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ASPEN happenings



"On the first day of Christmas, my true love gave to me, a partridge in a pear tree."

The familiar lyrics of this tune are sung as part of Christmas caroling and holiday celebrations, reaching a crescendo each time singers belt out "five golden rings." The song is an English Christmas carol that was written in 1720. While it references plenty of gift giving, it's easy to assume the song is about giving Christmas gifts. However, the 12 days in the song actually refer to the birth of Jesus Christ.

The 12 days of Christmas, also known as the Twelvetide, refers to the festive Christian season that celebrates the Nativity of Jesus. In fact, the start of these days occurs on December 25 and extends until the evening of January 5th, the day before the Epiphany, known as *Twelfth Night*. Each day corresponds to a remembrance of different religious events or people.

Christmas celebrants can celebrate well into the new year. Commemorating the 12 days of Christmas can include small festivities from December 25 to January 5. On the *Twelfth Night*, historically known for parties, modern-day fanfare can mark the culmination of the Christmas season - with the last of gift giving occurring on the Epiphany.

Gifting, hosting friends and family, attending religious services, participating in charitable events, or opening one's home to neighbors and those who can use some companionship are all ways to make the 12 days of Christmas more special.

UPCOMING COMMUNITY EVENTS

- 05** Brookhaven Christmas Parade*, 6 pm
- 10** Community Coffee Club, 8:30 am
- 13** Disney's "Frozen" at Little Theatre*, 1 pm
- 14** MSA Christmas Carols 5 pm
- 15** Family Christmas Tea Party, 2-4 pm
- 16** Parkinson Support Group 6-7 pm
- 19** Grief Support Group, 6-7 pm
- 23** Eastern Sky Gospel, 6 pm
- 25** **CHRISTMAS DAY**
- 31** New Year's Eve

Visit www.aspenofbrookhaven.com to view the entire Aspen activity calendar. *Not at the Aspen.

Did you know?

The holiday season is rife with tradition. Some holiday traditions, such as holiday lighting displays, are impossible to miss, while others are more subtle and possibly even unknown to many celebrants. One tradition that falls into the latter category involves the placing of oranges into Christmas stockings. The origins of Christmas stockings are rooted in legend, and one of the more popular tales involves a widowed father of three beautiful girls.

According to Smithsonian.com, this father was struggling to make ends meet and was concerned that his financial struggles would affect his daughters' ability to find a spouse. As the legend goes, St. Nicholas was wandering through the man's town and heard of his concerns. Recognizing that the man was unlikely to accept charity, St. Nicholas slid down the chimney of his house and placed three gold balls in the girls' recently laundered stockings, which were hanging by the fire to dry. The value of the gold balls, which were discovered the following morning, was enough to ensure the girls could eventually wed. So what does that have to do with oranges? Those who wanted to replicate the tale could not so easily come upon gold balls to place in stockings, so they chose something similar in appearance: oranges.



Holiday Word Scramble

Rearrange the letters to spell something pertaining to Christmas.

TKISOGNC

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GMEANR

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10 Unexpected Places in MS That You Can Get Into The Holiday Spirit

1. MS Industrial Heritage Museum, Meridian
2. Hattiesburg Zoo, Hattiesburg
3. Lynn Meadows Discovery Center, Gulfport
4. MS Museum of Natural Science, Jackson
5. Cedar Hill Farm, Hernando
6. Landrum's Homestead and Village, Laurel
7. McRaven, Vicksburg
8. Grand Bay National Estuarine Research Reserve, Moss Point
9. The University of Mississippi, Oxford
10. Lazy Acres, Chunky

SOURCE: [Onlyinyourstate.com/mississippi/holiday-spirit-ms/](https://onlyinyourstate.com/mississippi/holiday-spirit-ms/)



Staying Hydrated Over the Holidays

As the winter months are upon us, listening to your body is essential to staying hydrated over the holidays. Unlike in the summer time when you are losing water from sweating, the colder climates dry out your skin because the humidity levels drop and the water from your skin evaporates more quickly. Hence, chapped lips and flaky skin.

