



**Notable Quotable**

“I’ve never been one to bet on the weather.”

~ J. Paul Getty (born December 15, 1892)



**December Horoscopes and 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.

Mariani, Patsy	12/02/1929
Koedding, Jayne	12/16/1955
Hofmaster, John	12/25/1940
Fall, Kay	12/27/1940

**Recipe Corner: Pumpkin Bars**

**Prep Time** 20 min

**Cook Time** 25 min

**Yield** 2 dozen

**Ingredients**

- 4 large room temperature
- 1-2/3 cups sugar
- 1 cup canola oil
- 1 can (15 ounces) pumpkin
- 2 cups all-purpose flour

- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt

**ICING:**

- 6 ounces cream cheese, softened
- 2 cups confectioners' sugar
- 1/4 cup butter, softened

**Directions**

In a bowl, beat the eggs, sugar, oil and pumpkin until well blended. Combine the flour, cinnamon, baking powder, baking soda and salt; gradually add to pumpkin mixture and mix well. Pour into an ungreased 15x10x1-in. baking pan. Bake at 350° for 25-30 minutes or until set. Cool completely.

consistency. Spread icing over bars. Store in the refrigerator.

**Nutrition Facts**

1 bar: 275 calories, 15g fat (4g saturated fat), 43mg cholesterol, 242mg sodium, 34g carbohydrate (25g sugars, 1g fiber), 3g protein.

For icing, beat the cream cheese, confectioners' sugar, butter and vanilla in a small bowl. Add enough milk to achieve spreading

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Parkside Assisted Living and Memory Care | 2595 Harbor Blvd. Port Charlotte, FL 33952 | 941-766-7445 | Parksidemc.com



**Celebrating December**

**Safe Toys and Gifts Month**

**National Tie Month**

**Eat a Red Apple Day**  
December 1

**Sacher Torte Day**  
December 5

**Pearl Harbor Remembrance Day**  
December 7

**Weary Willie Day**  
December 9

**Cocoa Day**  
December 13

**Cat Herders Day**  
December 15

**Eggnog Day**  
December 24

**Christmas Day**  
December 25

**A Note from our Executive Director**

Dear Parkside Family,

As December unfolds, we embrace the season with warmth and joy of the holiday season. It's a time to reflect on cherished memories, celebrate meaningful traditions, and find comfort in the companionships of our community. Each of you brings a unique light to our home, and together, we create a space filled with care. Kindness and love.

May this season bring you moments of peace, laughter, and the beauty of connection. Know that you are deeply valued, and we are here to support you every step of the way. Wishing you a holiday season filled with joy and hope.

