

December Horoscopes and Birthdays

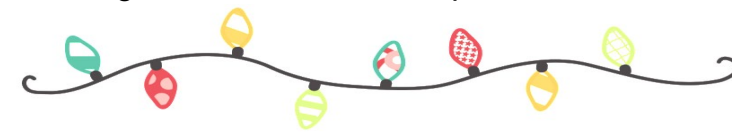
In astrology, those born between December 1–21 are known as the Archers of Sagittarius. Archers are exciting and independent. Their positive attitude, sense of humor, and kind heart make them excellent friends. But get ready for an earful—they often speak their mind.

Those born December 22–31 are Goats of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, practical, economical, and organized, they make good multitaskers and politicians.

Bette Midler – Dec. 1, 1945
Eli Wallach – Dec. 7, 1915
Sonia Gandhi – Dec. 9, 1946
J. Paul Getty – Dec. 15, 1892
Ty Cobb – Dec. 18, 1886
Ray Romano – Dec. 21, 1957
Maggie Smith – Dec. 28, 1934
Bo Diddley – Dec. 30, 1928

Local Legends

Elna B ~ 6
Pete P ~ 15
Betty C ~ 20
Cleo H ~ 23
Bruce S ~ 30



Cable Cars That Could

San Francisco's cable cars are recognized the world over. The modern three-line system debuted on December 22, 1957, when car No. 51 rang its bell and coasted onto Washington Street.

But the story of San Francisco's famous cable cars really began when Andrew Smith Hallidie witnessed a horse struggling to pull a tram up a slippery, steep cobblestone street in 1869. It was Hallidie's idea to create a tram system using thick wire cables

moved by massive steam engines. The trams would grip the cables, which would be embedded in the roadway. As the engines moved the cables, the tram would be pulled up and down the city streets. The first cable car rolled up Clay Street at 4 a.m. on August 2, 1873.

The system has changed little from its first incarnation in the 1800s. Cable cars endure as a symbol of hilly San Francisco and a slice of California history.



Notable
Quotable

**“Speak
your mind,
even if
your voice
shakes.”**

~ Dame~
Maggie Smith

(Dec. 28, 1934-
Sept. 27, 2024:
89 years young)

Oak Terrace Senior Living

Our Events:

12/1 Vine Music
12/2 Podiatry Day
12/4 Vine Stompers
12/7 Piano Students
12/9 Todd Anderson
Christmas Special
12/10 AWANA Caroling
12/11 Allan Carlson
Music
12/13 The Largest
Crescendo Student
Band
12/15 Roam from
Home
12/18 Holiday Meal
12/20 Mt. Olive
Caroling
12/23 West High
School Bands

**events subject to
change, changes
posted to the white
board daily**

Celebrating December

Bingo Month

Antarctica Day
December 1

Hanukkah
December 14–22

Christmas
December 25

Boxing Day
December 26

Kwanzaa
December 26–January 1

New Year's Eve
December 31

December 2025

East, West and Autumn Lane
Activities Department
1575 Hoover Dr
387-8358

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.

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 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.





Only about eight to 10 percent of people stick to their New Year's resolutions long-term.

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 at least a while).

This year, quirky resolutions are having a moment. One example: the “buy nothing” challenge. 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 just borrowing them.

Another trend is turning your resolutions into a bingo game. A popular online influencer shared how she gamified her goals using a bingo card—mixing easy and tougher goals, and rewarding herself for each completed square. The gamelike format makes resolutions feel fun and more manageable.

Still craving silliness? A UK study found that lots of people embrace resolutions like laughing more, setting “no lists” instead of to-do lists, or taking a monthly spontaneous adventure (like exploring a nearby town). The best resolutions are about adding a little more joy to the new year!

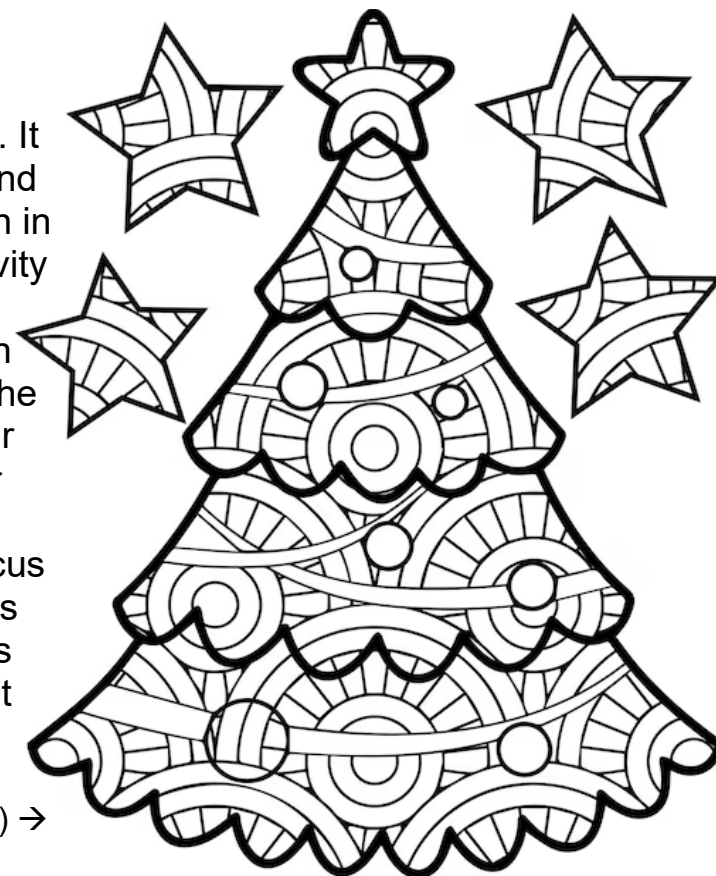
Shades of Calm

Looking for that perfect gift for someone on your “nice” list? Consider a coloring book—they're no longer just for children. Adult coloring clubs meet up at bars after work. Executives gather workers in conference rooms for impromptu coloring sessions. Just look at Amazon's Best Sellers list, which regularly features adult coloring books.

Why are adults so drawn to coloring? Research continues to support coloring

as a form of stress relief. It promotes mindfulness and flow—engaging the brain in a soothing, focused activity that quiets anxiety. Clinical psychologist Ben Michaelis explains that the amygdala, the part of our brain responsible for our fight-or-flight response, takes a rest while we focus on coloring. Dr. Michaelis prescribes coloring to his patients and even uses it at home with his own family.

(Color me!) →



Laughter is the best form of therapy.



Which list do we think these gentlemen are on? 😊



The Dutch tradition of Sinterklaas (based on St. Nicholas) heavily influenced the modern Santa Claus.

One of our amazing staff transforming the building to get into the holiday spirit.



Holding hands is a promise that you don't have to face the challenges of this world alone.

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. 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* stunts involve men and women donning elaborate goatskin costumes and carved wooden masks. Renowned photographer Alan Taylor has traveled throughout the Alps capturing groups of people parading the streets in terrifying costumes, dragging chains and carrying 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.