



## BULLETIN BOARD



### TWO FUN EVENTS FOR EVERYONE!

**ANNUAL TREE LIGHTING PARTY**  
MONDAY,  
DEC. 9  
5:30 p.m.

**RESIDENT CHRISTMAS PARTY**  
TUESDAY,  
DEC. 17  
11:30 a.m. and  
1 p.m.

Sponsored by  
Unity Church  
Jax Beach

# PABLO HAMLET

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## DECEMBER 2013



## NOTES & NEWS

### HAPPY BIRTHDAY

CHRIS CARRUTH .....	DEC. 3
EVELYN IMBACH .....	DEC. 15
VIVIAN MELSER .....	DEC. 17
PEGGY BOYER .....	DEC. 18
JOSEPH PETO .....	DEC. 18
RONALD BRUGGER .....	DEC. 18
VIRGINIA CATES .....	DEC. 21
EDWARD CURTIS .....	DEC. 22
VIRGINIA HESKETT .....	DEC. 26
MARY CARTER .....	DEC. 26
NANCY LEONARD .....	DEC. 27
SALLY MORGAN .....	DEC. 27
WILLIAM KEMMERER .....	DEC. 30

## Warm Wishes

### LAUGHTER IS THE BEST MEDICINE

An older lady was telling her friend that she had recently joined an aerobics class for seniors at the local fitness center. "How did it go?" asked the friend.

"Well, I bent, I twisted, I turned, I jumped and I perspired for half an hour, but by the time I'd finally gotten my leotard on, the class had ended."

## HIGHLIGHTS

### PABLO HAMLET'S RESIDENTS OF THE MONTH

#### BILL AND SALLY MORGAN

Bill and Sally have lived in Apartment 222 of the West Building for about two months.

Bill is originally from Jacksonville and Sally is originally from North Carolina, but they have both lived in Jacksonville for most of their lives.

Sally enjoys cooking and sewing, and Bill enjoys fishing. They have been married for 24 years. They have 21 grandchildren and 14 great-grandchildren.

To help stay healthy, they try to eat right and take long walks.



### Give Gifts to Last a Lifetime

Sometimes the best gifts are free. If you'd like to do something special for a loved one this holiday season, consider sharing your experiences. Have you perfected the greatest chocolate chip cookie recipe? Write it on a pretty note card and pass it along. Do you have a trick for tying the perfect tie every time? Show someone! Do you know the secret to a rewarding marriage? Reveal your wisdom to younger lovebirds. Gifts of good sense cost nothing and last a lifetime.

### RESIDENT COUNCIL CALENDAR

12/07, 1 p.m. ....	RESIDENTS' BIRTHDAY PARTY
12/18, 3 p.m. ....	RESIDENT COUNCIL MEETING
12/20, 6 p.m. ....	SENIOR MOMENTS
12/21, 1 p.m. ....	CHRISTMAS PARTY

"The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as long as we live." Mortimer Adler

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"I'm not old, I'm chronologically gifted!"



# TRIVIA WHIZ



## Happy New Year!

Whether you choose to frolic with fellow partiers on crowded streets or sleep through the midnight milestone, New Year's Eve will be here before you know it. Are you familiar with the following New Year's trivia?

- *Ancient anniversary.* The first recorded New Year's celebration dates back 4,000 years to ancient Babylon. In 46 B.C., Julius Caesar decreed that the year would start on Jan. 1, establishing what is known as the Julian calendar.
- *Rockin' revelry.* In 1972, Dick Clark hosted his first "New Year's Rockin' Eve." From a rather small beginning, the annual program has grown to become the most-watched New Year's Eve broadcast in the world.
- *Brilliant ball.* Prior to 1907, New Yorkers celebrated the new year with fireworks, but due to a ban on the pyrotechnics that year, Times Square celebration officials marked the occasion by lowering a ball decorated with 100 25-watt light bulbs. The current ball contains over 30,000 lights and weighs more than 11,000 pounds.
- *Sentimental song.* Even if you don't know the words to "Auld Lang Syne," you've probably hummed or, at least, swayed to the unofficial New Year's Eve theme song. Roughly translating to "times gone by," the song encourages us to remember friends and experiences from the past.

