



DECEMBER 2018

JOLLY JOKES AND RIDDLES

What do monkeys sing during the holidays?

A. Jungle Bells!

What did the big candle say to the little candle?

A. I'm going out tonight.



HEALTHY CORNER

DRINK YOUR MILK!
or... Eat your broccoli??

The calcium in milk is needed by the body to build strong bones & teeth. Did you know? About 99 percent of calcium in the body is in bones & teeth. The remaining amount helps the heart to beat, controls blood pressure, makes muscles move, helps blood clot and helps nerves send messages.

Other ways to get calcium are:

- Fruit Yogurts
- Cheddar Cheese
- American Cheese
- Macaroni and Cheese
- Broccoli (raw or cooked)



Hide And Seek North Pole Style!



Ho! Ho! Ho! Where'd My Sleigh Go?
Help Santa Follow The Path To Where Rudolph Hid His Sleigh.

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