

ARROWHEAD CLUBHOUSE SANDWICH



Happy Holidays

Disclaimer

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Arrowhead Clubhouse, one of 36 services run by SCCSS, is a place where people living with mental illness can come to learn skills, get support and build relationships in a safe, stigma-free environment. <https://arrowclub.org/>

The Days of December

December is my favorite month; this is the month that I would have no problems finding magazine material for because December is the month of celebration, of love, of forgiveness and the season of hope. I have discovered it is also the month that has the most “days.” My personal favorite is December 8th, “Pretend to be a Time Traveler Day”!

December 1

- National Christmas Lights Day
- World AIDS Day
- Romania Independence Day
- Rosa Parks Day
- Peppermint Bark Day

December 2

- International Day for the Abolition of Slavery
- National Bartender Day
- World Pollution Prevention Day
- World Computer Literacy Day

December 3

- National Green Bean Casserole Day
- Ghana Farmer’s Day

December 4

- International Cheetah Day
- International Day of Banks
- National Cookie Day
- Santa’s List Day
- World Wildlife Conservation Day

December 5

- International Ninja Day
- International Volunteer Day
- National Blue Jeans Day
- Thailand Father’s Day

December 6

- National Gazpacho Day
- National Miners Day
- Walt Disney Day

December 7

- National Cotton Candy Day
- National Illinois Day
- National Joy Day
- Pearl Harbor Day of Remembrance
- National Letter Writing Day

December 8

- Immaculate Conception Day
- National Blue Collar Day
- National Brownie Day
- Panama Mother’s Day
- Pretend To Be A Time Traveler Day

December 9

- Christmas Card Day
- Lost and Found Day
- Genocide Prevention Day
- National Llama Day
- National Pastry Day
- Techno Day
- Tanzania Independence Day

December 10

- Dewey Decimal System Day
- International Animal Rights Day
- National Lager Day
- Human Rights Day
- Nobel Prize Day

December 11

- National App Day
- Burkina Faso Republic Day
- UNICEF Day for Change

December 12

- Gingerbread Decorating Day
- National Ambrosia Day
- National Poinsettia Day
- Our Lady of Guadalupe Day
- Thailand Constitution Day
- Worldwide Candle Lighting Day
- Universal Health Coverage Day

December 13

- National Cocoa Day
- National Day of Saint Lucia
- National Violin Day
- National Cream Cheese Frosting Day
- National Horse Day
- National Ice Cream Day

December 14

- More Good Today Day
- National Energy Conservation Day
- Roast Chestnuts Day
- National Free Shipping Day

December 15

- National Cat Herders Day
- National Re-Gifting Day
- International Tea Day
- Bill of Rights Day
- National Cupcake Day

December 16

- Day of Reconciliation
- National Chocolate Covered Anything Day
- Stupid Toy Day
- Underdog Day

December 17

- Canadian Maple Syrup Day
- National Ugly Sweater Day
- Wright Brother's Day
- National Wreaths Across America Day

December 18

- Bake Cookies Day
- Hanukkah (lasts through December 26)
- Flake Appreciation Day
- National Twin Day
- Qatar National Day
- International Migrants Day
- Answer The Telephone Like Buddy The Elf Day

December 19

- National Hard Candy Day
- National Heroes and Heroines Day
- Look for an Evergreen Day
- National Emo Day

December 20

- Go Caroling Day
- National Sangria Day
- Sacagawea Day
- Games Day

December 21

- December Solstice
- Blue Christmas
- Humbug Day
- National Coquito Day
- Look On The Bright Side Day
- National Crossword Puzzle Day
- National Homeless Persons' Remembrance Day
- National Maine Day
- World Snowboard Day
- National Short Girl Appreciation Day
-

December 22

- Mathematics Day
- National Cookie Exchange Day
- Zimbabwe Unity Day
- Forefathers' Day

December 23

- Festivus
- National Christmas Movie Marathon Day
- National Pfeffernusse Day
- National Roots Day

December 24

- Christmas Eve
- National Eggnog Day
- Libya Independence Day
- Last-Minute Shopper's Day

December 25

- Christmas Day
- National Pumpkin Pie Day

December 26

- Kwanzaa (lasts through January 1)
- National Boxing Day
- National Homeowners Day
- Day of Goodwill
- National Candy Cane Day
- National Whiners Day
- Slovenia Independence and Unity Day

