



GOOD SHEPHERD VILLAGE

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Slow Down

Traditionally, the seven days before and after the winter solstice are the Halcyon Days, a time for peace and quiet.

With Age Comes Wisdom ...

... and cheerfulness and enthusiasm, according to some experts! Sure, aging may bring its share of aches and pains, but it also brings rewards and bonuses. This tendency toward happiness, a phenomenon that researchers sometimes call the "paradox of aging," has been attributed to older adults' greater life experience and practice with emotional regulation.

Remember When: Million Dollar Quartet

Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins walk into a recording studio. This is no joke; the dynamic quartet made news on Dec. 4, 1956, at Sun Record Studios in Memphis, Tenn., when they happened to all be in the same place at the same time and decided to host an impromptu jam session. The local paper ran the story under the headline "Million Dollar Quartet," along with an iconic snapshot of Cash, Lewis and Perkins circling Elvis on the piano. The recording languished for years before it was discovered and released.

Honor the Fallen

Dec. 7 is National Pearl Harbor Remembrance Day.

December 2025



But the Fire Is so Delightful

"A lot of people like snow. I find it to be an unnecessary freezing of water." —Carl Reiner

Write Your Own Wrap-Up

Social media platforms and music streaming services generate yearly wrap-ups to allow users to reminisce on the year at its close. Write your own wrap-up and share with friends, family and neighbors. Here are a few prompts to get you started:

What was your favorite song you heard for the first time in 2025?

What was the best book you read this year?

What was the most memorable meal of 2025?

What historical event happened this year that you think will be most remembered?

What personal event happened this year that most impacted you and your loved ones?



Color of the Year

Each December since 2000, the Pantone Color Institute announces its choice for the upcoming "Color of the Year," by looking at current influences from fashion, entertainment, technology and other cultural trends.

A code is assigned to each Pantone color to ensure consistency wherever it is used. Here's a look back at some palette picks from previous years:

Year	Color	Code	Symbolism
2000	Cerulean	Pantone 4020	Peace, relaxation
2002	True Red	Pantone 1664	Passion, power
2005	Blue Turquoise	Pantone 5217	Gentle reassurance
2013	Emerald	Pantone 5641	Beauty, prosperity
2014	Radiant Orchid	Pantone 3224	Confidence, joy
2018	Ultra Violet	Pantone 3838	Original, futuristic
2020	Classic Blue	Pantone 4052	Open to possibilities
2021	Illuminating (Yellow) & Ultimate Grey	Pantone 0647 & Pantone 5104	Warmth, steadiness
2025	Mocha Mousse	Pantone 17-1230	Nurturing, comfort

"This Month In History" DECEMBER

1907: On New Year's Eve, a ball decorated with 100 lightbulbs is lowered down a flagpole over New York City's Times Square. The ball drop has been featured in the annual celebration ever since.

1918: In the first official visit by a U.S. president to Europe, Woodrow Wilson travels to France for World War I peace negotiations.

1924: Astronomer Edwin Hubble announces his discovery of the existence of galaxies outside the Milky Way. The Hubble Space Telescope was named in his honor.

1941: America enters World War II after the Japanese attack on Pearl Harbor, Hawaii.

1966: The first observance of Kwanzaa takes place in Los Angeles. The seven-day holiday celebrates African heritage.

1970: Congress authorizes the creation of a new dollar coin depicting President Dwight D. Eisenhower.

1982: Gabriel Garcia Marquez is awarded the Nobel Prize in

literature. The Colombian writer is best known for his 1967 novel "One Hundred Years of Solitude."

1990: British computer scientist Tim Berners-Lee demonstrates his information-sharing system that would become the World Wide Web.

2001: Italy's Leaning Tower of Pisa reopens to the public after 11 years and \$27 million in work to fortify its famous lean.

2017: "Star Wars: The Last Jedi," the eighth installment in the space fantasy series, premieres. The film's \$1 billion in ticket sales made it the year's highest-grossing film.