



Stanford Settlement Newswheel

Celebrating Over 80 Years of Service

MISSION STATEMENT

Stanford Settlement Neighborhood Center helps build healthy communities through individual, family and neighborhood services.

STANFORD SETTLEMENT PROGRAMS

Teen Program

Children's Program

Senior Program

Emergency Assistance

Community
Development

A Holiday Message ...

I LOVE CHRISTMAS! *This is the most wonderful time of year for many of us! A lot of why I love Christmas is because we at Stanford Settlement help so many individuals and families in celebrating their own Christmas. It makes my Christmas celebration a little lighter, a little—more.*

I hope that this time of year is special for each of you—that you can find ways to celebrate the Spirit of this season. It isn't just about presents (although that's fun too). It is entering into the meaning of this holiday—to be with family and friends—to reach out to help another in some small way.

I pray that this Christmas—in whatever way to celebrate this time—be a time of hope, of peace, with family and friends. I pray that many blessings come your way as we move into a new year.

Peace be to all of you!

Sister Jeanne

Executive Director



Children's Program

What fun the kids have been having here this holiday season! Thanks to a donation from Sacramento Valley Produce, each of the children received a small pumpkin that they painted here and took home to display on their porches for Halloween. In November, the staff cooked a turkey, and each group prepared a dish for the annual Thanksgiving feast to share with everyone.

It's hard to believe that the first session of After School Groups is coming to an end already! December 6 will be the last day of the program until January, as we make space available for distribution of Christmas baskets to families in need.

After School Groups meet Tuesdays, Thursdays, and Fridays from 3:00-5:00; on Wednesdays, we meet from 1:00-3:30. The groups are designed to help children build important social skills, learn problem-solving skills, and establish meaningful relationships with peers through fun activities including: arts, crafts, sports, games, cooking, and more. For more information, or to register a child for the next session, call Meg at 927-1303.



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Teen Center



Merry Christmas and Happy New Year! We are very excited to put up our Christmas tree! We are also hosting our annual Christmas pajama party this December. Join us for some delicious food and hot chocolate. Teen Center will be open 12:30- 5PM during winter break so bring your friends and celebrate with us.

If you are in 7th-12th grade and live in the area, we invite you to come check us out. We are open Tuesday, Thursday and Friday from 2:30 p.m. to 7 p.m. and Wednesdays from 12:30 p.m. to 5 p.m. Swing by after school to see what we are all about! If you are currently attending Smythe Middle School, bus route #105 will drop you off at our Teen Center after school! Transportation back home is also available for teens that live in our service area.

Upcoming activities for this holiday season include decorating Christmas ornaments, decorating sugar cookies, making gingerbread houses! We provide a tasty snack and you can also enjoy a bite from our snack bar. Don't forget to bring your friends! For questions or more information, please call Jocelyn, Adam or Porscha at (916) 927-1303.



SENIOR CENTER ACTIVITIES

The Senior Center is open Monday - Friday, 8:00 a.m. until 12:30 p.m.
Seniors 50 years of age and older are welcome!
Transportation available for lunch and other activities.

Bingo daily at 9:30 a.m. (unless otherwise noted) * Games of Pool daily at 8 a.m.
Shopping trips to neighborhood stores * Crafts, puzzles, cards and games daily
Seniorcise classes on Wednesdays at 10:30 a.m.
Senior Fun Fit! on Fridays at 10:15 a.m.



December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 CLOSED
2 CLOSED	3 9:30 Bingo 9:30 Senior Center Christmas Tree Lighting	4 9:30 Bingo 9:30 Walgreens	5 9:30 Bingo 9:30 Seniorcise!	6 9:30 Bingo 9:30 Mini Wreath Pins	7 9:30 Bingo 10:15 Senior Fun Fit	8 CLOSED
9 CLOSED	10 9:30 Bingo 9:30 Make Christmas Cards	11 9:30 Bingo 9:30 Christmas Coloring Contest Begins	12 9:30 Bingo 10:30 Seniorcise!	13 No Bingo Christmas Karaoke	14 9:30 Bingo 10:15 Senior Fun Fit	15 CLOSED
16 CLOSED	17 9:30 Bingo 9:30 Thrift Town Birthday Party!	18 9:30 Bingo 9:30 Mini Wreath Pins	19 9:30 Bingo 10:30 Seniorcise! Coloring Contest Winners An- nounced	20 9:30 Bingo 4:00-6:30 Senior Christmas Dinner	21 9:30 Bingo 10:15 Senior Fun Fit	22 CLOSED
23 CLOSED	24 Christmas Eve! CLOSED	25 Christmas Day! CLOSED	26 9:30 Bingo 9:30 Seniorcise!	27 9:30 Bingo 10:00 Holiday Word Game	28 9:30 Bingo 10:15 Senior Fun Fit	29 CLOSED
30 CLOSED	31 New Year's Eve 10:00 Countdown to Noon Year! Party					



Halloween Party!



