

# BROOKHOUSE BEACON

MAY 2025

*THE MONTH OF MAY IS THE GATEWAY TO SUMMER*

## MOTHER MAY I?

MOTHER'S DAY WILL BE CELEBRATED IN THE U.S. ON MAY 11<sup>TH</sup> 2025.

CELEBRATIONS OF MOTHERHOOD CAN BE TRACED BACK TO ANCIENT GREECE & ROME, WHERE FESTIVALS WERE HELD IN HONOR OF GODDESSES LIKE CYBELE & RHEA. ANN REEVES JARVIS STARTED "MOTHERS' DAY WORK CLUBS" TO TEACH MOTHERS ABOUT CHILDCARE AND TO PROMOTE UNITY AFTER THE CIVIL WAR. AFTER HER MOTHER'S DEATH IN 1905, ANNA JARVIS CAMPAIGNED FOR A NATIONAL MOTHER'S DAY TO HONOR HER MOTHER AND ALL MOTHERS. IN 1914, PRESIDENT WOODROW WILSON OFFICIALLY ESTABLISHED THE SECOND SUNDAY IN MAY AS MOTHER'S DAY.

EMERALD IS REGARDED AS THE TRADITIONAL BIRTHSTONE FOR MAY AS WELL AS THE TRADITIONAL GEMSTONE FOR THE ASTROLOGICAL SIGN OF TAURUS. THE EMERALD IS A SYMBOL OF REBIRTH, IS BELIEVED TO GRANT THE OWNER FORESIGHT, GOOD FORTUNE, AND YOUTH.



## BIRTHDAY BLESSINGS!

ZODIAC SIGNS: TAURUS APRIL 20-MAY 20

GEMINI MAY 21 - JUNE 20

WE HAVE LOTS OF RESIDENT BIRTHDAYS IN MAY! WENDY A, FLORENCE D, PAM P, HELEN W, CHRISTINE R, & DIANE J. HAPPIEST OF BIRTHDAYS TO YOU ALL!







**MASTER YODA SAYS,  
“MAY THE 4<sup>TH</sup> BE WITH YOU!”**

## **¡VIVA LA RESISTANCE!**

CINCO DE MAYO COMMEMORATES THE MEXICAN ARMY'S VICTORY OVER FRENCH FORCES AT THE BATTLE OF PUEBLA ON MAY 5TH, 1862. THE MEXICAN ARMY LED BY GENERAL IGNACIO ZARAGOZA SUCCESSFULLY REPELLED THE LARGE FRENCH ARMY LED BY NAPOLEON III. WHILE NOT MEXICO'S INDEPENDENCE DAY (WHICH IS ON SEPTEMBER 16TH), CINCO DE MAYO IS A CELEBRATION OF MEXICAN PRIDE AND RESISTANCE. THE VICTORY, DESPITE A FRENCH OCCUPATION LATER, BOOSTED MEXICAN MORALE AND BECAME A SYMBOL OF NATIONAL UNITY.

CINCO DE MAYO IS CELEBRATED WITH PARADES, FESTIVALS, TRADITIONAL MUSIC, AND FOOD IN MEXICO, ESPECIALLY IN PUEBLA WHERE THE BATTLE OCCURRED. THE HOLIDAY IS ALSO WIDELY CELEBRATED IN THE UNITED STATES, PARTICULARLY BY MEXICAN-AMERICANS, AS A WAY TO CELEBRATE CULTURAL PRIDE AND HERITAGE.

## **SPECIAL DAYS IN MAY**

**MAY 1** MAY DAY (AKA BELTANE)

**MAY 4** STAR WARS DAY

**MAY 5** CINCO DE MAYO

**MAY 6** NATIONAL TEACHER DAY

**MAY 11** MOTHER'S DAY

**MAY 12** FULL MOON

**MAY 14** RECEPTIONIST'S DAY

**MAY 16** NATIONAL MIMOSA DAY

**MAY 26** MEMORIAL DAY

**MAY 30** NATIONAL MINT JULEP DAY

**MAY 31** NATIONAL SMILE DAY





# MUSIC APPRECIATION WEEK MAY 4<sup>TH</sup> - 11<sup>TH</sup>



NATIONAL MUSIC WEEK'S OBJECTIVE IS "TO CREATE AN UNDERSTANDING AND APPRECIATION OF THE VALUE OF MUSIC IN THE HOME, THE COMMUNITY, THE NATION, AND THE WORLD." NATIONAL MUSIC WEEK IS SPONSORED BY THE NATIONAL FEDERATION OF MUSIC CLUBS.

