

DOOR DOOR



promissory note signed in June, its long days
one before you know it, and due to be repaid
next January.”

~Hal Borland ~

UPCOMING SPECIAL EVENTS!

Join in on all the
activity fun this June

Music with Carol L,
Howie, Jim B, and
Susan M

Yoga with Marianne 6/5
& 6/19.

Communion with
Patrice on 6/19.

Welcome Home Tea on
6/27

Birthday bash 6/29

Join in on the Fun!

May was filled with good
times!
During the month of May,
residents enjoyed a variety
of events including our
Spring Fling!!



STAR OF THE MONTH



Mo
su
o
d
s
s
c
demanding job, but makes
it look easy! Thank you for
all your hard work
Mohammed!!

DOOR DOOR

The Arbors at Stoneham

We celebrated the Kentucky Derby by making our own hats and having a Derby party!

Good Times In May



Rhiannon and Barbara showed off their derby hats!

We honored our veterans with a memorial day ceremony



We hosted a baby shower for our maintenance director, Khalid and his family. We can't wait to meet their new addition!



DOOR DOOR

The Arbors at Stoneham JUNE/2018

So Many Fun Moments In May!



We had a fun lunch outing to Friendly's in Stoneham! The food was good and the ice cream was even better!



Showing off our muscles during morning stretch!



Mary is showing off her homemade sombrero!



DOOR DOOR



“June is the gateway to summer....”

Happy Birthday!!



Charles E
Vincent P
Mary (Beth) D
Beverly C
Theresa D
Glenys R

Wellness/Health News Tips on staying Hydrated through the summer months.

Drink up! Tips for staying hydrated
Hydration is vital to our overall health and well-being. In addition to helping the body function properly, water helps regulate body temperature and flush out waste. The following tips can help you stay hydrated:

- Drink six to eight 8 oz. glasses of water each day. This is a general recommendation that will change based on age, chronic conditions, and activity level, so check with your doctor for the specific amount that’s right for you.
- Bring a reusable water bottle to work and drink from it throughout the day, refilling as needed.
- Drink water during your meals. Not only can it help you stay hydrated, but it can help you feel more full, which can help prevent you from overindulging at mealtime.

Not a huge fan of drinking plain water? Consider flavoring it with slices of citrus fruit or a splash of 100% fruit juice. Or, experiment with the water’s temperature—see whether you like it better cold from the fridge, chilled over ice, or at room temperature.