

December 2020

# Boyson Heights

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## Celebrating December

**Universal Human Rights  
Month**

**Bingo's Birthday Month**

**Cookie Day!**  
*December 4*

**Hanukkah**  
*December 10–18*

**Poinsettia Day**  
*December 12*

**Christmas Bird Count**  
*December 14–January 5*

**Ugly Sweater Day!**  
*December 18*

**Christmas**  
*December 25*

**Kwanzaa**  
*December 26–January 1*

**New Year's Eve**  
*December 31*

## Welcome Megan Kleffman!

Megan is the new Community Relations Director for Boyson Heights Senior Living Community! Megan grew up in Solon, IA and made the move to Cedar Rapids with her husband, Tyler. Megan enjoys spending time with her family and dogs, meeting new people, and is excited to be a part of the Boyson Heights community. She is eager to help familiarize new and prospective tenants and families with the Boyson Heights experience all while making you feel comfortable and heard! Megan can't wait to welcome you and your loved ones home to Boyson Heights, reach out to her today to schedule a tour!



## Christmas

December 25, 2020 is Christmas Day. Boyson Heights tenants will be celebrating Christmas the whole month of December. The tenants will be painting a Snowman and making Christmas Cards. On December 14, we will be starting our Framed Ornament Wreath and the tenants will finish their wreath's on December 15. Please make sure to get your favorite holiday recipe ready for our Recipe Exchange on December 15. On December 18<sup>th</sup>, staff and tenants please wear your "Ugly Christmas Sweater" and we will also be making a Mint Sugar Scrub. On December 20, we will having a Christmas Service to kick off Christmas week. Nutcracker Bingo, Finish the Holiday Song Lyrics, Finding Santa in Finland, and making Candy Cane Rice Crispy treats for Candy Cane Day on the 23<sup>rd</sup>. On Christmas Eve we will watch a Christmas Concert and have a "Regift" Exchange.



## Hanukkah

Hanukkah begins December 10, 2020. Boyson Heights tenants will be making a Mini Minty Menorah and discussing Hanukkah Facts.

## Bacon Day

Who doesn't love Bacon? December 30, 2020 is Bacon Day! Make sure to join Tracey in the Family Dining Room to make a Bacon Cheese Wreath!



## Mint Sugar Scrub

Follow this easy recipe for an invigorating mint body scrub. The directions make three jars of scrub.

You will need:

Mint Sugar Scrub labels printed in color on card stock  
 Microwave  
 Three 4-ounce mason jars with lids and bands  
 Thin ribbon or twine  
 ½ cup coconut oil  
 1 ½- 2 cups sugar  
 Peppermint essential oil or 1 teaspoon peppermint extract  
 Green food coloring  
 Glue stick  
 Hole punch  
 Scissors or pinking shears  
 Microwave-safe mixing bowl  
 Spoon

Directions:

1. Microwave the coconut oil in the mixing bowl for 15 to 20 seconds. The oil should soften but not melt.
2. Add about 10 drops of peppermint essential oil and 2-4 drops of green food coloring. Stir until blended.
3. Gently stir in 1 ½ cups of sugar. Try not to break the sugar crystals too much. The texture should be grainy. If the mixture is too wet, add up to ½ cup more sugar.
4. Spoon the scrub into the mason jars, put on the lids, and screw on the bands until tight.
5. Cut the labels along the solid black borders and fold them in half along the dashed lines. Glue the front and back together using a glue stick. Cut out the round label and punch a hole where indicated.
6. Thread ribbon through the hole and tie it to a jar. As an alternative, place a label between the lid and band and wrap the band with ribbon.

## Framed Ornament Wreath

This DIY holiday framed ornament wreath is so easy.....

You can pick up an old framed print at the thrift store and paint the frame red. And then spray it with a pearly glaze.

Lay out the ornaments to see which ones you'd like to use.

You can use a sparkly white ribbon and stapled it to the back of the frame.....

You can do a very simple bow on top. It looks like a present.....

You hot glue the bow on top.....and you are done!



## Family Comes First

Here at Boyson Heights, family comes first. We have a wonderful family dining room that you can reserve for any family gathering you may need it for. Do you have a big birthday to celebrate? A baby or wedding shower? This will be the spot for you to reserve.

Even if you don't have a family gathering and you feel the need to bake your favorite recipe. Want to bake some Christmas cookies? Just let someone in the office know and we will reserve a time for you. The trick will be sneaking past the staff with your yummy smelling treats!



## December Birthdays

In astrology, those born between December 1–21 are the Archers of Sagittarius. The Archer's open mind, optimism, curiosity, and enthusiasm make them the travelers of the zodiac. They treasure freedom: freedom to roam, freedom of thought, and freedom to express themselves. Those born between December 22–31 are Capricorn's Goats. Goats are responsible masters of self-control. They are practical planners and leaders who value experience and expertise.

Richard Pryor (comedian) – December 1, 1940  
Andy Williams (singer) – December 3, 1927  
Kirk Douglas (actor) – December 9, 1916  
Ada Lovelace (programmer) – December 10, 1815  
Rita Moreno (actress) – December 11, 1931  
Brad Pitt (actor) – December 18, 1963  
Jane Fonda (actress) – December 21, 1937  
Humphrey Bogart (actor) – December 25, 1899  
Susan Butcher (musher) – December 26, 1954  
LeBron James (athlete) – December 30, 1984

