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MAIN FEATURE

Stockings For Seniors 202512

Goshenite Seniors Services, Desimone Shoes and Spa, and Red Oak Villa invited local business to participate in the Fifth Annual Christmas Stockings for Seniors Holiday Program, and the response was overwhelming!

To help to alleviate the loneliness some seniors may feel while staying in a nursing home over the holidays, we will be visiting nursing homes and delivering Christmas Stockings filled with goodies such as hats, gloves, scarves, socks, toiletries and personal items, small games, sugar free candies and other treats to the residents on behalf of our sponsors!

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Giving Back to the Foundation of Our Community – Our Seniors



As the holiday season approaches, communities across Canada light up with kindness, generosity, and a shared spirit of giving. In the midst of the festive celebrations, it is important to remember the individuals who built the very foundation of our society—our seniors. They are the parents, grandparents, mentors, and neighbors who devoted their lives to nurturing families, building businesses, volunteering, and shaping the warm, resilient culture of Sudbury. Yet, too many of them now spend the holidays alone, without the comfort of family, friendship, or a simple gift to remind them they are valued and remembered.

In Greater Sudbury, this reality is more pronounced than many realize. According to community outreach data, it is estimated that over 400 seniors in Sudbury live in isolation, without close family or consistent social contact. Many of them will not receive a single gift at Christmas. These are often seniors who have outlived their families, live on limited incomes, or reside in long-term care facilities with few visitors. For them, the holidays can be a time of quiet loneliness rather than joy.

That is why the Christmas Stocking Campaign for Seniors, proudly initiated and led by Goshenite Seniors Services, holds such deep

significance. Now marking its 5th Annual Christmas Drive for Seniors, this campaign is a beacon of compassion and community unity. What began as a small local initiative to spread cheer has grown into a citywide movement that touches hundreds of lives each year.

Each Christmas stocking, lovingly prepared and delivered, represents more than just practical items or treats—it symbolizes connection, care, and acknowledgment. It tells our seniors that they have not been forgotten that their community still cherishes and honors them.

The campaign invites everyone—individuals, families, schools, and businesses—to take part. Through donations, gift sponsorships, and volunteer efforts, every act of kindness contributes to the success of this mission. Goshenite Seniors Services has built a model of community involvement that encourages empathy and reinforces what the holidays are truly about: love, gratitude, and giving back.

As we celebrate the fifth year of this meaningful initiative, our goal is to reach even more isolated seniors, ensuring no one is left without a symbol of warmth and remembrance this Christmas. The campaign is a reminder that community spirit is not measured by grand gestures but by simple, heartfelt acts of generosity.

When we give back to our seniors, we honor our shared history and reinforce the bonds that unite us as a community. This Christmas, let us all take a moment to give thanks for the wisdom and contributions of our elders—and let us ensure that every senior in Sudbury feels the joy of being remembered and appreciated.

Nicole Blais,
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Transition is often daunting, leaving many seniors and their families reeling from the challenges. Often, adult children of seniors live miles away and need someone on location to help meet their parents' needs. This is when Goshenite Seniors Services Consultants can help with the coordinating of all aspects of the changes and moves. We are experts in post-retirement transitions. We will answer your questions about how best to deal with your situation and create a detailed plan that accommodates your specific needs.

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Seniors, watch out for these **DIGITAL FRAUDS**

(NC) Did you know that fraud is the top crime against seniors, according to the Government of Canada? Fraudsters often target older victims, assuming they may be more vulnerable, isolated or less knowledgeable about technology.

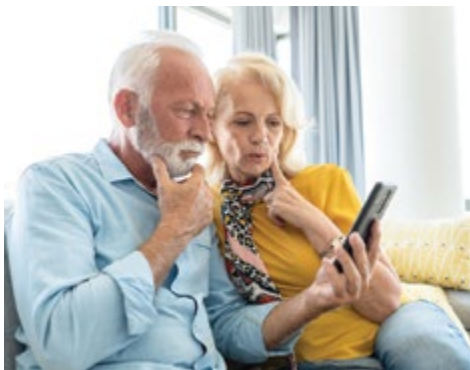
That's a false assumption when it comes to many seniors, but we can all stand to learn more to be safer online. Here are a few of the most common scams to watch out for:

"THE GRANDPARENT SCAM."

