

## How Can We Help You?

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## December Birthdays

If you were born between December 1–21, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters. Those born between December 22–31 are Capricorns, the Goat. Capricorns are the most stable and serious signs of the zodiac. Reliable, resourceful, and determined, they make excellent leaders and managers.

Lou Rawls (singer) – December 1, 1933  
 Louis Prima (singer) – December 7, 1910  
 Judi Dench (actress) – December 9, 1934  
 Connie Francis (singer) – December 12, 1938  
 J. Paul Getty (tycoon) – December 15, 1892  
 William Parry (explorer) – December 19, 1790  
 Ava Gardner (actress) – December 24, 1922  
 Ted Danson (actor) – December 29, 1947  
 Tiger Woods (golfer) – December 30, 1975

## December Birthdays at OLOV

- 1 Betty Mills
- 2 Judy Buckwalter
- 4 Father Louis Benoit
- 4 Donald Lipscomb
- 6 Helen Norris
- 17 Elizabeth “Ann” Worrell
- 26 Helen Craft
- 26 John Lane
- 31 Paul Brown
- 31 Richard Williamson



# Valley Voices

Our Lady of the Valley | 650 N Jefferson Street, Roanoke, VA 24016 | 540.345.5111

## Celebrating December

### Safe Toys and Gifts Month

### National Tie Month

### Computer Science Education Week

*December 9–15*

### Eat a Red Apple Day

*December 1*

### Sacher Torte Day

*December 5*

### Pearl Harbor Remembrance Day

*December 7*

### Weary Willie Day

*December 9*

### Cocoa Day

*December 13*

### Cat Herders Day

*December 15*

### Eggnog Day

*December 24*

### Christmas Day

*December 25*

## Last Month at Our Lady of the Valley

We started off the month of November with some fun music with SammyP! We look forward to him joining us monthly going forward.

We took the time to celebrate all our Veterans with a Veterans Day Ceremony and Pinning. Emily Witt with Good Samaritan Hospice spent the afternoon with us honoring our Veterans and supplied the pins, pieces of the flag, and certificates. We ended the day with a Men's Outing to dinner at Burger in the Square. Yummy!

We enjoyed our usual monthly entertainment with Music Therapy with Jane from Allegro, Leslie Brooks, Classic Radio Hour with Josh Urban, Aiden and Blane Jazz Duo, Amy Andrews, and Marc Baskind! A special performance by Benedict Goodfriend for a beautiful Violin Recital.

The women had their very own Women's Dinner outing to Applebee's for delicious food and drinks. We are looking forward to next month's dinner outing.

We celebrated Thanksgiving with a lovely meal the Sunday before Thanksgiving. Residents, families, and friends all gathered for a traditional Thanksgiving meal prepared by our very own Dietary Staff. The meal consisted of ham, turkey, gravy, stuffing, yams, green beans, rolls, mashed potatoes, and for dessert we had either pumpkin pie or apple pie. It was a wonderful time!

It is hard to believe that it is almost December! So buckle up because there is lots of fun to be had coming up! There is so much going on in December and believe me, you won't want to miss it!



## Pastor's Corner

"But thou, Bethlehem Ephratah, though thou be little among the thousands of Judah, yet out of thee shall he come forth unto me that is to be ruler in Israel; whose goings forth have been from of old, from everlasting." Micah 5:2

Bethlehem Ephratah is a small town near Jerusalem on the West Bank of the Jordan River. This was the ancestral home of King David. David was promised by God that a future Messiah would come from his descendants. A shoot shall come from the stump of Jesse, Isaiah 11:1. He will be the Anointed One. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace." Isaiah 9:6-7

In Beit Sahur, the eastern portion of town, "there were in the same country shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid. And the angel of the Lord said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, Which is Christ the Lord." Luke 2:11

May you know the great joy of this season,  
Lorie Holter, OLOV Pastoral Counselor



## Weather Watchers

The first Saturday of December is Skywarn Recognition Day, a day of appreciation for over 350,000 volunteer storm spotters. These spotters provide timely and accurate reports of wind, hail, flash floods, lightning, tornadoes, and hurricanes. Skywarn volunteers are often the first to signal warnings of severe weather as it approaches.

