

NIAAA'S SENIOR NEWSLETTER



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Welcome to December! As the year draws to a close, we pause to appreciate the moments that made 2025 so special – the laughter shared, the friendships strengthened, and the simple joys that brightened each day. December reminds us to slow down, reflect, and cherish the warmth of community that surrounds us.



❄️ Helpful Tips for a Healthy & Happy Winter

(Keep your body strong and your spirits bright all season long!)

🧣 Keep Warm & Cozy

Layer your clothing to stay comfortable indoors and out. Warm socks and slippers help prevent chills — and keep you steady on your feet. Don't forget a hat and gloves when heading outside!

🧘♀️ Move a Little Every Day

A few minutes of light stretching, chair exercises, or a walk around the house can do wonders for your joints and mood. Every bit of movement counts!

💧 Drink Up!

It's easy to forget water in the winter. Try sipping warm tea, broth, or water with lemon throughout the day to stay hydrated and energized.

🕯️ Boost Your Mood

Open your curtains to let in the daylight, play your favorite music, or call a loved one for a cheerful chat. A good laugh is great medicine!

🍲 Eat for Warmth & Wellness

Enjoy nourishing foods like soups, stews, and oatmeal. Add colorful fruits and vegetables — carrots, oranges, spinach — for vitamins that help your immune system stay strong.

❤️ Take Care of You

Keep up with any medications, bundle up for appointments, and reach out if you need a hand. If you haven't had your flu or COVID booster, talk to your doctor or pharmacist — a little prevention goes a long way.

🕊️ “Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire.” — Edith Sitwell

Christmas Crack



Ingredients

24

Saltine Crackers

1 cup

Brown Sugar (packed)

1 cup

Butter

11 ounces bags

Semi-Sweet Chocolate Chips

1 cup

Jet-Puffed Mallow Bits

½ cup

Red And Green M&M Baking Chips

add

Christmas Sprinkles

Instructions

Preheat oven to 350°.

Line a 15 x 10 jelly roll pan with aluminum foil.

Fill the entire bottom of the pan with crackers, placing them side by side but not overlapping. Set aside.

Add the brown sugar and butter to a medium saucepan. Place on medium heat, stirring continually until the butter melts, until a low boil begins. Boil for 2-3 minutes. Remove from heat and allow to cool for one minute. Pour over the top of the crackers.

Place pan in the oven and bake for 5 minutes.

Remove from oven and sprinkle chocolate chips on top of the crackers. Return to oven and bake for an additional 4-5 minutes or until the chocolate chips have melted. Immediately sprinkle with the mini marshmallow bits, M&M candies and sprinkles.

Place in refrigerator for 30 minutes to allow the chocolate to cool and harden.

Before serving, cut or break into squares.

Candy Cane Christmas Mocktail

Ingredients

- 1 C half and half
- 12 oz cream soda
- 4 tsp. simple syrup
- 2-4 drops peppermint oil or extract
- candy canes
- 4 tsp. simple syrup



Instructions

To prepare the martini rims, lightly coat the rim of your martini cup in simple syrup on a plate

On another plate, place the crushed candy canes then rim the glasses by dipping the glasses that have been coated in simple syrup into the candy canes

To make the drink, simply stir together 1 C half and half, 12 oz. cream soda, 4 tsp. simple syrup and 2-4 drops of peppermint oil in a small pitcher

Pour mixed drink into the candy can rimmed martini glasses



THE Christmas WALK^{OF} LIGHT

MONDAY THROUGH SATURDAY
8:00 AM - 6:00 PM
SUNDAY 10:00 AM - 3:00 PM
THROUGH DECEMBER 27TH

FREE ADMISSION

FAMILY NIGHTS
SATURDAY, DECEMBER 6TH
SATURDAY, DECEMBER 13TH
5:00 PM - 7:30 PM
VISIT SANTA
HOT COCOA + TREATS
PHOTO OPPS + FIREPIT
KID KRAFTS





Come join us for our 9th PUITP event! ✨❄️❤️ Pop Up
In The Parks: A Vintage Little Christmas — a festive
holiday market filled with retro charm, local small
businesses, and all the Christmas magic you can
imagine! ✨🎁

Grab your family and friends & come join us on Sunday,
December 7th from 12-4 p.m for a cozy day of holiday
shopping from over 75 vendors, all the good tunes from
DJ Petey P, delicious food, and family fun as we
celebrate the best season of all together!

NATIONAL COOKIE MONTH



DECEMBER 4



✨ It's a Wonderful Life (1946)

A heartwarming story about the impact one person can have on the lives of others. A beautiful reminder of gratitude and community.

✨ Miracle on 34th Street (1947)

A charming film about believing in the magic of Christmas—no matter your age. A true feel-good classic.

✨ White Christmas (1954)

Filled with music, dancing, and old-fashioned holiday cheer, this film brings joy with every scene.

✨ A Christmas Carol (1951)

Ebenezer Scrooge's journey from grumpy to grateful never gets old. A touching message about kindness and second chances.

✨ Holiday Inn (1942)

A musical treasure featuring Bing Crosby and the debut of the beloved song "White Christmas."



Christmas Trivia Fun!



Add a little holiday cheer to your December newsletter!

Test your Christmas knowledge with these festive questions:

1. In the song "Frosty the Snowman," what made Frosty come to life?
2. What popular Christmas beverage is also called "milk punch"?
3. In what city does "Miracle on 34th Street" take place?
4. What Christmas plant is known for its bright red and green leaves?
5. Which reindeer's name begins with the letter "B"?
6. What classic Christmas ballet features a girl named Clara?
7. Who originally sang "Rockin' Around the Christmas Tree"?
8. In "It's a Wonderful Life," what happens every time a bell rings?
What is the best-selling Christmas song of all time?





Christmas Trivia Answers

- A magical silk hat
- Eggnog
- New York City
- Poinsettia
- Blitzen
- The Nutcracker
- Brenda Lee
- An angel gets its wings
- “White Christmas” by Bing Crosby

December Rockford History



Dec. 3, 1818 — Illinois was formally admitted as the 21st U.S. state. This is key to Rockford's early settlement history.

Dec. 27, 1972 — The Tinker Swiss Cottage, a historic home in Rockford, was added to the National Register of Historic Places.

Dec. 29, 2015 — The historic Turner School building (at 1410 Broadway) was added to the National Register of Historic Places.

Dec. 31, 2020 — The Rockford Woman's Club building (323 Park Ave) was added to the National Register of Historic Places.

Dec. 31, 1988 — The Rockford Metro Center hosted the CBA All-Star Game. The Rockford Lightning defeated the CBA All-Stars, and Dwayne McClain (of Rockford Lightning) was MVP.

FIRST DAY OF WINTER



DECEMBER 21



NIAAA's Holiday Office Hours

Our office will be closed on the following dates:

December 24th, 25th, 26th
December 31st, January 1st,
January 2nd,

Happy Holidays from NIAAA!
Wishing you warmth, joy, and
peace throughout this
holiday season.