This all-too-common fraud works by manipulating grandparents' emotions and putting them in a manufactured crisis. The victim gets a communication that their grandchild is in an emergency situation—stuck in a foreign country, been in an accident or even arrested—and needs money right away. Artificial intelligence has added an insidious twist to the scam, letting fraudsters change their voice on the phone to sound more like the person they're impersonating, or even alter their appearance for a video call. One way to combat this scam is to create a private code

word that can be used to confirm if it's really who they say it is.

RETAIL SCAMS. Also called telemarketing scams, this is when criminals call their victims posing as a service or some legitimate-seeming company. They claim to offer a special deal, or a refund for something the victim never ordered. These fraudsters often target seniors and use



pressuring tactics once they have their victim on the phone. Their actual goal is to obtain money or sensitive data, including banking information, from their victim.

PHISHING. This is an older cyber attack, but it's as effective as ever. The scammer sends their victim a message—usually an email or text message, but sometimes a phone call—that appears to be from someone the victim trusts, like the CRA or their bank. The message usually pressures the victim: for example, "Immediate action is required, or your account will be terminated."

When the victim clicks a link to log in through the message, it takes them to a fake version of that organization's login page. The scammer gets their username and password when the victim enters it themselves into the fake login screen.

Staying aware is an essential step to avoiding being scammed. Cyber safety and good digital hygiene aren't just for the younger generation, they're for everybody. By getting informed and forming good habits, we can all stay safer in this digital world.

Learn more about ways to protect yourself from scams at getcybersafe.ca

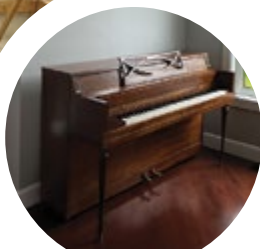
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Gingerbread Cookies

INGREDIENTS

- 1/2 cup unsalted butter, at room temperature
- 2/3 cup packed dark brown sugar
- 1/3 cup unsulphured blackstrap molasses
- 1 large egg yolk
- 1 teaspoon vanilla extract
- 2 1/4 cups all-purpose flour, spooned and leveled
- 2 teaspoons cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon baking soda
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon ground cloves
- 1 tablespoon almond milk, or any milk

These festive treats are soft and warmly spiced, with a rich molasses flavour. Perfect for spreading holiday cheer!

Decorate with icing or enjoy plain!

INSTRUCTIONS

1. In the bowl of a stand mixer, or using an electric mixer, cream the butter and brown sugar. Add the molasses, egg yolk, and vanilla and mix again.
2. In a medium bowl, whisk together the flour, cinnamon, ginger, baking soda, salt, and cloves. Gradually add the dry ingredients to the wet ingredients, mixing after each addition. Mix in the almond milk.
3. Form the dough into a ball, divide the ball in half, and flatten each half into a 1-inch-thick disk. Wrap in plastic and chill for at least 2 hours.
4. Preheat the oven to 350°F and line two large baking sheets with parchment paper.
5. Roll out the dough on a lightly floured surface until about 1/4-inch thick. Use cookie cutters to cut out desired shapes, then transfer the cut-outs to the prepared baking sheets, re-rolling the dough scraps as necessary.
6. Bake, one sheet at a time, for 7 to 9 minutes, or until the edges of the cookies are just set but the middles are still soft. The cookies might seem underdone, but taking them out at this point will ensure that they stay soft once they cool. The exact timing will depend on your oven, the size of your cookie cutters, and how soft or crunchy you like your gingerbread cookies.
7. Let cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely. Decorate as desired.



The Foot Bone's Connected to the...



Foot pain isn't the only thing that brings people into the office of a foot specialist. Many ailments in different parts of the body can be directly related to malalignments in the foot. A malalignment of the foot bones does not necessarily cause pain in the foot but can cause pain further up in the knees, hips, and back. Recent research may even show a correlation between some types of jaw pain and foot dysfunctions.

Think of your body as being like a car. If the wheels of a car are out of alignment, it can throw the whole car out of kilter and cause different parts to wear out. Our feet are like the wheels. They are the base that the rest of our body works from. If the base is unsteady then we can expect some problems.

