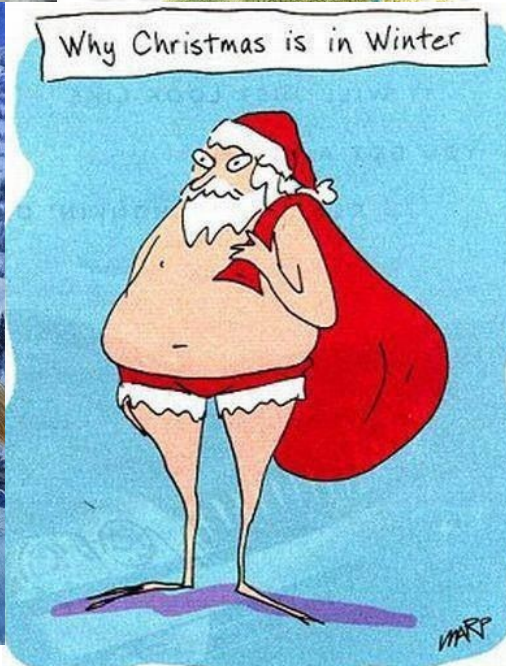


Gags & Laughs



How many words can you make from the letters in the wheel? Each word must contain the hub letter C. Can you find a 9-letter word and at least 20 other words of five letters or more avoiding proper nouns?



It's the most wonderful time of the year again. And what would Christmas be without its particular holiday treats? The Christmas cake in particular has long been a holiday staple that began as a humble English tradition of people eating plum porridge on Christmas Eve to line their stomachs after a day of fasting. Soon dried fruit, spices and honey were added to the porridge mixture, and eventually turned into Christmas pudding. In the 16th century, oatmeal was removed from the original recipe, and butter, wheat flour and eggs were added. These ingredients helped hold the mixture together, resulting in a boiled plum cake.

Richer families with ovens then began making fruit cakes with marzipan for Easter and baked similar cake using seasonal dried fruit and spices for Christmas. The spices represented the exotic eastern spices brought by the Wise Men. This cake became known as 'Christmas cake'.

The addition of the marzipan and royal icing came much later when Oliver Cromwell and the other Puritans banned the feast of the Twelfth Night of Christmas (the 5th of Janu-

ary) in the 1640's. This also meant that the Twelfth Night cake, containing almonds and marzipan, was banned as well, along with minced pie. Christmas Day remained a public holiday and some feasting was allowed, so people simply made their Christmas cake and covered that in marzipan instead.

Now, the addition of liquor is considered an essential step. The cake is to be made well in advance, as early as November and kept upside down in an airtight container. Each week, a small amount of brandy, sherry or whisky is poured into the cake until Christmas. This process is called 'feeding' the cake.

There are many versions of the Christmas cake, but they generally are variations on classic fruit-cake. For example, the popular traditional Scottish Christmas cake, also



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known as the Whisky Dundee, is a light crumbly cake with currants, raisins, cherries and Scotch whisky. In the Philippines, where the Christmas cake is a yellow pound cake with nuts or the traditional British fruitcake, both cakes are soaked in brandy or rum, palm sugar syrup and water. Rosewater or orange flower water is usually added.

In Japan however the step of ‘feeding’ is omitted. The Japanese Christmas cake is made with light sponge rather than the heavy base of the English or Scotch fruit cake. Cov-

ered in whipped cream, and garnished with strawberries, chocolates or seasonal fruit, it is a much lighter fare.

Whichever cake you eat this Christmas, the wisdom of Christmases past, present and future dictates it always tastes better with loved ones!



