



Notable Quotable

"Keep the circus going inside of you, keep it going, don't take anything too seriously. It'll all work out in the end."

~ David Niven, actor

Resident Council

The Resident Council meeting is held each month, on the third Wednesday at 1:15p.m. in the Activity Room. This meeting is open to **all residents**. Resident councils play a crucial role in voicing concerns, requesting improvements, supporting new residents & supporting facility efforts to make care and life in the community the best it can be.

Our next meeting will be held Wednesday, December 15th.

December Horoscopes and Birthdays

In astrology, those born from December 1–21 are Archers of Sagittarius. The Archers are the travelers of the zodiac, curious and energetic, with open minds craving new experiences and challenges. Those born from December 22–31 are Capricorn's Goats. Like goats that perch on mountain crags, Capricorns are masters of self-control and responsibility. Focus and fortitude help them to reach their goals.

- Bette Midler – Dec. 1, 1945
- Lucy Liu – Dec. 2, 1968
- Ken L.—Dec. 5th
- Eli Wallach – Dec. 7, 1915
- Sammy Davis Jr. – Dec. 8, 1925
- Raven Symone – Dec. 10, 1985
- Frank Sinatra – Dec. 12, 1915
- Jamie Foxx – Dec. 13, 1967
- Patty A.—Dec. 14th
- Beethoven – c. Dec. 16, 1770
- Cicely Tyson – Dec. 18, 1924
- Samuel L. Jackson – Dec. 21
- Clara Barton – Dec. 25, 1821
- John Legend – Dec. 28, 1978
- LeBron James – Dec. 30, 1984

MERRY CHRISTMAS
Santa's Crossword

ACROSS

1. Famous snowman
4. What Santa travels in
8. Makes toys for Santa
9. Used to decorate a Christmas tree
10. December 25
11. Hung by the chimney with care
12. What presents are left under

DOWN

2. Reindeer with a shiny red nose
3. Covers the ground on a white Christmas
5. Santa comes down this
6. Red and White hooked shaped candy
7. Left under the tree Christmas morning
10. Left out for Santa
11. Jolly toy maker

Northshore Heights News

December 2021

Celebrating December

Bingo's Birthday Month

Universal Human Rights Month

Hanukkah Continues
December 1–6

Pearl Harbor Remembrance Day
December 7

Poinsettia Day
December 12

Yaldā
December 21

Christmas
December 25

Kwanzaa
December 26–January 1

Boxing Day
December 26

New Year's Eve
December 31

Northshore Heights Senior Living
8804 S. Northshore Drive
Knoxville, TN. 37922 / 865-444-1294
Administrator: Carrie Catherwood



It's Beginning to Look a Lot Like Christmas at Northshore Heights!



From Saint to Santa



Nast often depicted Santa as an ally of the U.S. military. Here he wears both an Army backpack and dress sword.



"O Holy Night" (also known as "Cantique de Noël") is a well-known Christmas carol. Originally based on a French-language poem by poet Placide Cappeau, written in 1843, with the first line "Minuit, chrétiens! c'est l'heure solennelle" (Midnight, Christians, is the solemn hour) that composer Adolphe Adam set to music in 1847. The English version is by John Sullivan Dwight. The carol reflects on the birth of Jesus as humanity's redemption.

Illustrator Thomas Nast has been called the "Father of the American Cartoon" for the illustrations he featured in *Harper's Weekly* magazine in the 19th century. It was Nast who first used a donkey and elephant to symbolize America's political parties. He fought corruption with scathing political cartoons. But Nast's most enduring contribution to popular culture might be his depictions of Santa Claus as a jolly, fat man from the North Pole dressed in red and white.

Long before he was Santa Claus, he was Saint Nicholas, the Bishop of Myra. The Dutch venerated him as Sinterklaas, and when the Dutch set sail for the New World in the 17th century, they brought Sinterklaas with them.

Sinterklaas, or Santa Claus, and Christmas, were well-established in America by the

1800s. But in December of 1823, Clement Clark Moore published his poem 'Twas the *Night Before Christmas*, and first described Santa Claus not as an austere bishop, but "chubby and plump, a right jolly old elf." By January of 1863, with the United States plunged into Civil War, Thomas Nast had plenty of inspiration to draw on for his first cartoon depicting Santa Claus.

Nast's first depictions of Santa portray him not just as a jolly old elf but as an ally of the Union Army, and he used his own long beard as inspiration for Santa's flowing white one. Over the next 23 years, Nast would make 33 illustrations of Santa, none more influential than his 1881 image of "Merry Old Santa Claus," complete with a white beard, rosy cheeks, red suit, and pack full of toys. This image has made Santa Claus who he is today.

Employee of the Month

CONGRATULATIONS to our December Employee of the Month, Kayla!!

We are so appreciative of all that Kayla does for our residents. Not only is she a dependable and hard worker, she brings so much laughter and many smiles to everyone's face. Thank you, Kayla!



Cade's Cove Bus Trip & Cracker Barrel Lunch



Bah, Humbug!



Dorothy once called the Wizard of Oz the "Great and Terrible Humbug."

Maybe it's the long lines at shopping centers or the drone of holiday music, but some people just don't enjoy the holiday season. Luckily, December 21 is Humbug Day, a day to embrace your inner Scrooge.

No one knows where the word *humbug* came from. Some think it came into use during the 18th century as the word *Hamburg*

during a time when England was flooded with counterfeit coins from that German city. Others think that it comes from a humming bug, something small, but incredibly irritating. Either way, the word denotes something that is a hoax or nonsense. When Scrooge utters, "Bah! Humbug," he is bitterly declaring Christmas to be a fraud.