

Luther View Ledger

Special Interest Articles:

- Bless you all!
- New Year Event
January 5th
- Learned from Santa

Individual Highlights:

Jaunts with Jean for December!	2
Blood Pressure Screening	2
December B'days	2



Blessed Holy-Days to All

May the blessing of the holidays be with you during this season, and may your celebrations be great!



HAPPY NEW YEAR !

Let's get together and celebrate the year 2010 on January 5, at 12:30 p.m., with a "New Year's" party. We'll eat well as usual, and we would ask each of you to bring something to share, either a story or a song, or an item that speaks of your thoughts, goals, or plans you have made or hope for, in this coming year. You can also tell jokes or dance, whatever you feel expresses your hopes and dreams for 2010!

Let's have fun!





News from "Jaunts with Jean" ~ Trips for November

Jean Collins has begun "Jaunts for Jean" once again. Thank you, Jean! During December, there will be two trips on Mondays: One Dec. 7th, and the journey for the day will be a total surprise! And on December 14th, Jean will drive you to the Hotel del Coronado, where you will experience the Christmas decorations and be invited to do some shopping.

To sign up for the Jaunts, please call Barbara Hoffman at 858-273-5056! The van will take up to eight passengers, so sign up right away!

Reminder!

Medical or other appointment rides may be given on Tuesdays if planned ahead with Dale, for \$3 if you only need a trip one way (either a ride to the doc or a ride home from the doc) and \$5 for a round trip (drop off AND pick up).

Learned from Santa

Encourage people to believe in you.

Always remember who's naughty and who's nice.

Don't pout.

It's as much fun to give as it is to receive.

Some days it's ok to feel a little chubby.

Make your presents known.

Always ask for a little bit more than what you really want.

Bright RED can make anyone look good.

Wear a wide belt and no-one will notice how many pounds you've gained!

If you only show up once a year, everyone will think you're very important.

Whenever you're at a loss for words, say: HO, HO, HO!"



On the first Sunday of every month free blood pressure screening is available in the office foyer at Christ Lutheran Church.

This service is for all Luther View residents courtesy of CLC's Health Ministries and the Nursing Students from Azusa Pacific University. In addition, blood sugar screening is also available at no charge. Stop by and pick up health related brochures and a pocket sized blood pressure record card. The hours are **any time between 9:00 AM and 11:00 AM** - no appointment is necessary!



Birthday Celebrations!

*Happy Birthday Greetings for December
go to:*

Jo Latrinica Maria Spatafore
Dottie Clausen Barb Aiello
 Bob Radisch

*If we've missed you somehow,
let us know!!!*