



RESURGENS
ORTHOPAEDICS

Holiday FUN GUIDE



RECIPES, CRAFTS

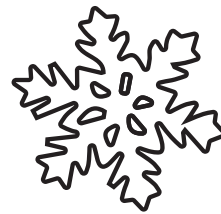
& MORE

NO TIME LIKE THE

Present



RESURGENS
ORTHOPAEDICS



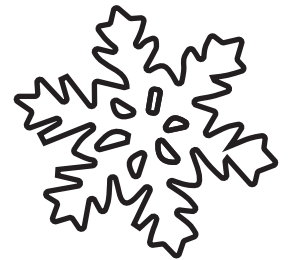
Holiday Ornament



DIY CINNAMON ORNAMENT RECIPE

Ingredients

- 3/4 cup applesauce
- 1 bottle (4 oz) Cinnamon, Ground
- Cookie cutters
- Drinking straw
- Colorful ribbon



- 1 Preheat oven to 200°F.
- 2 Mix applesauce and cinnamon with hands in small bowl until a smooth ball of dough is formed. Using about 1/4 of the dough at a time, roll dough to 1/4-inch to 1/3-inch thickness between two sheets of plastic wrap. Peel off top sheet of plastic wrap; cut dough into desired shapes with cookie cutters. Make a hole in top of ornament with drinking straw. Place ornaments on baking sheet.
- 3 Bake for 2 1/2 hours. Let ornaments cool on wire rack. To dry ornaments at room temperature, let stand 1 to 2 days on a wire rack. or until thoroughly dry, turning occasionally.
- 4 Insert ribbon through holes and tie to hang. Optional: May be decorated with puffy paint, glitter, rhinestones, etc... found in arts and crafts stores, if desired.



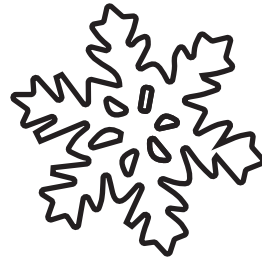
WARNING: Ornaments are not edible.

Holiday Recipes

AUNT LIZZIE'S SUGAR COOKIES

5 cups flour
3 teaspoons baking powder
1 cup butter
4 eggs
1 teaspoon vanilla
2 cups sugar

Mix flour, baking powder and butter together like a pie crust using pastry blender
In a separate container beat eggs. Add vanilla and sugar.
Add eggs/sugar/vanilla mixture to flour mixture. Mix together to make dough.
Roll and cut out in desired shapes.
Bake at 350 degrees for 10-12 minutes until lightly browned on the bottom.
Let sit on a cookie sheet 5 minutes, remove and cool completely. Ice and decorate as desired.



AUNT LIZZIE'S COOKIE ICING

Vanilla Butter Icing
½ cup butter
4 cups powdered sugar
2 teaspoons vanilla
2 Tablespoons milk

Cream all ingredients together until smooth.
Divide into smaller bowls and add food coloring if desired.



