

Golden Oaks Village

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Golden Oaks Gives back at “The One Tree”

Golden Oaks was blessed to be part of the volunteer efforts in decorating trees for The One. The One is a multi-event Christmas experience spanning through the holidays from November 26, through Jan 6th. The



keystone of the event is the world's tallest fresh-cut Christmas tree, measuring at an astonishing one



Upcoming Events at Golden Oaks Village

- Resident Council Meeting 2:00 pm Monday, January 3rd in the Chapel
- Audio Book Club Wednesdays 1:00pm in the Library
- Rhythm Band 10 am every Friday in the Oak Room
- Tia Chi in the Oak-room at 1:30pm
- Bible Study 10:00am Mondays in the Oak-room
- All events observe socially distant rules

Hanging of the Greens to take place December 1st.



Golden Oaks Village will host our annual Hanging of the Greens Ceremony December 1st at 6:30pm in the Atrium. Come join us as we light and decorate our Atrium tree for the Christmas holiday season. We have invited the First Baptist Church singing chorus to come in to help us bring in the holiday season. They will be performing on the Atrium balconies to allow for our social distancing policies. We are looking forward to the celebration and having everyone together.

Oatmeal Chocolate Chip Muffins



Who doesn't love a healthy grab-n-go breakfast?

This is a super easy make ahead recipe that is perfect for those mornings when you are racing out the door but don't want to skip a healthy breakfast. One or two of these muffins heated in the microwave and you've got a tummy-warming oatmeal breakfast without the mess! Feel free to customize these to your liking, sub out the chocolate chips for raisins or dried cranberries, add a dash of cinnamon or use pumpkin in place of the banana...the options are endless.

Ingredients (for 24 muffins):

- 5 cups gluten-free rolled oats (I used Bob's Red Mill)
- 1 tsp. salt
- 2/3 cup mini chocolate chips
- 2 1/2 cups mashed ripe bananas
- 5 Tbsp. honey or maple syrup
- 2 1/3 cup water
- 5 Tbsp. coconut oil, melted
- 2 1/2 tsp. vanilla extract

Instructions:

Preheat oven to 375° F. Line 24 muffin cups with silicone liners.

In a large mixing bowl, combine oats, salt and mini chocolate chips. In a separate bowl whisk together mashed banana, sweetener, water, oil and vanilla. Mix wet ingredients into dry ingredients, combine thoroughly. Divide evenly into muffin cups. These don't rise so a heaping 1/4 cup of batter is enough to fill the muffin cup without running over. Bake for 20 minutes, rotating pans 180° after 10 minutes.

Remove from oven and cool on wire racks. Freeze in airtight container or plastic freezer bags.



Ladies Bible Study To Start New Year

The Lord Jesus in the Old Testament

Is he in every single book of the Old Testament? Join us in the fascinating study led by Fifi Boutros every Wednesday at 2:00pm in the Oak Room. The Study begins on January 5th 2022. Please call Twila to give your name if you plan to attend so that we may have enough lesson material for everyone.

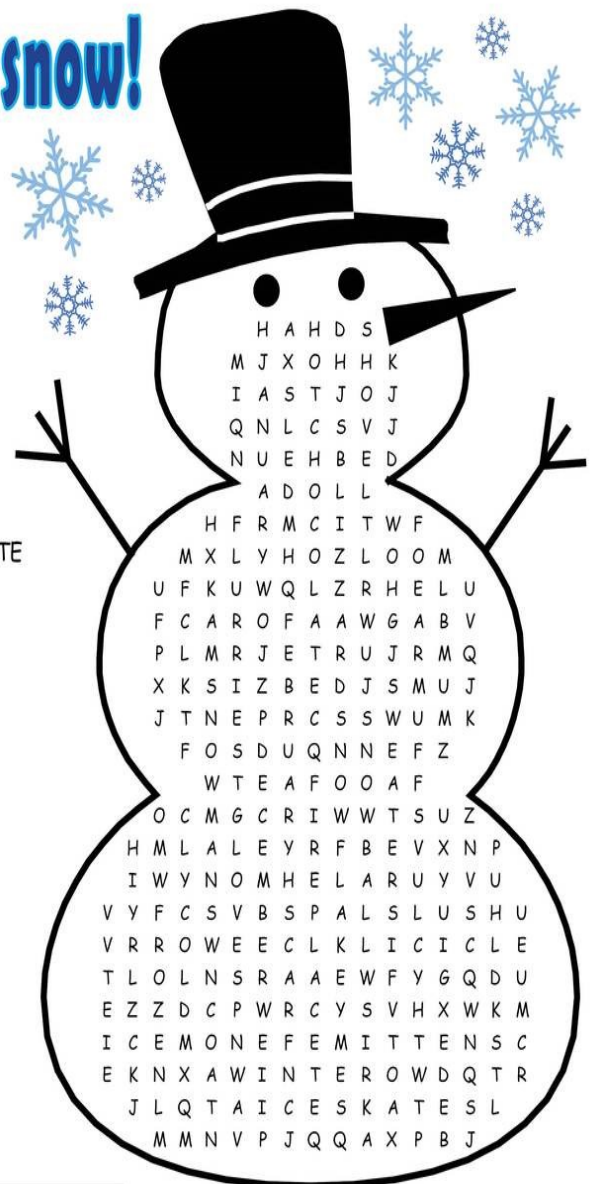
Golden Oaks gives back at “The One Tree” cont.