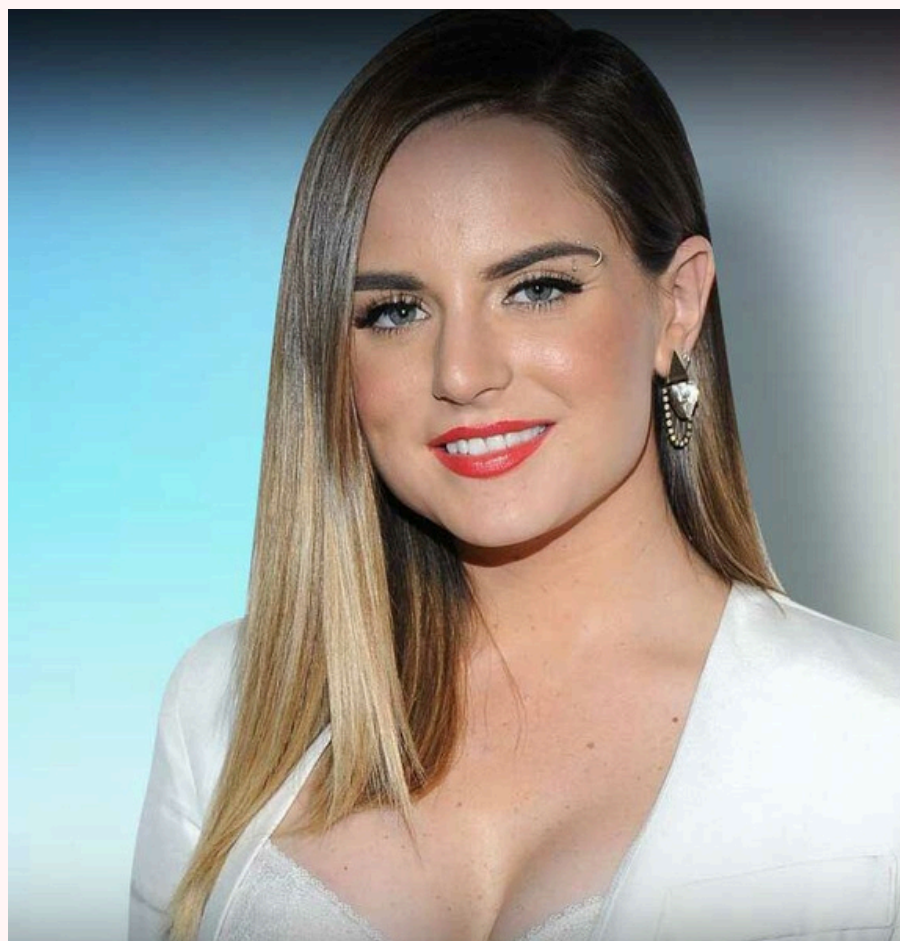
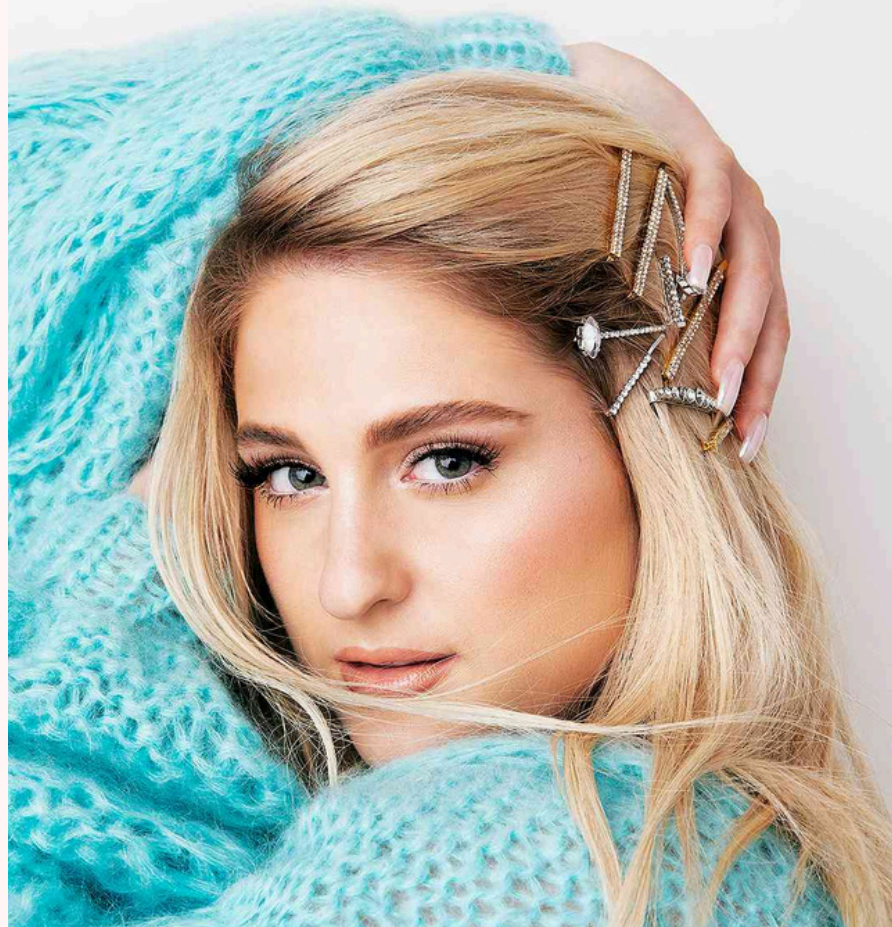
A NATIONAL MUSIC WEEK OBSERVANCE GIVES US AN OPPORTUNITY TO FOCUS THE ATTENTION OF ALL AMERICANS ON MUSIC AS A DYNAMIC MEANS OF COMMUNICATION BETWEEN PEOPLE AND A SATISFYING CHANNEL OF PERSONAL EXPRESSION. MUSIC, A NATIONAL NEED NOW MORE THAN EVER, CAN SERVE AS A GREAT FORCE FOR MAINTAINING PEACE AND HARMONY AMONG PEOPLES.

