



IN A MANOR OF SPEAKING

News & Views of Activities at Christian Care Manors

In a Manor of Speaking



Anyone may view this newsletter by scanning the QR code above.

Manors' Addresses:

M-I:11830 N. 19th Avenue

M-II:11802 N. 19th Avenue

M-III:1944 W. Sunnyside Avenue
(plus Apartment #), Phoenix, AZ 85029

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#### Alex Periu, Director of HUD Subsidized Housing and Security

(602) 443-5443 (Hours: 9-5) ~ M-I Office

Bonnie Brown, Apartment Manager

(602) 861-3970 (Hours: 9-5) ~ M-I Office

Ricky Dodds, HUD Service Coordinator:

(602) 428-6030 (Hours: 9-5) ~ M-3 Office

Kim Cecena, Manors Admin Assistant

(480) 385-0058 (Hours: 9-5) ~ M-I Office

#### SECURITY/INFORMATION

(602) 443-5400

#### MAINTENANCE-W/O

(602) 424-9432

Pastor Joey

(602) 443-5486

December 2025

### COFFEE BEFORE CHRISTMAS



Are you A Grinch before Coffee? Do you take cream & sugar? How about All black coffee? Whichever you decide this Christmas, just remember that it's not your fault that you are A Grinch before Coffee.

### Mary Visits Elizabeth

Luke 1:39-56 KJV -

39 And Mary arose in those days, and went into the hill country with haste, into a city of Judah; 40 And entered into the house of Zacharias, and saluted Elisabeth.

41 And it came to pass, that, when Elisabeth heard the salutation of Mary, the babe leaped in her womb; and Elisabeth was filled with the Holy Spirit: 42 And she Spake out with a loud voice, and said, blessed art thou among women, and blessed is the fruit of thy womb.

43 And whence is this to me, that the mother of my Lord should come to me?

44 For, lo, as soon as the voice of thy salutation sounded in mine ears, the babe leaped in my womb for joy.

45 And blessed is she that believed: for there shall be a performance of those things which were told her from the Lord.



### DISPATCH HEALTH

Urgent Care To Your Home

(480) 493-3444 - 9am - 9pm

- No membership Needed - ALL major Insurances Accepted.

### EYE DOCTOR

Eyes On Site

(480) 626-8925

### PODIATRY

-Onsite -

(602) 501-0328

### MOBILE DENTIST

Dentistry Of AZ

(480) 313-3310

Smiles By Delivery

(623) 584-4746

### CARDIOLOGIST

Ponderosa Heart

(480) 795-1515

### Curana Health

(602) 613-5917

### Wild World: Polar Bear

As their name implies, the only place polar bears roam free is the Arctic. Adult males can weigh more than 1,000 pounds and measure up to 8 feet from head to tail, making them the largest land carnivores in the world. These powerful predators mostly hunt seals, and occasionally walruses and small whales. Their thick white fur provides excellent camouflage among snow and ice as they wait for prey to surface from the sea. Underneath their heavy coat, polar bears' skin is black, which helps them retain more heat from the sun.

### Sock Snowman

This soft snowman will look cute sitting on a shelf or table.

#### Materials:

- Measuring cup
- Two socks, one white and one any color (ankle or crew-type socks)
- Dry rice or beans
- Rubber bands
- Scissors
- Hot glue gun and glue
- Buttons and/or pompoms, various colors
- Black marker
- Ribbon

#### Directions:

Use the measuring cup to fill the white sock with dry rice or beans to create your desired size of snowman. Wind a rubber band around the top of the sock to close the opening, then trim any excess fabric. Take another rubber band and place it around the sock, about a third of the way down, to form the snowman's head and body.

Glue several buttons or pompoms down the front of the snowman's body, and dot on eyes and a mouth with the black marker. For the nose, glue on a small orange pompom or button. Wrap a length of ribbon around the snowman's neck to resemble a scarf, and secure with glue.

To make a hat, cut the colored sock just below the heel. With the toe section as the top of the hat, place the sock on the snowman's head and roll up the cut end to form the hat's brim.

