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PHYSICALLY, LEADING TO A
MORE FULFILLING AND
INDEPENDENT LIFE.



DECEMBER 2025

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CACHE COUNTY SENIOR CENTER

NEWSLETTER



You are invited to a
Holiday Dinner
celebrating a wonderful year together

Wednesday, December 17th

12:00 to 1:00 pm

Let's enjoy each others company one last time in 2025.
Remember to come in your ugliest sweater!

Please RSVP by Friday, December 12th

Recipe

Minestrone Soup

This minestrone soup recipe is a delicious version of the classic Italian vegetable soup. Serve it with crusty bread for an easy vegetarian meal!



Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, diced
- 2 medium carrots, chopped
- 2 celery ribs, thinly sliced
- 1 teaspoon sea salt, plus more to taste
- Freshly ground black pepper
- 3 garlic cloves, grated
- 1 (28-ounce) can diced tomatoes
- 1½ cups cooked white beans or kidney beans, drained and rinsed
- 1 cup chopped green beans
- 4 cups vegetable broth
- 2 bay leaves
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- ¾ cup small pasta, elbows, shells, orecchiette
- ½ cup chopped fresh parsley
- Red pepper flakes
- Grated Parmesan cheese, optional, for serving



Instructions

Heat the oil in a large pot over medium heat. Add the onion, carrots, celery, salt, and several grinds of black pepper, and cook, stirring occasionally, for 8 minutes, until the vegetables begin to soften.

- Add the garlic, tomatoes, beans, green beans, broth, bay leaves, oregano, and thyme. Cover and simmer for 20 minutes.
- Stir in the pasta and cook, uncovered, for 10 more minutes, until the pasta is cooked through.
- Season to taste and serve with parsley, red pepper flakes, and parmesan, if desired.

Resources

Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appointments, to social service programs, like the Senior Center, and or other medical care. If you are 60, you automatically qualify. Call BRAG to schedule an assessment and see if you are eligible for this program that can reimburse friends and family for taking you to your doctor's appointments. 752-7242.

Medicare Cost Sharing Program

Medicare Savings Programs help individuals with some of the out-of-pocket costs for Medicare, including Medicare Part A and Part B premiums, deductibles, copayments, and coinsurance. Eligibility for certain Medicare Savings Programs automatically qualifies you for the Extra Help program as well, which helps pay the cost of prescription drugs. The BRAG office now has several days available to meet with clients. 435-713-1467

Extra Help

Do you need help paying for your prescriptions? You could qualify for a federal program that helps pay some or, in some cases, all of the Part D drug plan. If you make less than \$1,903.00 a month (\$2,575 for married couples), and your assets are below \$16,660 (\$33,240 for married couples) you may qualify for the "Extra Help" program. It could reduce your prescription costs for generics and for brand-name drugs. The BRAG office now has several days available to meet with clients. 435-713-1467

VA Benefit Program

A representative from the VA will assist you with all of your benefit needs. Please call Shanna Andersen at 713-1460.

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 <p>High mileage feet need experts.</p> <p>Specializing in senior foot and ankle care:</p> <ul style="list-style-type: none">NeuropathyDiabetesNail Care & More	 <p>BENJAMIN THOMAS, DPM</p>	 <p>DANIEL HUFF, DPM</p>	 <p>FOOT & ANKLE CENTER OF CACHE VALLEY</p> <p>Call or Text: (435) 787-1023</p>



Medicare

A Medigap policy can assist with out-of-pocket costs. Below is a detailed breakdown to help you decide if you need one.

Medigaps are health insurance policies that work with **Original Medicare** (not with **Medicare Advantage**) to cover costs that Medicare doesn't. They are sold by private insurance companies. If you have a Medigap, it pays part or all of certain remaining costs after Original Medicare pays first.

These costs can include:

- Deductibles
- Coinsurance
- Copayments

Some Medigaps also cover health care costs that Medicare doesn't cover at all, like limited care received when traveling outside of the country.

Given your concerns about future expenses and your fixed income, a Medigap policy could be beneficial in helping manage your out-of-pocket costs. If you decide to buy a Medigap policy, be sure to do your research.

Here are some steps you should take.

