door-to-door *a-wassailing* as they once did in olden times. But on December 20, Go Caroling Day, the practice may be revived. So don’t be surprised if you hear a knock on your door and a choir of voices.

December Birthdays

In astrology, the Archers of Sagittarius are those born between December 1–21. These open-minded travelers are in constant motion, searching the globe for meaning. Curious, optimistic, and enthusiastic, they are not afraid of change and treasure freedom. Those born from December 22–31 are Capricorn’s Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience.

- Aaron Rodgers (quarterback) – December 2, 1983
- Walt Disney (animator) – December 5, 1901
- Dave Brubeck (musician) – December 6, 1920
- Emmett Kelly (clown) – December 9, 1898
- Rita Moreno (actress) – December 11, 1931
- Shirley Jackson (writer) – December 14, 1916
- Betty Grable (actress) – December 18, 1916
- Chris Evert (tennis pro) – December 21, 1954
- Howard Hughes (magnate) – December 24, 1905
- Clara Barton (nurse) – December 25, 1821
- Tiger Woods (golfer) – December 30, 1975
- Donna Summer (singer) – December 31, 1948



Celebrating December

Safe Toys and Gifts Month

Write a Friend Month

Spiritual Literacy Month

Hanukkah

December 2–10

Pretend to Be a Time

Traveler Day

December 8

International Mountain Day

December 11

Crossword Puzzle Day

December 21

Christmas Day

December 25

Make Up Your Mind Day

December 31

As we enter into the holiday season it's nice to think about all the gifts that we have been given all year. These do not have to be material gifts by any means, but rather the gifts of family, friends, and well-being. The definition of a Gift is: a thing given willingly to someone without payment. I feel that working at Tall Oaks is a gift to me as it allows me to fill my cup. Caring for seniors in Assisted Living Communities is something that I had never considered before actually doing it years ago. But once I started, I was hooked. The joy that we feel when we are able to make a resident smile is priceless. I have so many stories that would sound like fiction if I hadn't witnessed them myself. So as we go into this season of giving, please know that we are very blessed to have Tall Oaks in our lives.

This year seems like it has flown by with all of the changes within the community and outside in the local community. We have added several new employees during this year and we are excited about the qualities they possess, as well as the new residents that we have welcomed into Tall Oaks.

We are committed to ensuring that you or your loved one receives the best services and we thank you for entrusting Tall Oaks to take care of you.

Again thank you for your continued dedication to Tall Oaks and those residents whom we most proudly serve.

Sincerely,

George Winters
Executive Director



Tall Oaks Mission Statement

It is our mission to enhance the quality of life for each resident through personalized attention and compassionate care. We believe in preserving dignity through personal choice, respect, and understanding in a comfortable and welcoming environment that brings joy and fulfillment for those that live and work at Tall Oaks.

Home for the Holidays

The sweet and spicy smell of gingerbread is a clear indicator that the holiday season is in full swing. By the time Gingerbread House Day arrives on December 12, you may have already indulged in eating this seasonal treat.



Gingerbread, made with ginger root, is believed to have originated in East Asia, where ginger was originally cultivated. It is believed that ginger and gingerbread were

introduced to Europe after the Crusades of the 11th century. Gingerbread was adopted most heartily in Germany, where monks perfected their heart-shaped *lebkuchen* cookies. These cookies were first made as unleavened honey cakes, made in the same fashion as communion wafers. With the introduction of ginger, German bakers transformed *lebkuchen* into their beloved gingerbread. In 1487, Emperor Friedrich III presented the 4,000 children of the city of Nuremberg with gingerbread cookies shaped to his likeness.

The shape of gingerbread was not limited to hearts, faces, and people; miniature houses made of the cookie were also common. This is why a gingerbread house figured so prominently in the tale *Hansel and Gretel*, first published by German folklorists and brothers Jacob and Wilhelm Grimm in the 19th century. What better way for a witch to lure two children into her home than to build a home out of Germany's favorite cookie? Through this tale, the Brothers Grimm spread the popularity of making gingerbread houses beyond Germany.

