

COMMUNITY LIVING

THE OFFICIAL NEWSLETTER OF AMG COMMUNITIES



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BY: ASSOCIATION MANAGEMENT GROUP

UPCOMING EVENTS

CHECK OUT THESE FUN EVENTS NEAR YOU

Get ready to create lasting memories with friends and family this May. We've curated a fantastic lineup of events that promise fun and enjoyment for all. From cultural festivals to exciting outdoor activities, there's something for everyone. Join us for a month filled with laughter, adventure, and shared moments that you'll cherish. Click on the provided blue hyperlinks for additional details, and mark your calendar for these upcoming events.

North Carolina

[Carolina Cobras VS Carolina Predators](#)

Get ready for an electrifying showdown as the Carolina Cobras face off against their rivals, the Carolina Predators, Saturday, May 18th at the Greensboro Coliseum. Join them for an evening filled with lightning-fast action, passion, and adrenaline. Be there to cheer on the Cobras to victory.

[Mother's Day Brunch](#)

Pamper Mom at the beautiful Childress Vineyards in Lexington, NC. Brunch May 11-12 from 10 am to 4 pm showcasing their sweet and elegant wine selections as well as a delicious Brunch menu special for the occasion.

South Carolina

[Disney On Ice: Magic In The Stars](#)

Glide and dance your way into the worlds of Frozen and Encanto with music and dancing alongside Elsa and Mirabel, celebrating the amazing gifts that make each of us unique. At the Colonial Life Arena in Columbia, SC May 16-19.

[Artisphere](#)

Artisphere is a premier art festival in Greenville, South Carolina, featuring visual and performing arts, culinary delights, interactive activities, and a family-friendly atmosphere. It's a celebration of creativity, culture, and community, showcasing a wide array of artistic talent. This event will be held in downtown Greenville, SC May 10-12.

[Swan Lake](#)

For the first time ever, Charlotte Ballet presents one of the world's most famous classical ballets that has transcended generations, Swan Lake. You won't want to miss the spectacular choreography. May 3-12 at the Knight Theater at Levine Center for the Arts.

[NC Cheerwine Festival](#)

This year the annual Cheerwine festival will be held in Salisbury, NC, on May 18 from noon to 10 pm. The NC Cheerwine Festival is an annual event celebrating the famous soft drink, Cheerwine. It features live music, food vendors, a beer garden, and family-friendly activities, drawing visitors from all over to enjoy the festivities.

[Greenway Summer Concert Series Kickoff](#)

Enjoy live music in the great outdoors. Food and beverages will be available for purchase from the Gateway Canteen's food truck. Bring lawn chairs and blankets to enjoy the music. Click link above for full list of dates and lineup.

[Spoleto Festival](#)

The Spoleto Festival in Charleston, South Carolina, is a renowned performing arts festival celebrating music, opera, theater, dance, and visual arts. It's a cultural highlight known for its high-quality performances and vibrant atmosphere. May 22- June 9 in various locations throughout Charleston.

HEALTH AND WELLNESS

Mental Health Matters

Here are some recommendations to enhance your overall health for the month of May: Set aside time to enjoy the outdoors, appreciate the weather, disconnect from technology, and prioritize both your mental and physical well-being.

- **Talk:** It's good to talk about mental health struggles; we all have them. It could mean talking with a friend or family member, or with your doctor or a counselor. It's OK to not always feel OK. But if it becomes too much it's time to seek help.
- **Sleep:** If you have things on your mind that are keeping you awake, try writing them down before bed. Put down your phone and stop looking at screens an hour before bedtime. Try reading a book in bed until you feel sleepy.
- **Eat:** A healthy diet is good for your body and mind. Try to eat a well-balanced diet. Introduce more fruit and vegetables (especially vegetables). Try to avoid pre-packaged and processed foods. A glass of water every couple of hours works wonders



[Click here](#) to view full checklist

KIDS CORNER

Beaded Butterflies

Materials:

- Rainbow Pony Beads- we love to mix our butterflies with some solid and glitter beads
- Pipe Cleaners – you will need two per butterfly and any color will work
- Clothespins – you can keep these plain as is or paint them different colors

Instructions:

1. String the pony beads onto each pipe cleaner, leaving around 2 inches of space with no beads at each end.
2. Fold the pipe cleaner in half and twist the remaining section of the pipe cleaner to secure the beads.
3. Form the beaded pipe cleaner into a wing shape, and trim off the excess with a wire cutter or scissors.
4. Repeat steps 1-3 with the second pipe cleaner, and twist the two pipe cleaners together to make the wing section.
5. Place a clothespin in the center of the twist to make the body of the butterfly.



[Click here](#) to view full instructions

PET OF THE MONTH

MEET OLIVE



Olive is a 2-year-old pug from Charlotte, NC who loves doing holiday photo shoots.

HONORABLE MENTIONS



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Interested in having your pet featured for next month's edition? Submit your entry [here](#) and your pet just might be the next Pet of the Month.

PREVENTATIVE MAINTENANCE

GRILLING 101: 12 TIPS FOR SAFE SUMMER FUN

Summer brings the enticing aroma of grilling but also a higher risk of accidents. July tops the list for grill fires, causing significant property damage annually. From 2014 to 2018, nearly 20,000 people visited the ER each year due to grill-related injuries.

Grills should not be utilized in close proximity to buildings or flammable structures. It is advisable to consult your local authorities for precise regulations applicable in your area. However, as a general guideline, it is recommended that grills be situated at least 10 feet away from buildings or structures.

Here are some essential safety tips for a delicious and incident-free grilling experience.

- **Maintain a Clean Grill**
- **Outdoor Use Only**
- **Ensure Stability**
- **Establish Boundaries**
- **Dress Appropriately**
- **Use Protective Gear**
- **Be Prepared**
- **Comply with Regulations**

[Click here](#) for full article and list of tips



RECIPE OF THE MONTH

Fresh Guacamole

Guacamole, the quintessential Mexican dip, is a harmonious blend of creamy avocado, tangy lime juice, savory onions, juicy tomatoes, and fresh cilantro. Mashed to perfection, each spoonful offers a symphony of flavors that dance on the palate. Whether paired with crispy tortilla chips or nestled in a taco, guacamole is a celebration of pure avocado bliss – a testament to the artistry of simple ingredients united in perfect harmony.

| | | |
|--------------------|--------------------------------|---------------------------------|
| SERVES 6 | PREP TIME 15 minutes | TOTAL TIME 15 minutes |
|--------------------|--------------------------------|---------------------------------|



INGREDIENTS

- 3 large avocados, ripe
- 1 Roma tomato, seeded and diced
- 1/2 medium white onion, diced
- 1/2 cup cilantro, (1/3 bunch) finely chopped
- 3 Tbsp lime juice
- 1/2 tsp sea salt
- 1/4 tsp black pepper, freshly ground

INSTRUCTIONS

1. Cut 3 avocados in half lengthwise, remove pits, scrape the flesh of the avocado out with a spoon. Place in a medium bowl with a flat bottom and mash avocados with a potato masher or a fork to a chunky consistency.
2. Squeeze 3 Tbsp of fresh lime juice directly over avocados while prepping the rest of your ingredients.
3. Add diced tomatoes, onion, and chopped cilantro. Season with 1/2 tsp salt and 1/4 tsp black pepper. Stir just until combined and serve.

Pairing options:

- Fresh Vegetables
- Salads
- Fish or Shrimp Ceviche
- Pita Chips
- Plantains
- Tacos

NUTRITION FACTS

| | | | |
|------------------------|-------------------|---------------------|----------------------|
| CALORIES 169 | FAT 15g | CARBS 11g | PROTEIN 2g |
|------------------------|-------------------|---------------------|----------------------|

[Click here](#) to view full recipe