WE WILL BE LISTENING TO STAFF & RESIDENTS' FAVORITE SONGS! HOW ELSE CAN YOU CELEBRATE? EVERY CHANCE YOU GET, SING! WEAR YOUR FAVORITE BAND SHIRT. SING KARAOKE! REMEMBER YOUR FAVORITE CONCERT AND LIVE MUSIC MEMORIES!





# 10 POPULAR MUSIC ARTISTS FROM MASSACHUSETTS



ROW 1: AEROSMITH, MEGHAN TRAINOR, NEW EDITION  
ROW 2: JOJO, THE CARS, DONNA SUMMER  
ROW 3: NEW KIDS ON THE BLOCK, AIMEE MAN, BOSTON  
ROW 4: YO YO MA

**MUSIC OFFERS NUMEROUS BENEFITS FOR MENTAL AND PHYSICAL HEALTH, INCLUDING STRESS REDUCTION, MOOD ENHANCEMENT, IMPROVED SLEEP, AND COGNITIVE FUNCTION. IT CAN ALSO BOOST CREATIVITY, ENHANCE FOCUS, AND EVEN IMPROVE PHYSICAL PERFORMANCE!**



# UPCOMING ACTIVITIES



## **MUSIC APPRECIATION WEEK MAY 4TH-11TH**

KARAOKE, NAME THAT TUNE, TRIVIA, MUSIC VIDEO WATCH PARTY, EVERYONE'S FAVORITE MUSIC ALL WEEK!

## **CINCO DE MAYO MARGARITA MIXER MAY 5TH**

SIP MARGARITAS, LISTEN TO SPANISH MUSIC, ENJOY CHIPS & SALSA

## **MOTHER'S DAY PARTY MAY 9TH**

HONOR YOUR MOTHERS & YOUR MOTHERHOOD! SHARE FAMILY PHOTOS, STORIES, FOND MEMORIES ON THIS SPECIAL DAY

## **DOLLAR TREE TRIP MAY 14TH**

THIS SHOPPING TRIP WILL BE FOR SECOND FLOOR RESIDENTS ONLY. SPACE IS LIMITED TO 10 PEOPLE

## **MIMOSA COCKTAIL SOCIAL HOUR MAY 16TH**

CELEBRATE NATIONAL MIMOSA DAY WITH A YUMMY DRINK FOR OUR COCKTAIL SOCIAL HOUR

## **MINT JULEP MIXER MAY 30TH**

NATIONAL MINT JULEP DAY IS FRIDAY MAY 30<sup>TH</sup>! ENJOY THIS SOUTHERN BOURBON COCKTAIL WHILE WE PLAY CARD GAMES

## BALANCE IMPROVEMENT TIPS FROM HARVARD MEDICAL SCHOOL

ALTHOUGH IT'S TYPICAL FOR BALANCE TO DIMINISH WITH AGE, THERE ARE THINGS YOU CAN DO TO IMPROVE IT. AS WITH MOST ASPECTS OF HEALTH, DIET, EXERCISE, AND PROPER HYDRATION CAN HELP. EVEN IF YOU HAVEN'T NOTICED ANY VISION CHANGES, YOU SHOULD GET PERIODIC EYE EXAMS.

