



Serenity Assisted
Living & Memory
Care
Dilworth, MN

Points of Interest:

- December Birthdays
- Monthly Activity Calendar
- Photos

SNiPPETS

December 2025

WORLDLY Christmas

In Mexico, Christmas is more than just a day—it's a lively season filled with music, food, and family gatherings that stretches from mid-December into the new year. Instead of focusing on only December 25, the holiday season is marked by a series of festive events, each with its own customs and flavors.

One of the most beloved traditions is *Las Posadas*, a religious festival celebrated from December 16–24. Each evening, families reenact Mary and Joseph's search for shelter in Bethlehem. They gather for nightly processions that include singing, candlelight, and, of course, breaking open a brightly colored piñata. The piñatas are often star-shaped with seven points, said to represent the seven deadly sins. Swinging at them is both fun and symbolic!

Decorations also play an important role in the season. Alongside Christmas trees, you'll find homes adorned with poinsettias, or *flores de nochebuenas*, twinkling lights, and Nativity scenes called *nacimientos*. In many towns, community squares sparkle with paper lanterns and light displays, creating a warm, festive atmosphere.

Food is at the heart of the holiday. Families gather on Christmas Eve for *Nochebuena*, the grand feast of the season. Dishes might include tamales, stuffed turkey, or pozole, a hearty hominy stew. A mug of *ponche Navideño*, a warm spiced fruit punch, is almost always on the table, and dessert often features crisp, sugary *buñuelos* or a slice of *Rosca de Reyes* (king's ring cake).

Music and fireworks add even more energy. Caroling, mariachi bands, and neighborhood parties keep spirits high while bursts of fireworks light up the skies throughout December. The season wraps up on January 6, *Día de los Reyes* (Three Kings' Day), when children wake to find gifts left by the Magi. It's a joyful reminder that in Mexico, Christmas is more than just one day—it's a whole season of togetherness, laughter, and celebration.



SNAPSHOTS





HOLIDAY

Dress Up Days



15

DECEMBER

Christmas Hat Day

Wear a Christmas Hat.

16

DECEMBER

Grinch Day

Dress like a character from
'The Grinch Stole Christmas.'

17

DECEMBER

Holiday Shirt and/or Sock Day

Wear a holiday shirt and or socks to
be jolly!

18

DECEMBER

Candy Cane Day

Dress in white and/or red like a
festive candy cane.

19

DECEMBER

PJ Day

Wear your coziest pajamas!





MEET

Deloris 'Penny' Douglas

(EAST CAMPUS)

Where were you born and raised?

Penny was born in Fargo. Her family moved a lot and she lived in Fargo, West Fargo, Harwood and East Grand Forks.

Tell us about yourself:

Penny is the middle child with one older brother and one younger brother.

Did you marry? Tells about your spouse; how did you meet?

Penny married Arlo. They met in Fargo and were married 66 years before he passed away.

Do you have children?

Penny and Arlo had five children (3 boys and 2 girls). Their kids were less than 3 years apart.

Did you work outside the home?

Penny was busy at home being a mom. After the kids were grown, she worked at JC Penny.

What kinds of things have you enjoyed doing in your spare time?

Penny enjoys reading, crocheting, embroidery and playing card games.

What else should we know about you?

Penny and her husband belonged to a card group for 35 years.

If you won a million dollars, how would you spend it?

Penny would give it away. She said, "I don't need it!"

*Welcome
Penny*



MEET Arlene Highness

(EAST CAMPUS)

Where were you born and raised?

Arlene was born and raised in Grand Forks.

Tell us about yourself:

Arlene had 3 brothers and 2 sisters.

Did you marry? Tells about your spouse; how did you meet?

Arlene married Ken. They've been married 72 years and met rollerskating at the Avalon in Fargo.

Do you have children?

They have four children (2 boy sand 2 girls).

Did you work outside the home?

Arlene was a housewife and active mom.

What kinds of things have you enjoyed doing in your spare time?

Arlene enjoys crafts, anything she can make.

What else should we know about you?

Arlene has one daughter in Wyoming and the others live locally.

If you won a million dollars, how would you spend it?

Run away!

*Welcome
Arlene*



MEET Ken Highness

(EAST CAMPUS)

Where were you born and raised?

He was born and raised in Moorhead.

Tell us about yourself:

Ken had 5 brothers and 1 sister.

Did you marry? Tells about your spouse; how did you meet?

Ken married Arlene. They met roller skating at the Avalon in Fargo and have been married 72 years.

Do you have children?

