

APARTMENT CONNECTIONS

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MAY IS NATIONAL MEDITATION MONTH

Meditation can be defined as a practice where an individual focuses their mind on a particular object, thought or activity to achieve a mentally clear and emotionally calm state. Meditation may be used to reduce stress, anxiety, depression, and pain. It may be done while sitting, repeating a mantra, and closing the eyes in a quiet environment.



Meditation has been practiced since antiquity in numerous religious traditions and beliefs. Since the 19th century, it has spread from its Indian origins to other cultures where it is commonly practiced in private and business life. Meditation is under psychological, neurological, and cardiovascular research to define its possible health effects.

If you've been wanting to meditate or if you've had a desire to do more meditation, this is the month to start. Here are 10 ways of celebrating National Meditation Month:

1. Take in a meditation retreat.
2. Sign up for a 'Learn to Meditate' class.
3. Read a book about meditation.
4. Meet with a meditation group
5. Gift yourself with some private meditation instruction.
6. Commit to a regular practice in May (once a week, twice a week, daily) Decide and then do it.
7. Teach a novice how to meditate.
8. Try a different style -Buddhist or Hindu or Zen or chanting or mantra.
9. Get outside. Meditate in nature - a park, a beach, a forest, a field.
10. Learn the history of meditation.



2018

MAY

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MAY 2018

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



CHOCOLATE CHIP SHORTBREAD CHEESECAKE BARS

INGREDIENTS:

- 1 cup sugar
- 1/2 cup (1 stick) butter or margarine, softened
- 3 egg
- 2 teaspoons vanilla extract
- 1-1/2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1 cup Mini Chips Semi-Sweet Chocolate
- 1 container (16 oz.) dairy sour cream
- 2 cups frozen non-dairy whipped topping, thawed
- Fresh strawberries, rinsed & halved

DIRECTIONS

1. Heat oven to 350°F.
2. Grease 9-inch springform pan.
3. Beat 1/2 cup sugar and butter in large bowl.
4. Add 1 egg and 1 teaspoon vanilla; beat until creamy.
5. Gradually add flour and baking powder, beating until smooth.
6. Stir in 1/2 cup chocolate chips.
7. Press mixture onto bottom of prepared pan.
8. Stir together sour cream, remaining 1/2 cup sugar, remaining 2 eggs and remaining 1 teaspoon vanilla in medium bowl.
9. Stir in remaining 1/2 cup small chocolate chips.
10. Pour over mixture in pan.
11. Bake 50-55 minutes until almost set and edges are lightly browned.
12. Cool completely on wire rack.
13. Spread whipped topping on top.
14. Cover; refrigerate.
15. Just before serving, arrange strawberry halves on top of bars; garnish as desired. Cover; refrigerate leftover dessert.

Source: www.reasonstoskipthehousework.com



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