

"There is nothing in the world so irresistably contagious as laughter and good humor." — Charles Dickens

December 2019

# The GRAND Gazette

A monthly newsletter for Hillcrest Country Estates  
Grand Lodge York & Lancaster households

## Top Five Holiday Movies

It's finally December! It's time to enjoy the snow, decorations and delicious baked goods. One of the best ways to get into the holiday spirit is to watch festive movies. Here are some of the best holiday movies of all time, according to parents.com.

- **"It's a Wonderful Life"**— A classic since 1946, this movie tells the story of George Bailey. Through the eyes of Clarence the Angel, George is reminded that the love of his family and friends is what truly makes the holidays worth celebrating. Whether you've seen it 100 times or are watching it for the first time, your heart will be stolen by this beautiful movie.
- **"Miracle on 34th Street"**— Set in New York City, this movie combines romance and the holidays as Santa Clause teaches a mother and daughter what the season is really about. You can even watch this movie in black and white or in color!
- **"The Muppet Christmas Carol"**— This movie contains the comedic genius of the Muppet world while masterfully recapturing the heartfelt message of the original story. This is a perfect movie for all ages.
- **"Santa Clause"**— This movie shows Santa Clause in a more practical light as businessman Scott Calvin becomes the new Santa. As he learns his new role he discovers the true meaning of the season. Between the elves and the reindeer, there's plenty of laughs to go around in this modern take on a classic character.
- **"White Christmas"**— In this movie, four friends team up to revive a hotel for a retired general and fall in love along the way. Accented by beautiful scenery, fabulous outfits and timeless songs, this movie really sets the tone for the holiday season.

So snuggle up with a blanket and hot cocoa and get in the holiday spirit with one of these classic movies!

## DECEMBER BIRTHDAYS

Dec. 5: Ellen Schuette  
Dec. 25: Hertha Marco

## WELCOME TO LODGE LIFE!

Barbara Schlick  
Janice VanCleve

## MEET THE LEADERSHIP TEAM

### ADMINISTRATOR:

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## ARE YOU ON THE LIST?

Each month, we distribute the newsletter via email. If you'd like to be included on the newsletter distribution list, get us your email address, and we'll keep you posted!

## Hillcrest Country Estates GRAND LODGE

## DECEMBER HIGHLIGHTS

Dec. 2: Music w/ Aaron Shoemaker, 10:30 a.m.  
Dec. 6: Holiday Baking Party, 10 a.m.  
Dec. 6: Happy Hour w/ Dennell Danner, 3:30 p.m.  
Dec. 12: Sinatra Day, 3:30 p.m.  
Dec. 13: Holiday Craft Making, 10 a.m.  
Dec. 24: Resident Christmas Party, 1 p.m.  
Dec. 27: Music w/ Christine Coulson, 3 p.m.  
Dec. 31: New Year's Eve Party, 3:30 p.m.

—Wednesdays: Handbell Playing with Michael, 11 a.m.

### Exercise Classes

Mondays: Aqua Therapy with Norma, 12:30 p.m.  
Tuesdays: Tai Chi with Michael, 12:30 p.m.  
Thursdays: Yoga with Meg, 12:30 p.m.  
Fridays: Walking with Beth, 12:30 p.m.

## FEATURED EVENT

## Family Christmas Party December 8th, 2:30 p.m. York & Lancaster

Come celebrate the holidays as one big Hillcrest family! Food will be provided.  
RSVP to Beth Karstens at  
ekarstens@hillcresthealth.com

## Lisa's Letter



Season's greetings, and warmest wishes for a safe and merry holiday! I'm now about two months into my new role here at the Grand Lodge. We have made very positive progress with team building and implementing the most optimal education for our team members. Thank you all for your patience during this time of transition.

I want to remind you all that even though it is getting very cold out, there is no reason to stay cooped up in your apartment and not exercise or stay active. Be sure to stay involved in activities and dress appropriately for the weather, which will keep those endorphins flowing and keep you happy and healthy! Also, with flu season upon us, it is very important to make sure you're washing your hands frequently and using hand sanitizer to reduce your risk of infection.

I hope you enjoy your time with your loved ones this holiday season. Feel free to come see me anytime, as I enjoy talking to you all and getting to know you!

—Lisa Winterstien, Director of Health Services



## RESIDENTS IN ACTION

It's the holiday season! We will be having a special Family Christmas Party on Sunday, December 8th at 2:30 p.m. Make sure to RSVP to [ekarstens@hillcresthealth.com](mailto:ekarstens@hillcresthealth.com) with the number you plan to attend with. We would love for everyone to join us and celebrate the holiday season with the Grand Lodge family. We will have refreshments and holiday fun. We will also be accepting donations for the Child Saving Institute. We want to do our part to make this holiday season bright for those less fortunate. So if you feel inclined please bring any donations from the below list to the party. The Grand Lodge residents and team will be delivering those items to the Child Saving

Institute on Wednesday, December 11th. If you choose to purchase gifts, please bring your unwrapped gifts with you to the party: gift cards (e.g. Target, Walmart) in amounts of \$10 - \$25, arts and crafts supplies, Tonka Trucks and Hot Wheels cars, building toys (i.e. Legos), ethnic baby dolls, board games (for ages 8 yrs+), board books for infants and toddlers, sports equipment (footballs, soccer balls, basketballs, etc.), puzzles, dress-up clothes, pop-up tents, play kitchen food, infant/toddler push or ride-on toys, hoodies, pajama pants (all teen/adult sizes).

Thank you, and Happy Holidays!

– Michael Pollock, Director of Lifestyle & Wellness



Shirley gets creative with glass fusion.



Donna enjoys our Halloween Costume Parade.



A group enjoys an outing to the SAC Museum.

## A MONTH IN REVIEW

Fall means pumpkins! Here at the Grand Lodge that meant a fun-filled day at the Bellevue Berry and Pumpkin Ranch. We had so much interest in this outing that we ended up making two visits, one for

each household. What a fun time! We enjoyed all the farm has to offer, including a hayrack ride and pumpkin patch.

– Michael Pollock, Director of Lifestyle & Wellness



Minta, Edie and Loretta enjoy a hayrack ride.



George shows off his pumpkin.



The group has a fun day at the Bellevue Berry and Pumpkin Ranch.



Pete and Dave pose in front of fall decorations at the Bellevue Berry and Pumpkin Ranch.