



DECEMBER BIRTHSTONE & ZODIAC

December has two zodiac signs, Sagittarius (Nov. 22–Dec. 21) and Capricorn (Dec. 22–Jan. 19), and three main birthstones: turquoise, zircon, and tanzanite.

Sagittarians are typically seen as adventurous and philosophical, with qualities like freedom, wisdom, and protection associated with their birthstones, while Capricorns are considered ambitious and disciplined, with qualities like strength and stability linked to their birthstones

DECEMBER HOLIDAYS

We will be closed on the 25th & 26th

December is full of celebrations big and small. The month kicks off with National Cookie Day on December 4, followed by National Hot Cocoa Day on December 13. Hanukkah begins on December 14, and Ugly Sweater Day adds some fun on December 19. Christmas Day arrives on December 25, with National Candy Cane Day and the start of Kwanzaa both following on December 26. The month wraps up with New Year's Eve on December 31.

IMPORTANT NOTICE

We extend our gratitude to the **Rotary Club, Decatur Medical Lodge, and Medical City Decatur** for their assistance in gathering blankets, bedding, and coats. If you are in need of any of these items, please inform your driver or call the office at (940) 627-5329, while supplies last. If you have completed an Angel Tree application, expect to receive your items shortly. We will also be sending some holiday treats. Wishing you a safe and joyful holiday season!

Client Satisfaction Survey/ Encuesta de satisfacción del cliente

Please fill out this survey and return it to a Meals-on-Wheels delivery driver. / Complete esta encuesta y devuélvela a un repartidor de Meals-on-Wheels

Name/Nombre: _____

1. **We've been sending out bags of extra food whenever we can. What do you think about them? / Hemos estado enviando bolsas de comida extra siempre que podemos. ¿Qué piensas de ellos?**
 - I like them, please keep sending them! / Oh, me gustan, ¡sigue enviándolos!
 - Don't send me so much! Send me smaller bags or send them less frequently. / ¡No me envíes tanto! Envíame bolsas más pequeñas o envíalas con menos frecuencia.
 - Don't send me any! I don't use most of it, and I don't have room to store it. / *no me envíes cualquier!* No uso la mayor parte y no tengo espacio para guardarlo.
 - I don't really have an opinion... it's fine either way! / *Realmente no tengo una opinión... ¡está bien de cualquier manera!*
2. **Do the meals taste good? / ¿Las comidas saben bien?**
 - Yes / Si Sometimes/ A veces No Don't Know / no lo sé
3. **Is there enough food in each meal? / ¿Hay suficiente comida en cada comida?**
 - Yes / Si Sometimes/ A veces No Don't Know / no lo sé
4. **Is the temperature of the meal satisfactory? / ¿La temperatura de la comida es satisfactoria?**
 - Yes / Si Sometimes/ A veces No Don't Know / no lo sé
5. **Are the meals delivered on time? / ¿Las comidas se entregan a tiempo?**
 - Yes / Si Sometimes/ A veces No Don't Know / no lo sé
6. **Is the person who delivers the meals friendly? / ¿La persona que entrega las comidas es amigable?**
 - Yes / Si Sometimes/ A veces No Don't Know / no lo sé
7. **Overall, are you satisfied with the home delivered meal service? / En general, ¿está satisfecho con el servicio de comida a domicilio?**
 - Yes / Si Sometimes/ A veces No Don't Know / no lo sé
8. **Has anyone mentioned that you can make a donation toward the cost of the meals if you want? / ¿Alguien ha mencionado que puede hacer una donación para cubrir el costo de las comidas si lo desea?**
 - Yes / Si Sometimes/ A veces No Don't Know / no lo sé
9. **As a result of getting the meals, have you been able to keep your independence? / Como resultado de recibir las comidas, ¿ha podido mantener su independencia?**
 - Yes / Si Sometimes/ A veces No Don't Know / no lo sé
10. **What has been your favorite of the meals we've served you? / De las comidas que te hemos servido, ¿cuál ha sido tu favorita?**

Comments:

Answer to this month's puzzle:

Solution:

1	L	2	T	3	D		4	S	5	E	6	C		7	S	8	E	9	T
10	A	H	E	11	M		12	A	S	H		13	S	E	R	E			
14	B	A	B	Y			15	C	E	R	U	L	E	A	N				
	17	T	U	N	A			19	I	T	E	M	S						
		20	G	A	F	F		22	S	A	D								
23	E	24	I	G	H	T	I	25	E	T	H		26	D	27	K	28	L	
29	E	R	E				30	R	E	M			31	R	I	O			
32	L	S	D				33	R	E	G	A	R	D	I	N	G			
			36	T	A	P		37	S	E	R	F							
		38	S	P	O	I	L		40	D	A	T	A		41				
42	I	N	U	N	D	A	T	E		43		44		45	M	I	L	46	D
47	C	O	R	E			48	C	S	T			49	A	N	T	I		
50	E	W	E				51	E	P	A			52	G	O	V			

Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the "winter blues," some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit nimh.nih.gov/findhelp.

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org.

Merry Christmas

Two very important dates in December



→ End Of Annual Enrollment- I still have time on the Calendar



→ Time for us to rejoice



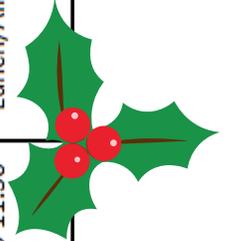
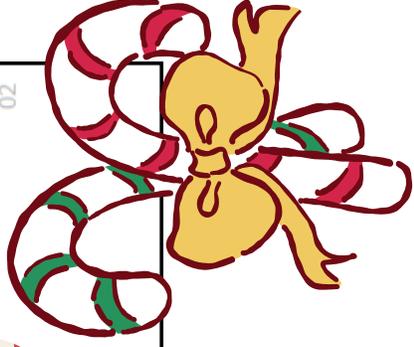
I'm here to help
 Briam Ege 940-255-7822
www.myinsuredchoice.com



December



Monday	Tuesday	Wednesday	Thursday	Friday
01 Bingo 9:30 Lunch/Almuerzo 11:30	02 Craft & Cards Lunch/Almuerzo 11:30	03 Bingo w/Steve 9:30 Lunch/Almuerzo 11:30	04 Bingo w/Carla 9:30 Lunch/Almuerzo 11:30	05 Cards 9:00-11:00 Lunch/Almuerzo 11:30
08 Rush Creek Band 10:00 Lunch/Almuerzo 11:30	09 Cookie Decorating Social 9:00-10:00 Lunch/Almuerzo 11:30	10 Bingo w/Steve 9:30 Lunch/Almuerzo 11:30	11 Paint/Craft Homestyle Lunch 11:30 Close at 12:30	12 Cards 9:00-11:00 Lunch/Almuerzo 11:30
15 Bingo w/Brian 9:30 Lunch/Almuerzo 11:30	16 Craft & Cards w/Janeen 9:00-11:00 Lunch/Almuerzo 11:30	17 Bingo w/Steve 9:30 Lunch/Almuerzo 11:30 Senior Christmas Party 9:00-2:00	18 Breakfast & Movie Day Homestyle Lunch 11:30	19 Cards 9:00-11:00 Lunch/Almuerzo 11:30
22 Bingo w/Brian 9:30 Lunch/Almuerzo 11:30	23 Cards 9:00-11:00 Lunch/Almuerzo 11:30	24 Bingo w/Steve 9:30 Lunch/Almuerzo 11:30	25 CHRISTMAS DAY CLOSED	26 CLOSED
29 Bingo w/Brian 9:30 Lunch/Almuerzo 11:30	30 Cards 9:00-11:00 Lunch/Almuerzo 11:30	31 Bingo w/Steve 9:30 Lunch/Almuerzo 11:30	01 CLOSED	02 CLOSED



Wise County Committee on Aging December 2025

Menu is subject to change due to availability.
We apologize for any inconvenience.

All of our meals are designated and approved by a certified nutritionist.

Due to current financial restraints, we do not have the budget to customize individual meals.

