

The Arbors at Chicopee



**Welcome Chicopee Colleen
Katherine Wagner
& her court.**

**We celebrated with shamrock
cookies and leprechaun
punch.**

**Best of luck at the parade.
You make us proud ladies!**



Ladies Shamrock Tea
Irish tea was served and
Julie made her famous
chocolate mint truffle
cake . We also shared our
memories of going to the
Holyoke St. Patrick's Day
Parade with our families.

The Arbors at Chicopee



High School Reunion

This month Joan moved into the Arbors and she found out Claire was living here too. They went to high school together and had not seen each other since then. A surprise reunion that both ladies enjoyed immensely!

Decorating for St. Patrick's day by making center pieces for the dining room.

“Pot of Gold” candy dishes!



As Irish tradition calls for— We baked Irish soda bread for everyone to enjoy!

Traditional



Hadley Sugar Shack

Residents enjoyed brunch at the “Sugar Shack” in Hadley. We even got to look at how the syrup is processed.

Reflections

Smile

It's the Key that Fits the Lock on Everyone Heart!!!!

Happy Birthday Barbie

Barbie made her debut at the New York Toy Fair on March 9, 1959.

She is 59 years old!

Program Director Julie, brought her daughters Barbie collections so we could celebrate Barbie!!



Pajama Party

We Enjoyed "Manicures and a Movie" severed with Cocoa & Cookies. Also, to go with the theme of the day, Breakfast was served



Bird feeders was one of the many projects we worked on in March. We can't forget our feathered friends!





Joan S

Marion D



Antonio P. 4/1

Joanne J. 4/2

Jennie H. 4/3

Rita B 4/4

Robert E. 4/4

Rose C. 4/9

Gladys F 4/11

Edward .L 4/24

The Arbors at Chicopee

929 Memorial Drive

Chicopee, Ma 01020

Phone: 413 593-0088

Fax 413 593-8866

www.arborsassistedliving.com

BRCA Foundation Fundraiser

“A Buck for BRCA”.

“The core mission for BRCA Foundation is to accelerate research and foster collaboration to prevent and cure BRCA cancers. We invest in the most promising work of top scientific investigators while creating a forum for successful partnerships across institutions, all with the goal of getting the fastest possible results. There has never been a more exciting time for this work, as studies suggest that more cancers than ever may derive from BRCA or BRCA-like mutations and new drugs are having dramatic results”

\$1 Chocolate Pops will be sold the whole month of May with all proceeds

Wellness Corner

Walking can help ward off a killer: heart disease. Heart disease is the number one threat to America's health. In fact, 50% of all deaths occurring in the United States each year can be directly attributed to this killer. Scientific evidence suggests that participation in regular physical activity results in a lower risk of developing heart disease.

In addition, regular exercise helps individuals recovering from heart attacks and bypass surgery and lowers their risk of