### Creative Gift Alternatives

Do you find yourself giving the same gifts each year? Switch things up this season with these clever alternatives.

*A spot (for) tea.* Most tea and coffee drinkers already have a cabinet full of favorite cups, so forgo the mug in favor of something to put that morning cup on: a sofa armrest organizer. These trendy, practical organizers slip over the armrest of a couch and provide a tray for cups and books, as well as pockets for remotes, reading glasses and more.

*Mark the months.* Consider giving a monthly subscription box, the gift that keeps giving all year. Subscription surprises can cost as little as \$5 per month and offer curated monthly deliveries on items like socks, beauty products, books, coffees and teas, adult coloring pages and more.

*A scent-sational idea.* Surprise the host with the most with a miniature essential oil diffuser and starter oil, such as lavender or peppermint. Diffusers can be long-lasting, so you could be remembered for weeks or months beyond the holiday season.







## BILL OF RIGHTS DAY

### Bill of Rights Day timeline - 1791 - First Amendments Ratified

The first amendments to the Constitution are ratified — before this, the 13 sovereign states followed the Articles of Confederation, created by the Second Continental Congress.

### - 1941 - First Bill of Rights Day Observed

President Franklin D. Roosevelt issues a proclamation

dedicating December 15 as Bill of Rights Day to celebrate the document's 150th anniversary.

### - 1991 - Virginia's Traveling Copy

The Virginia copy of the Bill of Rights toured the country in honor of its bicentennial, visiting the capitals of all 50 states.

### - 2019 - Trump Makes a Proclamation

President Donald Trump proclaims December 15 as Bill of Rights Day again, noting that "people around the world are empowered when human rights are protected by law."



## Narcissus Paperwhites

(*Narcissus papyraceus*) are fragrant flowering bulbs known for their pure white blooms and sweet scent, making them popular for indoor gardening, especially during the winter months.

## Wit & Wisdom

"The glow of one warm thought is to me worth more than money."

—Thomas Jefferson

"Yet, taught by time, my heart has learned to glow for other's good, and melt at other's woe."

—Homer

"From the glow of enthusiasm I let the melody escape."

—Ludwig van Beethoven

"Believing in your own worth radiates enough inner light to make you glow."

—Richelle E. Goodrich

"When we recall the past, we usually find that it is the simplest things—not the great occasions—that in retrospect give off the greatest glow of happiness."

—Bob Hope

"Together we glow brighter than the sun and moon. Combined, we are love."





—Sanjo Jendayi

"Music brings a warm glow to my vision, thawing mind and muscle from their endless wintering."

—Haruki Murakami

"We are all worms, but I do believe that I am a glow-worm."

—Winston Churchill

| Sunday                                                                                                                                                                                                                                                                                                                                                                           | Monday                                                                                                                                                                                                         | Tuesday                                                                                           | Wednesday                                                                                                                                                                                                                                              | Thursday                                                                                                                                                                                                                                      | Friday                                                                                                                                                                                                                                                                 | Saturday                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <div> <b>TRANSPORTATION Fellowship Bus Drivers &amp; Info:</b><br/> <b>Tony Lopez, Supervisor</b><br/> <b>(602) 531-6902</b><br/> <b>DRIVERS:</b><br/>                     - Abe - (480) 204-2206<br/>                     - Damion - (602) 448-8094<br/>                     - Jeffrey - (602) 768-4967<br/>                     - Gene - (480) 340-5251                 </div> | <div>                     1:00PM - Super Walmart Trip 19th Ave. &amp; Bell Road<br/>                     Movie day! Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!                 </div> |                                                                                                   | <div>                     8:30AM Fry's Trip - 10% OFF 43rd &amp; Cactus                 </div>                                                                                                                                                         | <div>                     Christian Themed documentaries Manor 1 activity room 3rd floor @ 3:00. Come join us!                 </div>                                                                                                         | <div>                     9:00AM - Post Office Trip Sign-Up &amp; Pickup Location Is at Center View 2nd Floor (602) 424-9443<br/>                     ~<br/>                     1:30PM - Sprouts &amp; Walgreens Trip - 19th Ave. And Northern                 </div> |                                                                                                    |
| <div>                     (CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room                 </div>                                                                                                                                                                                                                                            | <div>                     Movie day! Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!                 </div>                                                                                | <div>  </div>   | <div>                     8:30AM Fry's Trip 43rd &amp; Cactus<br/>                     *Service Coordinator Luncheon @ Cracker Barrel @11 AM*<br/><br/> <b>Phoenix (Deer Valley)</b><br/>                     21611 N. 26th Ave                 </div> | <div>                     W.O.W. Bible Study Manor 1 3rd floor activity room @ 3:00 -4:00PM                 </div>                                                                                                                            | <div>                     9:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board<br/>                     ~<br/>                     1:30PM - Dollar Tree, 35th &amp; Thunderbird                 </div>                                    | <div>  </div>   |
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**Manors' Office Phone Number**  
(602) 861-3970

