

December 2020

Sea Breeze Adult Day Center

618 94th Avenue North, St Petersburg FL, 33702 727-623-9092



Upcoming Events & Activities

Exercise with Becky & Lily
Daily 11:45 am

Build a Gingerbread House
Week of Dec 7th

Holiday Caroling
Wednesday Dec 16th

Holiday Celebration
Wednesday Dec 23rd

New Year's Party
Thursday Dec 31st

Weekly Holiday Crafts

Happy Birthday

David

Hard to believe that it is already December. This year has flown by!

We have stayed busy this past month with lots of daily activities and great fall crafts, but like every year our Thanksgiving celebration is the highlight of the month. No matter how challenging a year may have been we can always find something to be grateful about.

We had a great traditional Thanksgiving lunch followed by a special Thanksgiving Edition of the Price is Right.



We already have so many fun activities planned for the month of December. We will be doing some great crafts, holiday caroling, fun games and so much more. We look forward to celebrate our holiday and New Year's Party with all our friends at Sea breeze.



Thanksgiving Lunch



We are so thankful for many things



Fall Craft Project

Strange Christmas Traditions

Christmas brings with it many beloved traditions: trimming the tree, hanging stockings, and singing carols. Many countries around the world enjoy traditions you may be less familiar with.



In Japan, an estimated 3.6 million families eat Kentucky Fried Chicken during the Christmas season. This is largely thanks to Takeshi Okawara, who managed the first KFC franchises in Japan. In 1970, Okawara marketed the Christmas “party barrel,” a complete fried chicken dinner replicating American turkey dinners. There were so few existing Christmas traditions in Japan that KFC filled the void. These days, if you do not pre-order your KFC dinner weeks in advance, you will have to stand in line for hours to get your “Kentucky Christmas.”

If you happen to be in Norway for Christmas, you’ll be hard-pressed to find a broom, for they are all hidden away. Norwegian folklore tells of how evil spirits and witches emerge on Christmas Eve. Norwegians hide their brooms so that witches cannot steal them for riding.

In Caracas, Venezuela, Christmas morning brings presents and roller skates. Authorities close down the city streets on Christmas morning so that thousands of residents can roller-skate to church in safety. One tradition tells of how children go to sleep with one end of a skate lace tied around their toe and the other end dangling out the window. In the morning they are awakened by skaters tugging at the lace to alert them that it is time for mass.

In Ukraine, trees are not decorated with tinsel and ornaments but with faux spider webs. A common folktale tells the story of a poor woman who could not afford tree decorations. When she awoke on Christmas morning, she found her tree glistening with spider webs, courtesy of the spiders in her house who took pity on her.

These traditions may seem strange to you, but does your family have any Christmas traditions that others may find nontraditional?

Sitting Down for Equal Rights

On December 1, 1955, Rosa Parks was commuting home after working a long day at a Montgomery, Alabama, department store. Segregation was written into law and Blacks were required to sit in the back of the bus, with seats in the front reserved for white riders. When a white man entered the bus and found no open seats, the bus driver asked four Black riders seated in the first row of the "colored" section to stand. Three complied, but Parks did not. This was not because she was tired from working all day. In her own words, she "was tired of giving in."

Parks was arrested and later released on bail, but not before word of her arrest reached civil rights activist E.D. Nixon. Nixon quickly organized a boycott of the Montgomery buses and enlisted the support of Martin Luther King Jr. Despite threats and bombings of both Nixon and King's homes, the boycott continued. Nearly a year later, the Supreme Court ruled Montgomery's bus segregation unconstitutional. Parks' story has remained an inspiration for generations of civil rights activists seeking equality, justice, and equal protection under the law.

It is so important to stay physically active as we age. Physical activity not only helps our bodies, but also our minds. That is why we incorporate daily fitness activities in our center programming.

"Aging is not lost youth, but a new stage of opportunity and strength."

Betty Friedan



Exercise with Lily



A hole in one



Staying Fit with Becky's Zumba Class