Many flat foot problems cause the postural problems that can be responsible for lower back pain or neck pain. Flat foot problems also cause the knees to work at a different angle and can be a major contributor to arthritic problems later on in life. The same goes for the hips. If the hip joint is working at a slightly different angle to compensate for foot malalignment, then the whole joint is working at a slightly different angle to compensate for the malalignment. This can cause the whole joint can wear out faster than it should, leading to arthritis.

High arch problems are often a cause of knee pain. A high arched foot tends to shift a lot of weight onto the outside of the foot causing stress on the knees.

These problems can most often be easily corrected through the use of foot orthotics. Foot orthotics are devices worn in the shoes to realign the foot bones and promote better foot function. The amount of success with orthotics depends on the amount of permanent damage to the foot. Foot malalignments treated at an earlier age have a better chance of successful correction. It also increases the chances of avoiding permanent damage to the rest of the body.

If you suffer from knee, hip, or lower back pain you may want to have your feet looked at by a foot specialist as a possible source of that pain.

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Julie DeSimone,
Chiropodist, B.Sc.
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Goshenite Seniors Services, Desimone Shoes and Spa, and Red Oak Villa invited local business to participate in the fifth annual Christmas Stockings for Seniors Holiday Program, and the response was overwhelming!

This heartwarming event is held each year to bring joy and cheer to the residents in Long Term Care Homes and the community.

To help to alleviate the loneliness some long term care senior residents may feel over the holidays, on the week of December 20th, 2025, we will be visiting long term care homes to deliver Christmas Stockings filled with goodies such as hats, gloves, scarves, socks, toiletries and personal items, small games, sugar free candies and other treats to the residents on behalf of our sponsors!

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WAIT TO POST THOSE VACATION PICS!



With summer comes travel, but you should think twice before posting any photos on the internet.

Posting about your vacation on social media while you're away puts your home and other personal property at risk for break ins, a Canadian insurance company says.

That is why Allstate Insurance is encouraging travellers to wait to post their vacation photos online until after they've returned home.

A new survey put out by the insurance company said 45 per cent of travellers who responded post either before or during their trip, while their house is left empty.

"I think people are more posting saying they're having fun and they want to share that with their friends rather than actually saying they're away somewhere, and it's by large happening a great deal," said Gene Nyles, an agency manager with Allstate Insurance.

"But, to publicly announce that no one is home can really put you at a great risk of a break in at your home or some other criminal activity, since people will see that right away."

While many travellers say they think their home is safe while no one is home, Nyles told CTV News a simple social media post can quickly change that.

"We always tell our neighbours to come by, pick up our mail, pick up our newspapers, shovel the driveway, make it look like we are home. You can also set timers for your lights, but if you are telling the world you are away, you're really inviting the world to come to it because they know you're not there."

It is fun to capture your adventure and memories in photos and videos, but wait until you are home again to share them with your followers.



By Jaime McKee
CTV News Northern Ontario
Video Journalist



NAVIGATING WINTER MONTHS: THE BENEFITS OF SENIOR LIVING COMMUNITIES RETIREMENT LIVING!

By Justine Landry,

Manager of Operations, Autumnwood Mature Lifestyle Communities

The winter months can pose unique challenges, from increased isolation to hazardous outdoor conditions. Embracing life in a senior living community can offer a solution to these winter woes.

Ongoing Health Checkups:

One of the standout advantages of retirement living is the accessibility to comprehensive health checkups. Imagine having an in-house primary care team and licensed staff members dedicated to ensuring your health remains a top priority. Regular checkups not only catch potential health issues early but also provide peace of mind, knowing that you are proactively managing your well-being.

Connection and Friendships

Winter often brings shorter days and longer nights, which can impact your social life. Senior living communities provide a vibrant and supportive environment where friends and family are welcome. Residents enjoy a plethora of activities which help foster a sense of connection with neighbours in the community.

Maintaining Exercise and Activity

Staying active during winter can be particularly challenging, but senior living communities provide the ideal location to maintain regular exercise for overall well-being. With dedicated fitness space and comfortable indoor corridors, residents can easily incorporate physical activity into their daily routine. The result? A healthier appetite, fewer aches and pains, improved sleep, and an overall boost in well-being.

Outdoor Hazards

Winter weather brings its fair share of hazards, especially for seniors. Icy conditions, snowfall and the need for home upkeep can be daunting. Senior living communities alleviate these concerns by providing on-site staff for maintenance and eliminating the need for residents to navigate outdoor hazards. From fitness classes to grocery shopping, everything is conveniently available within the community, sparing seniors from the worries of winter responsibilities and ensuring a safe and worry-free environment.

