

Rockville Terrace

SENIOR LIVING



4625 Mangels Blvd. • Fairfield, CA 94534 • (707) 862-2222

December 2023



ROCKVILLE TERRACE MANAGEMENT

Executive Director Carol Dowell
 Director of
 Resident Development Hannah Richardson
 IL/AL Care Director Josephine Garcia-Evans
 MC Care Director Stacy Sharp
 MC Activity Director Jolene Barnett
 Dining Services Director Frank Minor
 IL/AL Activity Director Gloria Garcia
 Housekeeping Director Trina Bartholomew

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Save the Dates

12/01 Holiday Food Drive Begins
 12/12 Let it Snow Paint and Sip
 12/16 Food Drive Bingo Fundraiser
 12/21 Passport to the North Pole

Welcome December

December is finally here! As we all know, December is not just the last month of the year, but much more. It ushers us into the new year ahead of us with all the blessings it offers. We are so blessed and grateful here at Rockville Terrace -- blessed and grateful for our amazing residents, families, and staff! A month of joy and a month filled with happiness and fun! Get ready because December here is one for the books! Check our calendar and set your reminders. I promise you do not want to miss out. From all of us here at Rockville, we wish you all an amazing and joyous holiday season!

The Joy of Simple Things

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

Treats. Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration.

Decorations. Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

Crafts. Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work.

Music. Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.

Gloria Garcia
Activities Director
Independent & Assisted Living



Welcome to Our Community!

Welcome! We are so excited to meet you! Please do not hesitate to introduce yourself or ask questions. We are here to help you any way we can!

- Foye F
- Barbara S
- John R
- Marylou M
- Lilia C
- Dave W
- Karen W

Happy Birthday to the Following Residents

Dolores E	12/02
John M	12/07
Gail P	12/12
Hobert H	12/25



After-Hours Assistance:

For assistance with anything **AFTER 5:30 PM** on any day, please call one of the following phone numbers:

Independent & Assisted Living:

707-344-3254

Memory Care:

707-366-2122

What's Cooking

Cooking With Glo

Please join us on Thursdays at 2 pm for "Cooking with Glo" in the upstairs dining room! This month we will be cooking our favorite holiday dishes together. Residents will be involved in planning and assembling our dishes. We would also love our friends and family to join us! If you have a family recipe you would love to share, please see activity director Gloria or email gloria@rockvilleterrace.com.

Sister Spices

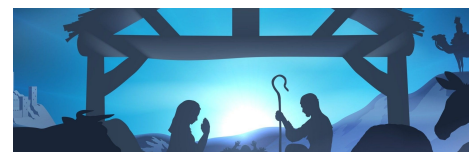
Two favorite fall spices, nutmeg and mace, actually come from the same evergreen tree. Nutmeg is the seed of the tree's fruit, and mace is made from the red-orange webbing that surrounds each seed. Both are used in baked goods and savory recipes featuring hearty meats and vegetables, but mace has a much spicier flavor.



Prayer Corner: "A Christmas Carol"

"In the bleak mid-winter
Frosty wind made moan, Earth
stood hard as iron, Water like a
stone; Snow had fallen, snow on
snow, Snow on snow, In the
bleak mid-winter Long ago. Our
God, Heaven cannot hold Him,
nor earth sustain; Heaven and
earth shall flee away When He
comes to reign: In the bleak
midwinter A stable place
sufficed The Lord God Almighty
Jesus Christ. Enough for Him,
whom cherubim Worship night
and day, A breast full of milk
and a manger full of hay;
Enough for Him, whom angels
Fall down before, the ox and ass
and camel Which adore. Angels
and archangels May have
gathered there, Cherubim and
seraphim Thronged the air; But
only His mother in her maiden
bliss Worshipped the Beloved
With a kiss. What can I give
Him, Poor as I am? If I were a
shepherd I would bring a lamb,
If I were a Wise Man I would do
my part, — Yet what I can I give
Him, Give my heart." - Christina
Rosetti (1830-1894)

Residents that are interested in Catholic services, join us for communion & rosary held every Sunday. If you are interested in other religious services, please reach out to Gloria (Activity Director) to help assist with your needs.



Happy Birthday to Our Memory Care Resident Born in the Month of December

- Edna M. - 12/29

Memory Care's Monthly Birthday Bash will be held on 12/28 at 2pm with cake and ice cream, with sugar-free options available.



December Showtimes

The movie theatre is reserved for Memory Care residents, Monday afternoons at 1:30pm with fresh popcorn & refreshments! Check out what's showing this month on the big screen!

- 12/4- National Lampoon's Christmas Vacation
- 12/18- White Christmas



CANDID CORNER: Passport to Disneyland



Minnie Mouse in the house with Renate & Verle, they are so cute!



Clotilde had to show off her face painting with Minnie Mouse; gotta love her!



Sally dancing with Minnie Mouse; looking good, ladies!



Pauline was ready to go to the party!

Jolene Barnett
Memory Care Activities
Director

Hello, I would like to ask our memory care families if they can bring in one gift wrapped for their loved one with their name on it so on Christmas morning the staff will give them their present to open along with some Christmas treats right after breakfast. Please bring them in by Wednesday, December 20th. If you have any questions, please feel free to reach out to me by phone at 707-862-2222 or via E-mail jackie@rockvilleterrace.com.

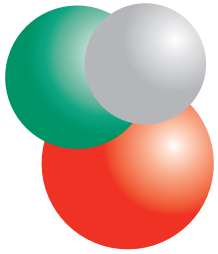
Thank you!

What's Cooking

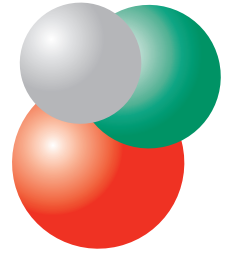
Join us for these yummy upcoming 2:00pm socials!
Sugar-free options available.

- 12/7 - Making Christmas Cookies
- 12/12 - Making Gingerbread Houses
- 12/20 - Making Homemade Fudge
- 12/28 - Making Spice Cupcakes





Greetings of the Season



Happy Holidays! Our entire staff would like to wish you and your family and friends a joyful holiday season and a wonderful New Year!



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