Monday 12/1/2025	Tuesday 12/2/2025	Wednesday 12/3/2025	Thursday 12/4/2025	Friday 12/5/2025
Arroz con Pollo Roasted Corn & Bell Peppers Carrots Cake	Beef Lasanga Broccoli & Cauliflower Mix Bread Squash Ambrosia	Cranberry Glazed Pork Roasted Potatoes Brussel Sprouts Roll Fruit	Beef Steak Fingers Garlic Mashed Potatoes Cream Gravy Capri Vegetables Bread & Parfait	Chicken & Dumplings Peas Carrots Roll Apple Crisp
Monday 12/8/2025	Tuesday 12/9/2025	Wednesday 12/10/2025	Thursday 12/11/2025	Friday 12/12/2025
BBQ Sliced Sausage Seasoned Corn Green Beans Bread	Salisbury Steak Gravy Garlic Mashed Potatoes Tuscan Blend Vegetables Roll & Fruit Medley	Baked Pork Chop Brown Gravy Rice Pilaf Brussel Sprouts Corn Bread & Chocolate Brownie	Chicken Parmesan Pasta Broccoli Bread Cranberry Pear Crisp	Beef Stew Carrots Corn Roll Fruit Cup
Monday 12/15/2025	Tuesday 12/16/2025	Wednesday 12/17/2025	Thursday 12/18/2025	Friday 12/19/2025
Autumn Butternut Squash Soup Green Beans Beets Saltine Crackers Fruit Cup	Country Fried Steak Cream Gravy Mashed Potatoes Okra & Tomatoes Roll Fruit	Chicken Fajita Corn & Black Bean Spanish Rice Lemon Buttermilk Cobbler	Beef Rotini Pasta Bake Squash Medley Carrots Roll Cinnamon Pears	BBQ Pulled Pork w/Bun Sweet Potato Coleslaw Onion Slices Fruit Crisp
Monday 12/22/2025	Tuesday 12/23/2025	Wednesday 12/24/2025	Thursday 12/25/2025	Friday 12/26/2025
Sesame Ginger Chicken Rice Oriental Vegetables Roll Mandarin Orange & Cherries	Meatballs & Pasta Broccoli Corn Bread Fruit Cup	Baked Ham Sweet Potatoes Brussel Sprouts Roll Fruit Cobbler	Turkey Pot Pie Mashed Potatoes Green Beans Roll Chocolate Brownie	Chicken Fajita Spanish Rice Mexican Squash Tortilla Cake

Monday 12/29/2025	Tuesday 12/30/2025	Wednesday 12/31/2025
Pork Chops Corn Peas Roll Cake	Grilled Chicken Sandwich Sweet Potato Fries Lett/Tom/Onion Apple Crisp Bun	Beef Enchilada Bake Roasted Potatoes Squash Fruit