Anyone can be a Skywarn weather spotter. Local National Weather Service offices provide training in storm structures and development, weather safety, and how to report severe weather information. These spotters are a gift to their communities, giving them time to prepare for whatever Mother Nature brings.

## Valley Happenings

### Monday, December 2<sup>nd</sup>

Roanoke Catholic students will be joining us in the Chapel at 3:30pm for a Christmas Dance Recital. You won't want to miss this!

The van will start loading up around 5:45pm for an outing to Raleigh Court Presbyterian Church where the Roanoke Valley Choral Society presents "Merry and Bright-Holiday Memories." Please sign up at the front desk.

### Tuesday, December 3<sup>rd</sup>

Jason, Director of Maintenance is bringing some of his cats for a visit in the theater at 2pm. Come check it out!

The van will load up at 6pm for an outing to Hidden Valley High School where the Roanoke Valley Community Band presents A New Twist on Jingle Bells. Please sign up at the front desk.

### Thursday, December 5<sup>th</sup>

The van will load up at 1:30pm for an outing to Walmart. Please sign up at the front desk.

Join us in the theater at 2pm for Cooking with Kev and Andre!

## Valley Happenings Continued

### Saturday, December 7<sup>th</sup>

The Middle School Youth Group from the Basilica of St. Andrew will be joining us at 3pm in the theater to do a fun activity with us! Hope to see you there!

### Monday, December 9<sup>th</sup>

The van will load up at 11:30am to the Basilica of Saint Andrew for the Immaculate Conception.

Join us in the theater where Anna with Amedysis will make Christmas Cards with us at 2pm

### Tuesday, December 10<sup>th</sup>

The Master Gardeners will be joining us at 1pm in the theater for a Christmas project.

Music with SammyP in the lobby at 2:30pm for a Christmas performance!

### Wednesday, December 11<sup>th</sup>

Valley will hold their annual Christmas Open House from 5pm-7pm in the lobby. Join us for delicious food, drinks, and spend time with family and friends!

### Thursday, December 12<sup>th</sup>

Join us in the conservatory at 10:30am for Christmas Carols with Northside Middle School Choir. Come sing-a-long!

At 1pm the van will load up for an outing to Hotel Roanoke for the Fashion of Evergreens. Please sign up at the front desk.

### Friday, December 13<sup>th</sup>

The van will load up at 10am for an outing to Covenant Presbyterian Church for a Christmas Concert. Please sign up at the front desk.

Join us in the lobby at 2:15pm for Music Therapy with Jane from Allegro.

### Monday, December 16<sup>th</sup>

Join us in the lobby at 2pm for some Christmas Cheer with Special Guests Santa and Mrs. Claus!

### Tuesday, December 17<sup>th</sup>

Come on down to the theater at 1pm for some Arts and Crafts with the Paul Mitchell School of Roanoke!

## Outing to Look at Christmas Lights

**\*\*\*Please sign up for either the 5pm or 6:30pm ride to look at Christmas Lights at the front desk. Please only sign up for one or the other so everyone has a chance to ride around and look at lights.\*\*\***

### Monday, December 16<sup>th</sup>

The van will load up at 5pm to ride around town to look at Christmas Lights. Please sign up at the front desk.

The van will load up at 6:30pm to ride around town to look at Christmas Lights. Please sign up at the front desk.

### Wednesday, December 18<sup>th</sup>

Join us in the lobby at 2:15pm for a visit with Lightning or Mocha the dog.

At 3:15pm we will be having a Classic Radio Hour with Josh Urban in the lobby!

Join us in the lobby for a holiday matinee. We will be showing the movie Elf and having eggnog as well at 6pm.

### Thursday, December 19<sup>th</sup>

The van will load up at 1:30pm for an outing to Walmart. Please sign up at the front desk.

### Friday, December 20<sup>th</sup>

Join us in the theater for a Christmas performance with The Brothers Young at 1pm.

### Monday, December 23<sup>rd</sup>

Chaplain Lorie will be holding a Christmas Eve Candlelight Service in the Chapel at 1:30pm

### Tuesday, December 24<sup>th</sup>

Join Amy Andrews for music in the lobby at 3pm!

### Wednesday, December 25<sup>th</sup>

The van will leave at 9:30am to the Basilica of Saint Andrew for Christmas Mass.

### Thursday, December 26<sup>th</sup>

We will have music with Marc Baskind at 6pm in the lobby!