**Alex Periut**  
EXT 5449

**Director of Subsidized Housing & Security**

**Bonnie Brown**  
EXT 3970

**HUD Apartment Manager**  
EXT 5446

**HUD Service Coordinator**

**Kim Cecena**  
EXT 9981

**Administrative Assistant**

### **Manager's Office Hours:**

Monday - Friday 9am - 5pm

(Sat.: By Appointment)

**Service Coordinator office**

**hours:**

Monday- Thursday 9am - 5pm

### **Winter Blooms**

The large, showy flowers of the amaryllis make the plant one of the season's favorites. Similar to the lily, the trumpet-shaped blooms come in holiday hues of bright red, pink and white, as well as festive striped varieties. Because they are easy to grow and quickly sprout in several weeks, amaryllis bulbs make popular gifts.

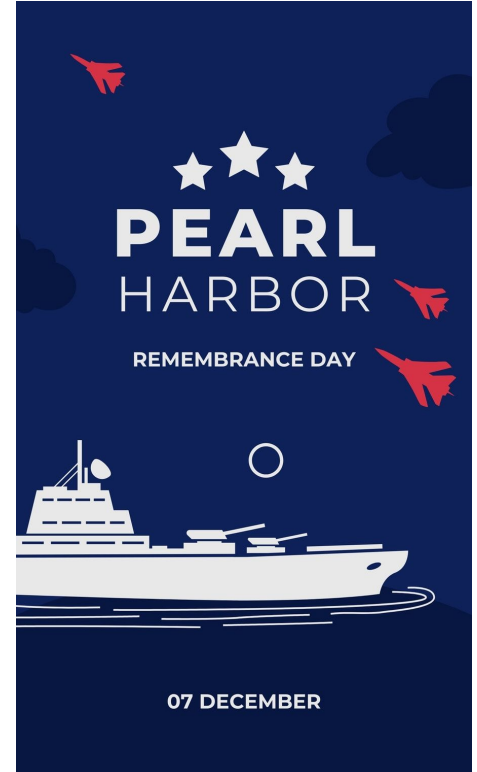
❄️ ❄️ ❄️ **Just For Fun** ❄️ ❄️ ❄️



Each year on December 4th, Wildlife Conservation Day seeks to spread awareness about preserving and protecting the natural world and its inhabitants. Additionally, the observance strives to put an end to wildlife crime and supporting the Endangered Species Act.

#### **Wildlife Crime**

Wildlife crime includes illegal poaching and smuggling of animals. Additionally, it includes transporting a specific animal product by criminal groups to make a profit. A few examples would be rhino horns and elephant tusks. Wildlife crime is detrimental to the ecosystem as it causes animals to become endangered or extinct. Credit National Day Calendar.



### **Brownie Recipe**

Baking spray, 2 cups white sugar, 1 ¼ cups all-purpose flour, 1 cup unsalted butter, melted, 4 large eggs, room temperature, 1/2 cup cocoa powder, 1 teaspoon vanilla extract, 1/2 teaspoon baking powder, 1/2 teaspoon salt, 1/2 cup walnut halves.