It's tricky because you may assume that because you are not sweating, you can manage by drinking less water – and that just is not the case. So, it is imperative to notice when your skin is feeling extra dry in the winter. Dousing your skin in lotion and lip balm is a good start, but to really fix the problem at its source, you need to drink more water.

Everyone knows the holidays can be a stressful time. And for those with a sweet tooth or who are prone to overindulging in food, it can be extra stressful for fear of packing on the pounds. The good news is that staying hydrated over the holidays can help curb those cranberry sauce cravings and even control weight gain.

It's been said that when you feel hungry, you actually might be thirsty. Before you make your big plate of goodies, drink some water first. You will feel fuller and you will be well hydrated, meaning you're less likely to swipe a second piece of pecan pie.

SOURCE: <https://www.korwater.com/blogs/the-well/5-ways-to-stay-hydrated-over-the-holidays>

Recipe of the Month – Cider Wassail

Ingredients:

2 quarts apple cider	2 cinnamon sticks (3 in.)
1-1/2 c pineapple juice	Dash ground cinnamon
1 tbsp brown sugar	Dash ground cloves
1/2 tsp lemon juice	

Directions:

In a large saucepan, combine all the ingredients. Bring to a boil. Reduce heat; cover and simmer for 20-30 minutes. Discard cinnamon sticks and serve in hot mugs.



Fun Christmas Facts from Around the World

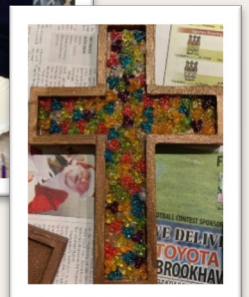
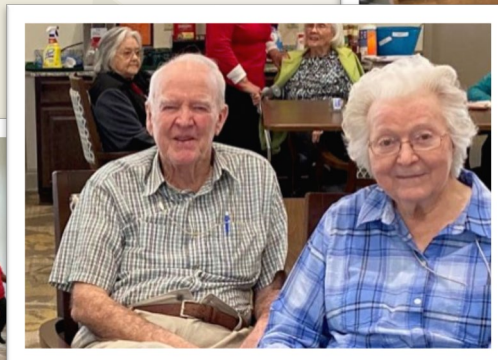
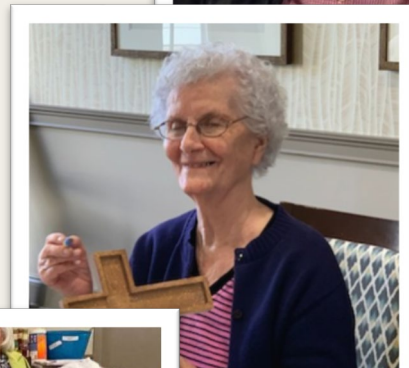
1. In the Netherlands, Sinterklaas (The Dutch version of Santa) arrives from Spain, not the North Pole.
2. In Germany, Poland, and Ukraine, finding a spider or spider's web on a Christmas tree is believed to be a harbinger of good luck.
3. Santa stretches time like a rubber band, in order to deliver all the gifts in one night.
4. Two weeks before Christmas is one of the two most popular times for couples to break up.
5. In Armenia, the traditional Christmas Eve meal consists of fried fish, lettuce, and spinach.
6. The first artificial Christmas tree wasn't a tree at all. It was created out of goose feathers that were dyed green.

SOURCE: Pastbook.com/txt/12-fun-christmas-facts/

Happy
BIRTHDAY • December 03– Ina
 10 – Emma

*making memories...
 a look back at November...*

- Arts & Crafts
- Piano Social w/Mrs. Nancy
- Community Coffee Club
- Group Exercise
- Prayer & Music
- Bro. Luke
- Family Fall Festival
- Camelia Line Dancers Veterans Program
- Bingo
- Birthday Bash w/St. Luke
- Shopping @ Wal Mart
- Bro. Jeff & Brookhaven Funeral Home
- Bro. Ken & Monticello Baptist Church Christmas Program
- Social Hour
- Veterans Celebration
- Card Games and More!



More memories...



500 Silver Cross Drive
Brookhaven, MS 39601

A community enriched by you.



Merry Christmas and Happy New Year!