- Understand the best time to buy a policy: Learn when you have the **right to buy a Medigap without restriction**. This is usually when you are first 65 or older and enrolled in Part B, or when you lose certain types of coverage. At other times, you may be charged more because of health conditions, or companies can refuse to sell you a policy.
- Compare policies: There are **10 different standardized policies** in most states, each covering a different range of Medicare cost-sharing. Compare policies to decide which policy is right for you.
- Compare premiums: Find out how **Medigap premiums are priced** so you can make cost comparisons. Compare the premium cost to your monthly out-of-pocket costs without a Medigap. Medigap premiums can be high, but they can help you save money if your monthly cost-sharing expenses are higher than the premium.
- Consider prior medical conditions: Understand how a Medigap covers **prior medical conditions** to know if any of your medical costs may be excluded from Medigap coverage for a period of time.
- Prepare questions: Have a **list of questions** to ask to help you choose a Medigap.

Movies | Holiday Activities

Christmas MOVIE SERIES

Tues. 2nd: Mixed Nuts

(1994, PG-13, 1H 37M)

Thurs. 4th: A Christmas Story

(1983, PG, 1H 33M)

**Tues. 9th: While You Were
Sleeping**

(1995, PG, 1H 43M)

Thurs. 11th: The Bishop's Wife

(1947, NR, 1H 49M)

Tues. 16th: Meet Me in St. Louis

(1944, NR, 1H 53M)

All movies start at 1pm

DECEMBER Activities



WED. 3RD @ 11AM

COOKIE DECORATING

WED. 3RD @ 12:45PM

SNOWBALL PARTY

THURS. 11TH @ NOON

HOT COCOA BAR & STORIES

FRI. 12TH @ 11AM

GINGERBREAD HOUSES

WED. 17TH @ 11AM

WHITE ELEPHANT GIFT EXCHANGE

WED. 17TH @ 1PM

UGLY SWEATER CONTEST



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Community!

December 2025

Monday	Tuesday	Wednesday
1 Bingo's Birthday Month! 10:00 Journaling 10:00 Paint w/Peg (\$5) 11:00 Bingo 12:30 Jeopardy 1:00 Coloring Group	2 11:00 Good Grief Support Group 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Mixed Nuts	3 11:00 Sugar Cookie Decorating 12:45 Snowball Party 1:00 Knitting Group 1:00 American Sign Language
8 10:00 Journaling 10:00 Paint w/Peg (\$5) 11:00 Christmas Bingo 12:30 Jeopardy 1:00 Coloring Group	9 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: While You Were Sleeping	10 11:00 Craft: Snowflake Ornaments (\$2) 1:00 American Sign Language
15 10:00 Journaling 10:00 Paint w/Peg (\$5) 11:00 Music Bingo: Holiday songs 12:30 Jeopardy 1:00 Coloring Group	16 11:00 Mind Fitness 11:30 Cranium Crunchers 12:45-3:00 Commodities 1:00 Movie: Meet Me in St. Louis	17 11:00 White Elephant Gift Exchange 1:00 Ugly Christmas Sweater Contest 2:00 Book Club: Maisie Dobbs, Jacqueline Winspear
22 	23 	24 
Senior Center Closed for Holidays		
29 	30 	31 
Senior Center Closed for Holidays		

December 2025

Thursday

Friday

4

11:15 Card-Making with Brenda
1:00 Movie: A Christmas Story

5

9:00 Senior Swans Ballet
12:30 L&L: Poison Control w/BRHD
1:00 Paint 'n' Sip: Christmas Painting (\$5)

11

11:00 Craft & Chit Chat: Little Red Trucks (\$5)
12:00 Hot Cocoa Bar & Story Time
1:00 Movie: The Bishop's Wife

12 **Gingerbread House Day**

9:00 Senior Swans Ballet
11:00 Gingerbread Houses
1:00 Craft: Cross Stitch Ornaments (\$2)

18



Senior Center Closed for Holidays

19

25



Senior Center Closed for Holidays

26



Daily Activities

8:15-2:30 Computers
8:15 Fitness Room
8:15 Library
12:00-1:00 Lunch
8:15 Pool Tables
8:15-2:30 Quilting