Warm regards,  
Mark Akerman  
Executive Director of Parkside

**Calling All Bingo Lovers**

Bingo is celebrated in December at 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 Giuoco 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 *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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Heals and Wheels (L) <b>1</b> 10:00 Jenga (G) 11:00 Pet Therapy (AF) 1:00 One to One Visit (AF) 2:00 Bowling (G) 3:00 Crossword Puzzle (O)	9:30 Move and Groove (L) <b>2</b> 10:00 Current Events (G) 11:00 Various Table Games 2:00 Bingo! (G) 3:00 Christmas Sing-along (O)	9:30 Range of Motion (L) <b>3</b> 10:30 Holiday Caroling with New Day Christian Church (G) 2:00-3:00 Let's Decorate for Christmas! (AF)	9:30 Morning Movement (L) <b>4</b> 10:00 Ladder Ball (G) 11:00 Holiday Stories (G) 2:00 Christmas Tree Trimming! (AF) 3:00 Roving Holiday Treat Cart (AF)	9:30 Fun and Fitness (L) <b>5</b> 10:00 Horoscopes (G) 11:00 Bowling (G) 2:00 Holiday Cookie Making with Keli (O) 3:00 Let's try what we made! (O)	9:30 Chair Leg Exercise (L) <b>6</b> 10:00 Bean Bag toss (G) 11:00 Holiday Wordsearch (G) 2:00 Happy Hour with Dave Daviski (O) 3:00 Holiday Karaoke (O)	9:30 Chair Yoga (L) <b>7</b> 10:00 Horoscopes (G) 11:00 Trivia (G) 1:00 One to One Visit (AF) 2:00 Bingo! (O) 3:00 You be the Judge (O)
9:30 Let's Exercise (L) <b>8</b> 10:00 Dear Abby (G) 11:00 Pet Therapy (AF) 1:00 One to One Visit (AF) 2:00 Bowling (G) 3:00 Holiday Word Search (O)	9:30 Morning Stretch (L) <b>9</b> 10:00 Trivia (G) 11:00 Noodle Ball 2:00-3:00 Holiday Decorating (AF) 3:00 Holiday Reminiscing (O)	9:30 Heals and Wheels (L) <b>10</b> 10:00 Multiple Choice Trivia (O) 11:00 Washer Toss (G) 2:30 Happy Hour with Regina! (P)	10:00 Massages with Brenda (G) <b>11</b> 2:00-3:00 Christmas Tree Lighting! (AF) 3:00 Roving Root beer Float Cart (AF)	9:15 Family Christian Academy School Christmas Caroling with Hot Chocolate (O) <b>12</b> 10:00 Current Events (G) 11:00 Bowling (G) 2:00 Happy Hour with Special Guest Barry Graham (O) 3:00 One to One Visit AF	9:30 Move and Groove with Keli! (L) <b>13</b> 10:15 Bingo! (G) 2:00 Holiday Cookie Making with Keli (O) 3:00 Let's try what we made! <b>Cocoa Day!</b>	9:30 <b>12 Days of Christmas Exercises</b> (L) <b>14</b> 10:00 Holiday Trivia (G) 11:00 Noodle Ball (G) 1:00 One to One Visit (AF) 2:00 Bingo! (G) 3:00 Brain Busters!
9:30 Santa's Helper's Exercises (L) <b>15</b> 10:00 Jenga (G) 11:00 Pet Therapy (AF) 1:00 One to One Visit (AF) 2:00 Bowling (G) 3:00 Name That Tune (O)	9:30 Jingle Bell Cardio Blast (L) <b>16</b> 10:00 Holiday Reminiscing (G) 11:00 Washer Toss (G) 2:00-3:00 Sugar Cookie Making/Decorating (O)	9:30 Snowflake Stretch (L) <b>17</b> 10:00 Chicken Soup for the Soul (G) 11:00 Bingo (G) 2:00 Gingerbread House Making Part One (O) 3:00 One to One Visit (AF)	9:30 Elf-ercise (L) <b>18</b> 10:00 Finish the Phrase (G) 11:00 Bowling (G) 2:00 Gingerbread House Making Part Two (O) 3:00 Brain Busters	9:30 Candy Cane Cardio (L) <b>19</b> 10:00 Dear Abby (G) 11:00 Ladder Ball (G) 2:00 Holiday Cookie Making with Keli! (O) 3:00 Let's try what we made (O)	9:30 Frosty Freeze Exercises (L) <b>20</b> 10:00 Hot Chocolate and Pastries 11:00 What's your favorite part of the Holiday? 2:00 Happy Hour (O) 3:00 One to One Visit (AF)	9:30 Christmas Cardio Challenge (L) <b>21</b> 10:00 Holiday Search and Find (G) 11:00 Bean Bag Toss (G) 1:00 One to One Visit (AF) 2:00 Poinsettia Making (G)  Winter Begins
9:30 Winter Wonderland Walk (L) <b>22</b> 10:00 This Day in History 11:00 Pet Therapy (AF) 1:00 One to One Visit (AF) 2:00 Bowling (G) 3:00 Roving Root Beer Cart (AF)	9:30 Snowflake Stretch (L) <b>23</b> 10:00 Current Events (G) 11:00 Let's make some Homemade Vanilla Spice Eggnog (G) 2:00 Homemade Chocolate Chip Cookie Making with Keli (O)	9:30 Christmas Eve Celebration with Homemade Vanilla Spice Eggnog (G) <b>24</b> 2:30 Holiday Party with Regina (MC)-(P) 3:00 Parkside Bakers, Bag our Homemade Cookies to give away! (AF) <b>Eggnog Day!</b>	10:00 "The Twelve Days of Christmas" BINGO! (O) <b>25</b> 3:00 A Very Merry Chrismukkah Show with Dave Daviski! (MC)-(O)  Hanukkah Begins Christmas	9:30 Let's work off all those Holiday goodies (L) <b>26</b> 10:00 Holiday Reminiscing (G) 10:30 Noodle Ball (G) 2:00 Ice Cream Sundaes (O) 3:00 Roving Ice Cream Sundaes cart (AF)  Boxing Day (Canada)	9:30 Morning Movement (L) <b>27</b> 11:00 Bowling (L) 2:00 Happy Hour with Special guest Dave Daviski! (O) 3:00 Jeopardy (O)	9:30 Morning Stretch (L) <b>28</b> 10:00 Dear Abby (G) 11:00 Ladder Ball (G) 1:00 One to One Visit (AF) 2:00 Bingo! (G) 3:00 UNO! (L)
9:30 Heals and Wheels (L) <b>29</b> 10:00 Finish the Word (G) 11:00 Pet Therapy (AF) 1:00 One to One Visit (AF) 2:00 Bowling (G) 3:00 Roving Creamsicle cart (AF)	9:30 Move and Groove (L) <b>30</b> 10:00 Chicken Soup for the Soul (G) 11:00 Bean Bag Toss (G) 2:00 Wine with Cheese and Crackers (G) 3:00 Let's go for a walk!	9:30 Let's get up and exercise (L) <b>31</b> 10:00 Trivia (G) 11:00 Noodle Ball (G) 2:00 New Year's Eve Party 3:00 New Year Resolutions (O)  New Year's Eve	 <h1 style="color: red; font-family: cursive;">DECEMBER 2024</h1>			