December 27

- National Fruitcake Day
- Visit the Zoo Day
- Make Cut-Out Snowflakes Day
- International Day of Epidemic Preparedness

December 28

- Holy Innocents Day
- National Download Day
- National Call A Friend Day
- Card Playing Day

December 29

- Mongolia Independence Day
- National Pepper Pot Day
- Tick Tock Day
- International Cello Day

December 30

- National Bacon Day
- National Resolution Planning Day
- Festival of Enormous Changes at the Last Minute

December 31

- National Champagne Day
- New Year's Eve
- World Peace Meditation Day



December 2022 – Sagittarius Horoscope

General

December will bring favourable results for the Sagittarius natives. With the blessings of Jupiter, all your work will be completed, and you will feel relieved and execute all the tasks with dedication. If you wish to

go abroad, then put in your best efforts as there are chances of the fulfilment of your wish this month. You might even go on a short trip that will boost your morale, and some people you meet on that trip will become good friends with you.



Career

The month will be favourable from a career point of view. Saturn present in the fourth house will have a complete aspect on your tenth house which will bring favourable results in your career. Due to the presence of the Lord of the tenth house, Mercury, in the twelfth house, you will have to put in extra efforts at the beginning of the month. You might get a chance to go abroad. Mercury will enter your sign on the 3rd and Venus on the 5th. After that, you will start to pay attention to yourself. You will find ways that will benefit you and try to get rid of obstacles that will improve your position in the job. The Sun will enter your sign on 16th December. You have Lord Sun in the house of fate, which will strengthen your luck. You might get promoted and earn more honour and respect in the workplace.

The beginning of the month will be weak for the businessmen as the Lord of the seventh house will be present with Venus and conjoin with the Sun, due to which there will be challenges in business. But when Mercury will enter in its own sign and aspect the seventh house, your problems will start to resolve. Due to the aspect of Venus and Sun on the seventh house from the first house, you might get a chance to work with the government sector, which will give you great benefits and big contacts. These contacts will help you in expanding your business.

Finance

From a financial point of view, we can notice that Saturn is present in its own sign in the second house, and Rahu and Ketu have an influence on the eleventh house of the horoscope. Apart from this, Mercury, Venus, and Sun are situated in the twelfth house of the horoscope, and Mars has a full aspect on them. So, your expenses and income, both, will increase rapidly right from the beginning of the month. But on the 3rd and 5th of December, Venus will enter the first house and reduce your expenses to a great extent. You will spend money on yourself and some important items, but the change of zodiac signs of Venus and Jupiter will again reduce your expenses. After 16th December, expenses will significantly reduce and your financial condition will be good. Businessmen of this sign might benefit from the government sector, and your business will prosper. The working employees will gain great benefits in the second half of the month. In all, this month will give you good results before coming to an end.

Health

The health will be strong due to the presence of the lord of your sign in the centre house of your horoscope. But the excessive presence of planets in the twelfth house can cause some problems in health. The presence of Mars in a retrograde state in the sixth house can cause blood-related problems, injuries, surgeries, boils, pimples, or blood pressure problems. There may also be an eye disease or insomnia. The presence of Mercury and Sun in the first house will improve your health, but problems, like increasing high fever, can trouble you throughout the month. You must take care of your health from the beginning and consult a doctor in case of need. Eat your meals on time and consume a lot of liquid items. This will improve your health.

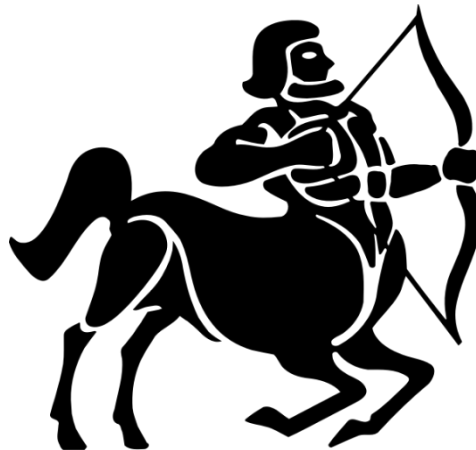
Love/Marriage/Personal Relations

Due to the presence of Rahu in the fifth house, you will be carefree in love-related matters. That means you will not care about any other person besides the person you love the most and spend all your time on them. The differences between you too will eliminate, and you will conquer new heights of love. You will be completely carefree. You are advised to maintain decent behaviour as due to the influence of Mercury and Venus along with the Sun and Mars on the tenth house, you might have to face defamation if you move in the wrong direction. Show your love but know your boundaries to stay happy throughout the month. The latter half will be favourable as your abundant love for each other will strengthen your relationship.