Monday

10:00 Bread & Jam Band
10:00 Poker
11:00 Ukulele Class
11:00 Bingo
12:30 Jeopardy
1:00 Coloring Group
1:00 Game: Hand & Foot
1:00 Tai Chi

Tuesday

8:30 Ceramics
10:15 Tai Chi
10:30 Writers Group
1:00 Mahjong
1:00 Movie

Wednesday

9:45 Chair Yoga
11:00 Line Dancing
1:00 Bobbin Lace Group
1:00 Bridge
1:00 Tai Chi
1:00 Chinese Mahjong

Thursday

8:30 Ceramics
10:00 Bingocize
10:30 Sit & Be Fit w/ Darrell
11:00 Poker
1:00 Mahjong

Friday

10:00 Painting
10:00 Sewing
11:00 Board/Card Games
1:00 Tai Chi
2:25 Mindfulness Group

I Like to See Christmas

I like to see the stockings
I like to see the gifts
I like to see the bells
I like to see the tree
And I like to see Santa
Looking at me!



Holiday Activities



YOU'RE INVITED TO A WHITE ELEPHANT GIFT EXCHANGE PARTY

Bring a white elephant gift to
trade and see what kind of fun
surprise you may find!

11:00AM | WED. THE 17TH

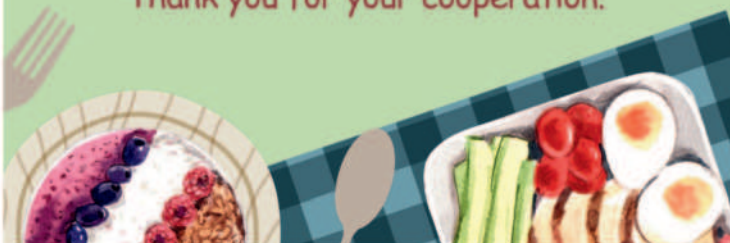
RSVP @ THE FRONT DESK



★ Lunch Room Announcement ★

If you have your tray brought to the table,
because you are unable to carry it yourself,
please make sure you are in your seat by
11:40 at the latest.

This will be a big help to the kitchen.
Thank you for your cooperation.



SEWING GROUP

Starting in January, there will be a
monthly project the sewing group
will be doing together. Join in on
the fun! There is a \$10 fee to craft
each month per project.

EVERY FRIDAY

10AM IN THE SEWING ROOM

Holiday Activities

GINGERBREAD HOUSE *Decorating*

Get into the holiday spirit with
us as we decorate our own
gingerbread houses!



Fri., Dec. 12th @ 11am in the
cafeteria
Please RSVP to decorate!



CHRISTMAS COOKIE DECORATING

WED. THE 3RD @ 11AM

Join us in the cafeteria to decorate
some Christmas sugar cookies!
RSVP @ the front desk

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December Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Tuna Salad Croissant Sandwich Carrot Raisin Salad Fruit Cocktail (Gluten Sensitive)	2 Turkey Noodle Soup Mixed Vegetables Mandarin Oranges Roll	3 French Dip Sandwich Winter Blend Vegetables Grapes (Vegetarian Option) (Gluten Sensitive)	4 Sweet & Sour Chicken Brown Rice Stir Fry Vegetables Pineapple (Gluten Sensitive)	5 Baked Salmon Lemon Couscous Steamed Broccoli Mixed Fruit
8 Pork Chops w/ Mushroom Gravy Rice Pilaf Glazed Carrots Pears Cookie	9 Parmesan Chicken Pasta Green Beans Mixed Fruit (Vegetarian Option)	10 Butternut Squash Soup and Croissant Turkey Sandwich Mixed Fruit (Vegetarian Option) (Gluten Sensitive)	11 Chicken Pesto Casserole Capri Vegetables Mixed Fruit Sliced Bread	12 Swedish Meatballs Jasmine Rice California Blend Vegetables Fruit
15 Taco Soup Fire Roasted Corn Spiced Peaches (Vegetarian Option) (Gluten Sensitive)	16 Chicken Stuffing Bake Green Beans Mixed Fruit Wheat Roll	17 Honey Pineapple Baked Ham Whipped Yams Winter Vegetables Dinner Roll Spiced Cake (Gluten Sensitive)	18 Closed for the Holidays We will see you in January!	19 
22 	23 	24 	25 	26 
29 	30 	31 		

For those 60+ and their spouse the suggested donation is \$4.00 . Don't forget to call in by 3:00 p.m. the day before. The full cost of the meal is \$12.00 for those under age 60. Please pay at the front desk to receive your meal.