MANY ACTIVITIES CAN HELP YOU MAINTAIN — OR EVEN IMPROVE — BALANCE AS YOU AGE. FOR EXAMPLE, YOGA CAN IMPROVE YOUR FLEXIBILITY, AS WELL AS YOUR ABILITY TO HOLD YOUR BODY STEADY AND TO PERFORM DISCIPLINED MOVEMENTS. TAI CHI, A SERIES OF FLUID, CHOREOGRAPHED MOVEMENTS AND POSES, INCREASES YOUR BALANCE WHILE BUILDING MUSCLE STRENGTH AND STAMINA. BECAUSE MUSCLE STRENGTH IS SO CRUCIAL, YOU CAN BUILD BALANCE WITH STRENGTH TRAINING — USING FREE WEIGHTS, MACHINES, BANDS, OR SIMPLY YOUR BODY WEIGHT — THROUGH ACTIVITIES LIKE STAIR-CLIMBING, WALKING, AND CYCLING. STRETCHING AND CORE EXERCISES HELP IMPROVE POSTURE AND BALANCE.

THERE ARE ALSO SPECIFICALLY DESIGNED BALANCE EXERCISES FOR SENIORS. STAND UP/SIT DOWNS, HEEL RAISES, LEG LIFTS, SINGLE-LEG STANCES, BACK BENDS, TREE POSES, SIDE SQUATS, AND LUNGES, ALONG WITH MANY OTHER MOVEMENTS, CAN HELP YOU REGAIN BALANCE OVER TIME. SOME BALANCE EXERCISES CAN EVEN BE PERFORMED WHILE SEATED. A PERSONAL TRAINER, PHYSICAL THERAPIST, OR OTHER EXPERT IN HOW TO IMPROVE BALANCE CAN RECOMMEND SPECIFIC EXERCISES FOR BALANCE TARGETED TO YOUR FITNESS LEVEL AND NEEDS.

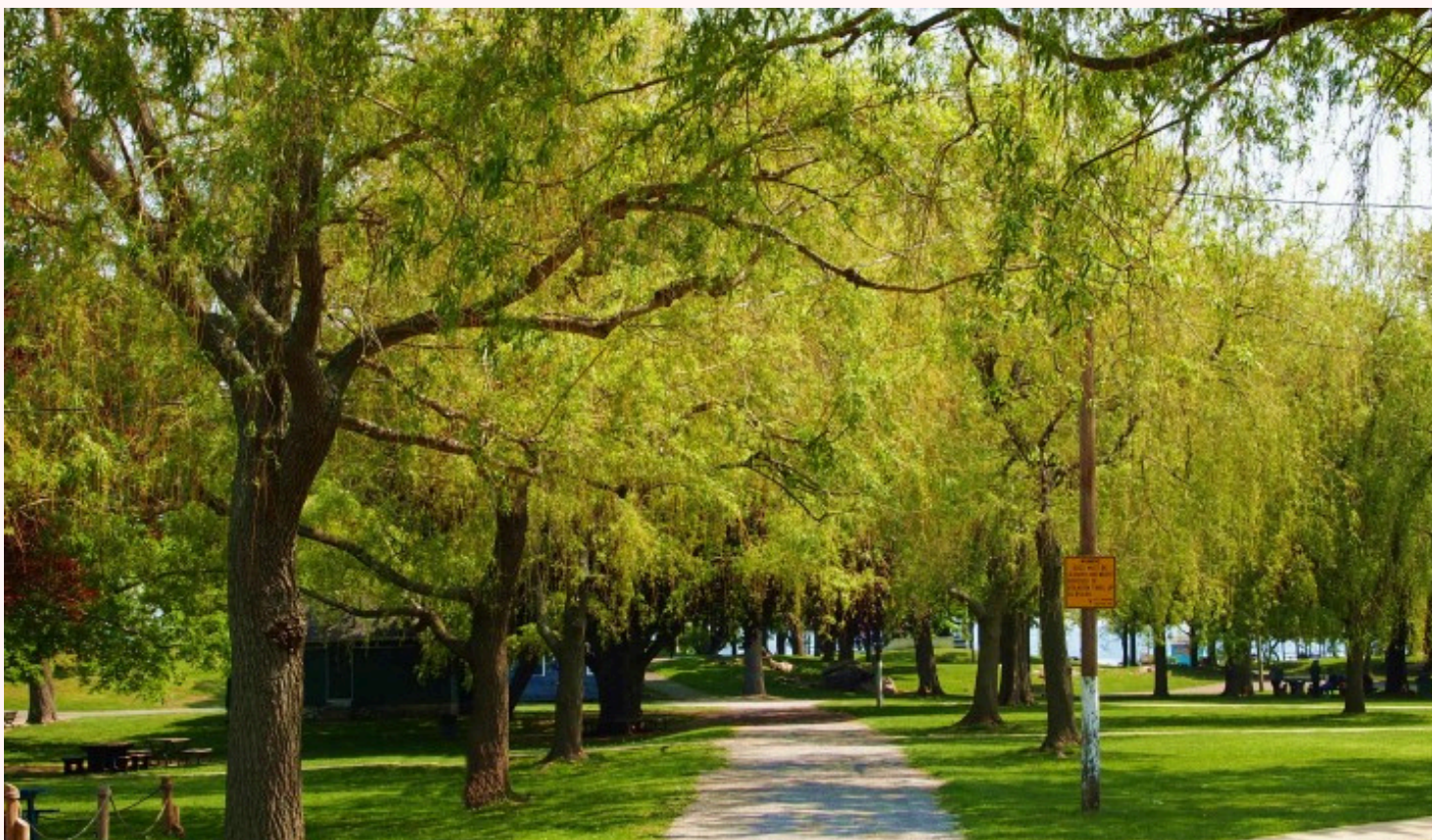
JOIN XERA FOR DAILY EXERCISE AT 10AM TO IMPROVE YOUR BALANCE & STRENGTH!



