December 2025

Currents at the Cove

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December Holiday Activities

12/3 Christmas Photo Shoot for holiday cards

12/4 Christmas Lights Ride

12/8 Decorating Christmas Cookies w/Mary Lou

12/17 The Cove's Holiday Party w/Residents & Families

12/18 Christmas Lights Ride

12/22 Resident Christmas Party w/Special Guests & Live Music by Jim Hollis

Live Music

Martha Woodward/Mondays

Rob Bank's 12/5

Sueanne Thayer 12/6

Lake Church Gospel Singers 12/7

Martha Mitchell 12/9

Second Wind 12/11

Elaine Cox 12/12 & 12/26

Kathy Lowe 12/13 & 12/27

John Lovejoy 12/23

Christmas the Mexican Way

In Mexico, Christmas is more than just a day—it's a lively season filled with music, food, and family gatherings that stretches from mid-December into the new year. Instead of focusing on only December 25, the holiday season is marked by a series of festive events, each with its own customs and flavors.

One of the most beloved traditions is *Las Posadas*, a religious festival celebrated from December 16–24. Each evening, families reenact Mary and Joseph's search for shelter in Bethlehem. They gather for nightly processions that include singing, candlelight, and, of course, breaking open a brightly colored piñata. The piñatas are often star-shaped with seven points, said to represent the seven deadly sins. Swinging at them is both fun and symbolic!

Decorations also play an important role in the season. Alongside Christmas trees, you'll find homes adorned with poinsettias, or *flores de nochebuenas*, twinkling lights, and Nativity scenes called *nacimientos*. In many towns, community squares sparkle with paper lanterns and light displays, creating a warm, festive atmosphere.

Food is at the heart of the holiday. Families gather on Christmas Eve for *Nochebuena*, the grand feast of the season. Dishes might include tamales, stuffed turkey, or pozole, a hearty hominy stew. A mug of *ponche Navideño*, a warm spiced fruit punch, is almost always on the table, and dessert often features crisp, sugary *buñuelos* or a slice of *Rosca de Reyes* (king's ring cake).

Music and fireworks add even more energy. Caroling, mariachi bands, and neighborhood parties keep spirits high while bursts of fireworks light up the skies throughout December. The season wraps up on January 6, *Día de los Reyes* (Three Kings' Day), when children wake to find gifts left by the Magi. It's a joyful reminder that in Mexico, Christmas is more than just one day—it's a whole season of togetherness, laughter, and celebration.

When Krampus Comes to Town

December 4 is Santa's List Day, but throughout December, children worldwide will be wondering whether old St. Nick has counted them as *naughty* or *nice*. Of course, most fall somewhere in the middle. But tell that to Krampus. In the alpine villages of Europe, December 5 is celebrated as *Krampusnacht*, or Krampus Night. It's the eve before Saint Nicholas Day, and—says cultural historian Stefanie A. Babb—it's the night when a creature called Krampus (half Bigfoot, half devil) searches for all the children who've been naughty. This long-haired beast is thought to be Santa's twin brother and helper. The clanking chains and bells around his waist announce his arrival. The punishment for the naughty depends upon the child's degree of naughtiness. Some children are given coal or bundles of birch. But the naughtiest are said to be thrown into a sack and carried away to the Krampus' lair, where they're eaten for dinner.

Modern-day *Krampusnacht* activities involve men and women donning elaborate goatskin costumes and exquisitely carved wooden masks. Photographer Alan Taylor has traveled throughout the Alps—from Italy to Austria and Germany—capturing groups of people parading the streets in their terrifying costumes while dragging chains and carrying flaming torches. It's a common sight for homes to be decorated year-round with bundles of the Krampus' birch, painted gold, to remind children to remain well-behaved. There's even a horror movie that tells the tale of this devil beast.

It's the "nice" children who enjoy the big payoff on December 6, Saint Nicholas Day. It's named for the fourth-century bishop of Myra, famed for his secret gift-giving. Lucky children awake to find gifts and sweets, breathing a sigh of relief that there's a whole year before Krampus returns.

Gingerbread Spiced Walnuts

MIND Diet version of a holiday sweet treat.

Prep time: 5 minutes **Cook time:** 20 minutes

Serves: 4 Makes 8 servings, each ¼ cup

Ingredients:

- 3 tablespoons pure maple syrup
- 2 tablespoons fancy molasses, (or substitute maple syrup)
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- Optional: Pinch of cayenne, pinch of clove
- 2 cups raw walnut halves or nut of choice

1. Preheat oven to 325 degrees F. Line a baking sheet with parchment paper.
2. In a medium microwave safe bowl, combine the maple syrup, molasses, EVOO, salt & spices Microwave for 30-60 sec. to help thin out the mixture. Add in nuts and stir to coat well. Pour mixture onto baking sheet and spread into a single layer.
3. Bake for 10 minutes and remove from the oven, stir nuts. Arrange in a single layer again & bake an additional 8-10 minutes, or until golden brown.
4. Remove from the oven and stir again. Transfer to a clean parchment sheet to fully cool.
5. Store in an air-tight container at room temp.