SENIOR CENTER NEWS

All Seasons Café – Sponsor : Meals on Wheels by ACC

Come enjoy a hot lunch with friends! “Nutritious and delicious” are often used to describe our meals and, with regular input from our participants, Meals on Wheels strives to meet and surpass this expectation with every meal. The menu changes daily with a variety of entrées like home style meatloaf, chicken breast with tomato basil penne pasta, and mushroom pork. Our nutritious meals also come with fresh fruit or fruit cups and an 8 ounce serving of milk to help seniors stay healthy and feel good! Lunch is served Monday – Friday at 11:30 a.m. and is available for seniors 60+. A donation of \$2 is suggested, but not required. Menus are available at the Senior Center.

Please call 927-1819 by 11:30 a.m. the day before to make a reservation.



December

Senior Christmas Light Tours:

Stay tuned in the month of December. We will be taking a ride through the neighborhood to admire the beautiful Christmas lights and be prepared to be wowed by some of the holiday displays. After the ride we will enjoy a nice little treat.

December Crafts:

Join us at Stanford Senior Center for fun arts and crafts throughout the month. Come make your own Christmas Wreath pin, design Christmas cards, and help us finish our Christmas centerpieces.

Senior Christmas Dinner:

Please join us at Stanford Senior Center for our annual Senior Christmas Dinner on December 20th, 4-6:30 PM. We will have a hot delicious catered meal, have raffle prizes, and live entertainment.

Countdown to Noon Year:

Join us on December 31st at 10AM at Stanford Senior Center to celebrate the New Year. We will have light refreshments and our countdown will begin before the clock strikes 12 noon.

January

Snowflake Craft:

Help us make snowflakes to decorate the Senior Center this winter. All decorating supplies will be provided for this craft.

Martin Luther King Jr. Celebration:

Join us on Tuesday January 22nd to help us celebrate the life of Martin Luther King Jr. We will have different activities inspired by Mr. King and have a group discussion to share personal stories.



Door-to-door Medical Transportation



If you need occasional assistance getting to and from medical appointments, please call Stanford Settlement Senior Center. Transportation to medical appointments is available by request, within a limited service area. Please call (916) 927-1303 for more information.

HICAP

Health Insurance Counseling and Advocacy Program has a counselor at Stanford Senior Center every 1st, 3rd and 5th Wednesday of the month. If you have any questions about your health coverage, please call (916) 376-8915 for an appointment



Operation Cratchit 2018

Stanford Settlement's Annual Christmas Basket Program

Christmas Baskets will be provided to over 700 households in the North area of Sacramento again this year, and we need YOUR help!

Christmas baskets include non-perishable food, new toys for children, and gift certificates for fresh holiday meal items. In 2017, we were able to assist almost 2,500 individuals in having a brighter holiday, with 1,300 children receiving a new toy!

Needed items include:

- New, unwrapped toys and gifts for children and teens
- New Christmas wrapping paper
- Non-perishable food items: canned or packaged foods
- Cash donations