Menu is subject to change

Holiday Activities

CROSS STITCH ORNAMENTS

JOIN KYLIE ON
FRIDAY, DECEMBER
12TH @ 1PM IN THE
SEWING ROOM TO
MAKE A CROSS
STITCH ORNAMENT!

\$2 FEE TO CRAFT |
RSVP @ THE FRONT
DESK

CRAFT 'N' CHIT CHAT



Little Red Trucks

Thurs., Dec. 11th @ 11am in
the sewing room
RSVP @ the front desk
\$5 fee to craft

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Cache County Senior Center, Logan, UT

D 4C 05-1038

Winter Safety

How to Stay Safe in Extreme Cold

Winter can bring arctic blasts, snowstorms, ice and sleet. And more often these days, areas of the country unaccustomed to that type of severe weather are experiencing just that.

During cold-weather events, many may lose power, and therefore heat, which can lead to medical emergencies such as frostbite and hypothermia.

Older people are especially vulnerable when temperatures drop because they have less efficient circulation. They may have medical conditions (such as thyroid problems or diabetes) and take medications (such as beta-blockers) that can raise their risk of health problems, including injuries, in the cold, says Matthew Levy, D.O., associate professor of emergency medicine at the Johns Hopkins University School of Medicine. “Bone density decreases, which could put someone at risk for injuries from falls, and blood pressure medicine may not allow your heart rate to increase as needed” when shoveling snow.

Ways to protect yourself in frigid temperatures

Pile on the layers. If you have no heat in your home, gather all blankets, coats, sleeping bags — anything that will allow you to maintain your body temperature — and bundle up. If your car is in a garage and you can't open the garage door, don't run the vehicle's heater to get warm or charge devices.

Be careful with candles. If possible, use a flashlight as a light source if the power goes out, instead of candles, which are a fire hazard.

Keep the weather outside. Do anything you can to maintain the temperature indoors if you don't have a heat source (or even if you do). The National Institute on Aging suggests that you keep blinds and curtains closed and roll towels and place them under doors to keep out drafts. Close the doors to unused rooms and avoid opening doors to the outside unless absolutely necessary.

Prevent falls. You can get a range of injuries from falling on slick surfaces, even if you have good balance, says Elizabeth Phelan, M.D., professor of gerontology and geriatric medicine and medical director of the Fall Prevention Clinic at Harborview Medical Center in Seattle. “Research out of Nordic countries and the UK shows that there's double to triple the number of emergency room visits and hospitalizations due to falls from ice and snow,” Phelan says. Her tips if you need to go outside when it's icy: Wear slip-resistant footwear; keep your hands free and out of your pockets in case you need to balance or brace yourself; limit the number of items you're carrying so you'll have better balance; and avoid looking at your phone while you're walking.

Take care with electric heaters and generators. When using a portable electric heater, follow safety tips from the Consumer Product Safety Commission to avoid fire. They include advice about making sure the device is not damaged in any way (is the cord hot when you plug it in?) and not leaving it unattended. Make sure the heater is at least 3 feet away from curtains or bedding. Never use a gas-powered generator indoors; you can be poisoned by carbon monoxide, a colorless, odorless by-product. The American Red Cross has tips on preventing carbon monoxide poisoning.

Dress right. Multiple thin layers can insulate you better than one thick layer. The Centers for Disease Control and Prevention suggests wearing an inner layer of wool, silk, or polypropylene, which will hold more body heat than cotton. If you start to get too warm, take off a layer before you begin to sweat. (Sweat lowers your body temperature.) Mittens are warmer than gloves.

Be careful while clearing snow. Extreme exertion, such as shoveling, can lead to a heart attack. “People who aren't normally used to doing such strenuous exercise should not shovel unless they literally have a clean bill of health from their doctor,” Levy says. Note that every winter brings distressing snowblower injuries. You can't be too careful when using one.

