

Celebrating Heritage

During the Holidays

Honor your family's heritage by researching ancestral holiday traditions. Incorporate something new that you learned into your celebrations.

Share Stories

Create a special display of family photos, including those of members who have passed. During your holiday celebration, encourage older members to share stories and have someone either video or write these down for future generations.

Beloved Foods

Gather everyone together to make your family's favorite holiday treat. Or try making a popular dish from a country that honors your family's roots.

Ancestral Rituals

Learn ways your ancestors celebrated the holidays. Incorporate some of those traditions into your family's celebration. It will be fun and give you a meaningful connection to prior generations.



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Creating New Traditions



When you gather with your family, be sure to take a lot of photos. Create an online album and send the link to everyone after the holidays.



Take a long walk after a holiday dinner either through your neighborhood, a downtown area or at a local beach, park, etc.



Volunteer for a local charity either before the holiday (such as collecting items for a shelter) or on the holiday itself (such as delivering meals to those in need).



Visit a local attraction that is open on the holiday itself. Oftentimes it will be less crowded than normal.

VENDOR SPOTLIGHT: Cedar Mill Wine Shop



525 NW Saltzman Rd
Portland, OR 97229
(503) 643-5655
PortlandWineCellar.com
Wine@PortlandWineCellar.com

Open: Tuesday-Saturday
from 11AM-6PM

The Wine Cellar is your friendly neighborhood wine shop focused on family-owned wineries that support sustainable farming practices. They have the best selection of handcrafted, domestic wines and believe everyone should be comfortable in a wine shop.

You can stop by the store to browse and make your purchase or order over the phone or online for curbside pick-up!

**Mention this flyer to receive
15% Off Any To-Go
Bottles of Wine Purchase**

*Offer expires 1/31/2023.

Also, be sure to check out their website to learn about their popular Thirsty Thursday Tastings and Happy Hours!