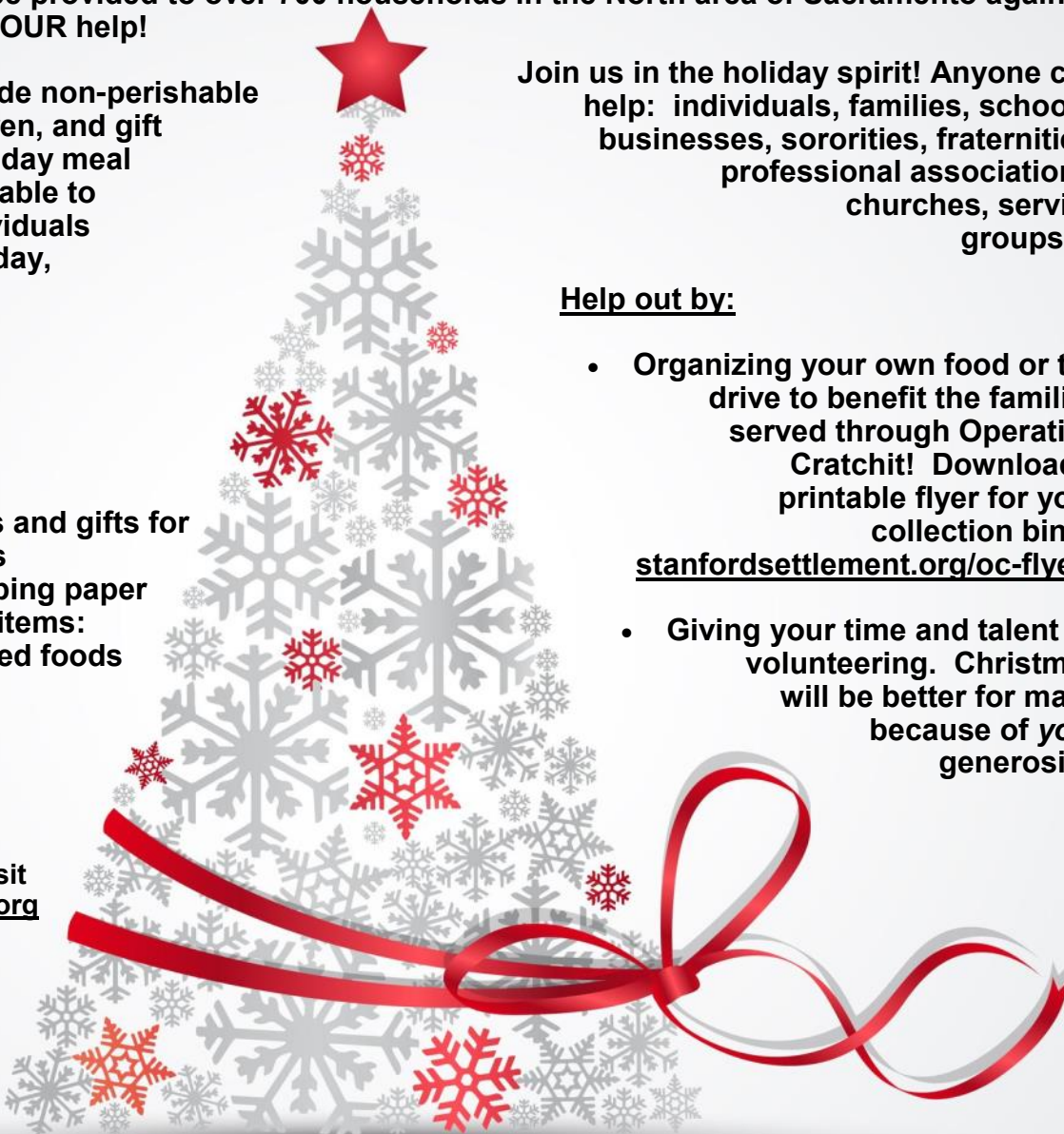
For more information, visit www.stanfordsettlement.org or call 916.927.1303



Join us in the holiday spirit! Anyone can help: individuals, families, schools, businesses, sororities, fraternities, professional associations, churches, service groups....

Help out by:

- Organizing your own food or toy drive to benefit the families served through Operation Cratchit! Download a printable flyer for your collection bin at stanfordsettlement.org/oc-flyers
- Giving your time and talent by volunteering. Christmas will be better for many because of *your* generosity!



Yes, I want to help with Operation Cratchit

_____ Enclosed is a check for: _____ or I will donate online at stanfordsettlement.org

_____ I will collect food, toys, and/or wrapping paper to bring in by December 18, 2018

_____ I would like to volunteer, please call me at: _____

Name: _____

Address: _____

City/Zip: _____

Email: _____



Return to: Stanford Settlement, 450 West El Camino Avenue, Sacramento, CA 95833

Save some time!

DONATE A GIFT ONLINE FROM OUR AMAZON WISH LIST!

Easy

Convenient

Ships items directly to Stanford Settlement

Visit:

<http://tinyurl.com/SSNCWishes2018>

**This holiday, make a
difference while you shop**

Shop for holiday gifts and supplies at
smile.amazon.com and Amazon donates

You shop. Amazon donates.

[amazon](http://amazon.com)smile



"Stanford Settlement helps build healthy communities through individual, family, and neighborhood services."
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Celebrating Over 80 Years of Service

Memorials

In Memory Of...

Remembered By...

**Herman Schier
Betty Eberhardt, Gerry
Dekker, Fran Dekker, Walter
G. Kamena, and Anne T.
Kelm**

Sister Jeanne Felion, SSS
Marsha Eberhardt

Sister Claire Graham, SSS

Rober Lavelle
Jean Artz
Nina Radisch

Laura Elken

David and Margarette Schwartz

Rose M. Trujillo

Victor Pacheco



Donations may be made to the MEMORIAL FUND in memory of a loved one who has died. IN HONOR OF donations can be made to remember a special occasion or a special person in your life. That person will receive a note to let them know you were thinking of them.

What a wonderful way to say "I care."