

DOOR DOOR

The Arbors at Amherst

AUGUST 2020

Below: It is great to be having small group activities running again. Although we all miss our active morning stretch class, (with 20+ members), it is nice to get together in smaller groups to stretch out our bodies. Groups are also getting together to stretch out our brains in the afternoons with word games, brain games, and trivia. We are slowly emerging...



INTERNATIONAL FRIENDSHIP DAY, SUNDAY, AUGUST 2nd



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, International Friendship Day is being celebrated every year on the first Sunday of 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 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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TREAT YOUR MASK LIKE UNDERWEAR




1. Do not touch or adjust (especially in public).
2. Do not borrow or lend.
3. Make sure fit is tight but comfortable.
4. Make sure it is CLEAN.
5. Wear the right side out.
6. If it is damp, change it.


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.

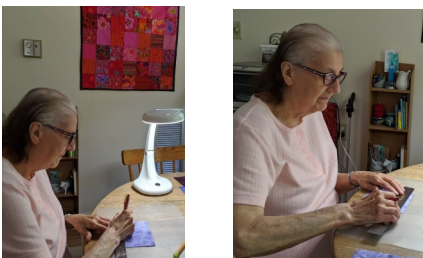



Left: A lovely way to enjoy your day is with the company of friends in the courtyard. 



Left: With her first Great Grandchild on the way, Jane has been committed to knitting a baby sweater. Although she has pulled it apart and started over several times, she is determined to finish 

Right: Diane has been working on an Oriental Style area rug in her spare time. This gorgeous creation is a 10+ year commitment of patience and perseverance. Truly beautiful! 



Left: Adriana has completed several "Quarantine Quilts" during this time of COVID. She has been putting her creative skills to work with lovely result! 

DOOR TO DOOR

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In one word...

Below: When given a list of words, and asked to choose a word that somehow resonates with you, the results are worth sharing. What a fun activity this was. Look at the back page to see the results. This is definitely one worth repeating and modifying down the road.



W
O
R
D
S

DOOR DOOR



Welcome Home New Residents

Diane L. (Apt.238A)

Catherine K. (Apt. 242)

Mary Ellen C. (Apt. 101)

Happy Birthday

8/1 Ruby M.

8/6 Cam R.

8/9 Martha B.

8/13 Sonya B.

8/20 Theresa P.

8/21 Candace F.

8/21 Jane P.

8/28 Bernard K.

8/28 Dorothy P.

"IN ONE WORD..."

(A) "There is so little in the world that is SANE, so I find the word intrigues me" - Mary

(B) "I am BLESSED in so many ways. I have a beautiful family. I am alive. I am happy. I feel I have so many gifts. I am blessed" - Lesley

(C) "We can be pleasant on the exterior, but true BEAUTY is found within. But if you look at nature, beauty is all around you" - Dawn

(D) "I believe with ENERGY all things are possible. I can get through each day. I can make plans. I can enjoy friendships. I am alive" - Jane

(E) "GRACE is such a beautiful word, don't you think? We should all strive to achieve it" - Carolynne

(F) "TRUTH and KINDNESS are sorely lacking in our U.S. politics, and something that we should have more of in society in general" - Herbert

(G) "Life has many trials and tribulations. It is a long journey, and I feel to live your best life you need to have COURAGE" - Duane

(H) "HAPPY is one of the great emotions. I like people to be happy" - Helene

(I) "Being JOYFUL is to feel lightness, to feel up-beat, to be energized. Just the word joyful is music to my ears" - Jean