Many senior living communities are equipped with backup generators or alternative power sources, enhancing safety during severe storms. This proactive approach further emphasizes the commitment to providing a secure living space for seniors, even in the face of winter's challenges.

Winter months need not be a source of worry for seniors. Embracing the warmth and support of a senior living community not only addresses the challenges of winter but also creates an environment that promotes social interaction, physical activity and overall well-being. It's a season of life to be enjoyed, free from the burdens that winter may bring elsewhere.



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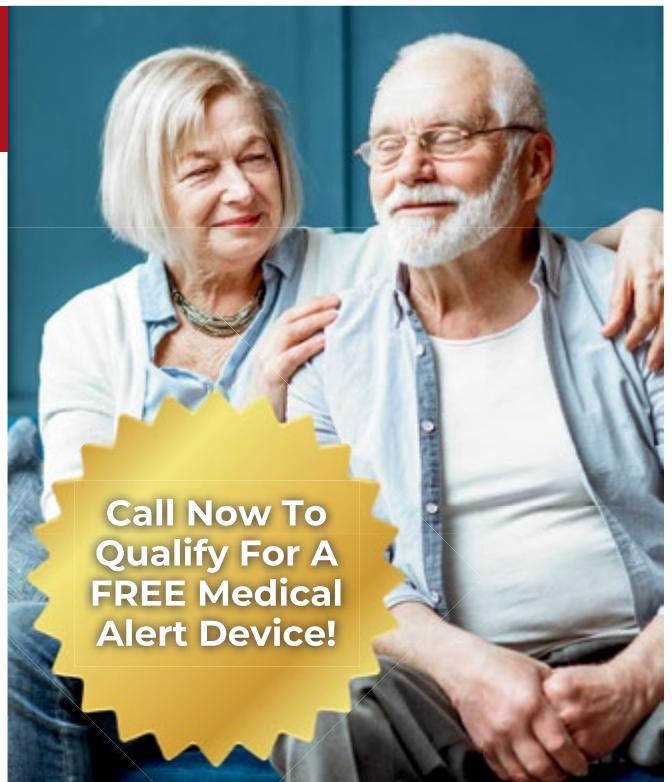
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6 TIPS FOR WINTER WALKING SAFETY

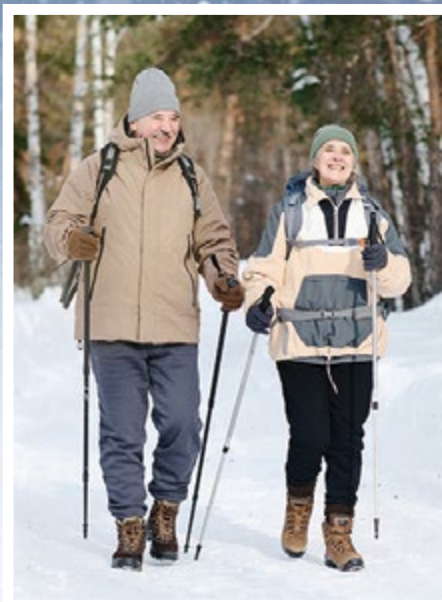
(NC) Enjoying a walk outdoors is one of the best ways to stay active and incorporate daily movement, especially when managing arthritis. But colder months can bring slippery sidewalks and freezing temperatures, making gentle walks a risky adventure. With a few simple precautions, you can stay safe and enjoy the outdoors all season long.

Here are six tips from Arthritis Society Canada to make walking in a winter wonderland as safe as possible:



Be weather wary. Prepare for snow and ice by keeping a shovel, sand or de-icing salt handy at home to clear your path and avoid slipping on your way out. Pick a well-maintained and frequently travelled route and choose the warmest time of day to go on your walk, to give ice a chance to melt.

Gear up for comfort and safety. Stay warm and cozy with insulated layers, socks, gloves and a hat. For footwear, invest in supportive, warm boots with good traction and a low, wide heel for better balance. On icy or snowy days, consider ice cleats or ice grippers on your shoes.



Warm up, then walk. Before you head out, do a quick warm-up to get your blood flowing. March in place and swing your arms or move your foot and ankle in circular motions to get your muscles ready for the cold.

