



THE VILLAGE AT  
ORCHARD RIDGE  
A National Lutheran Community

# Baking Joy with Holiday Cookie Recipes for You and Your Family

The holiday season is the perfect time to reconnect with cherished traditions and create lasting memories. Baking with a loved one can be both therapeutic and a way to spark creativity while fostering connection — an especially valuable experience as we age. The act of baking brings a sense of accomplishment, while exchanging stories and tips creates a feeling of community and connection. Plus, enjoying a fun activity and quality time with loved ones is an excellent way to boost mental well-being and ease holiday stress.



## Festive cookie recipes to try

- [Chocolate Chip Oatmeal Cookies](#)

Chocolate chip oatmeal cookies are a timeless classic, loved by all generations. The combination of chewy oats and rich chocolate chips creates a delightful texture that's hard to resist.

- [Gingerbread Cookies](#)

Gingerbread men are synonymous with holiday festivities, and decorating them is a great activity to do with kids or grandkids!

- [Sugar Cookies with Icing](#)

This classic sugar cookie recipe is another one that is great for cutting into shapes and decorating.

- [Thumbprint Cookies](#)

Another holiday favorite, these buttery thumbprint cookies melt in your mouth and can be made with any type of jam.

- [Peppermint Bark Cookies](#)

Peppermint candies and peppermint extract make these cookies the ultimate holiday treat, perfect for sharing at a cookie swap or a party.

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Call 540-486-2956 or visit: [www.thevillageatorchardridge.org](http://www.thevillageatorchardridge.org)

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## Tips for perfect holiday cookies

- Don't overbake

Keep an eye on your cookies while they are in the oven and check them a few minutes before the stated time to avoid overbaking. Remove the cookies from the oven when the edges are set but the centers appear slightly undercooked. They will continue to firm up as they cool, resulting in a wonderfully chewy bite.

- Choose the right ingredients

If the recipe calls for softened butter, make sure it is room temperature to achieve the right texture. If you forget to take it out ahead of time, there are a few tricks that can help you soften butter quickly. Make sure you are using the right size eggs and consider investing in high-quality chocolate for enhanced flavor.

- Master the art of baking

Consistency in size and shape ensures even baking. Invest in a good quality cookie scoop to help portion dough evenly. When rolling out dough, aim for a uniform thickness, and chill the dough if it becomes too soft to handle. Baking sheets lined with parchment paper or silicone mats prevent sticking and promote even baking.

- Store and share cookies

Store baked cookies in airtight containers to maintain freshness. Layer them with wax paper to prevent sticking, especially if you've added decorative icing or toppings. If you're preparing ahead of time, you can store most cookie dough or baked cookies in the freezer for a few months to last longer.

*Happy baking, and may your holidays be filled with warmth and sweetness!*

The holiday season is the perfect time to explore the benefits of being part of a vibrant community.

**If you're inspired to learn more about life plan communities or want additional resources on engaging activities for older adults, contact The Village at Orchard Ridge—A National Lutheran Community at 540-486-2956.**



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