HOT APPLE CIDER

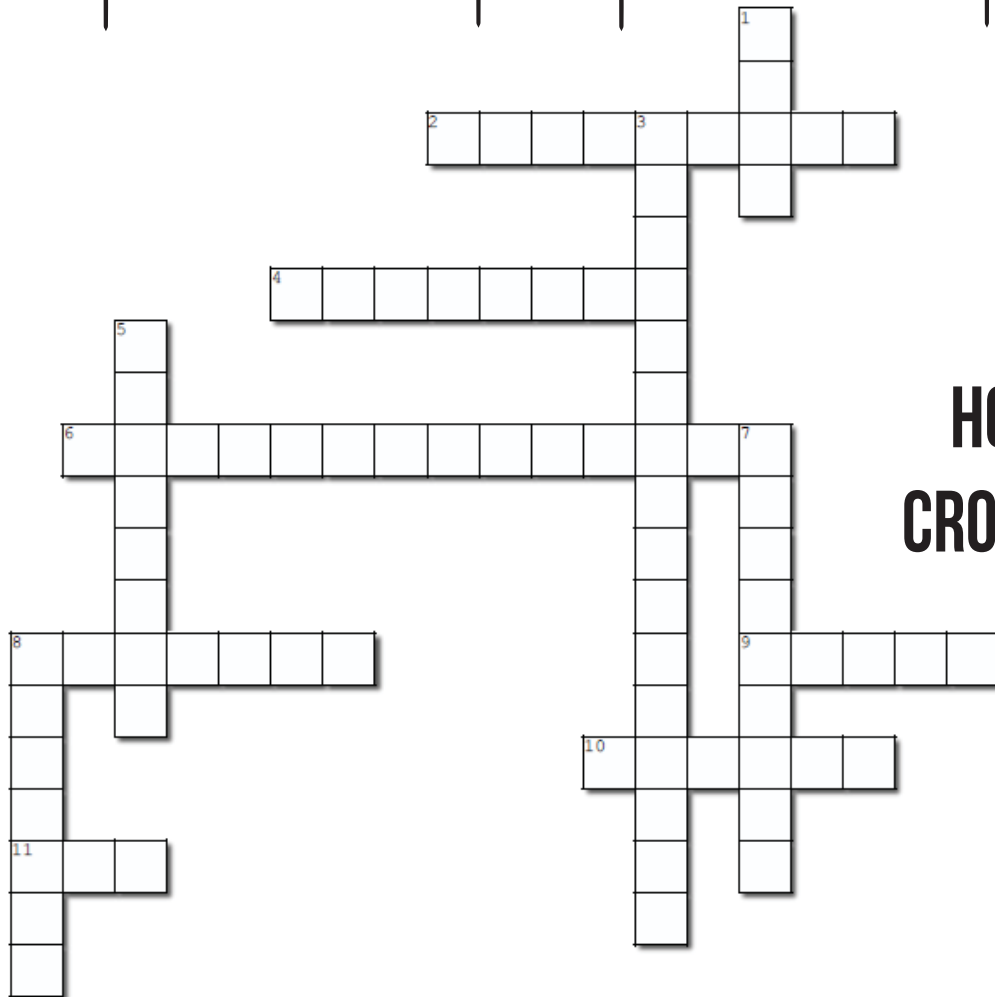
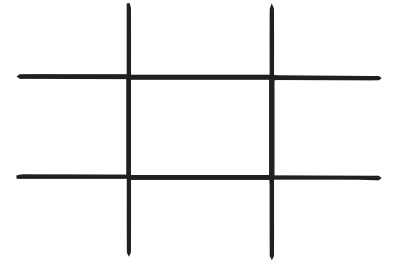
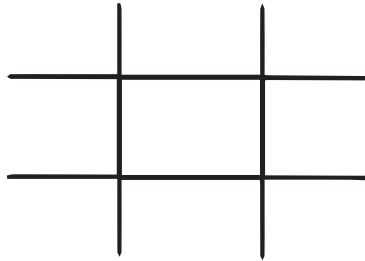
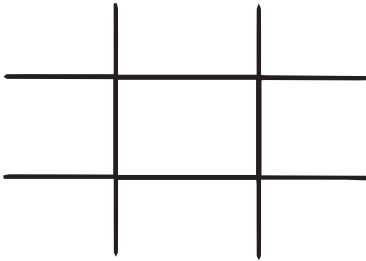
Apples: 10-12 apples of assorted types
Oranges: 1-2 to balance out the apple flavor
4 cinnamon sticks
1 tablespoon whole cloves
½ cup brown sugar or maple syrup
Optional extra seasonings: 1 teaspoon whole allspice, 1 whole nutmeg, and/or 1 inch fresh ginger

Place everything in the slow cooker.
Add water. Use enough to cover the fruit.
Cook 6-7 hours on low heat OR 3 hours on high heat.
Mash the fruits. Take a giant spoon and begin mashing up all those warm apples and oranges. (At this point, they'll be super soft.)
Simmer. Allow this liquid mash to simmer for another hour.
Strain. Use a fine mesh sieve to strain the cider.



Holiday Puzzles

TIC TAC TOE



HOLIDAY CROSSWORD

Across

2. Cozy place with a mantle
4. These help you walk when you have a leg or foot injury
6. Another way to say 'Seasons Greeting' (two words)
8. It is important to do this before exercising.
9. Largest bone in the body
10. Often hung on doors, this circle decoration can be made from anything.
11. Grinch's the dog

Down


































1. A picture of the bone
3. Rehabilitation for muscle or bone injuries (two words)
5. Another word for when you break your bone
7. Frozen rain
8. Do you want to build a _____? (Song)