Walk like a penguin. When navigating a slippery surface, channel your inner penguin and move slowly with small baby steps, like a shuffle. Bend your knees slightly to lower your center of gravity, keep your feet flat on the ground with toes pointed outward for better support and keep your arms out for stability—like penguin wings!

Use caution when exiting vehicles. Getting out of your car can be tricky on icy surfaces. Remember to move slowly, swing both feet out and plant them on the ground first and hold onto the doorframe as you carefully stand up.

Consider walking aids. Handrails on stairs and ramps are your friends and can help reduce the risk of a fall. If you use a cane, consider attaching an ice tip to the bottom for better grip. You could also try walking sticks, including hiking poles, for added stability and balance.

Find more arthritis-friendly tips at arthritis.ca.

www.newscanada.com

The Greatest Gift of All: Connection During the Holidays



Charlene Nadalin,
Founder and CEO
Amintro

The holidays are often called “the most wonderful time of the year” — a season filled with light, laughter, and togetherness. But for many older adults and family caregivers, it can also be a time that shines a light on something quieter: loneliness.

Between busy family schedules, travel plans, and life’s natural changes, it’s easy for even the most social among us to feel left out of the festive cheer. Yet the good news is that connection — real, meaningful connection — remains one of the greatest gifts we can give and receive, no matter our age or circumstances.

Researchers have long found that staying socially engaged improves both mental and physical well-being. Laughter shared with friends can lift our mood, reduce stress, and even support heart health. Likewise, feeling understood by others strengthens our resilience — something especially vital for those caring for aging parents, partners, or friends.

This season, connection doesn’t have to mean grand gestures or crowded gatherings. It can be as simple as checking in on a neighbour, phoning an old friend, or saying yes to a coffee invitation. Small moments of kindness ripple outward, reminding us that community isn’t defined by proximity, but by participation.



At Amintro, we’ve seen time and again how friendship and support transform lives. Whether it’s adults 50+ discovering new friendships through **Amintro Friends**, or family caregivers finding understanding and shared experiences through **Amintro Family**, these connections remind us that we’re never truly alone — especially during the holidays.

So, as the lights twinkle and the year draws to a close, consider giving yourself (and others) the gift of time, attention, and conversation. Send that message. Make that call. Share that story. You might be surprised how much joy a single hello can bring.

Here’s to a holiday season filled with warmth, laughter, and genuine connection — and to a new year that keeps those connections growing strong.



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EXIT LIFE READY: FINAL WISHES APP

ABOUT US

The EXIT Life Ready: Final Wishes App

is a comprehensive digital solution that serves as your personal digital vault. Designed to help individuals and their families confidently and compassionately organize their end-of-life plans, legacy wishes, key documents, and final instructions in a secure and user-friendly space.

What the App Offers

EXIT Life Ready functions as a digital vault where users can store wills, power of attorney, medical directives, and other critical documents. The app also allows users to record legacy videos and personal messages, upload treasured recipes or share their healthcare team, prescriptions, and establish their wishes for memorials or care—all of which can be accessed by the appointed legacy user, whom the user designates to have access to this information.

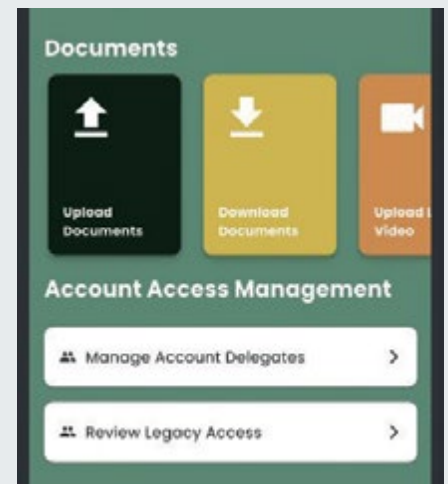
How EXIT Life Ready Stands Out

Unlike traditional paper planning, EXIT Life Ready makes information accessible anywhere, anytime, and for everyone you choose— not just the app user, but also caregivers, adult children, and spouses. The app's collaborative approach makes it easy to update plans, securely communicate changes, and keep everyone “in the loop” at a time that can be stressful or overwhelming. Our shared calendars make it easy to stay informed and up-to-date. EXIT Life Ready is also inclusive, accommodating diverse family structures, communities, and needs. Its pricing model is transparent, without complex subscriptions or hidden fees, and it provides value for organizations aiming to support their own clients or members. We offer monthly, yearly, or lifetime options; you decide what works best.