<https://www.aarp.org/home-living/extreme-cold-weather-safety/>

Holiday Activities

Hot Cocoa Bar & Storytime



Join us in the cafeteria
for hot cocoa and cozy
stories!

Thurs., Dec. 11th @ 12pm

**SNOWFLAKE
ORNAMENTS**

WED. 10TH @ 11AM
IN THE SEWING
ROOM

RSVP @ THE
FRONT DESK (\$2)

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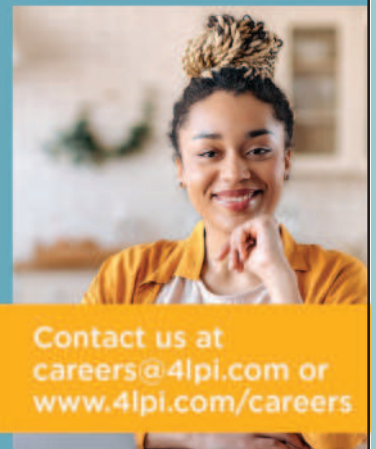


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Medicare Fraud

Dear Marci,

I have been hearing about people stealing Medicare numbers. I'm starting to worry about my personal information being compromised. How can I be more vigilant and prevent medical identity theft?

- Pearla (Lewiston, ME)

Dear Pearla,

Great question! Medical identity theft can be a jarring experience. It can negatively affect your medical records, health insurance, and finances. I have outlined below steps you can take to avoid, identify, and respond to medical identity theft.

Steps to protect yourself from medical identity theft:

- Be careful about who you give your personal information to. This includes your Medicare number, Social Security number, credit card numbers, and driver's license number.
- Beware of unexpected texts, calls, or emails. A scammer may try to get you to click on a link or respond with your personal information. Remember that Medicare and Social Security will never reach out to you to ask for your personal information.
- Keep documents that contain your medical information somewhere safe. This includes your health insurance card, insurance enrollment forms, prescription bottles, and billing statements. If you want to get rid of these things, use a shredder or wait for a local shred day. Before throwing out prescriptions, use a marker to cross out any personal information on the bottle.
- Look out for common fraud schemes used to steal personal information. These include scams related to free COVID-19 tests, durable medical equipment that you didn't ask for, genetic testing or cancer screening kits, new Medicare card scams, and telehealth fraud. If someone does manage to steal and use your medical information, look out for the following signs:
 - Charges on your Medicare statements for services, equipment, or medications you didn't receive.
 - Shipment of braces, testing kits, or other medical supplies in the mail that you didn't request.
 - Outreach by a debt collection company for a provider bill you don't owe.
 - Medical debt collection that you don't recognize.

If you believe someone has stolen and is using your medical information, contact your Senior Medicare Patrol, or SMP. Your local SMP can help guide you through what you need to do if you think your medical information has been stolen. Along with reporting any incidents to the authorities, an SMP may encourage you to:

- Review your Medicare statements. Look for any services, items, or prescriptions you didn't receive or any providers you don't recognize.
- Get copies of medical records. Explain the situation to your health care providers and request that they send you your records.
- Report errors. Report any mistakes you find in your medical records to your health care provider.
- Review your credit reports. Visit www.AnnualCreditReport.com or call 877-322-8228 to get your free credit report. Look for medical billing errors. This includes medical debt collection notices that you don't recognize.
- Make a recovery plan. Use the Federal Trade Commission's www.IdentityTheft.org to report identity theft and get a recovery plan.

Hope this helps!

-Marci

Health Tip

Whether you're managing diabetes or aiming to prevent it, small, consistent steps can make a big difference in your health.

- **Know your risk and get screened:** If you're 35 or older, overweight, have high blood pressure, or have a family history of diabetes, talk to your doctor about diabetes screening.
- **Move more:** Aim for at least 150 minutes of moderate exercise per week. Even brief activity breaks can help manage blood sugar.
- **Adopt a balanced diet:** Focus on vegetables, lean proteins, whole grains, and low in ultra-processed foods. These choices support healthy blood sugar, cholesterol, and weight maintenance.
- **Prioritize mental and emotional wellness:** Managing diabetes requires resilience. Techniques like stress-reduction activities, sleep hygiene, and seeking support can significantly boost your well-being.

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Christmas Word Search



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