



44 Allandale Street, Boston
(617) 522-0043

Schedule a Private Tour

January 2019

Fitness and Wellness in the New Year

Resolutions around health, specifically fitness and wellness, in the new year are the most popular. Here at Springhouse, we offer several programs to support your goals for 2019.

For those looking for an upbeat, fun way to improve their fitness that doesn't feel like a workout, we have two offerings for you to try! *Dance with Sheeana* is offered bi-weekly and gives participants the opportunity to learn a variety of dance styles from around the world. Activity Coordinator, Sheeana Calliste, brings years of experience as a Dance Fitness Instructor to this group and is sure to get you moving and grooving! We also invite you to join our Expressive Therapy Intern, *Goni Zlotnik*, weekly for a *dance/movement group*. Specializing in dance/movement therapy, Goni encourages the participants in her group to explore a variety of techniques and includes the use of props and rhythm to encourage movement. A main goal of this group is to further understand the deep connection between body and mind.



Are you looking for a gentler way to ease into fitness? If so, we suggest joining our weekly *Yoga or Tai Chi programs*. Both classes incorporate gentle movements, promote flexibility and balance and can help with fall prevention, as well as reduce stress! The yoga class is led by Sheeana, and we are happy to have Dana Buck, an instructor with over 25 years of experience, join us for Tai Chi. In addition to the physical benefits the class promotes, our Yoga classes end with a ten-minute guided meditation to promote mindfulness and relaxation.

Finally, for anyone looking to learn more about health and wellness in the new year, we invite you to join Martha Shanahan, Assisted Living Activity Coordinator and Adrianna Alpaugh, Director of Social Services for their *monthly Wellness Group*. Martha's background in Art Therapy and Mental Health Counseling, along with Adrianna's experience in social work make for an informed discussion of topics relating to mental health as well as physical health. Coping with stress, improving sleep, and nutrition for brain health are just a few examples of topics around caring for aging bodies and minds that this group explores. We invite you to join them for an educational discussion on the fourth Wednesday of each month.

What ever your resolution may be, we wish you much health and happiness in the New Year!

Dueling Pianos Show!

Adam Bergeron and Ethan Stone to perform, January 24 at 3:30 p.m.



Adam Bergeron and Ethan Stone grew up in small neighboring towns in Massachusetts and even began their musical studies with the same group of piano teachers. Ethan realized his passion was playing jazz and more contemporary styles, while Adam became even more deeply focused on classical and traditional music. Both went on to study their preferred styles and began careers in music.

Adam and Ethan have recently joined forces to present their Dueling Pianos program to rave reviews all over the northeast. The program includes classical, ragtime, jazz, blues, boogie-woogie and other styles. You'll get a taste of each pianist's individual style to begin the program, then an invigorating set of simultaneous two-piano music that is certain to entertain!

We hope you can join us for this unique performance! Please RSVP to Meredith Griffiths at 617-522-0043 x2110 if you'd like to attend.

Healthy Ideas for 2019

For your enjoyment, each month we will feature a special message from our Dining Services, HealthCare Services Group.

New Year's Resolutions for Healthy Start to 2019

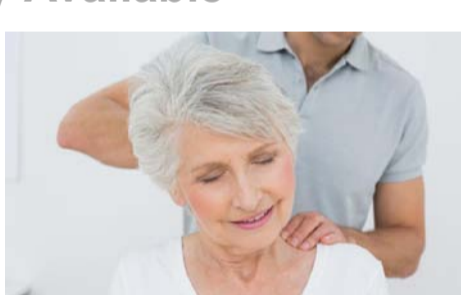
1. Practice Mindful Eating - take time when you eat and enjoy the meal and your companions
2. Chill Out and Rest Up - Turn the thermostat down at bed time to 68 or lower for a better sleep
3. Adopt an Attitude of Gratitude - Start every day thinking of something you are grateful for and write it down in a grateful journal
4. 30 Minutes of Exercise a Day - Take a walk with a friend or try some Chair Yoga
5. Stay Hydrated - Drink water all day long especially in the colder months to avoid dehydration
6. Take a Class - Whether it be online or in the class room. Find something you love and learn about it.



Massage Therapy Available

Massage Therapy for Residents

Just a reminder that Springhouse Senior Living offers Massage Therapy for our residents. Reservations can be made by calling the concierge at 617-522-0043. Gift Certificates are also available at the Woodside Front Desk.



MONTHLY SUPPORT GROUPS

LIVING WITH LOSS

"Living with Loss" is a bi weekly support group for older adults who are experiencing loss of a partner or spouse through a disease progression such as Alzheimer's Disease or Dementia.

We are pleased to offer this new support group for residents, families and the community.

The next meeting will take place at Springhouse on January 8th and again on January 22nd at 3:30 pm in the first floor board room.

The program will be facilitated by Adrianna Alpaugh, Director of Social Services at Springhouse Senior Living

Please RSVP to Adrianna at 617-522-0043 x2103 or at aalpaugh@springhouseboston.org



Care to Care is a general caregiver support group connecting those caring for family members or friends in all stages of Alzheimer's Disease or dementia and in a variety of care settings. The group offers the opportunity to share strategies, resources, and coping skills with one another, as well as provide mutual support.

Our next group will meet on Wednesday, January 9 at 6:30 pm. Everyone is welcome! Please RSVP to Meredith Griffiths at 617-522-0043 or mgriffiths@springhouseboston.org.



Happy 2019

Wishing everyone a very happy healthy New Year to all our residents, families and friends.

[Website](#) [About Us](#) [Independent Living](#) [Assisted Living](#) [Memory Support](#)