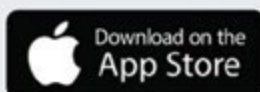
Compassionate Planning for Peace of Mind

The most potent aspect of EXIT Life Ready is its ability to alleviate emotional and logistical burdens on families during challenging times, especially in crisis mode, ensuring that wishes are honoured and essential information is readily available the moment it's needed. No matter where you are.

By encouraging proactive and thoughtful preparation, the app transforms difficult conversations about “what happens next” into opportunities for connection, clarity, and dignity.



EXIT Life Ready represents a new era of compassionate, whole-family planning, making the last chapter of life one that is organized, honoured, and embraced on your own terms. It is your story, why not tell it your way?



Ready to Learn More

www.exitlifeready.com



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PALLIATIVE CARE & END OF LIFE SERVICES SERVICES PALLIATIFS ET DE FIN DE VIE

RESIDENTIAL HOSPICE SERVICES

In addition to offering end of life care, our team can now offer shorter stay beds for caregiver relief, caregiver education as well as pain and symptom management for residents with a prognosis of 12 months or less.

COMMUNITY HOSPICE PALLIATIVE CARE SERVICES

A collaborative team comprised of physicians, nurse practitioners and registered nurses who provide pain and symptom management (in-person and virtually) as well as supportive care clinicians who address psychosocial and spiritual needs to patients with a life limiting illness.

VISITING HOSPICE SERVICES

Our team of visiting hospice volunteers offers compassionate support by providing companionship, assistance with activities of daily living and caregiver relief services in the client's home.

SUPPORTIVE CARE AND GRIEF SERVICES

Our team is available 24/7 for support residents and their families throughout the end-of-life journey and to family members thereafter. Telephone follow up, grief recovery programs, discussion groups and one on-one grief support are available to the community at large.

PROGRAMME DE SOINS RÉSIDENTIELS

En plus d'offrir des soins de fin de vie, l'équipe peut aussi offrir des admissions de courtes durées qui ont comme but d'offrir aux aidants naturels une période de répit ainsi que de l'éducation sur les soins à domicile et aux résident(e)s à pronostic de 12 mois ou moins, la gestion de la douleur et autres symptômes.

PROGRAMME DE SOINS PALLIATIFS EN COMMUNAUTÉ

Une équipe collaborative composée de médecins, d'infirmières praticiennes et d'infirmières qui assurent la gestion de la douleur et des symptômes (en personne et virtuellement), ainsi que des cliniciens en soins de soutien qui répondent aux besoins psychosociaux et spirituels des clients atteints d'une maladie limitant la vie.

PROGRAMME DE BÉNÉVOLES VISITEURS

Nos bénévoles visiteurs offrent un soutien compatissant et fournissent de l'accompagnement, de l'aide aux activités de la vie quotidienne et des services de soins personnels au domicile du client.

PROGRAMME DE SOUTIEN ET DE DEUIL

Notre équipe est disponible 24h/24 et 7j/7 pour vous accompagner tout au long du parcours de fin de vie et après. Les suivis téléphoniques, des programmes de rétablissement après le deuil, des groupes de discussion et des supports individuels de soutien de deuil sont offerts à la communauté.

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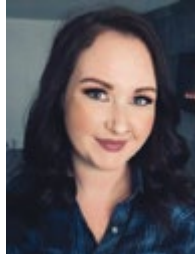
www.maisonsudburyhospice.org

END OF LIFE CARE — IT'S ONLY NATURAL

By Josée Anne Asselin, RN BScN

The truth is, death affects us all. Whether it be from cancer, chronic disease, or simply old age, it is an inevitable chapter every individual will encounter at some point in their lifetime.

The Community Hospice Palliative Care Team assists members of our community with a life-limiting illness and a prognosis of 12 months or less by providing holistic hospice palliative care services in the location of their choice. Our team consists of Palliative Care Physicians, Nurse Practitioners, an Advanced Practice Nurse, Registered Nurses, Supportive Care and Grief Services as well as Visiting Hospice Services that provide 24/7 support and symptom management to clients in their most vulnerable moments. Our goal is to manage the physical, emotional, spiritual, and social needs of clients and their families during their end-of-life journey in the comfort of their own home and to avoid unnecessary trips to the Emergency Department.



