

JOY JOURNAL

NORTHWEST ASSISTANCE MINISTRIES

NEIGHBORS HELPING NEIGHBORS



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HOLIDAY SHOPPING SAFETY

The holidays are the favorite time of the year for most people, and that includes bad guys. We've said it before and we'll say it again: Make sure that you are vigilant when shopping so that you don't make yourself an easy target for criminals. Seniors are already vulnerable, so consider the following tips to lessen your chances of becoming the victim of a crime this holiday season:

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- Be aware of your surroundings. Look for suspicious persons, etc. when you are in any area.
- Shop during the day when possible. Avoid shopping alone after dark.
- Keep your purse and bags closed at all times.
- Credit Cards are the safest form of payment
- Don't purchase more than you can comfortably carry or ask a store employee to assist you to your car.
- Consolidate your purchases into larger bags.
- Avoid wearing expensive jewelry or handbags.
- When using an ATM machine:
 - Choose one located inside a bank, mall, grocery store, etc. rather than a stand-alone and make sure that it is in a well-lit area.
 - Protect your pin from anyone standing near you.
 - Hold on to your ATM receipt—don't leave it around the area.
 - Only withdraw the amount of cash needed—don't carry large amounts of cash.
- Remember where you parked your car because being unable to locate your car can cause confusion and stress making you an easy target.
- Lock your car and DO NOT leave valuables (including purchases) in your car.
- Be alert and do not allow your cell phone to be a distraction.
- Be ready to unlock your car when you are on the parking lot.
- Park in well-lit areas.
- DO NOT resist if someone tries to take your belongings. Nothing is worth your life!



FRIENDLY REMINDERS

Daily Fee

Don't forget to stop by our reception desk prior to participating in any YAH activities. This includes all regular activities, day trips, and movie day. The \$1 daily fee is a small amount that does big things as it helps to support the YAH daily operations. Thank you!

Consider this...

Checking in at the YAH reception desk is more important than you know. In the event of an emergency, we need to know that you are, in fact, inside the building. We need to be able to report to first responders if someone may need assistance, so do yourself and us a favor and ALWAYS check in at the reception desk.

YAH Membership Fee Reminder

Please be aware that the collection of annual membership renewal fees has restarted. The YAH membership fee is \$35 **annually**. This applies only to members who joined the center on or after October 1, 2018.

***Potential new members may visit the center twice before membership commitment is required for continued participation.*

A MOMENT OF INSPIRATION

“Life’s biggest tragedy is that we get old too soon and wise too late.”

Benjamin Franklin

JUST FOR LAUGHS

Q: What’s the absolute best Christmas present?

A: A broken drum—you can’t beat it!

Q: Where do Santa’s reindeer stop for coffee?

A: Star-bucks!

YOUNG AT HEART CLOSURES

The Young at Heart Senior Center will be closed for all activities on Friday, December 8 for Holiday Distribution.

NAM will be closed on Friday, December 22 through Tuesday, December 26. We will reopen on Wednesday, December 27.

NAM will be closed on Monday, January 1 in observance of New Year’s Day. We will reopen on Tuesday, January 2.



60+ CAFE NEWS

Lunch and Learn

Join us on Wednesday, December 6 for a Lunch and Learn session on “Medicare 101” with a space for questions and answers. The Medicare Open Enrollment deadline is upon us and we want to answer your last-minute questions, so Team Raszka Insurance will join us to give us answers. Please sign up by Monday, December 4.

Holiday Bingo Gift Exchange

Come join us for lunch on Monday, December 11 as we play Bingo for a fun holiday gift exchange. If you would like to participate, please sign up for lunch and bring a wrapped gift valued at \$10. Ladies should bring a gift for a lady and men should bring a gift for a man. If you do not wish to participate, you will not receive a gift. Limit one gift per winner. For more information, please see Eva.

Bingo Extravaganza

Come dine with us on Wednesday, December 13 and let's play bingo. It's our monthly Bingo Extravaganza which will be hosted by Mera Vintage Park. Please remember to sign up by Monday, December 11.

Monthly Birthday Celebration/National Ugly Christmas Sweater Day

Don your ugliest Christmas sweater and come celebrate with all of our December birthday friends in our monthly Birthday Celebration on Friday, December 15. Please sign up by Wednesday, December 13.

Holiday Music Performance

Join us for lunch on Monday, December 18 as we are joined by Klein ISD strings teachers who will play holiday music as we dine. Please remember to sign up by Wednesday, December 13.

Holiday Party

Dine with your café friends on Wednesday, December 20 and let's celebrate the season together with a hot lunch, live holiday music (dancing if you'd like), and holiday treats. Remember to sign up by Monday, December 18.

New Year's Celebration

Come dine with us on Friday, December 29 and let's celebrate the new year together. Wear something festive and join us, but please order your meal by Wednesday, December 27.

