KINSHIP POINTE
McCook

1500 E 11th Street • McCook, NE 69001 • (308) 345-2100

December 2020

Nutty About Fruitcake

Although some people hate it and others love to make jokes about it, fruitcake has a long history and is still a popular treat in many parts of the world.

Today's fruitcake is a sweet, dense loaf made with butter, brown sugar and molasses, and lots of nuts and candied fruits, among other ingredients. The first fruitcakes, however, were a little different.

The oldest reference to a similar cake dates to Roman times. The recipe included barley mash mixed with pomegranate seeds, pine nuts and raisins, producing a portable, long-lasting food perfect for travelers.

During the Middle Ages, dried fruits became more widely available, so people added them to cakes, along with honey and spices.

In the 1500s, cheap sugar from the colonies began arriving in Europe, and it was soon discovered that soaking fruit in successively greater concentrations of sugar intensified its color and flavor while acting as a preservative. Soon fruitcakes were all the rage.

LaVeta Howard-5th Betty Wortman-5th
Helen Magee-16th Larry McNutt-20th
Bonnie Urling-21st Dodi Powell-26th
Lucille Wolvin-30th Patricia Bowers-31st

★ ★ ★ Veterans Day ★ ★ ★

Arnez Gans reads a poem at the November 11th Veterans Day program!