It may be surprising that one of the most enduring holiday traditions was popularized by the tale of a witch attempting to eat two children by luring them into her gingerbread house. But the religious significance of gingerbread has deeper roots than *Hansel and Gretel*. Perhaps it stems from the development of gingerbread by German monks. Or the use of gingerbread in religious ceremonies. Whatever the reason, warm, spicy gingerbread has become synonymous with the Christmas season.

December Resident Birthdays



Fred K. 12/4

Mary S. 12/4

Alyun H. 12/5

Sadie W. 12/11

Eugene K. 12/16

Martha S. 12/28

Join Us

Friday, December 21st

3:30pm Terrace Solarium to Celebrate!



Doctor's Visits

Optometrist- 12/3/18

@10:30am

Podiatrist AL- 12/13/18

@10:30am

Dermatologist- 12/19/18

@9 am

Podiatrist MC- 12/20/18

@ 10:30am

Upcoming Event Highlights

Saturday, December 1st at 3:00pm Terrace Solarium

Musical Afternoon: Piano Recital

Sunday, December 2nd at 4:30pm Lobby

Grand Menorah Lighting Ceremony

Monday, December 3rd Activities Room

Hanukkah Cards for Holocaust Survivors

Tuesday, December 4th at 1:30-3:00pm Lobby

Christmas Carols with Justin

Operation Christmas Child Service Project

Wednesday, December 5th at 2:00pm Terrace

Solarium

Jane Dorfman presents, Jewish Folktales

Thursday, December 6th & December 20th

10:30am Activities Room

Hanukkah Cooking with Chef Cheryl: Latkes

Yule Logs

Thursday, December 6th, 27th 2:30pm Activities

Room

Homeless Shelter Community Service Project

Friday, December 7th 11:00am Terrace Solarium

Pearl Harbor Remembrance Day

Friday, December 7th 3:30pm Terrace Solarium

Christmas Tree Lighting Party

Saturday, December 8th 2:00pm Terrace Solarium

Musical Afternoon: Plummer Family

Tuesday, December 11th at 2:30pm Terrace Solarium

Gingerbread House Creating

Thursday, December 13th at 2:30pm Terrace

Solarium

History Alive Performance

Friday, December 14th 2:00pm Lobby

Book Club: Wrapping Books for Children

Saturday, December 15th 2:00pm Terrace Solarium

Holiday Party with The Fairfax Jubil-Aires

Sunday, December 16th 11:30am Terrace Solarium

Holiday Lunch and Performance by James Curry

Wednesday, December 19th 2:00pm Terrace

Solarium

Holiday Social: Nashville Standard Performance

Saturday, December 22nd 11:00am and 3:30pm

Jialin and Alex Christmas Concert

St. Thomas A' Beckett Chorus

Sunday, December 23rd 11:00am Terrace Solarium

Nativity Presentation and Display

PLEASE SEE CALENDAR FOR MORE EVENTS

Upcoming Shopping Trips & Outings

Tuesday, December 4th leaving at 10:00am

United States Botanical Gardens: Holiday Gardens

Wednesday, December 5th leaving at 9:30am

Target

Wednesday, December 5th leaving at 11:00am

Lunch bunch: Carrabba's Italian Eatery

Wednesday, December 11th leaving at 6:15pm

Bull Run Festival of Lights

Wednesday, December 12th at 9:30am

Whole Foods

Wednesday, December 12th leaving at 11:00am

Lunch bunch: Cracker Barrel

Wednesday, December 19th leaving at 9:30am

Wal-Mart

Wednesday, December 19th leaving at 11:00am

Lunch bunch: Chuey's Mexican Food

Thursday, December 20th at 6:15pm

Meadowlark Gardens Christmas Lights

(Walk Through)

Wednesday, December 26th leaving at 9:30am

Kohl's

****SOME TRIPS REQUIRE A MINIMUM TO GO****

New Procedure for Outings and Trips

We will be having three, outing/trips sign up dates for your convenience. A table will be set up outside the dining hall during lunch service with the activities department. Below are the following dates:

Saturday, December 1st
11:30am-12:30pm

Monday, December 3rd
11:30am-12:30pm

Saturday, December 8th
11:30am-12:30pm



The activities department will be available during these times to help you sign up, and to answer any questions. If you miss our sign up table times, you may also sign up at the concierge desk in the main lobby.