


Brrrrr.... It is really cold this week! Signs that winter is here and

here to stay. Snow is in the forecast today and 
then again next week about this time. I love
the fluffy white stuff – just until I have to drive
in it. Then no matter how good a driver I am or
how well my car handles in the snow I worry
more about other drivers. Does this ring a bell
with you too?

Happening Now!

While it is nice to look at it certainly is not fun if you have to get out and walk or
drive in it. My advice on icy and snowy days is “don’t go outside unless you
have too and if you think you have to do think twice before actually doing it”.
Wintertime falls increase exponentially during icy and snowy weather.

In my blog research mode I wondered if there was advice on winter weather for
seniors so I went looking for some cold weather advice on the internet and
came up with some interesting facts.

- As we age we are more susceptible to hypothermia (low body temperatures).
- Be sure to keep your thermostat at 68 degrees or above. Less than this can lead to health problems related to hypothermia.
- Dress in loose layers if you must go outside and be sure to cover your head. Wear a scarf to cover all exposed skin.
- The best idea is to stay indoors during cold or snowy weather days. Exercise to a video if you need to.

- If you lose heat in your home, be prepared to layer clothes (put on your long johns) and make sure you have a back up plan for long periods of heat loss (a friend or relative with an alternative heat source or generator).

Click [HERE](#) for the full booklet on Staying Safe in Cold Weather. This has some great information to read through.

Quote of the Week:

“The very fact of snow is such an amazement” – Roger Ebert

“Snow provokes responses that reach right back to childhood” – Andy Goldsworthy

Happenings this Week:

Friday, December 9th: The Centralia High School Jazz Choir will sing for us at 11:45, here in the Gathering Place. Christmas songs and Christmas cheer – come join the fun!

December 9th-25th: Don't miss the 6th annual **Borst Park Drive-Thru Light Display** Friday, December 9th-Sunday, December 25th, from 5-9pm. This colorful exhibit continues to grow, with 10 new displays this year. Drive through *Borst Park* and view the dozens of lighted displays, many of which are animated. The fee is \$3 per car or \$2 with a can of food; buses are \$12.

Saturday, December 10th: The annual **Lighted Tractor Parade** will be held

on Saturday, December 10th at 6pm in *Downtown Centralia*. Bring the family and enjoy the procession of festive farm machinery. More information is available at downtowncentralia.org.

If you missed the Westminster Bells concert here this week:

Saturday, December 10th and Sunday, December 11th: You're invited to a Christmas Celebration presented by the **Westminster Bells**, an advanced-level handbell choir. Concerts are family-friendly and free. An offering will be taken with half of the proceeds to be donated to the Veterans Museum. The concert schedule is: Saturday, December 10th at 7pm, at Westminster Presbyterian Church in Chehalis; Sunday, December 11th at 3pm, at Westminster Church and 7pm at Harrison Square Presbyterian Church in Centralia.

Sunday, December 11th: Calling all Stillwaters residents! Annual Williams Christmas Party. Sunday from 1:30 to 4:30. Seatings at 1:30, 2:30 and 3:30. Bring only your Christmas spirit and enjoy the meal and the special treat of William's family homemade Christmas cookies.

December 16th - 18th: The Southwest Washington Ballet Ensemble presents the **Nutcracker** December 16th-18th, at *Corbet Theater* at Centralia College. Tickets are on sale now at the Southwest Washington Dance Center, or call 360-748-4789 for more information.



Weather: Snow today, then rain, rain, rain and then snow next week. It is beautiful! Enjoy the quietness and the beauty of then snow from inside your house this week.