YOUNG AT HEART ACTIVITIES CONT.



DECEMBER DAY TRIP

Get ready to enjoy the sights and sounds of Christmas! Join us on Saturday, December 9 for a performance of “When Christmas Comes to H-town”. This show will be presented by Space City Sound, an a cappella chorus right here in Houston, in which our own favorite bus driver, Mr. Roy Digges, is a participant. Roy has arranged for our group to have discounted tickets so that we can enjoy the show. Following the performance, we will enjoy an early dinner at the Adriatic Café. We will travel via the Harris County Precinct 3 bus which will depart from NAM at 12:45pm and will return by 5:45pm. The cost for the show is \$18 and the cost of dinner is on your own. As always, payment is due upon sign-up and fees are non-refundable. For more information, please see Eva.

YOUNG AT HEART ACTIVITIES



WII BOWLING

Come join us on Monday and Friday mornings at 10:30am for Wii Bowling. This video bowling game is lots of fun and gets you up and moving. For more information, please stop by the YAH reception desk.



BALLET CLASS

Come join us on Thursday mornings at 11:00am for Ballet Class. This class is great for balance, strengthening, and flexibility. For more information, please stop by the YAH reception desk.

ROSEMARY'S RICHES

This piece comes to us from the pen of Rosemary Mackin, who is one of our own Young at Heart members. Rosemary is a gifted writer who has the ability to paint "word pictures" and she has generously agreed to share some of her writings with us.

Outdoor Happenings

Our punishing summer drought, or a brief taste of Yankee temps, has seriously confused my lone azalea plant. It normally blooms in January but recently a slew of promising buds nodded through the front window of this TV room. Before long its pretty-in-pink look dazzled me and, as the flowers faded, I pinched off spent blooms – thus, a second show of color. And while supervising the azalea I watched a solitary lizard as it clung, stone still, to the window screen.

FYI – I've an extended family of green anoles residing in the courtyard. At times, I see one preening on the courtyard gate, its pinkish throat signaling whatever. Likewise, a few of those rebel family members hang out in the back yard. Specifically, they seek shelter in a narrow space behind the garage's frontmost downspout. Lizards dart there for safety, escaping the grandpuppies curiosity. In hopes of corralling a speedy lizard, Irene and Lupita sniff among the aloe's spikey leaves – to no avail, of course.

Additionally, we've had to take down a huge old oak from the front yard. Since the early 1970's, when the house was built, that tree had grown into one of two brick columns that help comprise this small courtyard – endangering the foundation. Flush with the brick surface, it's impossible to cut that oak down to a treatable sized stump and we're left with its six-foot remains staring blankly at passersby. What's more, remnants of that massive tree, logs some twenty-five or so inches in diameter and roughly six feet in length have been salvaged. These are stored (in plain sight in the side yard), awaiting my craftsman son, Greg. He will cut precious wood into usable boards, as creating with old wood is more blessed than store-bought lumber.

An added note . . .

Shortly after the tree guys left (their high wire act is on the scary side) a lone squirrel sat atop that poor butchered oak. Its beady eyes were quizzical, wondering what happened to my favorite tree? Before I could grab the phone for a snapshot, that dejected fellow had scampered away. Believe me, I sympathize.

BRAIN GAMES

Given the first couple of words of a familiar proverb or saying, can you complete it? To make this a more vigorous brain exercise, try to answer all the questions in one minute.

1. That which does not _____

2. Revenge is _____

3. Spare the _____

4. It's better to light _____

5. A rising tide _____

6. Time and _____

7. A chain is _____

8. There's no such _____

See answers at the end of this newsletter



Recipe of the Month

Rice Krispie Snowballs

Holiday baking doesn't have to be laborious! Here is a simple holiday twist on a year-round favorite. As a bonus, it's a great way to spend time with the grandkids.

Enjoy!

Ingredients

5 tbsp. butter

1 (10-oz.) bag
marshmallows

1/2 cups smooth peanut
butter

Pinch kosher salt

6 cups Rice Krispies
cereal

30 Reese's Minis

1 1/2 cups white
chocolate chips, melted
Sprinkles

DIRECTIONS

1. In a large pot over medium-low heat, melt butter. Stir in marshmallows and peanut butter, and stir until mixture is melted. Remove from heat and stir in Rice Krispies. Let cool slightly.

2. Line a baking sheet with parchment. Flatten about a tablespoon amount of Rice Krispies and add a mini Reese's in the middle and roll into a ball. Dip in melted chocolate, then place on prepared baking sheet. Sprinkle with sprinkles and repeat with remaining Rice Krispies. Refrigerate 20 minutes or until chocolate is set.

