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In the Company of Friends DECEMBER 2023





Executive Director's Note...

It is Christmas time! It is a time of excitement, anticipation and wonder. For most of us, Christmas time is a faith-filled celebration where we remember, "The word became flesh." It is a time when the whole world seems to be a little kinder, more joyful and filled with Christmas music. Christmas is a time when we remember the Christ Child, born in a manger, coming to earth to be our savior, which has inspired many wonderful inspirational Christmas songs. I love Christmas music, especially the Christmas Carols and the good ole' classics. The residents know when I am around as I sing when I pass through the hallways and in the dining rooms. Many of the songs made famous in the '60s are favorites of mine. I also enjoy the Christ child Christmas songs that we learned in church.

We are decking the halls here at Sierra View Homes Retirement Community. Christmas trees are adorning many rooms to enhance the Christmas spirit. Christmas traditions are remembered and Christmas treats are baked or created and are savored. Our thoughts turn to friendships, family and gift giving. I find it really challenging to find just the right gift for those on my list but I do enjoy the act of giving. The staff here at Sierra View Homes Retirement Community work hard to make Christmas a time of love and joy for the residents. The Sierra View Homes Auxiliary has a bake sale for staff and residents. We anticipate a variety of entertainment programs. Please watch bulletin boards for announcements of holiday activities. Sometimes we are gifted with a program on short notice.

As we ready ourselves for Christmas, let us share our love for God and our joyous excitement through our kind thoughts, prayers and, of course, singing. I pray God richly blesses you this holiday season. Merry Christmas and Happy Hanukah

Ro Linscheid



Legacy and Support

Many of you have responded to the Sierra View Homes Sustaining the Legacy of Care letter that was mailed out, and responses continue to come in. All donations will be deposited into our endowment fund, so that we can help cover the cost for those residents who can no longer afford to stay in their apartments. As we continue to build this endowment fund we will be able to assist current and future residents.

Thank you for your kind support.

CLASSIC MOVIE MATINEE



JOIN US ON
DECEMBER 14, 2023
AT 2:00 P.M.
IN THE
KINGS CANYON ROOM

"What lies behind us and what lies ahead of us are tiny matters compared to what lives within us."

-Henry David Thoreau

The Defiant Vulnerability of Joy

As we enter the holiday seasons of Thanksgiving, then Christmas, there comes an expectation, or perhaps even a "pressure" to express gratitude and joy.

Our consumer culture takes the opportunity to exploit these words to get us to buy more, and Hollywood's glamour creates idyllic scripts and scenes that are almost impossible to recreate in our real lives. Meanwhile we carry the weight of everything we hear on the news, and wonder, is there anything left to be joyful about?

Joy is not false optimism, nor is it manufactured happiness. Joy is risky and it takes courage.

Every year we have a choice. Will we cynically stand on the sideline and let the season and its traditions float by? Will we numb ourselves in the spending and consuming? Or will we embrace the Advent story that anticipates Christ's birth, courageous enough to believe that good things happen, even in dark times.

Sometimes we resist joy in order to shield ourselves from disappointment. Maybe the pain of this world will hurt less if we resign ourselves to the fact that the worst will inevitably happen.

But what if, instead of resisting, we took a vulnerable step into joy and gratitude? As Tish Warren writes:

A baffling part about walking with a God who does not keep bad things from happening is that it's clear that he makes good things happen also--and often. God is maddeningly unpredictable and free. Every day of our lives holds relentless beauty, mercy, grace upon grace.

Lean into joy this holiday season. Who knows what kinds of windows it may open for the Spirit to move. Caley Ortman

SIERRA VIEW HOMES

ACTIVITY CALENDAR

December 2023

SUN	MON	TUE	WED	THU	FRI	SAT
(MK)=Mineral King Room (KC/FR)=Kings Canyon Room or Founder's Room (SW)= Sequioa Welcoming Room	Daily activities are posted on the white boards in the Residential Care Facility MERRY	TURN YOUR TELEVISION TO CHANNEL 2 FOR A LIST OF DAILY ACTIVITIES.			9:00am- Chats with Chaplain 10:15am- Sittercise (MK) 2:00pm- Popcorn Social (MK)	10:15am- Sittercise (MK) 2:00pm- Nails (MK)
9:00am- Church Service 10:15am- Sunday Surprise (MK) 2:00pm- Nails	10:15am- Sittercise(MK) 10:30am- Memory Jogger 2:00pm- Arm Chair Travel (MK)	9:30am- Men's Coffee 10:15am- Sittercise (MK) 2:00pm- Bingo	10:15am- Sittercise (MK) 10:30am- Resident Council (MK) 2:00pm- Bible Study (KC)	7 10:15am- Sittercise (MK) 2:00pm- Bingo	9:00am- Chats with Chaplain 10:15am- Sittercise (MK) 1:30pm- Movie & Popcorn (MK)	10:15am- Sittercise (MK) 2:00pm- Nails
9:00am- Church Service 10:15am- Sunday Surprise (MK) 2:00pm- Nails	10:15am- Sittercise(MK) 2:00pm- Residential Care Birthday Celebration (MK)	9:00am- Sierra View Homes Auxiliary Bake Sale (SW) 9:30am-Men's Coffee 10:15am- Sittercise (MK) 2:00pm-Bingo		10:00am- 14 Food Committee Meeting (KC) 10:15am-Sittercise (MK) 2:00pm-Classic Movie Matinee Featuring: "It's a Wonderful Life"	Chats with Chaplain 10:15am- Sittercise (MK)	Holiday Colors 16 10:15am- Sittercise (MK) 1:30pm- Movie & Popcorn (MK)
9:00am- Church Service 10:00am- Sunday Surprise (MK) 2:00pm-Grinch Party (MK)	Flannel Day 18 10:15am- Sittercise(MK) 10:30am-Memory Jogger 2:00pm-Arm Chair Travel (MK)	9:30am- 19 Men's Coffee 10:15am- Sittercise (MK) 10:30am-Men's Nails 2:00pm-Bingo	20 Crazy Hat/Hair Day 10:15am- Sittercise (MK) 10:30am- Current Events 11:45am- Ron Surabian(KC) 2:00pm- Bible Study(KC)		22 <u>Ugly Sweater Contest</u> 10:15am- Sittercise (MK) 1:30pm-Movie & Popcorn (MK)	Pajama Day 10:15am- Sittercise (MK) 2:00pm- Nails
9:00am-Church Service 10:00am-Sunday Surprise(MK) 2:00pm-Nails 9:00am-Church Service 10:00am-Sunday Surprise (MK) 2:00pm-Nails	10:15am- 25 Sittercise(MK) 12:00pm-Christmas Day Lunch (KC) 2:00pm-Polar Express & Refreshments Metry Christmas	Name That Tune (MK) 2:00pm-Bingo	10:15am- 27 Sittercise (MK) 10:30am- Current Events Coffee Social (MK) 2:00pm- New Year's Arts & Crafts (MK)	28 10:15am- Sittercise (MK) 2:00pm-Bingo	29 10:15am- Sittercise (MK) 2:00pm- Nails	30 10:15am- Sittercise (MK) 1:30pm- Movie & Popcorn (MK)