Ken and Arlene have 2 boys and 2 girls.

Did you work outside the home?

Ken worked for the sanitation department in Moorhead and worked his way up to running it.

What kinds of things have you enjoyed doing in your spare time?

Ken enjoyed hunting and fishing.

What else should we know about you?

Ken has 6 grandkids (all girls) and 7 great grandkids.

If you won a million dollars, how would you spend it?

Ken would buy a new house and a new pickup truck.

*Welcome
Ken*



CHRISTMAS

word search

Can you find all the words related to Christmas?

r	q	a	r	e	r	z	j	k	r	y	i	j	j	b
e	t	h	t	p	c	f	s	h	e	a	o	q	m	z
b	n	a	d	n	j	u	n	s	e	s	e	v	l	e
m	j	m	r	a	a	b	b	d	d	o	h	h	o	d
e	c	y	t	l	e	s	y	e	n	m	i	h	c	c
c	i	o	c	m	c	r	g	n	i	c	x	o	a	w
e	r	s	r	p	j	n	b	l	e	c	a	n	j	p
d	r	t	z	n	i	n	z	r	r	r	d	v	c	k
m	q	u	e	k	a	v	w	a	e	y	p	s	b	k
b	d	z	c	e	w	m	l	s	c	g	c	q	w	p
b	v	o	o	g	e	g	e	a	w	i	n	m	w	q
e	t	t	r	e	e	w	n	n	u	f	n	i	w	x
s	f	s	e	q	b	e	z	d	t	t	r	c	g	z
s	d	u	z	h	p	s	o	o	d	s	j	d	m	o
f	e	n	u	n	g	j	v	i	z	j	h	h	e	l

candy cane

elves

Mrs. Claus

Santa

chimney

gifts

ornament

stocking

December

gingerbread

reindeer

tree



ANSWER SHEET

r	q	a	r	e	r	z	j	k	r	y	i	j	j	b
e	t	h	t	p	c	f	s	h	e	a	o	q	m	z
b	n	a	p	j	n	u	s	e	s	e	v	l	e	
m	j	m	r	a	a	b	b	d	d	o	h	h	o	d
e	c	y	t	l	e	s	y	e	n	m	i	h	c	c
c	i	o	c	m	c	r	g	n	i	c	x	o	a	w
e	r	s	r	p	j	n	b	l	e	c	a	n	j	p
d	r	t	z	n	i	n	z	r	r	d	v	c	k	
m	q	n	e	k	a	v	w	a	e	y	p	s	b	k
b	p	z	c	e	w	m	l	s	c	g	c	q	w	p
b	v	o	o	g	e	g	e	a	w	i	n	m	w	q
e	t	t	r	e	e	w	n	n	n	f	u	i	w	x
s	f	s	e	q	b	e	z	p	t	t	r	c	g	z
s	p	n	z	h	p	s	o	o	d	s	j	d	m	o
f	e	u	u	g	j	v	i	z	j	h	h	e	l	

candy cane

elves

Mrs. Claus

Santa

chimney

gifts

ornament

stocking

December

gingerbread

reindeer

tree

Dear Serenity Residents,

It is my pleasure to introduce to you my very special helper Buddy the Elf.

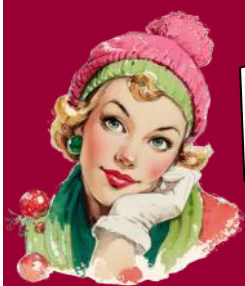
This magic elf will be staying at Serenity from now until Christmas Eve, to observe the behavior of any good ladies and gentlemen of Serenity. When I arrive on Christmas Eve, Buddy will make a proper report based on his observations; at any time, Buddy's whereabouts may be subject to whimsy.

I must add that Buddy has a history of getting into some Elf Mischief. Each day, search the building to find what mischief Buddy has been up to and write it down on the backside of this letter. Turn in the completed sheet after Christmas Day to Stephanie. Anyone who has recorded Buddy's whereabouts every day up until Christmas will be entered in a drawing for a very special present from my workshop.