Source: delish.com



If you would like to share your favorite recipe with our Joy Journal readers, please submit your recipe to Eva at egalloway@namonline.org or drop it off at the NAM Young at Heart Center.

EVERYDAY HEALTH & NUTRITION



Eat Fatty Fish

Add fatty fish such as salmon or tuna to your diet three times per week. Eating fatty fish regularly improves overall sleep. Bonus: it also improves daytime functioning.



Whole Grain

What is a whole grain? Whole grains contain all three original parts of a kernel—the bran, germ, and endosperm. The bran and germ contain the most nutrition.



Beneficial Snacking

Snack on a kiwi before or make it your dessert at dinner. Research has linked eating kiwi to falling asleep faster and sleeping longer.



December Birthdays

Juanita Barnett – 12/6

Jonita Raines – 12/31

Arthel Hawthorne – 12/11

Helen Black – 12/8

Oscar Saldivia – 12/2

Sarah Hirz – 12/26

Marilyn Cunningham – 12/4

Bill Shem – 12/27

Praveena Kalidindi – 12/25

Frances D'Angelo – 12/19

Marilyn Stewart – 12/30

Sharon Lee – 12/12

John Goff – 12/22

Ann Taylor – 12/15

Barbara Lellis– 12/16

Peggy Graham – 12/19

Obdulia (Julie) Torres – 12/6

Fran Lindquist – 12/25

HOW YOU CAN HELP THE YOUNG AT HEART CENTER



Helping Hands Volunteers

Calling all sewers and crafters! Helping Hands needs volunteers to sew or craft to create unique one of a kind items to be sold in support of the senior center. If you are creative and want to help the senior center thrive, please consider becoming a part of a fantastic team that contributes so much to do great things. Please see Eva for more information.



Volunteer Bus Drivers

Young at Heart needs weekly volunteer drivers and a substitute volunteer to drive our 14-passenger bus to pick up members and transport them to NAM from 7:45am to 9:30am on Monday, Wednesday, and Friday. No special license is required.



Bingo Callers

YAH is seeking volunteers to serve as Bingo callers for Monday, Wednesday, and Friday. If you are available please call Eva at 281 885-4601. Training will be provided.

BRAIN GAMES ANSWERS

1. That which does not kill us makes us stronger.
2. Revenge is a dish best served cold. (Revenge is mine and Revenge is sweet are also correct).
3. Spare the rod and spoil the child.
4. It's better to light a candle than to curse the darkness.
5. A rising tide lifts all boats.
6. Time and tide wait for no man.
7. A chain is only as strong as its weakest link.
8. There's no such thing as a free lunch.



Young at Heart Senior Center Activities



DECEMBER

2023



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
|  4 9:30am Exercise Class 10 am Bingo 10:30am Wii Bowling 11:30am 60+ Cafe/Nat'l Sock Day 12pm Duplicate Bridge | 5 10:00am Helping Hands 10:30am Tap Dance |  6 9 am Advanced Line Dancing 10am Bingo 10:15am Fitness for Seniors 11:30am 60+ Cafe/Lunch & Learn (Medicare OE) |  7 10am Helping Hands 10am Beginners Yoga 10am Intermediate French 11am Ballet 12pm Beginners French | 1 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Dominoes 11:30am 60+Café |
| 11 9:30am Exercise Class 10 am Bingo 10:30am Wii Bowling 11:30am 60+ Cafe/Holiday Bingo Gift Exchange 12pm Duplicate Bridge | 12 10:00am Helping Hands 10:30am Tap Dance | 13 9am Advanced Line Dancing 10am Bingo 10:15am Fitness for Seniors 11:30am 60+ Cafe/Bingo Extravaganza hosted by Mera Vintage Park | 14 10am Helping Hands 10am Beginners Yoga 10am Intermediate French 11am Ballet 12pm Beginners French | 15 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Dominoes 11:30am 60+ Cafe/Birthday Celebration/Ugly Christmas Sweater Day |
| 18 9:30am Exercise Class 10 am Bingo 10:30am Wii Bowling 11:30am 60+ Cafe/Holiday Music 12pm Duplicate Bridge | 19 10:00am Helping Hands 10:30am Tap Dance | 20 10am Bingo 10:15am Fitness for Seniors 11:00am Live Holiday Music and Dancing 11:30am 60+ Cafe/Holiday Party | 21 10am Beginners Yoga 10am Intermediate French | 22 NAM CLOSED  |
| 25 NAM CLOSED  | 26 NAM CLOSED  | 27 10am Bingo 10:15am Fitness for Seniors 11:30am 60+ Cafe | 28 10am Helping Hands 10am Beginners Yoga 10am Intermediate French 11am Ballet 12pm Beginners French | 29 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Dominoes 11:30am 60+Café/New Year's Celebration |

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Young at Heart Center Closed
Share Your Christmas Holiday Distribution