**"Each age has deemed the  
new-born year the fittest time  
for festal cheer."  
—Sir Walter Scott**



## Pretty Poinsettias

With its bright red blooms and cheerful appearance, the poinsettia is a popular plant during the month of December. Native to Mexico and Central America, poinsettias were introduced to the United States by Joel Roberts Poinsett, a botanist, physician, and the first U.S. ambassador to Mexico. The plant is named after him.

The poinsettia is a perennial flowering shrub that grows wild in

both tropical and dry forests. In their native habitat, they can grow to be more than 10 feet tall. The colored petals that resemble a flower are actually modified upper leaves called bracts. The poinsettia's true flower is its tiny yellow center.

The Aztecs used poinsettia bracts to make a reddish purple dye for fabrics. They also used the sap from the leaves to control fevers.

Many people believe that poinsettias are highly toxic, but multiple studies have shown that this is not true. However, they can cause an upset stomach or be a choking hazard for children or pets.

The poinsettia is the best-selling potted plant in the U.S. and Canada. Red remains the most popular color of poinsettias, but there are more than 100 varieties, including pink, white, yellow, purple and multicolored versions.

## Simmer and Serve

When it comes to easy meal preparation, almost nothing beats a slow cooker. From soups to roasts to cobblers, there are an abundance of slow cooker recipes available. Just add the ingredients, turn the dial, leave for several hours and come back to a tasty dish.

Here are a few tips to ensure your slow cooker success:

*Use the right size.* Slow cookers come in a range of sizes, from 1 quart to 8 quarts. Pick the size that's right for you, and choose or adapt recipes accordingly. For best results, a slow cooker should be between one-half and two-thirds full.

*Prepare.* Browning meat and vegetables in a skillet before adding them to the slow cooker will provide a richer overall flavor. This step is not necessary, though.

*Layer.* Root vegetables, such as potatoes and carrots, cook more slowly

than meat, so they should go at the bottom of the pot, closest to the heat source.

*Set the temperature.* Most slow cookers offer low and high heat settings. The cooking temperature is the same for both; the setting simply dictates how quickly the cooker gets to that temperature. Cooking on low takes about twice as long as cooking on high.

*Leave it alone.* Don't stir the contents or lift the lid for a peek. Let the slow cooker do the work, and when it's done, enjoy!







## WIT & WISDOM



### Sweet Dreams

Even though everyone dreams, no one really knows why. However, understanding how dreams work provides insight into the meaning and purpose of our dreams.

Dreams typically occur during REM (rapid eye movement) sleep, when our brains are most active. Our longest REM cycle happens right before we wake up and is when most of our dreams take place.

Most scientists believe that dreams are influenced by information and images we gather during the day. During non-REM sleep—called slow wave sleep—the hippocampus feeds images to the frontal cortex of the brain. When we switch to REM sleep, the frontal cortex attempts to organize and make sense of the day's images.

While we are dreaming, neurotransmitters block signals from the brain to the body to prevent us from physically acting out our dreams.

Many theories exist regarding why we dream. Those with a psychological perspective think dreams reveal a person's desires and motivations. Others believe that dreams help us manage moods, solve problems and organize memories. Some say dreams have no purpose at all, while still others assert that dreams are necessary for overall mental, emotional and physical health.

Usually we only remember dreams that happen right before we wake up. Waking up naturally, without an alarm, can help us remember dreams better, as can keeping a dream journal.

## neMinute Chef

### Eggs Benedict Casserole

#### Ingredients:

- 6 cups French bread, cut into cubes
- 12 large eggs
- 1 1/2 cups milk
- 3 tablespoons fresh chives, chopped
- 1 teaspoon salt
- 2 1/2 teaspoons Tabasco sauce, divided
- 12 ounces Canadian bacon, chopped
- 1 (9-ounce) package hollandaise sauce

#### Directions:

Preheat oven to 350° F.

Place French bread cubes in 8-cup shallow casserole dish. Beat eggs, milk, chives, salt and 2 teaspoons Tabasco sauce in large bowl; stir in Canadian bacon. Pour over bread cubes. Let mixture stand five minutes. Bake 40 minutes or until mixture is puffed and set.