hundred and forty feet tall. With the intention of building community, strengthening bonds and reinvigorating the meaning of Christmas, The One prays we visit the site during this unforgettable holiday season. Golden Oaks residents decorated a smaller pink and green tree which surround the large 140 ft. Christ Tree. The wind damaged the tree, snapping 27 ft off the top of the tallest living Christmas tree in the world but it was reengineered and now stands tall at 141 ft. with a beautiful star on top.

Let it snow!

- BLIZZARD
- COAT
- COLD
- DECEMBER
- EARMUFFS
- FEBRUARY
- FIREPLACE
- FLURRIES
- FROZEN
- GLOVES
- HOT CHOCOLATE
- ICE
- ICE SKATES
- ICICLE
- JANUARY
- MITTENS
- SCARF
- SHOVEL
- SLED
- SLUSH
- SNOWBALL
- SNOWFLAKE
- SNOWMAN
- SWEATER
- WINTER



Name: _____

National Veterans and Military Families Month



Veterans & Military Families Month was established in 1996 by the Armed Services YMCA, with the U.S. Government recognizing the occasion every year since. Each November, the President signs a proclamation declaring November National Veterans & Military Families Month, and with hundreds of thousands of service members deployed overseas, recognizing the daily sacrifices made by active duty, Guard, and Reserve military families has never been more important.

Excerpt from the 2020 Presidential Proclamation:

“During National Veterans and Military Families Month, we celebrate the loved ones of our country’s men and women in uniform and recognize the sacrifices they have made in support of our Nation’s heroes.”

Reach out to your local MWR or Family Services offices to discover events and services scheduled in your area.

There are many local and national services provided to show appreciation during National Veterans & Military Families Month and beyond.

The following are just a few ways to increase awareness, and provide support to the military community:

Donate a Thanksgiving gift to junior-enlisted members and their families through the USO-Metro’s Turkeys for Troops!

Create a Spouse or Service Member Care Package with items that would help either ease stress during a deployment.

Adopt-a-Soldier for the Holidays

Create a spouse care package for them to enjoy and help reduce stress during training, deployment, and PCS moves and relocations.

Thank an Active-Duty Member, Veteran, Military Spouse, or Military Child for their service.

Visit war memorials with your family to teach your children the value of service.

Fly the U.S. Flag.

Adopt a military family for the holidays by sponsoring a Food Basket or Toys for junior enlisted military families through the ASYM-



**I want to sing of Christmas cheer
For all to hear
Especially for those I hold dear**



**For it is the Christmas season
That gives me good reason
Because it is no treason**

**To give and receive
Sentiments so sincere
To all that are here**

**So I wish you good tidings
On Christmas morn
Because you are loved
By those who hold you dear**





						1
2 Chapel Service 1:30pm Tom LeGrande	3 Bible Study 10am Resident Council 2pm	4 Ambassador Meeting 10am	5 Mens Coffee 7:30am-9am Audio Book Club 1pm Art Class 6:30pm	6 New Resident Orientation 10am Movie 2pm Bingo 6:30pm	7 Drumfit 10am Game Day in Towers 2pm	8
9 Chapel Service 1:30pm Tom Pullin	10 Bible Study 10am Tia Chi 1:30pm	11	12 Mens Coffee 7:30am-9am Audio Book Club 1pm Art Class 6:30pm	13 Movie 2pm Bingo 6:30pm	14 Drumfit 10am Tie Dye Art Room 2pm	15
16 Chapel Service 1:30pm Steve Williams	17 Bible Study 10am Tia Chi 1:30pm	18	19 Mens Coffee 7:30am-9am Audio Book Club 1pm Dollar General 2pm Art Class 6:30pm	20 Bingo 6:30pm	21 Drumfit 10am National Cheese Day 2pm Atrium	22
23 Chapel Service 1:30pm Mark McAdow	24 Bible Study 10am Tia Chi 1:30pm	25	26 Mens Coffee 7:30am-9am Birthday Lunch 11:30am Audio Book Club 1pm Art Class 6:30pm	27 Movie 2pm Bingo 6:30pm	28 Drumfit 10am National Popcorn 2pm Atrium	29
30 Chapel Service 1:30pm Tom Stanley	31 Steering Committee 2pm Hot Chocolate Day 2pm Blood Drive 1-4pm OakRoom					

Are you up for the Family Feud Challenge!