If we talk about the married life of Sagittarius natives, Mercury is present in the seventh house that is conjoining with Venus and Sun in the twelfth house which will increase love and intimacy among the partners. But the Sun might lead to ego clashes in between, so you should remain patient. The presence of Mercury and Venus in the first house and their full aspect on the seventh house will help maintain good relations among the partners, and they will have a sense of love, self-respect, and devotion for each other. Due to the aspect of Mars present in the sixth house on the first house, you might show a fierce attitude that may create tension in the relationship. But other planetary positions will help you take full responsibility for your relationship, and you will happily move ahead in love.

Family & Friends

If we shed light on family life, Saturn will be present in its own sign in the second house, due to which you will speak your mind without sugar-coating it. However, some people might get offended because of this. Therefore, try to be polite to maintain a positive atmosphere in the family. Due to the presence of Jupiter from the fourth house of your horoscope, your family life will be full of happiness. You will get the support of the elder members of the family, and there will be a positive environment in the house with their blessings. You will pay attention to the house needs and make an expenditure for the same. An auspicious activity might be fulfilled, which will lead to peace and harmony among the family members. The arrival of a guest will also add to your enthusiasm. The presence of the lord of the third house Saturn in the second house will provide you siblings' support. They will help you financially and otherwise. However, take care of their health at all costs.



10 Fun Facts About Christmas

1. 'Jingle Bells' was the first song played in space

On the 16 December 1965, the song 'Jingle Bells' made history by becoming the first song to be played in space during NASA's Gemini 6A space flight. At least... we think it was the first...



2. It was Princess Charlotte who popularised Christmas trees in England

Usually when we think about Christmas trees, we think about Prince Albert (Queen Victoria's consort) popularising them in England, but the first known Christmas tree was set up at Queen's Lodge Windsor in December 1800 by Princess Charlotte.

3. Coca-Cola is not actually responsible for how we perceive Santa Claus

The Coca-Cola company is often credited with creating the red coated modern image of Santa Claus we know and love today but this isn't true! Most of his modern image was put together by Thomas Nast in the 1870s.

4. Legend has it, candy canes were created to make choirboys quiet

The legend tells that candy canes date back to 1670 when a choirmaster in Germany gave out sugar sticks to the choirboys to keep them quiet during services. The hook was meant to symbolise a shepherd's crook for the Christmas occasion but other people think the hook exists so they can easily be hung from trees.

5. In Japan, a traditional Christmas dinner is to go to KFC

Christmas in Japan is a secular holiday with less than 1% of the Japanese population identifying as Christian. When KFC launched their "Kentucky for Christmas" marketing campaign in 1974, it was an instant hit and now KFC is a popular choice for Christmas dinners in Japan.

6. The song 'We wish you a merry Christmas' was originally used as a threat

The song was often sung by crowds of lower-class servants as they demanded alcohol from their masters during the festive period. The lyric 'We won't go until we get some' was used to get their point across.

7. Children who write to Santa Claus in the US have a good chance of getting a reply

In the United States, campaigns such as 'Operation Santa' have been running for decades with hundreds of volunteers around the country having the responsibility of replying to letters from children that are addressed to Santa Claus. This allows children who write to Santa to get a response from old Saint Nicholas!



8. In Austria instead of getting coal if you've been bad, you get Krampus

Krampus is a half man, half goat creature that punishes naughty children at Christmas time by chasing them around or even dragging them to hell and is the Austrian equivalent of getting coal in your stocking from Saint Nicholas. In some parts of Austria, adults will still dress up as Krampus every year and scare children into behaving.

9. Celebrating Christmas used to be illegal for 260 years in the US

You might be aware that Oliver Cromwell banned the Pagan holiday of Christmas for 12 years from 1647 in the UK, but did you know that the ban was only lifted in Oklahoma USA in 1907? This means in some parts of the US, Christmas was banned for over 260 years!

