



Low-Cost ways to Celebrate the Holidays!



As we get ready for the Holiday season once again, we urge people to take a moment to reflect on what the holidays mean to each of us on an individual basis. It is easy to get caught up in all the hype about what to buy, what to wrap, all the stuff we think we really can't do without. But many times when you ask people about their favorite holiday memories, it has nothing to do with the things and everything to do with who we were with or what we were doing. Family, friends, neighbors, even complete strangers sometimes can be instrumental in enjoying a special moment. Here are 10 ways to create fun and special memories that don't cost a lot!

- ◆ Take a trip to the Dollar store and tell your kids that they have to find a certain number of items that follow a particular theme: red & green poinsettias or stuff to celebrate Thanksgiving or New Years. You'll be surprised how much fun this can be! Give them a \$ limit to stick to or let them know that at the end they will be allowed to pick out 2 things to keep for themselves.
- ◆ When was the last time you went to a neighborhood park? Bundle up, grab some bags or baskets and set a contest to see who can gather the most acorns, or pine cones or find a leaf that is a particular color or shape. Use them to decorate your holiday wreaths! Or go when it's snowing and make snow angels on the ground.
- ◆ The neighborhood public Library is such a wondrous experience for some! What about giving everyone a task to come up with a list of Holiday Books that involve Reindeer, or Penguins, or Elves, or simple acts of kindness. I bet you can't do this without wanting to read one or two of those books! Librarians can be very helpful in pointing you in the right direction if needed.
- ◆ How about having a Cookie Bake! Check out recipes for sugar cookies then take a trip to the supermarket to buy the ingredients and decorate them according to the holiday....share them with your friends and neighbors!
- ◆ Remember making those paper snowflakes when you were a kid? Remember how each one was unique? Wasn't that fun! Get a bunch of friends/family together, grab some paper, scissors, provide some apple cider and the cookies from #5 above and have a ball! Decorate the house or apartment with the best ones and take a picture to post online!
- ◆ Do you have a relative in a nursing home? The holidays can be especially tough on those who can no longer do the things they used to! Cheer them up with a visit! Get a group together, go to the Dollar store to get some Santa hats, some jingle bells and then sing some Carols or other holiday songs with them! They will really appreciate it and so will the staff!
- ◆ How about asking everyone what their favorite holiday movie is and take turns watching one of them for the next 12 days or so till the holiday? (Remember, many local libraries have FREE movie rentals for their card holders!) Make some popcorn from scratch and enjoy together!

Now, go have fun creating your own special holiday memories and let us know how they worked for you!

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