



Hello & Happy Holidays Pathway Members, Family, and Friends!

We hope you all had a warm & wonderful Thanksgiving! We'd like to wish you a Happy Hanukkah, a Merry Christmas, Kwanzaa Blessings, and a very Happy & Healthy New Year!!!



Did you know there's even more reasons to celebrate this month?? Here are just a few...

December 15th is International Tea Day—relax and enjoy yourself with a warm cup of tea!

December 18th is Underdog Day! Celebrated the 3rd Friday in December since 1976, Underdog Day is a celebration of the courage and hidden potential that lives in all of us! Whether it's Rocky or Harry Potter, celebrate this day with your favorite underdog!

December 20th is Games Day—have fun & relieve some stress by playing an old favorite or trying a new one!

December 21st "Look on the Bright Side" Day—it is also the Winter Solstice and the days will start getting longer!

December 28th is National Call a Friend Day! Brighten your day and someone else's by giving them a call!

Would you like to be featured in the January Newsletter?

Write to us with your favorite holiday traditions and memories!

Since we are unable to celebrate together in person at the Clubhouse this year, we thought it would be fun to share our favorite holiday memories and traditions with one another in the January issue of the Newsletter and keep the holiday fun and festive feelings going! These memories or traditions can be anything from Thanksgiving through New Year's, old or recent, Clubhouse or personal family traditions. We want to hear about it! Write to pathwayclubhouse@gmail.com or send us a letter addressed to The Pathway Communication Unit at 1203 E Broad St, Columbus OH 43205. Please have your submission in by Friday, January 8th!

Exciting Announcement: Our Website is live!

A big thank you to staff member Lexi S and all the members and staff who helped make this dream a reality! Check it out at Pathwayclubhouse.org!



Holiday Health Tips With Nurse Arlene!

Hi Pathway!

Thanksgiving has come and gone and we are now preparing for Christmas and a New Year. My wish is for all of you is to be safe and healthy. Since the coronavirus is still with us, please don't forget to wear your mask when you're out and about and practice safe distancing. Eat healthy but enjoy your Christmas goodies too—just use moderation! Always keep a positive attitude and a smile. I know there are things we did before the virus that we miss which are not permitted now. For myself, I miss going to movies with my family, but there is always television and watching movies at home. Try not to focus on what you don't have and be thankful for what you do have! Always remember to count your blessings.

Remember to check on senior friends and family and those who live alone. Just a friendly face and a show of concern can mean a lot to someone who has been feeling lonely. Share some holiday goodies and cheer with them! Making someone else happy will make you feel good too! Most of all, just enjoy your holiday and be safe! I am looking forward to seeing you in the New Year.

Love you all! — Arlene Kimbrough, RN



This Newsletter is Brought to You by the Pathway Clubhouse Communication Unit!