



Paramount House Senior Living

December 2023

2061 Peabody Rd
Vacaville, CA 95687

HAPPY BIRTHDAY TO YOU!

Linda Zowasky.....Dec 4
Billy Lakes.....Dec 22
Lois Ballard.....Dec 26

WHAT IS HANUKKAH?

Known as the Festival of Lights, is an eight-day Jewish holiday commemorating the rededication of the Holy Temple (the Second Temple) in Jerusalem at the time of the Maccabean Revolt of the 2nd century BC. Hanukkah is observed for eight nights and days, starting on the 25th day of Kislev according to the Hebrew calendar, which may occur at any time from late November to late December in the Gregorian calendar.

ACTIVITY UPDATE

This month's theme is Christmas Around the World. We have several Christmas programs lined up for our residents (see the calendar). Also we will have our annual Resident/Family Christmas party (TBD). Outings are 99 cent store, Mel's Diner, Savers, and Wah Shine. Our monthly birthday party is w/the Sweet G's for Assisted Living and Kendall for Memory Care. Entertainers are Kendall, and the Sweet G's. Families are invited to join their loved ones while shopping or having lunch at one of the restaurants. Hope to see you at one or all activities.

UPCOMING MUSIC ENTERTAINMENT

Kendall.....Dec 5, 3:15 pm
Sweet G's.....Dec 12, 3:15 pm
Kendall.....Dec 18, 3:00 pm
Sweet G's.....Dec 26, 3:15 pm

SPECIAL CHRISTMAS PERFORMANCES

Dixon Dance Studio..... Dec 2, 2pm
Will C Wood/Vaca Pena Orchestra...Dec 8, 4pm
STOMP- Callyson Elementary School....Dec 9,
10:15 am
Handbells by Community Presbyterian Church
Dec 9, 1:30 pm
Vanden H.S. Christmas Performance.....
Dec 15, 4 pm
Stetson Elementary CHristmas Program.....
Dec 18, 10:15 am
Crossroads Community Church Caroling.....
Dec 20, 2 pm
More to come. Please check in-house calendar.



We would like to thank Travis Air Force Base Color Guard for presenting the colors at our Veterans Ceremony on 10 Nov 2023



Celeste from Bridge Hospice presented our widows with certificate of appreciation



Marty from VFW 7244. He delivered bags to all our Veterans and Widows and conducted their POW/ MIA Ceremony. Thank you!



Jeanette from Gentiva Home Care presents Brenda In Honor of Your Service Certificate of Appreciation for her service. Thank you!



Vaca High School Band

Christmas Trivia

1. Which popular Christmas beverage is also called "milk punch?"
2. How many ghosts show up in *A Christmas Carol*?
3. The movie *Miracle on 34th Street* is based on a real-life department store. What is it?
4. What are the two other most popular names for Santa Claus?
5. In the classic Christmas movie, *How The Grinch Stole Christmas*, the Grinch was described with three words. What are they?
6. Which country did eggnog come from?
7. Which Christmas song contains the lyric "Everyone dancing merrily in the new old-fashioned way?"

Las Posadas

Las Posadas is a nine-day religious celebration in Mexico which commemorates the journey of Mary and Joseph searching in Bethlehem for a place to stay before Jesus was born. Posada is Spanish for inn or place of lodging. The nine-day period is a novenario which represents the nine months Mary was pregnant with Jesus. The participants, children (and sometimes adults) dressed as angels and shepherds, gather together each evening of Las Posadas. Statues of Mary and Joseph are used in the procession, although sometimes participants dress up as Mary and Joseph instead. There may also be a live donkey in the procession that Mary rides. Posada participants carry lighted candles. Each night, the group goes to a different house, singing a song in which they ask for lodging. The owners of the house reply in song, at first refusing them, then finally letting them in. Upon entering, prayers are usually said, or passages are read from the Bible. Often, tamales, bunuelos, and ponche (warm fruit drink) are served. The children swing at a piñata filled with fruit, peanuts, and/or candy, eventually breaking it open. Ponche navideno is traditionally served on the nine nights of Las Posadas. It is a hot, fruity drink. (Creative Forecasting, Dec 2014)

Kwanzaa

The word, Kwanzaa, comes from the Swahili phrase, matunda ya kwanza, or first fruits. The extra "a" was added to indicate that the term stood for an African-American celebration. Dr. Maulana Karenga, a black nationalist, was the founder of Kwanzaa. The first Kwanzaa started on December 26, 1966. Since it is a seven-day celebration, there are seven principles of Kwanzaa, as well as seven symbols. (See the end of the article for a list of these.) Dr. Karenga used a flag previously created by Marcus Garvey, a Black Nationalist from the 1920s. Garvey created the flag because at the time, many believed that a group of people were not considered a race unless they had a flag.

Seven Principles

1. Umoja (Unity)
2. Kujichagulia (Self-determination)
3. Ujima (Collective Work and Responsibility)
4. Ujamaa (Cooperative Economics)
5. Nia (Purpose)
6. Kuumba (Creativity)
7. Imani (Faith)

Christmas Trivia Answers

1. Egg Nog
2. Four
3. Macy's
4. Kris Kringle, St. Nick
5. Stink, stank, stunk
6. England
7. "Rocking Around The Christmas Tree"

