



Happy Hanukkah & Merry Christmas!

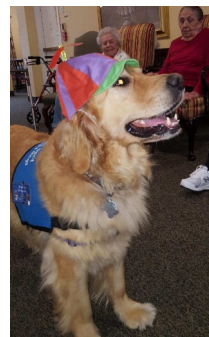
December is a month of merriment and fun. You will want to check the activities calendar daily to ensure you don't miss any of the excitement and revelry. Every day there are people and groups calling to come and help us celebrate the holidays. Several programs you won't want to miss this month would include a **Hanukkah Party with Mrs. A**, **Decking the Halls**, our annual **Arbors Holiday Celebration**, the **Winter Dance & Social** with the kids from UMass, an informative **Presentation on Acupuncture & Chinese Medicine**, the **Caravan Chorus**, **Piano with Adam**, **Holiday Cookie Baking**, our **New Year's Eve Social**, and an assortment of **Entertainers, Carolers, and other Seasonal Fun**. So, keep your eyes and ears open and don't miss a thing this holiday season!



May you be safe, warm & jolly!

Welcome Evan

We are very happy to announce that we now have a "weekend activity person" to lead, direct, and motivate you all to keep active and engage in some fun over the weekends. Come on out and meet Evan!



Invite your families and friends to join us for some holiday cheer!

Family Holiday Celebration

Sunday, December 9th

12:00 PM until 2:00 PM

Come Hungry!

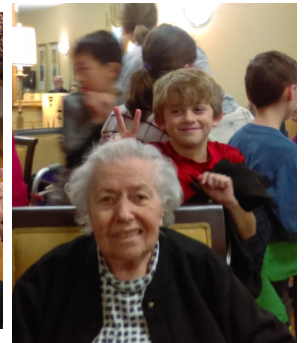
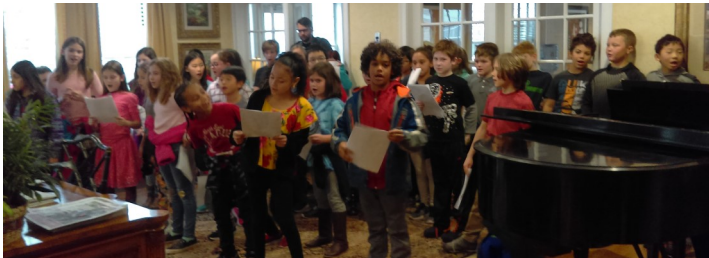
Please RSVP for Christmas

Please notify the front desk staff if you will be dining here for our Christmas dinner, which will be served at our regular mid-day meal time, or if you will be going out. If you will be having guests for any meal during the holidays, please notify us 24 hours in advance so that we may accommodate you.

-Thank You

DOOR TO DOOR

The Arbors at Amherst



Above & Right: What happens when 40 fourth-graders stop in to sing for us? Pure Joy! We had a visit from the kids from Fort River School who performed several songs for us. The room was abuzz with song, laughter, and chatter. Residents sang along with the kids, a few chose to dance as well. What a wonderful treat for all!



UNSCRAMBLERS:

CEDK HET LASLH

SNAOSSE NESTGREIG

YILADHO EHRCE

LAYMFI & DREFSIN

TWINRE DROWNDNLA



December Full Moon

Known as the cold moon, the long night moon, or the wolf moon, for the Native Americans it was a symbol of coming full circle. As we reach the end of the year and look forward to the beginning of a new year, take some time this month to reflect and appreciate the past year.

What are your hopes for the coming year?

REFLECTIONS COMMUNITY

Reflections Community had a good year in 2018,. We had days filled with music, sunshine, laughter, and many rides to explore new, and favorite, places. For the coming months we are looking forward to some short day trips, checking out the holiday lights in our area, and of course....more music!



DOOR DOOR



Welcome Home New Residents

John V. (Apt#222)

Birthstone - Turquoise
(Prosperity)

Flower - Narcissus

Happy Birthday !

12/3 Kathleen L.

12/17 Christa G.

12/20 Lourdes M.

12/27 Donna T.

12/28 Dorothy H.

12/31 Theresa P.

UNSCRAMBLER ANSWERS:

DECK THE HALLS

SEASONS GREETINGS

HOLIDAY CHEER

FAMILY & FRIENDS

WINTER WONDERLAND

DECEMBER IS....

Yuletide Month, Safe Toys & Gift Month, Identity Theft Prevention Awareness Month, and Stress-free Family Holidays Month.

FOOT CLINIC

12/6

HAIRDRESSER

TUESDAYS



Here's to your Health!

However you celebrate the holidays, health belongs in the mix...

- Exercise on a regular basis. If you don't already...kick off your day with our Joint & Muscle Renewal class at 9:30 each morning. Walk as often as you can. If weather permits, get some fresh air, otherwise grab a walk buddy and do some laps indoors. I heard that 11 times around the first floor is equivalent to one mile!
- Eat wisely, and fit relaxation into your festivities. If you are looking for a way to both relax, and rejuvenate, come join the weekly Chair Chi and Chair Yoga classes offered. If a good book is more your speed, check out the Book Club and the Reading Aloud group
- Take time to enjoy those you love, to meet new and interesting friends, and to review your efforts and achievements in 2018.
- Try something new that you didn't think you would enjoy. The experience itself will be fun and you may just make a new friend, or discover a new passion. Be adventurous.
- Now set your sights on 2019 by committing once more to health and happiness for yourself, and those you love, by setting new achievable goals in the New Year! Here's to a bright, healthy, and happy 2019!