

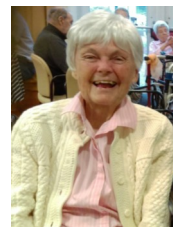
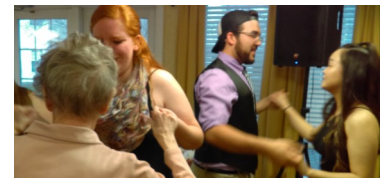
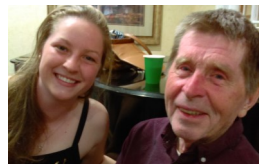
# DOOR DOOR

The Arbors at Amherst

May 2018



Historians say the earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece. In the U.S; Mother's Day was first suggested by Julia Ward Howe, author of the "Battle Hymn of the Republic", as a day dedicated to peace, and celebrated in Boston. In 1907, Ann Jarvis campaigned to establish a national Mother's Day. She was successful, and by 1911 the day was celebrated in almost every state. In 1914, President Woodrow Wilson proclaimed Mother's Day a national holiday to be held the second Sunday in May.



**Left and Above:** Our "Spring Fling" Dance and Social was a huge success!

The students from IGU sorority and AXP fraternity at UMASS did a wonderful job with the music, keeping food and drinks flowing, and socializing.

The dance floor stayed busy, there was a lot of lively conversations, laughter, and fun. New friendships were made and old, happy memories retrieved. A great night was had by all! We look forward to our next dance and get-together with our UMASS friends.

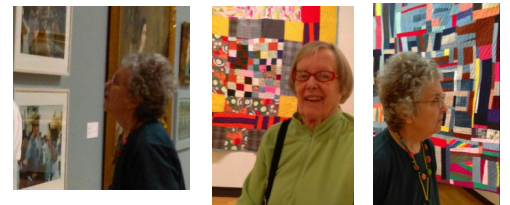
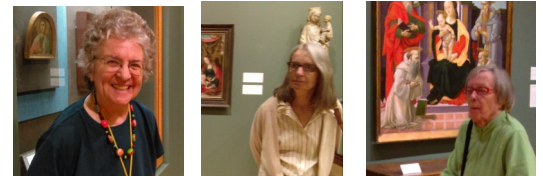


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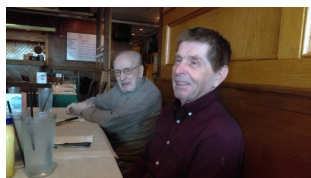
## The Arbors at Amherst



**Above:** Opening Day was celebrated with a ball park appropriate lunch of hot dogs with all the fixings, French fries, old fashioned soda pop, beer, and fresh popped popcorn. Lunch was a home run! Thank you chef Tammy!



**Above:** Ruth, Diane, Linda, and Rosie enjoyed turning simple white tiles into beautiful drink coasters and wall art. A fun project!



**Above:** Marjorie, Rosie, Linda, Carol, Fred, and Dennis enjoyed a lively lunch at "The Pub" in Amherst. We all agree....the clam chowder is a must! Off to the "Dockside" this month in South Hadley.

"Into the woman's keeping is committed the destiny of the generations to come after us."

-Theodore Roosevelt

"No language can express the power and beauty and heroism and majesty of a mother's love."

-Edwin H. Chapman

**Above:** A recent outing took us to the MHC Art Museum where we enjoyed a slow stroll around, looking at all the beautiful exhibits. Adele, Susie, and Linda were drawn to the quilt exhibit on display. Fred and Marjorie were pulled-in by the pottery and artifacts, and Elisabeth soaked up all the classical paintings. Living in the Five College area affords us many cultural opportunities. Watch your calendars for more museum trips in our area to visit new exhibits!



The Arbors at Amherst

May 2018

## Amherst S.A.L.T. Council

Seniors and Law Enforcement Together (S.A.L.T.) Council members work with the Police, Fire, and Sheriff's Departments on projects that increase the safety and the well-being of older resident. Meetings are held on the second Tuesday of every month (except July and August) at 10 AM at the Amherst Police Department. If this is something you would be interested in, sign up at the front desk for the May 8th meeting. Van will leave around 9:30 AM.



**Above:** What do you do on a gloomy, rainy day? The ladies in the Reflections community created beautiful butterfly magnets to brighten the mood!



**Above:** Music is such an important part of our lives and our overall well being. A single note can evoke such beautiful memories....Watch your calendars for our amazing entertainers, and treat yourself to a good time by joining the fun!

**Left and Below:** It is always a treat to have "Music with Jerry", and an extra treat when he has his side-kick, Jimmy, with him! What a wonderful way to spend an afternoon!



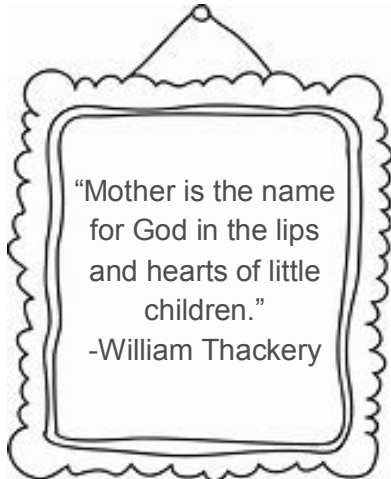
### MOM-ISMS

Those silly phrases we catch ourselves saying that remind us of DEAR MOM!

- Don't pick it! It will get infected.
- I'm not everyone else's mother.
- This hurts me more than it hurts you.

And the all time clincher...  
Why? Because I SAID SO,  
that's why!

# DOOR DOOR



**May Is....**

National Huntington's Awareness  
Month, National Stroke Awareness  
Month, Skin Cancer Prevention  
Month, National Arthritis Month, and  
National Smile Month!

## Welcome Home New Residents

Emy D. (100)

Doris & John K. (107)

William "Bill" P. (116)

**Birthstone - Emerald**

**(Success in Love)**

**Flower - Lily of the Valley**

## Happy Birthday !

5/5 Carolynne B.

5/21 Emma Rose M.

5/26 Dennis A.



**Foot Clinic**  
**5/3**

**Hairdresser**  
**Tuesdays**

## To Your Health...

### **Benefits of Yoga**



**Relieves Stress.** Encourages relaxation and helps lower the amount of cortisol in your body, reducing the effects of stress.

**Reduces Pain.** Helps reduce aches and pains. Those who suffer from painful medical conditions can benefit from yoga when practiced alongside traditional medical treatments. Can reduce the dependency on certain drugs and increase the natural ability to cope with pain.

**Better Breathing.** Learn to take deeper, slower breaths which helps to increase lung function and set off the body's natural relaxation response.

**Sleep Better.** Improves sleep patterns, which helps those with sleep problems. Enhanced and deeper sleep patterns help the body's natural healing properties and improve well-being.

**Improves Flexibility.** Improves flexibility which improves the body's range of motion.

**Strengthens Muscles.** Yoga poses use all the muscles in the body, helping increase muscle strength. It helps strengthen back muscles which in turn help improve posture.

**Lose Weight.** Reduces the levels of cortisol in the body which in turn aids in weight loss and improved fat burning.

**Improves Circulation and Reduce Heart Rate.** With improved circulation comes lower blood pressure and pulse rates. Lowers heart rate and increases oxygen in the blood stream.

**Inner Peace.** Yoga improves coordination, memory skills, reaction times, and concentration skills. Improves relationship between mind and body, developing a feeling of inner peace.

**So...See you in class! (Friday at 10:30 AM)**