

# Spirit of Christmas

## Start new holiday traditions at work and home

*Purchase a tree for those who don't have one, host an undecorating party after the holidays*

Traditions and Christmas go hand-in-hand.

We all enjoy these annual rituals that provide a sense of community and continuity from year to year.

Here are some ideas for new traditions you may want to include this year.

### At Home

- Include one of every family member's favorite foods in the Christmas meal.

- Who says pizza can't be served alongside the turkey?

- Host a Christmas Eve afternoon tea potluck. You supply the gourmet coffee and tea and your favorite home-baked treat and ask each guest to bring one of his or her favorite home-baked goodies, also.

- Have a traveling dinner with family and friends. Drinks and hors d'oeuvres at one house, main course at another and so on.

- Try an international Christmas - learn customs and traditional foods of other countries and adopt a few of them for your celebration this year.

- Start a Christmas scrapbook - paste in photos, pieces of your favorite wrapping paper, bows and Christmas cards.

- Make notes in the book, too. Each year, add to your scrapbook and read notes aloud on Christmas Eve.

- Build excitement and anticipation with an Advent calendar.

- Videotape or audiotape family members during the Christmas celebration. Send it to faraway family or save it for reminiscing.

- Give a special ornament, labeled and dated, to each family member.

- As a family, visit local pageants, special performances, sing-alongs, tree lighting ceremonies, etc.

- Choose a charity and make a contribution in your family's name.

- Visit a nursing home on Christmas Eve or Christmas Day.

- Many nursing home residents have no family to share the holidays with - share yours with someone who is lonely.

- Take family walks in your neighborhood to look at Christmas lights.

- If you traditionally don't open presents until Christmas morning, choose just one present to open Christmas night, or open your Christmas stocking.

- Have an undecorating party to help mitigate the after-holidays let-down.

People will have more time now with the Christmas rush behind them and will enjoy an informal afternoon or evening leisurely undecorating the tree and house.

- Make it simple - just serve finger foods and light snacks.

### At the Office

- Gather up the gang and go caroling from office to office in your building, or go after work.

- Decorate and donate a tree to a family who might otherwise not have one.

- Welcome in the holidays with co-workers with an in-office luncheon buffet.

- Adopt a needy family now for the entire year.

Each month, collect clothing, food, furniture or any other requirements of the family.

- Put a new twist on the office gift exchange. Co-workers draw names, then buy a toy that reflects

the interests and personality of the person whose name they have drawn.

Everyone gets to open their gift during the exchange party, then all toys are donated to the needy.



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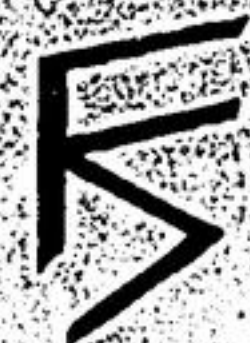


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