



## Welcome to December!

Christmas is upon us here at Azalea Estates. Our tree is decorated and we are cozying up for some December fun. We have **Christmas carolers coming on December 10th**. On **December 11th, we are having our Resident Formal Christmas Dinner** with a special dinner, a performance by Tin Roof Band, Santa Claus, and Christmas carolers. **We will be wearing our favorite pjs on the 12th**. On the 16th, we are having **Holiday Trivia and eggnog**. There will be a Christmas concert by **Johnny & Jewell on the 18th**, and then another Christmas concert with **Penny Miller & Family on the 19th**. A Taste of Christmas will be on 23rd. On Christmas Eve, we will have a **Sing-A-Long with Debbie Sanders**. On Christmas Day, we will be watching **It's A Wonderful Life together**. We round out the end of the year with a **New Year's Toast on the 31st**.

*We look forward to a month filled with Christmas activities.*



## Are holiday tunes good for your health? Here's what science says.

*What does science say about the impact of festive music on our mood and health? It turns out, your reaction to holiday tunes might reveal more than just your taste in music.*



[Read More On The Benefits of Holiday Music](#)

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## Thanksgiving at Our Community

Our cup runneth over from our Azalea Resident & Family / Friends Thanksgiving Feast we had on Sunday, November 16th from 12:00-2:00 pm. We enjoyed a large turnout, lots of good food, and many memories were made among family and friends.

Our hearts are full from the families that entrust their loved ones to our Azalea community.





## Easing Holiday Isolation

*Health issues, financial strain, family stress or the aches and pains of aging can make it challenging to participate in holiday activities. Here are 10 expert-backed tips to make the holidays more enjoyable for older adults.*





[Read More](#)





## 20 Festive Holiday Activities for Seniors

November is Alzheimer's Awareness. Whether your loved one lives independently, with family, or in a care community, the right activities can transform the holidays from a passive season into an engaging and heartwarming experience.

[Read More](#)

## 50 Holiday Gifts for Seniors

We've got the ultimate roundup of holiday gifts perfect for the older adult in your life. From technology to exercise and so much more, we've got an idea for just about everyone on your list.

[Get The Gift Guide](#)

### Meet Hazel





Ms. Hazel Lee has been an Azalea community resident for going on three years. She is originally from San Bernardino, California. She is now in Georgia to be closer to her daughter, Sharon (pictured here). When asked, Ms. Hazel said she enjoys the activities and food here at Azalea Estates. Sharon and Hazel were among the community members here for the Azalea Estates Thanksgiving Feast we had in November.

## CROCKPOT PEPPERMINT WHITE HOT CHOCOLATE

NON-ALCOHOLIC | SERVINGS: 8

### *ingredients*

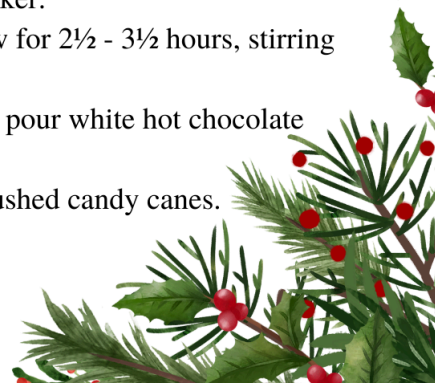
8 oz white chocolate  
broken into small pieces  
4 cups half and half  
2 cups milk  
14 oz can sweetened  
condensed milk  
7 oz jar marshmallow  
creme  
1 cup peppermint  
mocha creamer  
1 tsp peppermint extract  
Candy canes & whipped cream for garnish.



### *directions*

1. Combine white chocolate, half and half, milk, sweetened condensed milk, marshmallow creme, creamer, and peppermint extract in a slow cooker.
2. Cover with a lid and cook on low for 2½ - 3½ hours, stirring occasionally.
3. Place a candy cane in a mug and pour white hot chocolate over the top.
4. Top with whipped cream and crushed candy canes.

*\*Recipe from Mom On Timeout*



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