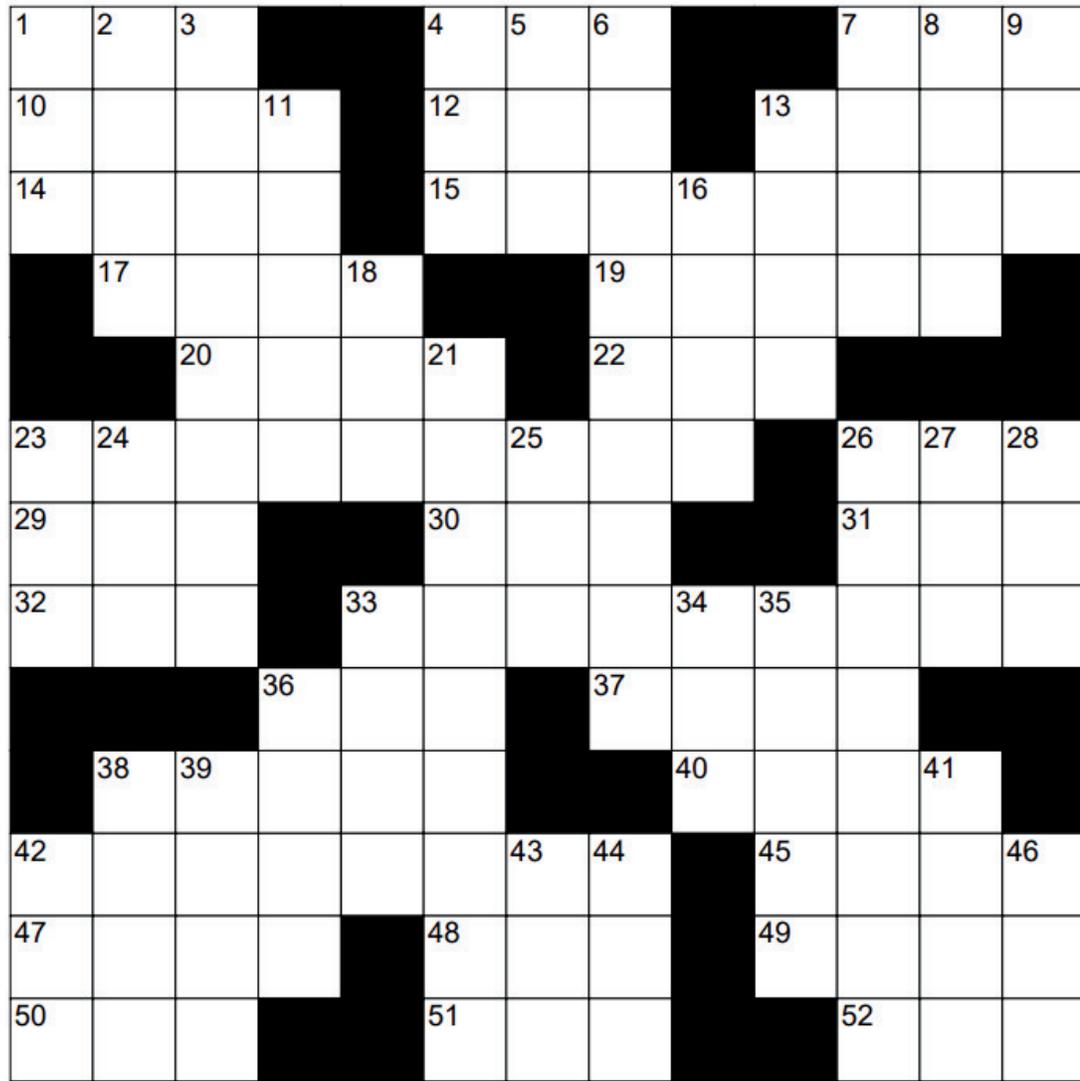


WCCA
WISE COUNTY COMMITTEE ON AGING
WISEMEALS.ORG (940) 627-5329
PROVIDERS OF... MEALS @ WHEELS WISE COUNTY



Menu Management
by Don & Krista Conaway
Open to Janville, TX
N.L.C.# DTS 1090

DECEMBER



ACROSS

- 1. Limited (abbr.)
- 4. Part of a min.
- 7. Primed
- 10. Excuse me!
- 12. Tree
- 13. Shriveled
- 14. Babe
- 15. Azure
- 17. Bonito
- 19. Objects
- 20. Hook
- 22. Miserable
- 23. 4/5 century birthday
- 26. 10 liters (abbr. for dekaliter)

DOWN

- ★ 1 Workplace
- ★ 2 Not this
- ★ 3 Removed insects from
- ★ 4 Pocket
- ★ 5 Compass point
- ★ 6 Santa Clause time
- ★ 7 Appear
- ★ 8 Time periods
- ★ 9 X
- ★ 11 Asian starling
- ★ 13 Flat wooden vehicle with runners
- ★ 16 Beehive State
- ★ 18 Furthest back
- ★ 21 Indoor recess in chimney
- ★ 23 Elver
- ★ 25 Electroencephalgraph (abbr.)
- ★ 26 Afloat
- ★ 27 Family
- ★ 28 Fireplace fuel
- ★ 33 Bust
- ★ 34 Crimson
- ★ 35 Play
- ★ 36 Color
- ★ 38 December weather offering
- ★ 39 Refined
- ★ 41 Singing voice
- ★ 42 Sorbet
- ★ 43 Teaspoon (abbr.)
- ★ 44 Terminal abbr.
- ★ 46 Division (abbr.)

JOIN US!



OWLS Activity Center Invites

You To A

POTLUCK

CHRISTMAS

Party

Wednesday,
December

17

9:00AM -
2:00PM

Potluck (Bring your favorite dish),
Bingo, Games, and Companionship.

OWLS Activity Center

1200 N Miller St.

Decatur, TX 76234

www.wisemeals.org

Save the Date!

iM **MEALS**
on WHEELS
WISE COUNTY
GALA & AUCTION 2026

THE GILDED AGE



Help End the Wait for Wise Seniors.

Friday, March 27th • 6:00 PM - Decatur Conference Center
Attire: Gilded Age Attire Optional

- Open Bar
- Silent & Live Auction
- Raffle
- Entertainment



Sponsor a Table or
Purchase Tickets Now!

Tables for 8 - \$500
Individual Tickets - \$75

Presenting Sponsors...

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debbie@2BMarketingServices.com



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