Yours sincerely,








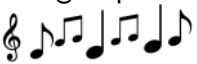













Santa





December 2025



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Rosary & Catholic Communion @ 10 am  Elf on the Shelf Starts!	2 SCHEELS Shopping @ 10 am	3 Shopping *Please sign up. BINGO  Birthdays Monthly Birthdays	4  Apollo Strings @ 3 pm Beer & Wine Night	5 Serenity Kids Program @ 10 am 	6 Nail Day!   NDSU @ Noon
7 Ice Cream SUNDAES Vikings vs. Commanders @ Noon VIKINGS	8 Rosary & Catholic Communion @ 10 am Hawley Hartford Brass @ 6:30 pm 	9 Christmas Harp Music @ 1:30 pm 	10 Shopping *Please sign up. BINGO	11  Home Schoolers Concert @ 5:15 pm (West) Beer & Wine Night	12 Moorhead Middle School Concert @ 1:30 pm 	13 Nail Day! 
14 Ice Cream SUNDAES Vikings vs. Cowboys @ 7:20 pm VIKINGS	15 Rosary & Catholic Communion @ 10 am	16  BINGO	17 Shopping *Please sign up. Resident Hand Bell Concert  Girlfriends Gathering	18 Mass w/ Fr. Auggie  Dilworth Lutheran 2:00 (East) & 2:30 (West)  Beer & Wine Night	19 Lefse! 	20 Nail Day! 
Spirit Week!						
21 Ice Cream SUNDAES Vikings vs. Giants @ Noon VIKINGS	22 Rosary & Catholic Communion @ 10 am	23 PARTY DAY SCHEDULE  BINGO	24 Shopping *Please sign up.	25 Vikings vs. Lions @ Noon VIKINGS  Business Office Closed Beer & Wine Night	26	27 Nail Day! 
28 Ice Cream SUNDAES	29 Rosary & Catholic Communion @ 10 am	30	31 Shopping *Please sign up. BINGO  Steve Worner New Years Eve Party @ 1:30 pm	Events are subject to change!		

UP NEXT

JANUARY

TBD = Wellness Finishers Party

January 7th = Memorial Service

January 21st = Alzheimer's Association Class—
Understanding Alzheimer's & Dementia @ 3 pm

FEBRUARY

February 8th = Super Bowl

February 14th = Valentine's Breakfast (TBD)

February 18th = Ash Wednesday

MARCH

March 15th = March Madness Basketball Brackets

March 29th = Palm Sunday

APRIL

April 5th = Easter

December 1st
Staff Claire

December 3rd
Clare Stensrud

December 7th
Becky Hamman

December 11th
Staff Nyibol

December 17th
Staff Indy

December 19th
Gloria Henriksen

December 21st
Staff Maddy

December 24th
Merlyn Rausch

December 30th
**Ginny Anderson-
Mulari**

A VERY HAPPY BIRTHDAY TO...

ELF ON THE SHELF

Resident Name _____

Write down what Buddy the Elf is doing each day!

Turn in completed form after Christmas to Stephanie or other Wellness staff for a chance to win a prize! One prize for each building.

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Understanding Alzheimer's & Dementia



Class Description

ALZHEIMER'S IS NOT NORMAL AGING.

It's a disease of the brain that causes problems with memory, thinking and behavior.

Topics Covered Include:

- The impact of Alzheimer's
- The difference between Alzheimer's and dementia
- Alzheimer's disease stages and risk factors
- Current research and treatments available to address some symptoms
- Alzheimer's Association resources

Upcoming Class

January 21, 2026

3:00 pm-4:00 pm

Serenity Memory Care

1251 3rd Ave NW

Dilworth, MN 56529

Presented by: Julie Praska-Moser, Alzheimer's Association

Serenity Staff



STAFF APPRECIATION HOLIDAY GIFT

It's that time of year again! In response to the question of gifts for staff around the holidays, we suggest donating to our annual Caregiver Christmas Appreciation.

All money donated throughout the year goes towards a cash bonus for non-management employees (caregivers, kitchen staff and dietary aides) at our staff Holiday party. This allows all staff who help to make Serenity a great place to live to be recognized and rewarded.

You can drop off any donations to the management offices any time. What an amazing way to say "Thank You!" Last year, we were able to give every single person on our team \$50 cash due to the generous donations from clients and their families!

Other options are to donate items to our raffle. For example, we have a big screen tv, tickets to a Wild hockey game, robot vacuum and more!

Again, it is completely optional, but really goes a long way with the team!

CHECK OR VENMO

CHECK

Make checks payable to Serenity Assisted Living and put **Staff Appreciation** in the note box.

VENMO



Serenity Assisted Living
@Serenity-AssistedLiving



Salon at Serenity

CALL TAMMY
218-790-4326

****PRIMARY TAKES APPOINTMENTS AT THE
EAST & SOUTH CAMPUS.**



Serenity

Family Owned
& Operated

218-477-7254



Please contact us for further information
or to schedule a tour.

denise@serenityassistedliving.com