## Winter Solstice Around the World

Winter officially arrives on Dec. 21, when the Northern Hemisphere will experience the shortest period of daylight of the year. The long, dark night that follows holds significance for many cultures. Warm up with this peek at some winter solstice traditions around the world.

*Dongzhi Festival.* In China, families gather to welcome the return of longer days by eating warm, comforting foods. Dumplings with various fillings are the custom, as are *tangyuan*, brightly colored rice balls that are said to represent the family unit because of their round shape.

*Soyal Ceremony.* The Hopi people of Arizona spend 16 days celebrating the winter solstice, with several rituals performed in underground chambers called *kivas*. Kachina dancers, who represent spiritual messengers, lead the festivities, which culminate in an all-night ceremony of feasting, dancing and gift-giving.

*Toji.* Observed in Japan, this celebration involves a bath with *yuzu*, a citrus fruit that resembles a lemon, to prevent colds.

## Over the Road Snacking

Forget about roadside attractions—these must-see spectacles are on the actual road. Check your blind spot for these fan favorite foodmobiles.

### *The Big Idaho Potato Truck.*

Travelers should keep their eyes peeled for this 4-ton potato replica. If the towering tater were real, it would have taken more than 7,000 years to grow and would make almost 1 million french fries. The gigantic spud travels in style on a red tractor trailer with the Tater Team.

*The NUTmobile.* Americans have been snacking on Planters nuts for more than 100 years. In 1935, an ambitious Planters salesman built a peanut car. Since then, the nutty vehicle has been reinvented as a NASCAR hot rod, a biodiesel vehicle and a camper.

### *The Oscar Mayer Wienermobile.*

The iconic hot dog on wheels has been hitting the pavement since the 1930s. The Wienermobile has lived through many retirements and rebirths, including being reinvented as a mini Wienermobile, an off-road vehicle and a Wienie-Bago, where a few lucky football fans found lodging at the 50th Super Bowl. A tour crew, named the Hotdoggers, mans today's Wienermobile.



## CHRISTIAN CARE REHABILITATION CENTER

Short-term rehabilitation is located on campus!

Post-surgical recovery, respite care & more

Contact Admissions: (602) 443-5443

Manor II - Fitness Room

602-443-5479

Wellness Coordinators

Ben & Leticia

## BIRTHDAYS

Manor 1

321 - Slater, Linda - 12/16

217 - Nelson, Alice - 12/28

~

Manor 3

111 - Hofkamp, Jennie - 12/13

## BARBERSHOP!!!

NEED A HAIRCUT?

CONTACT SUE FOR APPOINTMENT.

(602) 443-5422







## “This Month In History” DECEMBER

**1907:** On New Year’s Eve, a ball decorated with 100 lightbulbs is lowered down a flagpole over New York City’s Times Square. The ball drop has been featured in the annual celebration ever since.

**1918:** In the first official visit by a U.S. president to Europe, Woodrow Wilson travels to France for World War I peace negotiations.

**1924:** Astronomer Edwin Hubble announces his discovery of the existence of galaxies outside the Milky Way. The Hubble Space Telescope was named in his honor.

**1941:** America enters World War II after the Japanese attack on Pearl Harbor, Hawaii.

**1966:** The first observance of Kwanzaa takes place in Los Angeles. The seven-day holiday celebrates African heritage.

**1970:** Congress authorizes the creation of a new dollar coin depicting President Dwight D. Eisenhower.

**1982:** Gabriel Garcia Marquez is awarded the Nobel Prize in

literature. The Colombian writer is best known for his 1967 novel “One Hundred Years of Solitude.”

**1990:** British computer scientist Tim Berners-Lee demonstrates his information-sharing system that would become the World Wide Web.

**2001:** Italy’s Leaning Tower of Pisa reopens to the public after 11 years and \$27 million in work to fortify its famous lean.

**2017:** “Star Wars: The Last Jedi,” the eighth installment in the space fantasy series, premieres. The film’s \$1 billion in ticket sales made it the year’s highest-grossing film.