

December Events

Cards
Monday - Friday
12:45 PM

Mahjong
Tuesdays
12:45 PM

Crafts
Tuesdays
12:45 PM

Bone Builders
Wednesdays
9:00 AM

Blood Pressure Check
Wednesdays
11:00 AM

Bingo
Wednesdays
1:00 PM

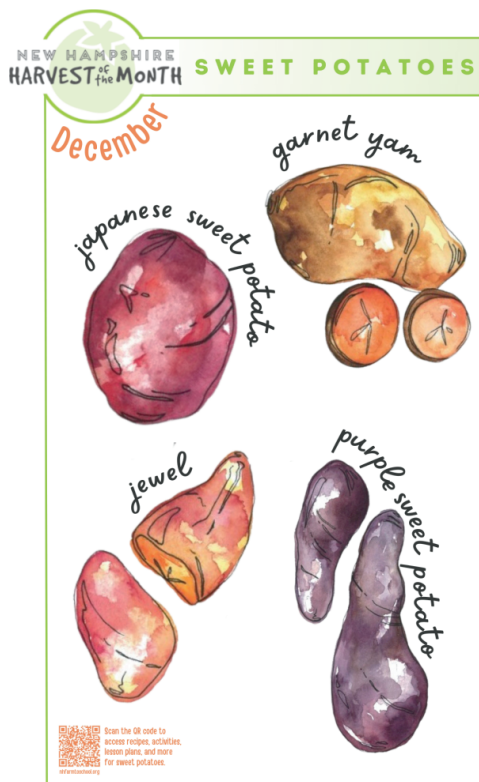
Christmas Celebration
Thursday
December 18th

Closed December
24th & 25th
Merry Christmas!

Birthday Celebration
Wednesday
December 31st



HARVEST OF THE MONTH - SWEET POTATOES



Sweet potatoes are estimated to have been domesticated in Peru between 4,000-5,000 years ago, while other research indicates they may have originated in Asia. Today, there are thousands of varieties of sweet potatoes.

Sweet potatoes are members of the morning glory family and are roots, unlike potatoes, which are tubers and part of the nightshade family. Sweet potatoes thrive in warm, temperate climates but can also be grown in cooler climates, like New Hampshire, depending on the variety.

Sweet potatoes produce more pounds of food per acre than any other cultivated plant and must be cured for a few weeks after harvesting to increase their sweetness and extend their storage life.

Sweet potato flesh can be white, yellow, orange, or purple, making them good sources of beta-carotene, potassium, and fiber.



THE POWER OF CHOICE

All food and beverage choices matter. Focus on variety, amount, and nutrition.

Eating foods such as fruits that are lower in calories per cup, instead of other higher calorie foods, may help lower overall calorie intake.

Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce the risk for heart disease, including heart attack and stroke.

Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain types of cancers.

Adding fruit can help increase the amount of fiber and potassium we eat. These are important nutrients that many people do not get enough of.