10. Queen Victoria sent the first official Christmas card

Queen Victoria was the first official person to send a Christmas card, but the first commercial card came in 1843 when Sir Henry Cole produced 1000 and sold them for one shilling each. There are currently only 12 of these cards left in the world with one going up for auction a couple of years ago for £30,000.

What Movie Could You Watch Over and Over?

“The Big Lebowski”

- Foye

“True Romance”, “Heat”, “Rushmore”
& “Spinal Tap”

- Jake

“Planes, Trains & Automobiles”

- Jon Payne

**“LABYRINTH”, “MARY POPPINS”, “THE
GREEN MILE”, AND “FORREST GUMP”**

- Crystal Slaght Silvermane

“Get Shorty”, “Goodfellas”, “The Princess Bride”
(and I agree with Jake about “True Romance”).

- Jill

“Die Hard” series, any James Bond, Mel
Gibson or Will Smith movie

- Nan and Phil

“Stand By Me”, “My Name is Nobody”
(with Terrence Hill & Henry Fonda),
“Wizard of Oz” and any Mel Gibson
movie

- Debbie B.

Arrowhead Calendar of Upcoming Events

Wednesday, December 7	Member's Barber	12pm – 3pm
Friday, December 9	Art & Bake Sale	11:30 am – 3:30pm
Thursday, December 15	Member's Massage Therapist	11:45am
Wednesday, December 21	Christmas Lunch	12pm (noon)
Sunday, December 25	Open Christmas Day	11am – 3pm
Thursday, January 5, 2023	Hope is Hard Work Workshop	11am

December Recipe

EASY PEASY SUGAR COOKIE FUDGE

- 24 Ounces White Chocolate Chips
 - 1&1/4 cup of sugar cookie mix
 - 14 oz sweetened condensed milk
 - Sprinkles of your choice.
- A heavy pot and cookie sheet

DIRECTIONS

Add chocolate chips, cookie mix, and condensed milk onto your pot and mix thoroughly, once mixed cook on low heat on stove, mixing consistently so chocolate doesn't burn.

Once it has smooth consistency and no clumps remove from heat and mix in sprinkles.

Put wax or parchment paper on cookie sheet and pour the mixture onto it.

Place in freezer and freeze for 30 minutes.

Remove and cut into squares.

Coming in January: MEMBER OF THE MONTH!

As voted on during the decision-making meeting, starting January we will be featuring a "Member of the month" the purpose of this is to acknowledge the extra mile our members make to help keep our Clubhouse clean, tidy, and fed! The member picked will receive a coffee card in appreciation of their efforts.

Spot the Difference

Can you find 10 differences between the two pictures?



Holiday Word Search

Name: _____

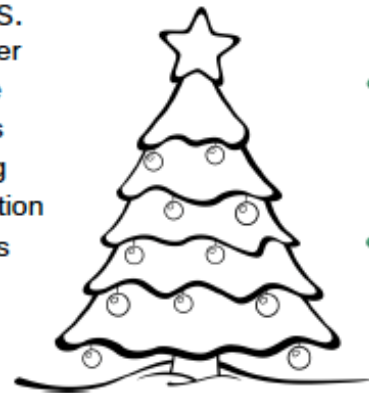
Date: _____

Giant Christmas Word Search

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

Find these **Christmas** words.

- | | | | |
|------------|-----------|--------------|--------------|
| North Pole | Santa | ornaments | nutcracker |
| family | reindeer | tree skirt | mistletoe |
| joy | toys | jingle bells | traditions |
| tinsel | snowflake | eggnog | gathering |
| thankful | Frosty | gratitude | appreciation |
| garland | holly | carols | christmas |
| snow | lights | sleigh | Rudolph |
| turkey | stockings | snowman | tree |
| cheer | jolly | gifts | elf |



(The words may be hidden vertically, horizontally or diagonally.)

Member Artwork



Featuring art from Thomas, amazing freehand

This Month's Coloring Contest Pic



Final Reminder

Arrowhead staff plan on coming into the clubhouse on Christmas Day (Sunday, December 25) from 11am – 3pm to share some seasonal joy with our members. We hope to see you there!

