



December 2019

1503 Fourth Street NW Albuquerque NM 87102
Hours of Operation 8:30– 3:30 Monday thru Friday
Call 1-844-366-2472



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3	4 11am-1pm Retrain Your Brain 12-1p gentle chair Yoga w/ Stephanie	5	6	7
8	9 	10	11 11am-1pm Retrain Your Brain	12 	13	14
15 	16 11:00a-12:30p Alternative Behavior Strategies 12:30-2:30 Paint, Coffee, and Conversation NO TARDIES ALLOWED	17	18 11am-1pm Retrain Your Brain <i>Annual Holiday Party!</i>	19	20	21 Last weekend to do your shopping!
22 	23	24 Christmas Eve 	25 CLOSED Christmas Day 	26	27 National Fruitcake Day 	28
29	30	31 	CLOSED New Years Day 2020 Cheers	Happy Holidays 		

December 1-*World Aids Awareness Day* is today. This day is noted around the world, by fundraisers and educational programs, and events. HIV/AIDS is one of the worlds biggest medical crises. It is estimated that approximately 40 million people in the world currently have aids. One million of them, are in the United States. Each year, over

December 7th- Pearl Harbor Day, commemorates the Japanese attack on the U.S. Naval base at Pearl Harbor. The attack began at dawn December 7, 1941. It crippled the U.S. Pacific Fleet, and caused the U.S. to enter World War II. During the attack at Pearl Harbor, over 2,400 American servicemen and 68 civilians were killed. Five of the

December 9- *Christmas Card Day*, honors Sir Henry Cole (1818 - 1874) of England. Cole created the first commercial Christmas Card in 1843. Just a few decades ago, sending Christmas cards through the mail was a holiday "must". Sending cards through the mail continues to be very popular. The cost and time for writing and sending cards has caused many people to stop sending them. Free Ecards have surged in popularity. Animated Christmas and seasonal Ecards have made sending and receiving them a lot of fun. Today is a good day to send out your Christmas cards and holiday greetings. If you have yet to do so, use today to get a start.

December 12th- These beautiful flowers are a well-recognized symbol of Christmas. Poinsettia Day was officially declared by an Act of Congress. It is in honor of Joel Roberts Poinsett, who died on December 12, 1851. Poinsett was the first Ambassador to Mexico. Poinsett brought this colorful plant back to his plantation in the U.S. He grew the plants in his Greenville, S.C plantation and gave them out as gifts to friends. According to Mexican folklore, there is a story of a little poor girl who had nothing to bring to church for Christmas. On her way to church, she picked some plants by the side of the road. As she entered the church, the leaves at the tips of the branches turned into bright, brilliant red flowers. You guessed it... Poinsettias.

December 15- Today is *Bill of Rights Day*. **The Bill of Rights includes these Amendments:** Amendment 1 - Freedom of speech, press and religion; Amendment 2 - The right to bear arms; Amendment 3 - Protection of homeowners from quartering troops, except during war; Amendment 4 - Rights and protections against unreasonable search and seizure; Amendment 5 - Rights of due process of law, protection against double jeopardy, self incrimination; Amendment 6 - Rights of a speedy trial by jury of peers and rights of accused; Amendment 7 - Rights to trial by jury in civil cases; Amendment 8 - Protection from cruel and unusual punishment, excessive bail; Amendment 9 - Protection of rights not specified in the Bill of Rights; Amendment 10 - States rights, power of the states

On *Bill of Rights Day*, we hope you celebrate your American Citizenship, and spend a few minutes reflecting upon the freedoms that you enjoy. These freedoms do not exist in many countries of the world.

December 22- Chanukah, the Festival of Lights, (also called Chanukah and Hanukah) celebrates victory from Greek religious persecution. The Jewish victory was led by the Macabees in the year 167 B.C. Upon returning to the temple to rededicate it and relight the Menorah, the Macabees found only one small flask of oil, enough to light the Menorah for just one day. However, the flask of oil lasted eight days, Hence the celebration lasts eight days. This is also why it is called the Festival of Lights. Chanukah is a happy and joyous festivity. There is no fasting no eulogies, and no sacrifice. Small gifts are given to family and friends each of the eight days of Chanukah.

Dec 25- Christmas, the biggest holiday of the year. Christmas has both a strong religious and traditional meaning. It has a certain feel, all to itself, that you usually do not feel at any other time of the year. It creates within us, a sense of kindness and concern for fellow man. At no other time are we more generous and giving. It creates a sense of family and belonging. Everyone comes home for the Christmas holiday. It is a time of family and giving. It is truly a time that comes but once a year. Christmas is celebrated in most countries around the world! And so, we invite you to ride along. Join us in celebration of the magic, the wonder and the spirit of this holiday season.

Dec 27- On National Fruitcake Day, those with a sweet tooth can celebrate by eating a slice or two. Otherwise, we suggest you use this day to give your fruitcake to someone....anyone.

December 31 -New Year's Eve is when all the fun and festivities are. We see out the old year and ring in the new. While it is often thought of as a time to drink and be merry, many people take it as an opportunity to eat and be merry. Drinking is not as much a part of the event as it was decades ago, if only because of tougher drunk driving laws. New Year's Day on the other hand, is a time to relax and enjoy the start of a bright and promising new year....a new beginning. It is a time to be with family. After all, you haven't seen your mother in law since last year. So, enjoy everything about New Year's....it only comes once a year. To many Americans, the ball dropping at Times Square in New York City signals the start of the new year in this country. The ball was first dropped in 1908