December 2024

Currents at the Cove

Sunapee Cove Assisted Living & Memory Care 1250 Rt 11 Sunapee, NH (603)763-0566

December Activities

12/1 Lake Church Gospel Singers
12/2 Sunapee Singers Perform
12/3 Mount Royal Children Perform
12/3 Resident Council Meeting
12/4 Chat with Director
12/5 Music w/John Lovejoy
12/6 Food Committee Meeting
12/7 Holiday Movie
12/8 Piano Music w/Elaine Cox
12/9 Decorating Christmas Cookies
12/10 Holiday Photo Shoot
12/10 Therapy Dogs Visit Us
12/11 Holiday Photo Shoot
12/11 Music w/Jackie Lee
12/11 Valley Chords Chorus
12/12 Christmas Light Ride
12/13 Social & Happy Hour
12/14 Holiday Movie
12/15 Carolers visit the Cove
12/16 Trip to Colonial Pharmacy
12/16 Let's write our holiday cards
12/17 Mt. Royal Concert trip
12/17 Sunapee Cove Holiday Party
12/18 Music w/Second Wind
12/19 Christmas Light Ride
12/19 Piano Music w/Elaine Cox
12/20 Dudley the Dog visits us
12/21 Music w/Moe Kennett
12/22 St. Andrew's Service
12/23 Special guest arrives Ho-Ho-ho
12/24 Christmas Eve Service
12/25 Merry Christmas Everyone!
12/27 Happy Hour w/Click Horning
12/29 Lake Church Gospel Singers
12/31 NY Eve Party & Happy Hour

Timeless Treasures

Old-fashioned toys have a timeless charm that still brings joy during the holiday season. These classic playthings remind us that fun doesn't need to be high-tech to be memorable. Take the Slinky, for example. Invented in the 1940s by a mechanical engineer, this simple metal spring became an instant hit. Kids marveled as it "walked" down stairs. Over 300 million Slinkys have been sold since.

Then there's the yo-yo, which dates back to ancient Greece. The modern version we know today gained popularity in the 1920s. Yo-yos were a must-have for kids learning tricks like "Walk the Dog" and "Around the World." They remain a nostalgic favorite and are often found in Christmas stockings.

Another beloved toy is the Etch A Sketch, introduced in 1960. This magical drawing board uses knobs to create pictures with aluminum powder. It sold over 600,000 units during its first Christmas season. The Etch A Sketch became a staple under the Christmas tree, offering endless creativity without the need for batteries.

No list of classic toys would be complete without the beloved jack-in-the-box. Originating in the 16th century, this whimsical toy has delighted children for centuries. The thrill of turning the crank and waiting for the cheerful pop of a clown or other character never gets old—a perfect reminder that sometimes the most delightful toys are the ones that make us smile with anticipation.

And who could forget Lincoln Logs? These wooden building sets were created in 1916 by John Lloyd Wright, the son of renowned architect Frank Lloyd Wright. This open-ended toy allowed children to build miniature log cabins and other structures. The sets are still cherished for their simplicity and the way they spark the imagination.

These toys remind us that sometimes the simplest playthings bring the most joy. Consider adding a few of these timeless classics to your holiday traditions. Perhaps you even have some stored away in an attic. They're sure to bring smiles, just as they have for generations.

Low Carb Rosemary Pecan Chicken Salad on Zucchini Chips

2 Servings/ 15 minutes

Ingredients

4 oz Chicken Breast (chopped)
2 tbsp Plain Greek Yogurt
¼ cup Champagne Grapes
¼ cup Pecans (chopped)
1 tsp Rosemary (finely chopped)
¼ cup Purple Cabbage (finely chopped)
Sea Salt & Black Pepper (to taste)
½ Zucchini
½ Yellow Summer Squash

Directions

1. Make the chicken salad by combining the chopped chicken, grapes, pecans, yogurt, mayonnaise, and rosemary in a medium mixing bowl. Season to taste with salt and pepper.
2. Slice zucchini and summer squash in to 1/4-inch rounds-you will have 20 rounds or "chips". Place squash chips on a serving dish and top with chicken salad. Serve immediately, or store in refrigerator until ready to serve.

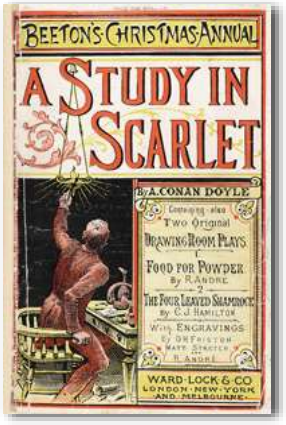
Happy Birthday 100th Clare!

Calling All Bingo Lovers

Bingo is celebrated throughout December in church halls and community centers because December is Bingo Month. The game dates all the way back to 1530, when Italians played a game called *Lo Gioco del Lotto d'Italia*. Some even say that this game was used to fight government corruption. Instead of winning a pot of money, those holding winning numbers were elected as local leaders.

The French first introduced a playing card full of numbers. Then in the 1800s, the Germans used the game as a tool to teach children math and spelling. It first appeared in America in 1929 at a carnival near Atlanta, Georgia, where it was called "Beano." When an excited winner shouted out the word *bingo* by mistake, an entrepreneur named Edwin S. Lowe overheard the faux pas, renamed the game, and employed a Columbia University mathematician named Carl Leffler to create 6,000 randomly numbered bingo cards. Leffler purportedly went insane from the task. A Catholic priest asked Lowe to show him the game as a way of raising money for the church. Bingo has been a church hall mainstay ever since.