Josée Anne Asselin, RN BScN

*Clinical Manager
for the Community
Hospice Palliative
Care Team at Maison
McCulloch Hospice*

Our goal is to manage the physical, emotional, spiritual, and social needs of clients and their families during their end-of-life journey

The Community Hospice Palliative Care Team and our Community Partners provide in-home visits to assess and help identify client and caregiver needs to ensure good quality palliative care. We focus on the wellbeing of our clients and their family members in order to tailor a plan of care that suits every individual need. Being a part of our Community Hospice Palliative Care Team "family" allows for a seamless transition to Residential Hospice Care based on the client's choice.

With the recent expansion of Maison McCulloch Hospice, our Residential Hospice is now a twenty (20) bed operation. This includes fourteen (14) end of life beds and six (6) short stay alternate beds. Our short stay alternate beds are available for our community clients to manage complex unstable symptoms, provide caregiver support and education, and caregiver relief for planned or unplanned functions. Our team works collaboratively with the Residential Hospice staff and all other interdisciplinary team members to recognize and meet the needs of clients and their caregivers with the goal of transitioning them back into their homes and to continue being followed by the Community Hospice Palliative Care Team.

Although death and dying is an inevitable chapter every individual will encounter at some point in their lifetime, the focus of the Community Hospice Palliative Care Team at Maison McCulloch is the key difference: our focus is on your experience.

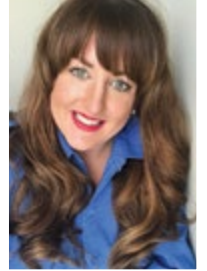


RENOVATING TIPS WHEN STARTING

By Kerrie Michelutti

Imagining what a space could be is one of the best parts of renovation. Some people do this for years before they pull the trigger on final design choices. This is completely normal. Really living in the space can highlight all the areas you would like to change or keep the same.

Renovating your home is very personal and requires time and energy and partnership in the people you are working with to get the job completed. Here are the top 5 expert tips when starting a renovation;



Kerrie Michelutti,

*PMP, Owner
Home & Haven
Design Studio*

- 1. Get referrals.** This is the best leg work you could do. If someone already had a great experience, the likelihood is that you will too. Asking friends and family who they used is step number one.
- 2. Know your scope.** Knowing where you want to start and where you want to end will help keep your budget in line and your sanity. Projects normally take longer than expected, keep the scope creep at a minimum and that way you meet your own expectations.
- 3. Review the quote.** There are a lot of unknowns when it comes to construction but there are also a lot of sequential items as well. Take the time to talk it through and list the little jobs that you are anticipating the contractor will do that they may not have on their radar. Pour a glass of wine, sit down and list everything from soup to nuts and ask if these items are included.
- 4. Be upfront with yourself regarding budget and timeline.** These are the two sticking points when it comes to renovation. Make sure you have a contingency budget to handle the unknowns and things you may want to add so you are not stressing yourself out about the bottom line. Most contractors will give you a price to complete the extras through a change order, just make sure you have access to the funds to pay for it.
- 5. Know when to take advice, and when to leave it.** Designing and decorating is very fluid. There is a term called, 'universal great design'. Whether it is your style or not, people can appreciate when things are done well, functional, and are designed beautifully. With that being said, if you have an overall vibe happening and someone disagrees, or starts off with the sentence, "well it's not my taste..." Just turn down the volume. It's your home and your style. You can do what you want. If you don't know what that is, find help. There are great designers in town that will focus you and deliver what was in your head or what you described you wanted.



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S	F	L	F	K	H	S	A	O	P	H	O	S	Z	B
K	H	O	L	I	D	A	Y	S	V	I	F	L	S	N
P	D	N	G	I	B	D	X	X	F	C	E	E	A	H
A	T	G	I	N	G	E	R	B	R	E	A	D	P	A
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C	O	L	D	D	F	L	S	H	A	D	L	O	S	J
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M	T	D	G	A	S	K	A	T	I	N	G	S	N	N
F	G	F	A	S	G	E	V	K	A	Z	J	A	P	O

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sled holidays

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icicles
frost skating

winter ice
snowflake
gingerbread



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