Holiday Puzzles

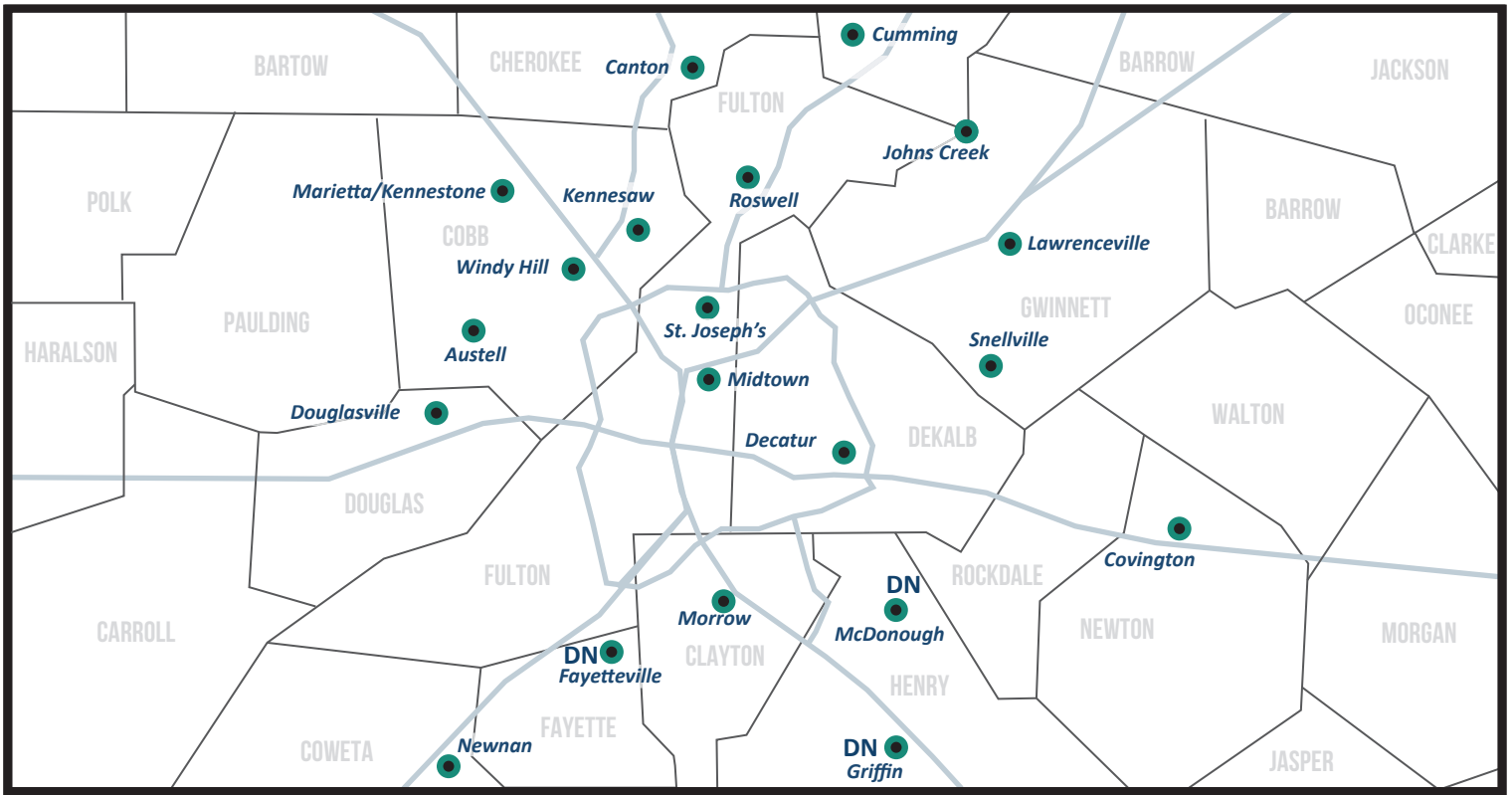
HOLIDAY WORD SEARCH

K	E	E	N	A	C	Y	D	N	A	C	C	E	N
T	C	O	O	K	I	E	S	E	T	I	E	D	E
T	T	L	T	B	R	D	H	T	E	Y	C	E	W
T	S	A	C	E	S	A	O	A	L	N	A	L	R
C	N	N	T	E	N	E	T	R	E	A	L	S	M
R	D	E	N	D	O	R	C	B	S	O	P	N	U
E	O	P	S	S	W	B	H	E	D	R	E	E	S
C	C	R	O	T	F	R	O	L	E	A	R	E	C
A	T	E	A	R	L	E	C	E	O	R	I	O	L
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R	R	N	R	C	E	I	A	C	E	N	E	O	R
S	R	T	M	H	S	G	T	E	C	I	L	N	A
N	K	S	S	R	E	E	E	E	T	W	E	E	T

- SLED
- CANDY CANE
- CAST
- FIREPLACE
- GINGERBREAD
- BONE
- WINTER
- SNOWFLAKE
- CELEBRATE
- MUSCLES
- PRESENTS
- STRETCH
- COOKIES
- HOT CHOCOLATE
- DOCTOR

HOLIDAY SUDOKU



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