

DOOR DOOR

The Arbors at Amherst

August 2019



Music Therapy with Rusty is an energetic and enjoyable way to start your day! Music is a great way to rejuvenate your body and soul, to bring up some favorite old memories, and to replenish your energy supplies! It's a good thing!



WORLD FRIENDSHIP DAY - SUNDAY, AUGUST 4th

Human beings are social creatures and have always valued the importance of friends in their lives. To celebrate this noble feeling, it was deemed fit to have a day dedicated to friends and friendships. Accordingly, the first Sunday of August was declared as a holiday in the U.S. in honor of friends by a Proclamation made by Congress in 1935. Since then, World Friendship Day is being celebrated every year on the first Sunday in the month of August. This beautiful idea of celebrating Friendship Day was joyfully accepted by several other countries across the world.

Friendship Day is an opportunity to remember the important contributions friends make in our lives and another opportunity to extend your friendship toward others, be it a helping hand, a kind word, an invitation to join-in, or simply a smile.

Be a friend!



RECIPE FOR FRIENDSHIP

2 cups of patience

1 heart full of love

2 cups of loyalty

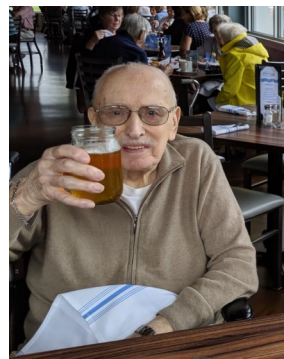
1 cup of understanding

2 cups of humor

A dash of laughter

Mix all ingredients well.

Sprinkle generously over a lifetime and serve to everyone you meet.



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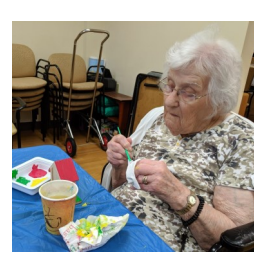
A LOOK BACK ...

In August of 1937, the average annual income was \$1,780. The average cost of a new house was \$4,100. A loaf of bread was 90c, a pound of hamburger meat was 12c, a gallon of milk was 10c, average cost of house rent was \$26/month, average price for a new car was \$760, tuition at Harvard was \$420 year, and best of all...gasoline was 10c a gallon – even cheaper than a movie ticket, which was 25c.



Above and Right: Our Lunch Bunch group enjoyed a wonderful experience at “the Boathouse” in South Hadley last month. Requests have been made to go back to “the Pub” in Amherst this month, before it closes forever.

Right: Enjoying our ‘Flavors of Summer’. We savored fresh berries & ice cream, fresh watermelon, root beer floats and lots of ice cream last month. Tasty month!



Left: During a recent Quick Craft activity, we had a lot of fun painting mini bird houses, what a relaxing way to spend a morning!

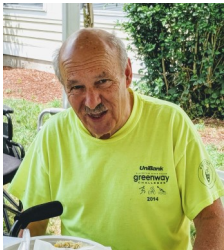
DOOR TO DOOR

The Arbors at Amherst

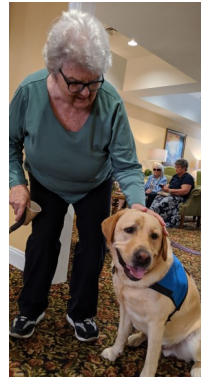
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SUMMER PICNIC

A big “Thank You” to Aziz and his amazing kitchen crew for all their hard work in preparing for our picnic. The weather cooperated and the rain stayed away, despite potential shower warnings. We had a great turn-out of residents, families, and friends; the “Dynamic Duo” kept us energized and entertained with music, and the staff did a wonderful job of keeping everyone well fed. A great time was had by all!



DOOR DOOR



Foot Clinic
8/1

Hairdresser
Tuesdays

UNSCRAMBLERS:

DRSPNFISHIE

FLYERDIN LEMSIS

GLIDOHN SHADN

DORWL ERHIFDSPIN HOMNT

Happy Birthday !

8/4 Suzanne C.

8/6 Cam R.

8/9 Bruce M.

8/12 Betty T.

8/13 Sonya B.

8/20 Theresa P.

8/21 Candace F.

8/21 Jane P.

8/28 Bernard K.

8/28 Dorothy P.



We already know that a healthy lifestyle is a major factor in living a long life, but new studies show that having hobbies and staying socially active is equally as important. Here are 6 healthy hobbies to consider:

1. More than providing something fun to stimulate the brain, **creating art and doing crafts** can also be cathartic. Art is one of the best activities seniors can practice, it stimulates the mind and soul, it is engaging and fun, and it keeps the mind alert.
2. **Dancing** is not only fun, but is also a great way to exercise and socialize. Dancing can also improve balance, gait and overall functioning.
3. **Gardening** has many health and therapeutic benefits. It is not only an enjoyable form of exercise, increasing levels of physical activity and mobility and encouraging the use of motor skills while improving endurance and strength, it also reduces stress levels by promoting relaxation.
4. From Bridge to Scrabble, **cards and games** are an excellent way to keep the mind sharp. Research has shown that adults who enjoy mentally stimulating games may have bigger brains and sharper thinking skills than their peers. Critical thinking and crossword puzzles are also great ways to keep the brain fit.
5. **Yoga** can provide many mental and physical benefits, from minimizing hypertension and stress to helping strengthen bones and build balance.
6. **Walking** is a tremendously good activity with a multitude of health benefits and a great way to maintain independence. Walking with friends and loved ones is an even healthier option as it increases socialization.