# **"NATURE ALWAYS WEARS THE COLORS OF THE SPIRIT." - RALPH WALDO EMERSON**



## **SALEM WILLOWS PARK**



IT WAS CAROLINE EMMERTON'S EARLY-20TH CENTURY VISION THAT GIVES THE PRESENT-DAY GARDEN ITS SOUL. UNDER HER DIRECTION, THE GARDEN WAS LAID OUT AND ELEMENTS AND BUILDINGS ADDED TO CREATE THE SPACE WE SEE TODAY. IN LINE WITH HER SETTLEMENT WORK, SHE WANTED TO CREATE AN "OLD-FASHIONED" GARDEN OASIS THAT WOULD BE A PLACE FOR RETREAT. LANDSCAPE ARCHITECT DANIEL J. FOLEY ADDED MANY TOUCHES TO THE SITE THROUGHOUT THE LATTER PART OF THE LAST CENTURY. HE GAVE THE GARDEN ITS SCALE AND SENSE OF PLACE. SINCE 1980, LANDSCAPE DESIGNER M. ROBYN KANTER, WHO WORKED WITH FOLEY FOR MANY YEARS, HAS CARRIED ON HIS TRADITIONS.

ESTABLISHED IN 1858, IT WAS NAMED FOR ITS' ABUNDANCE OF MAJESTIC WHITE WILLOW TREES PLANTED IN 1801 TO FORM A SHADED WALK FOR PATIENTS AT A NEARBY SMALLPOX HOSPITAL. IN THE 20TH CENTURY IT BECAME A SUMMER DESTINATION FOR RESIDENTS OF BOSTON'S NORTH SHORE, MANY OF WHOM ESCAPED THE HEAT OF THE CITY ON NEWLY POPULAR STRETCARS. THE PARK BOASTS A RICH JAZZ HISTORY WHICH WAS FIRMLY CEMENTED WHEN A YOUNG DUKE ELLINGTON PLAYED IN 1923; COUNT BASIE AND LOUIS ARMSTRONG PERFORMED AT WHAT WAS ACCREDITED AS THE OLD CHARLESHURST BALLROOM, NOW KNOWN AS THE WILLOWS CASINO ARCADE. TODAY THE PARK CONTINUES TO SERVE AS A WONDERFUL SUMMER ESCAPE FOR PEOPLE SEEKING A SMALL RESPITE FROM THEIR BUSY LIVES AND EASY OCEAN BREEZES THAT HARKEN TO SIMPLER TIMES.

## **THE HOUSE OF THE SEVEN GABLES HISTORIC GARDENS**



**ALL BROOKHOUSE RESIDENTS ARE MEMBERS OF THE HOUSE OF THE SEVEN GABLES!  
ENJOY PERKS LIKE MOVIE SHOWINGS, LECTURES, CLASSES & TOURS!**