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IE Independent Exercise Room
IL IL Lobby
DR Dining Room
C Conservatory
AL Assisted Living Activity Room
SR AL Sun Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30 IE Exercise-IL 9:30 IE Exercise-IL 10:45 SR Bible Study-AL 10:45 C Bible Study-IL 11:00 Banking-IL 1:30 AL Exercise 3:30 Happy Hour Cart-AL	2 8:30 IE Exercise-IL 9:30 IE Exercise-IL 10:30 C Kindness Rocks Project-IL 1:15 Shopping-IL 1:30 AL Exercise 2:30 DR Bingo-AL 3:30 IL Happy Hour Cart-IL 6:15 Christmas Light Bus Ride-IL	3 8:30 IE Exercise-IL 9:30 IE Exercise-IL 10:15 AL Donuts & Coffee-AL 10:15 C Donuts & Coffee-IL 11:00 Banking-AL 1:30 AL Exercise 2:30 DR Train Your Brain-AL 3:30 C Singing Group	4 8:30 IE Exercise-IL 9:30 IE Exercise-IL 10:30 C Train Your Brain-IL 1:30 AL Exercise 2:30 DR Bingo-IL	5 11:00 Walking Group 2:30 IE Movie-IL
6 11:00 Walking Group 2:30 AL Movie-AL	7 8:30 IE Exercise-IL 9:30 IE Exercise-IL 1:30 AL Exercise 2:30 Bingo-IL 6:00 IE Movie-IL 6:15 Christmas Light Bus Ride-AL	8 8:30 IE Exercise-IL 9:30 IE Exercise-IL 10:45 SR Bible Study-AL 10:45 C Bible Study-IL 11:00 Banking-IL 1:30 AL Exercise 2:30 C Life Stories-IL 3:30 Happy Hour Cart-AL	9 8:30 IE Exercise-IL 9:30 IE Exercise-IL 1:15 Shopping-IL 1:30 AL Exercise 2:30 DR Bingo-AL 3:30 IL Happy Hour Cart-IL	10 8:30 IE Exercise-IL 9:30 IE Exercise-IL 10:15 AL Donuts & Coffee-AL 10:15 C Donuts & Coffee-IL 11:00 Banking-AL 1:30 AL Exercise 2:30 DR Train Your Brain-AL 3:30 C Singing Group	11 8:30 IE Exercise-IL 9:30 IE Exercise-IL 2:00 DR Christmas Tea IL & AL	12 11:00 Walking Group 2:30 IE Movie-IL
13 11:00 Walking Group 2:30 AL Movie-AL	14 8:30 IE Exercise-IL 9:30 IE Exercise-IL 1:30 AL Exercise 2:30 Christmas Sweater Party-IL 6:00 IE Movie-IL	15 8:30 IE Exercise-IL 9:30 IE Exercise-IL 10:45 SR Bible Study-AL 10:45 C Bible Study-IL 11:00 Banking-IL 1:30 AL Exercise 3:30 Happy Hour Cart-AL	16 8:30 IE Exercise-IL 9:30 IE Exercise-IL 10:30 AL Kindness Rocks Project-AL 1:15 Shopping-IL 1:30 AL Exercise 2:30 DR Bingo-AL 3:30 IL Happy Hour Cart-IL	17 8:30 IE Exercise-IL 9:30 IE Exercise-IL 10:15 AL Donuts & Coffee-AL 10:15 C Donuts & Coffee-IL 11:00 Banking-AL 1:30 AL Exercise 2:30 DR Train Your Brain-AL 3:30 C Singing Group	18 8:30 IE Exercise-IL 9:30 IE Exercise-IL 10:30 C Train Your Brain-IL 1:30 AL Exercise 2:30 DR Bingo-IL	19 11:00 Walking Group 2:30 IE Movie-IL
20 11:00 Walking Group 2:30 AL Movie-AL	21 8:30 IE Exercise-IL 9:30 IE Exercise-IL 1:30 AL Exercise 2:30 Christmas Cookies & Coffee-AL 6:00 IE Movie-IL	22 8:30 IE Exercise-IL 9:30 IE Exercise-IL 10:45 SR Bible Study-AL 10:45 C Bible Study-IL 11:00 Banking-IL 1:30 AL Exercise 3:30 Happy Hour Cart-AL	23 8:30 IE Exercise-IL 9:30 IE Exercise-IL 1:15 Shopping-IL 1:30 AL Exercise 2:30 DR Bingo-AL 3:30 IL Happy Hour Cart-IL	24 8:30 IE Exercise-IL 9:30 IE Exercise-IL 10:15 C Donuts, Coffee & Egg Nog-IL 11:00 Banking-AL 1:30 AL Exercise 2:30 DR Fruitcake & Egg Nog Party-AL 3:30 C Singing Group	**Christmas** 25 10:00 AL Pastry Party & Reminiscing with Val-AL 2:30 DR Christmas Day Bingo with Val	26 11:00 Walking Group 2:30 IE Movie-IL
27 11:00 Walking Group 2:30 AL Movie-AL	28 8:30 IE Exercise-IL 9:30 IE Exercise-IL 10:30 Life Stories-AL 1:30 AL Exercise 2:30 Bingo-IL 6:00 IE Movie-IL	29 8:30 IE Exercise-IL 9:30 IE Exercise-IL 10:45 SR Bible Study-AL 10:45 C Bible Study-IL 11:00 Banking-IL 1:30 AL Exercise 3:30 Happy Hour Cart-AL	30 8:30 IE Exercise-IL 9:30 IE Exercise-IL 1:15 Shopping-IL 1:30 AL Exercise 2:30 DR Bingo-AL 3:30 IL Happy Hour Cart-IL	31 8:30 IE Exercise-IL 9:30 IE Exercise-IL 10:15 AL Donuts & Coffee-AL 10:15 C Donuts & Coffee-IL 11:00 Banking-AL 1:30 AL Exercise 2:30 DR New Years Party IL & AL 3:30 C Singing Group		

December
Word Search

Bell	Holiday
Candle	Holly
Card	Lights
Christmas	Ornament
Eggnog	Ribbon
Fruitcake	Scrooge
Gift	Tradition
Greeting	Wreath

C X T F I G D L R K N A A M M
G H U R I B B O N D H C P A W
R N R U A O N X W R E A T H X
Y R I I X D V M Y A G N U L E
W K V T S Z I S H C G D P T I
R J F C E T K T T Q N L S A C
O G W A P E M O I H O E L R Y
I D U K K E R A S O G L M E H
K S N E Q N A G S O N I Y O B
K Q E Y A D I L O H S E L A E
Q P F M O E N R F M U L O G N
L P E X I C C S T N Y S O T Z
M N N B X S S R I D E T K Q U
T R U G X Y R O I O O N G V S

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