Meanwhile, prepare hollandaise sauce as package directs. Stir in 1/2 teaspoon of Tabasco sauce. Keep warm until ready to use.

Serve casserole with warm hollandaise sauce.

Find more recipes at [www.Tabasco.com](http://www.Tabasco.com).



"Peace begins with a smile."  
—*Mother Teresa*

"Peace is when time doesn't matter as it passes by."  
—*Maria Schell*

"The most valuable possession you can own is an open heart. The most powerful weapon you can be is an instrument of peace."  
—*Carlos Santana*

"It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it."  
—*Eleanor Roosevelt*

"Imagine all the people living life in peace."  
—*John Lennon*

"Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal."  
—*Martin Luther King Jr.*

"Be at war with your vices, at peace with your neighbors, and let every new year find you a better man."  
—*Benjamin Franklin*

"Our peace shall stand as firm as rocky mountains."  
—*William Shakespeare*



"Mother's love is peace. It need not be acquired, it need not be deserved."  
—*Erich Fromm*

"He is happiest, be he king or peasant, who finds peace in his home."  
—*Johann Wolfgang von Goethe*

"Success isn't measured by money or power or social rank. Success is measured by your discipline and inner peace."  
—*Mike Ditka*



# December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 BREAD / SWEETS 1 P.M.	2 CHAIR EXERCISE 1:30 P.M. GAME NIGHT 6 P.M.	3 Wii BOWLING 10:30 A.M. BIBLE STUDY 2:30 P.M. GAME NIGHT 6 P.M.	4 BREAD / SWEETS 11 A.M.	5 DEVOTIONS 9 A.M. ART WORKSHOP 10 A.M. WELLNESS CLINIC 3:30 P.M. BINGO 6:15 P.M.	6 CHRISTMAS TRIVIA & HOT CHOCOLATE 3 P.M. PEST CONTROL 3RD FLOOR EAST BUILDING	7 RESIDENT BIRTHDAY PARTY 1 P.M.
8 BREAD / SWEETS 1 P.M.	9 CHAIR EXERCISE 1:30 P.M. HAIRCUTS 3:45 P.M. CHRISTMAS TREE LIGHTING 5:30 P.M.	10 BIBLE STUDY 2:30 P.M. MINI-HEALTH FAIR HOT DOGS & CHILI 11:30 A.M. GAME NIGHT 6 P.M.	11 BREAD / SWEETS 11 A.M.	12 DEVOTIONS 9 A.M. ART WORKSHOP 10 A.M. WELLNESS CLINIC 3:30 P.M. BINGO 6:15 P.M.	13 	14
15 BREAD / SWEETS 1 P.M.	16 CHAIR EXERCISE 1:30 P.M. CHRISTMAS CHOIR 7 P.M.	17 RESIDENT CHRISTMAS PARTY 11:30 & 1 P.M. BIBLE STUDY 2:30 P.M. GAME NIGHT 6 P.M.	18 PODIATRIST 9 A.M. BREAD / SWEETS 11 A.M. RESIDENT COUNCIL MEETING 3 P.M.	19 DEVOTIONS 9 A.M. ART WORKSHOP 10 A.M. WELLNESS CLINIC 3:30 P.M. BINGO 6:15 P.M.	20 PEST CONTROL 3RD FLOOR WEST BUILDING SENIOR MOMENTS 6 P.M.	21 RESIDENT COUNCIL CHRISTMAS PARTY 1 P.M.
22 BREAD / SWEETS 1 P.M.	23 CHAIR EXERCISE 1:30 P.M. BUNKO 6 P.M.	24	25 MERRY CHRISTMAS The Office Is Closed. For Maintenance Emergencies, Call 249-3866.	26 HAPPY KWANZAA ART WORKSHOP 10 A.M. BINGO 6:15 P.M.	27	28
29 BREAD / SWEETS 1 P.M.	30 CHAIR EXERCISE 1:30 P.M. GAME NIGHT 6 P.M.	31 NEW YEAR'S EVE	 <h1>DECEMBER</h1>			