Family Feud originated in 1976 on ABC and was hosted by Richard Dawson. The series was revived on CBS and also now has a nighttime syndication series hosted by Steve Harvey.



Golden Oaks will be holding its own Family Feud game show and evening meal on April 9th at 6:30 pm. Eat in the Atruim from 5-6 pm. Cherry is cooking another wonderful meal. Two teams of five contestants will compete for the title of being the “Best of the Best” and have a chance to take on the staff team for a final opponent. The host will ask survey questions that were previously solicited from the Golden Oaks residents. A certain number of answers are concealed and will be displayed on a big screen for easy viewing. Points will be awarded based on answers given. We will be showcasing our teams on our Facebook site at www.facebook.com/goldenoaks leading up to the event.

Golden Oaks Village joins OHA to provide online exercise classes for all residents

Golden Oaks Chaplin’s Corner

“What comes into our minds when we think about God is the most important thing about us.”

-A. LO. Tozer-

“If God is not our primary focus then everything will soon get out of focus.”

-Selwyn Hughes-

As this new year begins, join us as we focus our Bible Study on knowing God. Who is he really and what is he like?



“Oh, that we might know the Lord! Let us press on to know Him. He will respond to us.”

-Hosea 6:3 NLT-

Join us on Monday mornings beginning January 17th at 10:00am in the Oakroom! All are welcome!

National Veterans and Families Month cont.

A Quick Note from our Executive Director Mark Gray

Greetings!

What a wonderful time of the year this is – a time to celebrate the birth of our Savior and think deeply of all the many blessings we have enjoyed this past year. Each year seems to pass quicker than the year before, yet we always stop and recognize the importance of this time of the year with family and friends.

Even though the world daily brings many problems to our door, we can take great comfort in knowing that we have a loving Savior who is acquainted with our needs. From the moment of His birth in the manger to the time on the cross, His purpose has been clear: to gather His lost sheep and bring glory to His Father.

It has been a special treat for me to enjoy the various celebrations throughout this time of the year as we give voice to traditions and participate in the community gatherings with a common purpose of joy.

It is my sincere prayer that this new year will be one of great accomplishment for Golden Oaks as well as great gratitude for all that the Lord has provided. I would like to encourage everyone to spend time in God's word with a renewed emphasis on learning and applying all that He teaches us as we work together for the benefit of all and to His glory.

May the Lord bless and keep all of us this Christmas season and bring a renewed purpose to each of us in this new year as we journey together.

Blessings!

Mark

Mark A. Gray

Executive Director



Golden Oaks Village

Why More Retirees Are Becoming Renters



Some retirees want to continue to live in their own home as long as possible, but others are attracted to the convenience and flexibility of renting. The number of renters in their early 60s increased by 84 percent since 2008, the most of any age group, according to a new Joint Center for Housing Studies of Harvard University analysis of Census Bureau data. While some of this change reflects the aging of existing renters, one in eight homeowners ages 65 to 74 made an own-to-rent transition over the decade. Here's why retirees are increasingly interested in becoming renters.

Less home maintenance. Maintaining a home is a lot of work, and it becomes more taxing as you age. Even something as simple as changing a light bulb over the stairs can be difficult or even dangerous for an older person. When you rent, you can call someone else to fix the drains and take care of the yard. "They want less of the responsibilities of owning a home," says Jennifer Molinsky, the lead researcher on older adult housing issues at the Joint Center for Housing Studies of Harvard University. "You don't have to mow the lawn anymore and shovel the snow."

As you age, you might not be able to navigate stairs or carry your laundry down to facilities in the basement. Moving to a place with more age-friendly features can allow you to remain independent longer.

Older adults are increasingly likely to live alone, especially after one spouse passes away. Some retirees don't want to maintain a several-bedroom house when they live alone. Apartments provide neighbors who live in closer proximity, which can be useful in the event that you need help. Apartment buildings with shared amenities might provide greater opportunities to socialize around the pool or common areas.

Explore your retirement options at Golden Oaks. We have one three bedroom, two bath unit on the lake and five one bedroom/one & half baths on the smaller lake with pretty sunset views.

Call our professionals today at 580-249-2606.



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www.goldenoaks.com or see us on Facebook www.facebook.com/Goldenoaks