From Beeton to Baker Street



Samuel Orchart Beeton, an English publisher from the 1800s, was best known for publishing his wife's book, *Mrs. Beeton's Book of Household Management*, a guide for keeping house in Victorian England. Beeton went on to launch a new magazine that came out only once a year, called *Beeton's Christmas Annual*. His 1887 issue contained three stories, including a story by a writer named Arthur Conan Doyle titled "A Study in Scarlet," featuring a detective named Sherlock Holmes and his friend and assistant, Dr. Watson.

Doyle had not originally intended to become a writer of mystery stories. He studied medicine a t the University of Edinburgh in his native Scotland. One of his professors, Dr. Joseph Bell, inspired him greatly with his amazing powers of deduction. It is said that the character of Sherlock Holmes is based on Dr. Bell.

Doyle moved to London to practice medicine, but work was slow, and he wrote in his free time. When "A Study in Scarlet" was first published, it did not garner much attention. However, as Doyle introduced more adventures, the public clamored for more Sherlock Holmes stories. Eventually Doyle quit medicine to become a full-time writer.

"A Study in Scarlet" is marvelous in that it shows the first meeting between Sherlock Holmes and Dr. Watson and paints a full picture of Holmes' many eccentricities. It is also famous for being the first detective story to include a magnifying glass as a detective's tool. Only 11 complete copies of the 1887 *Beeton's Christmas Annual* are known to exist, and copies in excellent condition are collectors' items worth more than $100,000. Doyle would go on to write more than 50 Sherlock Holmes stories, and his famous detective would forever influence the future of the crime and mystery genre.

Blessings by the Sea

While the northern hemisphere is bundling up for winter, in the southern hemisphere, Uruguayans are preparing for beach season. One of the great secrets of this South American country is that its coastline is one long, never-ending beach. In fact, Uruguay boasts some of the most beautiful beaches in the world, earning the nickname of the "Uruguayan Riviera."

Beach season unofficially opens every year on December 8, the Day of the Beaches, when local priests perform a "Blessing of the Waters." After the blessing, sailboat regattas and horseback-riding competitions are held. Then everyone begins a summer of frolicking in the surf.

Cutting-Edge Fun

Nothing announces the arrival of the holiday season like the smell of freshly baked cookies. If you're looking to spruce up your baking this year, ditch the common round shape for some fun cookie cutters during Cookie Cutter Week, held the first week of December.

While evidence shows that ancient Egyptians created interesting molds for baking cakes, Queen Elizabeth I of England is said to have popularized the novelty of baking cookies in the shape of her guests. Gingerbread men and women soon became popular in bakeries across 17th-century England.

Today, you can find cookie cutters in every conceivable shape and size. Some manufacturers will even create custom cookie cutters. Some people enjoy collecting cookie cutters, and serious enthusiasts belong to the Cookie Cutters Collectors' Club (CCCC). In fact, it was the CCCC that originally conceived Cookie Cutter Week about 30 years ago. Members enjoy benefits such as a quarterly newsletter and an exclusive cutter designed to commemorate Cookie Cutter Week.

Write On!

We live in a digital age where text messaging, Facebook, Instagram, and email are considered preferable ways of communicating with friends. These days, good old-fashioned letter writing is a lost art. December may be the perfect time to resurrect that art, for December is Write to a Friend Month, and December 7 is Letter Writing Day.

December presents a variety of opportunities for writing letters. The holiday season is often the one time a year we send holiday cards with updates about our family or events from the past year. And after all the holiday gift giving, there may be no better way to express thanks than by sending a handwritten thank-you card.

If you need some extra incentive to start your letter writing, consider buying some fun new stationery. You could also head to your local post office to pick out some unique stamps. If you want to get really fancy, join a calligraphy class to add an extra flourish to your letters, or add a dash of old-fashioned elegance by sealing your envelopes with a wax seal.

As long as you're writing, a letter could also prove the perfect vehicle for reconnecting with old friends. Receiving a letter in the mail is nice enough, but a letter from a childhood pal or an old flame? Thrilling!

Some shy away from writing to old friends out of the blue because it may feel awkward, but we must not forget that old friendships are valuable things. After all, a friendship is a shared history. What better way to reconnect with a friend than to fondly reminisce about those shared good times and to perhaps reflect on how you have grown? It is also important to realize that reconnecting via a handwritten letter does not necessarily mean you must make a long-term commitment. Sometimes a warm hello is sufficient and can stand well enough on its own.

December Birthdays

If you were born between December 1–21, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters. Those born between December 22–31 are Capricorns, the Goat. Capricorns are the most stable and serious signs of the zodiac. Reliable, resourceful, and determined, they make excellent leaders and managers.

Lou Rawls (singer) – December 1, 1933
Louis Prima (singer) – December 7, 1910
Judi Dench (actress) – December 9, 1934
Connie Francis (singer) – December 12, 1938
J. Paul Getty (tycoon) – December 15, 1892
William Parry (explorer) – December 19, 1790
Ava Gardner (actress) – December 24, 1922
Ted Danson (actor) – December 29, 1947
Tiger Woods (golfer) – December 30, 1975

Dice Day Roll Call

Dice may be the ultimate random number generators, but there is nothing random about the date of National Dice Day, which always falls on December 4. Some of the oldest known dice are more than 5,000 years old; they were part of a backgammon set from the historic Burnt City in Iran.

Why are dice sometimes called "bones"? In olden times, the *talus*, or ankle bones, of hoofed animals, such as sheep and goats, were used as dice. Since then, the name *bones* stuck. The dots on dice are called *pips*, and the six sides of a die also have names: ace, deuce, trey, cater, cinque, and sice. Speaking of *die*, where did this term for a single-number cube come from? It comes from the Latin word *datum*, which means "something given or played." On December 4, you can do both: give dice as a Dice Day gift and then "let 'em roll" in your favorite game.