

# Wyoming Warbler

Wyoming Woods | 2600 Waldon Woods Dr. | Wyoming, Michigan 49418

## Celebrating December

### December 2 & 30

Music with Kevin Cavanaugh

### December 3

Christmas Carols with Steve Ripley

### December 4

Outing to the Spirit Christmas Store

### December 5

Music with Marty Miller

### December 9

Music with Mark Howells

### December 11

Outing Christmas Lite Show

### December 16 & 17

Wyoming Woods Christmas Party

### December 17

Worship with Elle

### December 19

Performance by the Senior Steppers

### December 23

Music by Flobone

### December 25

Merry Christmas

## Christmas Spirit

Thanksgiving is over & the Christmas Season has officially begun. This time of year, is always filled with so many memories & family traditions, Christmas programs & music, shopping & the rush of finding the perfect gift. We start out at the beginning of the month in eager anticipation of Christmas Day; and yet, at times, we fall prey to the hustle & bustle of the season, of missing loved ones that we cared so deeply for; & sometimes we tend to become depressed, or lonely, or anxious. But we don't have to feel this way as there are some simple ways in which we can remember to enjoy this special time of year.

**The Spirit of Giving:** This season reminds us that true joy comes from giving without expectation of receiving. It's about giving love, hope, and compassion to others, following the example of Christ who gave His life for the world.

**The Spirit of Love & Service:** We are called to love one another as Christ loved us. This means showing kindness. Helping the less fortunate, and ministering to those in need, just as Jesus did.

**The Spirit of Peace:** The spirit of Christmas is a spirit of peace, which involves forgiving others, ending conflicts, and opening our hearts to wisdom.

**The Spirit of Joy & Hope:** We find joy in the simple gifts of life & can find hope even in adversity, remembering the light of Christ within us. By focusing on gratitude & faith, we can overcome fear & find peace.

Let us seek the spirit of Christmas by turning out hearts to God, giving thanks for our blessings, sharing our love & kindness with others.

May our celebration be a reflection of Christ love, with giving & service taking precedence over getting material things.

May we carry the Christmas spirit of love, peace, and joy with us throughout the year, no matter where we are in our life.

Merry Christmas!





These nights will be a time of joy & delight, filled with smiles & laughter, good food & fellowship & sounds of the season played by Liz Collins from Heartstrings Studio who is a gifted cellist.

Because our Wyoming Woods family is growing, we will have the Christmas party on two nights. You can choose which night you'd like to attend with your family.

We can't wait to see everyone there!



Robin Easley to 300  
Sue Sager to 300



### Residents

Daniel Henderson~12/30  
June Russell~12/30

### Staff

Lakisha Rutledge~12/9  
Sydjarrah K Moreno~12/11  
Becca Wheeler~12/12  
Steve Rocha Gonzalez~12/14



# SPRINT WEEK

## MONDAY, DECEMBER 15

**Trim the Tree**~ Wear your best decorations, such as hats, glasses, head bands, necklaces, earrings, garland, trees on your shirts. You name it! The more festive the merrier!

## TUESDAY, DECEMBER 16

**Wear Red**~Display as much red as you can

## WEDNESDAY, DECEMBER 17

**Wear Green**~Display as much green as you can!

## THURSDAY, DECEMBER 18

**Christmas Pajamas**~ find your coziest, comfiest jammies & wear them all day!

## FRIDAY, DECEMBER 19

**National Ugly Christmas Sweater Day**~ Find your ugliest sweater & show it off. The uglier the better!

## Shades of Calm

Looking for that perfect gift for someone on your "nice" list? Consider a coloring book. Coloring books are no longer just for children. Adult coloring clubs meet up at bars after work. Executives gather employees in conference rooms for impromptu coloring sessions. Just look at Amazon's Best Sellers list, which regularly features adult coloring books. Recent top titles lean toward cozy, bold, easy-to-color designs. While Johanna Basford's intricate *Secret Garden* remains iconic and beloved, selling over 21 million copies worldwide, current bestsellers favor simpler, hygge-inspired pages.

Why are adults so drawn to coloring? Research continues to support coloring as a form of stress relief. It promotes mindfulness and flow, engaging the brain in a soothing, focused activity that quiets anxiety. Clinical psychologist Ben Michaelis explains that the amygdala, the part of our brain responsible for our fight-or-flight response, takes a rest while we focus on coloring. Dr. Michaelis is such a believer that he both prescribes coloring to his patients and uses it at home with his own family.



Come for a festive time of music with **Flobone**.

They are a professional chamber duet specializing in various music genres. They aim to make their performances fun & entertaining for diverse audiences.

Tuesday, December 23 at 4pm on 500 Hall



**The month of December is a fun & festive one with many fun things taking place. Besides what is listed on the front page under 'Celebrating December', we're also going to celebrate these National Days as well!**

**December 4~ National Dice Day  
&  
National Sock Day (wear some silly, festive socks & show them off)!**

**The month of December is**



**We have some extra days where we are playing our favorite game with some special bingo prizes!**

**December 8~ National Christmas Tree Day**

**December 12~ National Poinsettia Day**

**December 15~ National Cupcake Day**

**December 22~ National Hang an Ornament Day**

**December 26~ National Candy Cane Day**



**We'd like to welcome our new foot doctor to Wyoming Woods! Dr. David Hyde will be here on Tuesday, December 9.**

**He has been serving the West Michigan community for over 25 years.**

**If you would like to be seen by him, please let Jen Davidson, our Wellness Director, know or Izzy Terpstra, our House Manager, they will get the necessary paperwork ready for you.**