SPECIAL DAYS IN DECEMBER

- 3 National Roof over Your Head Day
- 5 Repeal Day - The 21st Amendment ends Prohibition. I'll drink to that!
- 6 St. Nicholas Day
- 7 Letter Writing Day
- 7 National Cotton Candy Day
- 7 Pearl Harbor Day
- 9 Christmas Card Day
- 9 National Pastry Day
- 10 Human Rights Day
- 13 Ice Cream Day
- 13 Violin Day
- 14 National Bouillabaisse Day
- 14 Roast Chestnuts Day
- 16 National Chocolate Covered Anything Day
- 17 National Maple Syrup Day
- 20 Go Caroling Day
- 21 Humbug Day
- 23 Festivus - for the rest of us
- 24 National Chocolate Day
- 24 National Egg Nog Day
- 25 Christmas Day
- 27 Make Cut Out Snowflakes Day
- 27 National Fruitcake Day
- 28 Boxing Day
- 28 Card Playing Day
- 29 Pepper Pot Day
- 30 National Bicarbonate of Soda Day
- 31 Make Up Your Mind Day
- 31 New Year's Eve
- 31 Unlucky Day

December Events and Outings

Dec. 2	Christmas Cards
Dec. 3	Vaudevillians
Dec. 4	Walk to the Lido Birthday Party with Barry Powell
Dec. 7	Painting with Ellen Christmas Centre pieces
Dec. 9	Casino
Dec. 14	Willowbrook Mall
Dec. 16	Coffee Klatch Hearing Aid Clinic
Dec. 17	Christmas Light Tour
Dec. 18	Coffee Klatch
Dec. 21	C-Lovers
Dec. 23	Casino
Dec. 25	Christmas

**Happy Birthday
December
Babies!**

- John Barrett
Dec 3
- Frank Wilson
Dec 4
- Greta Amdreus
Dec. 20
- Rudy Brieter
Dec 20
- Dave Palmer
Dec 22
- Sonja Lewis
Dec 25
- Wilfred Whitlock
Dec 30



Lounge Lizards



Roadhouse
Grille



Trip to Bridal Veil Falls

Memories at Arbourside

Halloween Fun



Remembrance
Day Ceremony



Just a reminder from the Kitchen to please use styro-foam plates & bowls if you are taking food back to your room. Thank You! Also the new protocol for coffee and tea at the Bistro require a lid for your cup—they are provided for you. This helps keep the carpet cleaner by preventing spills as you try to balance that hot cup of beverage!

Jigsaw puzzles are in short supply. Do you have a 1000 piece one you would like to donate, or lend? Please drop it off in the Library. Our regular Puzzlers would be most appreciative to have some new ones to assemble. Thank You!!!

Arbourside Community Services

Church Services

Just a reminder to our new residents that every Sunday at 2:30 interdenominational Church is held in the Piano Lounge.

Catholic mass is held Sundays at 1:00 in the Piano Lounge, with the exception of the second Sunday of the month. It is held on the second Friday of the month at 10:30 am in the library.

Seamstress Services

Sabina Fashions offers full seamstress services at market price, and has offered a 10% discount to all Arbourside residents. Sabina is located at 100A 13753 72nd Avenue.

Hearing Aid Clinic

Christina, a hearing aid specialist will be at Arbourside on the 20th this month. An appointment log has been posted on the Bulletin Board. Please sign your name and choose your preferred time.

Kathy's Salon – Friendly Service with Great Rates
Is an in-house service provided by Kathy (Thursday and Friday) to care for the hairdressing and barbering needs of the Arbourside community. See Kathy in her studio on the second floor – she can usually fit you in the same or next day and is available 9:30 am to last appointment. Give her a call at 778-986-2500.

MK Flowers

Since 2005, Kay Erickson of MK Flowers has been bringing joy through floral arrangements to many Surrey residents and business. Check out the fresh flowers at reception for an example! Be sure to give Kay a call at 778-688-3863.

LydJo Dental Hygiene

Offers in-house dental hygiene services. Shirin Yassa is a Registered Dental Hygienist. If you are interested in having her services, please call her at 604-825-1904 to book an appointment.



...from the Activities Department,
a.k.a. Wendy

Friendly Reminder
Please sign-up for outings ten days before trip in order to book bus within deadline.

Christmas Light Tour—Dec 17
Bring your traveler’s mug for some free hot chocolate!

