

The Vineyards

CALIFORNIA ARMENIAN HOME

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RCFE#10040070 • PCOA #319

A Popular Plaid Pattern

The iconic uniform of lumberjacks and other outdoorsy types, the pattern known as buffalo plaid starts popping up everywhere as soon as cooler weather sets in. The black-and-red checkered motif has origins with Scotland's MacGregor clan, who wore a similar pattern called Rob Roy tartan that was brought to the U.S. during the 1800s, becoming a favorite of folks on the frontier. Still a fashion staple, buffalo plaid now covers a variety of home goods, from bedding to wall decor and wrapping paper.

Put Puzzle Pieces on Plates

When you're working on a jigsaw puzzle, it helps to separate the pieces by similar colors and patterns. Use trinket dishes or saucers to hold different groupings so they will be easier to see, won't get mixed up with other pieces, and can be quickly moved around your workspace as needed.

Memorable Melody: 'Jingle Bell Rock'

Turn on the radio or enter a shopping mall this time of year, and you're bound to hear this hoppin' holiday hit, released by Bobby Helms in 1957. Written by two admen, Joseph Carleton Beal and James Ross Boothe, and featuring guitarist Hank Garland, the song mixes elements of the classic carol "Jingle Bells" with trendy tunes of the era, including "Rock Around the Clock." Within two days of its debut, "Jingle Bell Rock" became a top 10 single, and continues to dominate the airwaves every holiday season.

December 2021

Lifestyles Center Office Hours

Monday	8:00am-4:30pm
Tuesday	8:00am-4:30pm
Wednesday	8:00am-4:30pm
Thursday	8:00am-4:30pm
Friday	8:00am-4:30pm
Saturday	8:00am-4:30pm
Sunday	CLOSED



A Handful of Facts About Gloves

As temperatures dip with the changing seasons, you may pull on a pair of gloves to keep your fingers warm. But this simple wardrobe staple has had dozens of other handy purposes throughout history.

- The earliest known gloves were found in King Tut's tomb.
- Medieval blacksmiths, woodcutters and masons wore gloves made of leather, metal or wool to protect their hands from injury.
- You may have heard the phrase "throw down the gauntlet," meaning to challenge someone. This saying refers to the heavy metal gloves worn by knights, which could be tossed at the feet of an opponent to begin a duel.
- Long gloves became fashionable for ladies in the 1500s. Queen Elizabeth I of England loved gloves so much that she owned about 2,000 pairs!
- Why do cars have a glove box? Because leather driving gloves were once must-have accessories that protected the hands from a hot or cold steering wheel and provided better grip.
- From baseball to boxing to billiards, gloves are used in many sports for both safety and skill.



Sending Season's Greetings

Mailing a greeting card may seem old-fashioned and quaint. But the tradition continues to thrive, with around 1.5 billion holiday cards sent every year in the U.S.

An Englishman named Sir Henry Cole created the first holiday card in 1843. A government worker and activist, Cole had just helped to reform the British post office, lowering postage to a penny so more people could afford to send mail. Cole was also very popular, and struggled to find time to respond to the many holiday letters he'd received. Motivated to solve two problems at once—promote the postal system and send quick greetings to his friends—Cole commissioned artist John Calcott Horsley to design a holiday postcard. The card's front showed scenes of a festive family dinner and people doing charitable deeds.

Improved printing methods helped popularize holiday cards in the following decades. By the turn of the century, companies in both the U.K. and the U.S. were printing millions of greeting cards each winter.

Hooked on Needlework

The cozy hobby of crafting with yarn is a favorite among all ages.

Any artistic endeavor results in a feeling of satisfaction when the project is complete. The same is true when somebody finishes knitting or crocheting a hat, scarf, blanket or other item. Being able to use their creation, or see someone else use and appreciate it, makes this happy glow even stronger.

But even while a project is still a work in progress, the benefits of knitting and crocheting are huge. Many yarn crafters say the process itself is a form of therapy that distracts them from anxious thoughts and bad habits, soothes irritability and stress, eases boredom and reduces insomnia. The repetitive motion of the needles and texture of the yarn results in a relaxing and meditative experience.

Those same movements help build and maintain strength in the hands, and the calming activity can lower blood pressure. Since stitching involves counting and concentration, it's also a brain booster, with studies showing the hobby may reduce the risk of dementia.





In With the New

In America, New Year's Eve celebrations are a time for singing "Auld Lang Syne," watching the ball drop in Times Square, sharing a kiss at midnight, and eating black-eyed peas. But the rest of the world celebrates in many different ways:

Denmark. In this country, it's customary for pals to throw old plates and glasses at each other's front doors. A heaping pile of broken dishes on a home's

doorstep is considered lucky, because it shows those inside have many friends.

Philippines. Filipinos wear polka-dotted clothing and eat round foods during their New Year festivities. The circular shapes represent coins and are meant to bring prosperity.

Spain. At midnight, people in Spain eat 12 grapes, one for each chime of the clock, to bring good luck for the coming year.

Japan. Among the many Japanese New Year's customs is *osoji*—a "big cleaning" of the entire house to prepare for a fresh beginning. Folks also eat long noodles, which represent a long and healthy life.

A Merry Mint

Sweetening candies, cookies and coffee, while adding a cool, fresh scent to soaps, scrubs and lotions, peppermint is an iconic flavor of the holiday season.

The peppermint plant is a natural hybrid of water mint and spearmint. It blooms in July and August, sprouting tiny purple and white flowers.

Due to its calming and numbing effect, peppermint has been used to treat several conditions. When applied to the skin, peppermint oil can treat headaches and skin irritations.

Peppermint has also been known to relieve digestive problems and nausea, as well as congestion and other cold

symptoms. Eating a peppermint candy or sipping on peppermint tea are tasty ways to enjoy these benefits.

The herb is a good source of manganese, vitamins A and C, fiber, folate, iron, magnesium and calcium. Fresh or dried leaves can be added to salads, soups and beverages for a refreshing and nutritional boost.



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December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday to Our December Babies!			1	2	3 Elsa V.	4
5 Jean J.	6	7 Donna L.	8 Pat L.	9	10	11
12	13	14	15 Betty V. & Patricia P.	16	17	18 Darlene M.
19	20	21	22	23	24 Christmas (Observed)	25 Christmas
26	27	28 Maarten S.	29	30	31 New Year's Day (Observed)	

