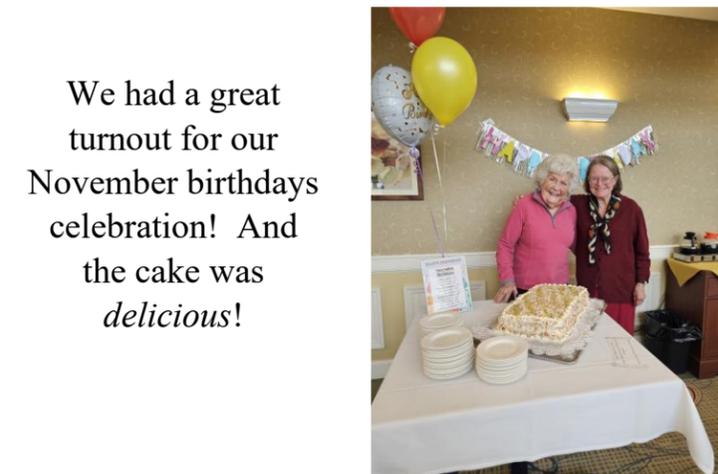




The felt doorhangers that folks made came out wonderful!



A very sincere 'thank you' to all of our veterans. This year's gathering was extra special with Marie T's sons participating in our flag folding ceremony and handing out coins of appreciation to all of our residents.



We had a great turnout for our November birthdays celebration! And the cake was *delicious!*



The Meadows

WESTVIEW MEADOWS ~ 171 WESTVIEW MEADOWS RD. MONTPELIER, VT 05602
PHONE (802) 223-1068 ~ FAX (802) 223-3233 ~ WWW.WESTVIEWMEADOWS.COM

December Birthdays

- Mary Francis O. ~ 1st
- Ruth F. ~ 6th
- Nan P. ~ 9th
- Lorraine K. ~ 11th
- Holli S. ~ 28th
- Karla Iveth P. ~ 29th

Celebrating December

- Bingo Month
- Spiritual
- Literacy Month
- Safe Toys and Gifts Month
- Antarctica Day
- December 1
- Mutt Day
- December 2
- Lost and Found Day
- December 12
- Hanukkah
- December 14-22
- IFCM World Choral Day
- December 14
- Christmas
- December 25
- Boxing Day
- December 26
- Kwanzaa
- December 26-January 1
- New Year's Eve
- December 31

Christmas...
 A time of reflection
 A time of good cheer
 A time for friends and family
 During a special time of year!

You and your guests are cordially invited to

Westview Meadows
Holiday Friends & Family Open House
Wednesday, December 10th, 2025
3pm - 6pm

Serving a large assortment of
 Hors d'oeuvres Holiday Eggnog &
 Other Beverages

Musical Entertainment: Judy Byron
 ~ Harpist

RSVP to Carrie at (802) 223-1068
 ext. 4 or
cbarrett@westviewmeadows.com by
 Friday, December 5th

MEET YOUR NEIGHBOR



Claire L. moved into our Residential Care community recently and says she is very glad to be here. She loves her apartment, thinks the food is fantastic, and appreciates how everyone she has met is cheerful and friendly. Claire shared that she

was adopted and that her sister, 7 years older and also adopted, picked her out of an orphanage. Her sister always looked out for her, kept her safe, and as adults they were best friends. Claire grew up in Barre, and married at the age of 17. She and her husband were married for more than 60 years and raised 5 children together. They were a team and worked together on everything, always holding a lot of respect for one another. Claire was, at times, a stay-at-home mom. She also worked at U-32 as a home economics instructor, as a receptionist in the podiatrist office of Dr. Guerra, and as a bookkeeper for her husband's contracting business. Claire enjoys gardening, crafts, and is a talented basket weaver. In addition to her family, she holds her religion, friends, and pets, in the highest regard. In the short time that Claire has been here, it's become apparent that she has a kind, generous heart and is a wonderful addition to our Residential Care community. Welcome to Westview Meadows, Claire!

“Thank goodness for the first snow. It was a reminder—no matter how old you became and how much you'd seen—things could still be new if you were willing to believe they still mattered.”
- Candace Bushnell

Udderly Crazy 4-H Carolers
Saturday, December 6th at 2:30pm
Main Dining Room
This group of carolers is sure to spread holiday joy!

Armchair Travel to The North Pole
Tuesday, December 9th at 1:30pm
Main Dining Room
Hop on the Polar Express and join us for a merry ride to Santa's Village in the North Pole! The village of Rovaniemi, in northern Finland, holds the claim to being the “official” home town of Santa Claus. Our journey will include sweets and treats, stories, music, and more!!!



Pot O' Gold Puppy Party

Monday, December 8th at 1:15pm

Country Kitchen

Brenda will be here with her latest litter of golden retriever pups. Come to the Country Kitchen for some snuggle time with these cuties!



Recorded Presentation
Friday, December 12th at 2pm
Main Dining Room

FROM THE EXECUTIVE CHEF DEVEN SIERGIEY

As the chill of winter descends and the holiday season approaches, many turn to time-honored traditions to embrace the spirit of celebration. Among these traditions, few are as beloved or as versatile as eggnog. This creamy concoction, often spiced with nutmeg and served in festive glassware, has a rich history that intertwines with the evolution of culinary practices and social customs. Eggnog, as we know it, is thought to have originated from medieval European possets, a drink made from warmed milk and ale, often spiced for flavor. The term "nog" is believed to derive from the word "noggin," a small wooden mug used to serve drinks. By the 18th century, eggnog had found its way to America, where it underwent significant transformation. Colonial Americans, who had access to rich resources such as eggs and milk, began to add more luxurious ingredients into the mix, including rum or brandy. The drink became popular at social gatherings, especially during festive occasions, creating a sense of community and celebration among those who indulged in it. The custom of serving eggnog during the Christmas season became firmly established, turning it into a holiday staple. The core ingredients of eggnog are fairly simple: eggs, sugar, milk, cream, and a spirit of choice, such as bourbon or rum. However, it is the way these elements are combined that creates the creamy texture and distinct flavor profile that people adore. The process typically involves whisking together the eggs and sugar until light and frothy, then gradually incorporating the dairy and spirits. For a perfect finish, a sprinkle of nutmeg on top adds not only visual appeal but a touch of spice that evokes warmth and comfort. Whether you enjoy it spiked with your favorite spirit at a holiday party or in a decadent dessert, eggnog remains a symbol of warmth and togetherness during the festive season. Its rich history, combined with its versatility in modern-day cooking, ensures that eggnog will continue to hold a special place in our hearts—and in our kitchens—for generations to come. As the holidays approach, consider bringing this delightful concoction into your celebrations, whether by following a traditional recipe or experimenting with your own culinary creativity!