Resolutions with a Twist

The holiday season is sometimes one of indulgence. After all, food and drink are a major part of many holiday events. By the end of the month, many people are thinking of their New Year's resolutions. Recent surveys show that the most common resolutions include saving more money, spending less, exercising more, and eating healthier. These are also often among the most broken resolutions, so this new year, think beyond the ordinary. Try a wild, wonderful, or just plain weird resolution—something fresh and fun to help you stick with it (for a few months at least).

This year, quirky resolutions are having a moment. One example: the "buy nothing" challenge, inspired by the Buy Nothing Project. Participants vow to buy only necessities, reuse and borrow items, and shop secondhand. It's a creative, wallet-friendly resolution that also builds community spirit—lending books via Libby, swapping items through local groups, or borrowing instead of buying new.

Another trend gaining traction is turning your resolutions into a bingo game. A popular TikToker shared how she gamified her goals using a bingo card—mixing easy "base goals" and tougher "stretch goals," and rewarding herself for each completed square. The gamelike format makes resolutions feel fun, manageable, and less intimidating.

Still craving silliness? A UK study found that lots of people are embracing resolutions like laughing more, setting "no lists" instead of to-do lists, taking a monthly spontaneous adventure (like exploring a nearby town), and putting their own happiness center stage. Whatever resolution you choose—saving money, laughing more, or playing bingo with your goals—the key is to keep it playful and personal. The best resolutions are about adding a little more joy to the year ahead.

Nostalgia-1940's

Judy Garland sang The Trolley Song in "Meet Me in St Louis" (1944)

Veterans Day Service

On November 11th the ceremonial flag was given to Frank Weeks our Sunapee Cove Centenarian!

Art of Appreciation

With so much giving and receiving this holiday season, it only stands to reason that Thank-You Note Day falls on December 26.

To some, letter writing might seem like a lost art. To others, it feels like an outdated ritual, made obsolete by email, texting, and social media. But research in evolutionary psychology offers a different perspective. Studies suggest that expressions of gratitude and appreciation are deeply ingrained cooperative behaviors that help strengthen social ties. Even primates, for example, demonstrate a sense of reciprocity, engaging in a kind of "you scratch my back, I'll scratch yours" exchange that highlights the enduring value of saying thank-you.

Leave it to the experts at Hallmark to offer tips on writing the perfect thank-you note. A thank-you note begins long before you sit down with a piece of stationery. First comes a careful tally of names: those in attendance at your party, those who sent you a gift, and those who were particularly helpful, caring, or kind.

A good thank-you note doesn't have to be written on expensive paper with gold-embossed filigree. Emotion shines through in the voice of your written words. Charm is in the imperfection of your unique handwriting. Excitement comes in finding a hand-addressed envelope in a stack of junk mail.

Next, think about what you'd like to say. Be sure to spell the person's name correctly and choose a greeting that fits. Begin by expressing your thanks. Then, share a few details about what the person did and how it made a difference to you. Let them know how it made you feel. To close, repeat your thanks. *Sincerely* is always a thoughtful way to end, but you can also choose something more personal, like *With love*, *Warmly*, *Many thanks*, *or Yours truly*. Decorum requires thank-yous within a week. However, a late thank-you is always better than no thank-you at all.

December Birthdays

In astrology, those born December 1–21 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitude, great sense of humor, and kind heart make them excellent friends. But get ready for an earful. Archers often speak their mind. Those born December 22–31 are Goats of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians.

Bette Midler (singer) – December 1, 1945
Eli Wallach (actor) – December 7, 1915
Rita Moreno (actress) – December 11, 1931
J. Paul Getty (industrialist) – December 15, 1892
Ray Romano (comic) – December 21, 1957
Diane Sawyer (journalist) – December 22, 1945
Howard Hughes (aviator) – December 24, 1905
Maggie Smith (actress) – December 28, 1934
Bo Diddley (musician) – December 30, 1928

With all the holiday treats that surround us in the month of December. Here is a reminder of how to stay consistent with your MIND DIET health.

Based off recommendations from the MIND Diet study:

Leafy green vegetables, at least 6 servings/week
Other vegetables, at least 1 serving/day
Berries, at least 2 servings/week
Whole grains, at least 3 servings/day
Fish, 1 serving/week
Poultry, 2 servings/week
Beans, 3 servings/week
Nuts, 5 servings/week
Olive oil + Avocado oil
LIMIT servings of red meat, sweets, cheese, butter/margarine + fried food.