

December 2019

Boone County Adult Day Center

Special events:

Tree trimming fun will be happening at the Senior Center Dec. 3rd in the early afternoon. Punch and cookies will be served

Holiday music will be shared at two karaoke Sing a longs Dec. 5th + 19th at the ADC.

The volunteer singers will come to sing and share in the holiday fun on Dec. 12th

Dates to Note:

Christmas lunch with Santa will be at the Senior Activity and Wellness Center December 20th.

Christmas Celebration at the Adult Day Center: December 17th

Adult Day Center is Closed:
Tuesday Dec. 24nd
Wednesday Dec 25th
Wednesday January 1st

Happy Birthday to:
Carol on December 11th

Chewy Jumbo Chocolate Chip Cookies

(from Land O' Lakes Butter pkg. Makes about 26 Jumbo Cookies)

Ingredients:

Preheat oven to 375°

4 1/4 Cups All Purpose Flour	1 1/4 Cups Sugar
1 teaspoon Baking Powder	1 1/4 Cups firmly packed Brown Sugar
1 teaspoon Baking Soda	2 Eggs
1/2 teaspoon Salt	1 1/2 Cups Unsalted Butter
	1 Tablespoon Vanilla Extract
	1 12 oz. package Semi-Sweet Chocolate Chunks or Chocolate Chips

Directions:

Heat oven to 375°

Combine flour, baking powder, salt, and baking soda in medium sized bowl. Set aside.

Combine butter, sugar, and brown sugar in a large bowl. Beat at medium speed, scraping the bowl often, until creamy. Add eggs and vanilla. Continue beating, scraping often until well mixed. Reduce speed to low. Beat, gradually adding flour mixture until well mixed Stir in Chocolate chunks.



Local Events happening in December:

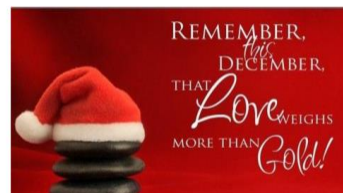


The Boone County Senior Center is holding an Ice Cream Social December 10th at 11:30 am

Followed by live music featuring

The Cowboy Band at 1:00

The event is open to the public and donations gladly accepted.



You are invited to the Harrison Women's Connection
DECEMBER BRUNCH

Tuesday, December 10, 2019
10:00 a.m. – 12:00 noon

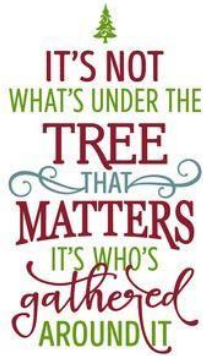
First Baptist Church
1400 S. Pine St.



These events are at NARMC Hospital.



As the holiday season approaches, let us all try to remember...



The staff of the Adult Day Center want to wish each and every one of you a very merry Christmas and a blessed New Year! We are thankful for the opportunity to serve you and look forward to another year of fun and fellowship with you.



Boone County ADC
Open Monday – Friday
7:30 am to 4:30 pm
1516A Rock Springs Rd
Harrison AR 72601
870-741-4991
Katie Causey, Director

Resolutions that can make a big difference:

We all need to stay active and healthy. When the new year comes, many of us tend to make resolutions that never get accomplished. Here are some things that everyone can commit to for a better year in 2020:

1. Stay mentally active

Just as physical activity helps keep your body in shape, mentally stimulating activities help keep your brain in shape — and might keep memory loss at bay.

2. Socialize regularly

Social interaction helps ward off depression and stress, both of which can contribute to memory loss. Look for opportunities to get together with loved ones, friends and others — especially if you live alone

3. Get organized

You're more likely to forget things if your home is cluttered and your notes are in disarray. Jot down tasks, appointments and other events in a special notebook or calendar. Set aside a place for your wallet, keys and other essentials.

4. Sleep well

Sleep plays an important role in helping you consolidate your memories, so you can recall them down the road. Make getting enough sleep a priority. Most adults need seven to nine hours of sleep a day.

5. Eat a healthy diet

A healthy diet might be as good for your brain as it is for your heart. Eat fruits, vegetables and whole grains. Choose low-fat protein sources, such as fish, lean meat and skinless poultry. What you drink counts, too. Too much alcohol can lead to confusion and memory loss.

Happy holidays from our family to yours!

Updating our paperwork for the New Year :

To ensure the safety and health of our clients, the Adult Day Center will be sending home forms to update the Client files for the New Year. It is essential that we have these updated forms as soon as possible. These documents contain important information such as current doctors, list of medications and doses, as well as a list of reliable LOCAL emergency contacts to call in the event of an emergency.

Please be on the lookout for these forms to return.

Thank you.