Exercise Classes
A reminder to our new residents: Join us every Tuesday, Thursday and Saturday at 10:15 in the Piano Lounge for a light workout followed by three frames of carpet bowling. On Thursdays Tai Chi is offered at 2:30. Everyone is welcome!!

Regular Activities:
Monday: Bus Outings, Video Memories
Tuesday: Exercise, Bowling, Walk & Roll, Readings
Wednesday: Reno Keno, Bingo
Thursday: Exercise, Bowling, Tai Chi
Friday: Happy Hour
Saturday: Exercises, Bowling, Sandbag Toss, Bingo
Sunday:, Sandbag Toss, Mental Aerobics, Church



Locker Alert:

We have a number of lockers in our storage area that we can’t account for. If you have a locker would you please be so kind as to check with Reception to see that it is properly recorded?

For those lockers where we have a mystery occupant we will post a notice on the locker door. If the occupant is not identified after 90 days we will remove the contents,

Thank you for your assistance to sort this out.
Paul



CHEF’S CORNER

It’s that special time of year again, my favourite and least favourite time of year! I love the crisp cold days, the frost and snow on the trees, the icicles hanging from the roof tops. I enjoy time with family and friends, having a good time talking about the years gone by, a quiet cozy night by the fire with my #1 loved one. I enjoy too much the Christmas treats like shortbread cookies, eggnog and the evening with Mr. Tom.

However, what I don’t enjoy is having to cook four time the amount of food, feeling stuffed every night, shoveling snow from the sidewalk and driveway, and carving twenty turkeys for a great big dinner, and standing in huge line-ups at the cash register. But all’s well that ends well; the results of these tasks are very much worth the trouble. Christmas is all about family and friends and the faith you believe in. So spend a little time with those you care about for a great holiday season.

Merry Christmas to all, from my Family and Friends to All of Yours!

Chef Tony





Manager’s Musing

December may well be the best month here at Arbour-side. Not, alas, due to the environment outside (unless you have a particular affection for cold and wind). I’m referring more to the environment inside.

This column is being written in advance of all the fun and festivity that the approaching Christmas season brings. Nevertheless, I can close my eyes and imagine what it will look like: colours galore; scents and aromas, imaginative displays.

Along with the sensory elements there is an overwhelming aura of goodwill. Those of us that work here are privileged to spend our days with people that transcend the standard definition of clients. Indeed they become part of our extended families and are woven into the fabric of our seasonal sentiments. This will be our fifth year of having our talented resident Mr. Don Wolfe capture the child in us all with his awe inspiring Christmas train display.

Having daily involvement with seniors is a reminder to us that we too are building on our portfolio of Christmas’s past. This provides us with wonderful memories that we will ultimately relate to future generations.

Here’s to a most enjoyable Christmas 2015 and a great year in 2016. Thank you for allowing us to share it with you.

Paul Janzen
General Manager

Did you know?

Pendants are available for a low monthly fee that are capable of issuing an alarm to our on-duty receptionist in the event of an emergency. We will investigate immediately to identify the nature of the emergency and, if required, call the appropriate responders (ambulance, police, fire).

The pendants are available with a belt clip or can be worn as a necklace so that they are always easy to find and use.

These pendants require batteries that have an estimated life of 2-3 years. Please ensure that the batteries are current. If in doubt we have replacement batteries available through the Manager’s Office. It is also a good practice to stop by the Reception desk to test these devices periodically.

NEIGHBOURHOOD NEWS

Welcome Home
Hello to our new residents Gino dal Santo and Judith Gleusteen. We would like to extend a warm welcome and wish you much happiness in your new home and neighbourhood.

Get Well Soon
Recuperating in the hospital is Mary Cooke, and Ingi Johannessen. Best wishes for a speedy recovery from all your friends at Arbourside.

Our Condolences
Art Wollenberg passed away this month. He will be sorely missed by all his friends at Arbourside and throughout the province.

We’ll Miss You!
Mpved on to a new locales is Paul Carr. Good luck in your new home.