

HOLY GUACAMOLE!



It's **FIESTA** time!



"You are never too old to set another goal or to dream a new dream..."

- C. S. Lewis

Taco Tuesday



Every month our Men's Group gets together for an afternoon of reminiscing and laughs. This month our Program Director Brittany and Activities Director Heather prepared us a Mexican Taco Feast with all the fixings. Our fixings consisted of shredded taco cheese, diced lettuce and tomatoes, sour cream, salsa and of course sautéed hamburger in traditional taco seasoning. As a side we were served traditional rice and re-fried beans. Can you believe after all that they gave us Chocolate Cream Pie for dessert! We all agree we can't wait to see what they come up with next!

Traditional and Reflections Residents were invited to our very own Mexican Fiesta in celebration of Cinco-de-mayo! We even discussed the meaning of the holiday and its' importance in Mexican History. I think we would all agree we learned something new that day.

Heather and Cassie prepared for us Classic Lime Margaritas and Frozen Watermelon Daiquiris to sip on, plus who can forget those delicious homemade treats. Our taste buds danced with excitement as we bit into cheesy queso dip with crunchy tortilla chips and bite size chicken quesadillas.

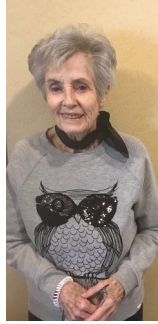
Finally we put on our sombrero hats and danced to the rhythmic mariachi music. Looking back at our pictures its' clear to see the fun that we all had from the smiles on our faces!

DOOR DOOR

The Arbors at Stoughton

Senior Spotlight!

Peggy has been a resident at the Arbors of Stoughton for a year and a half. She is known for her trendy and fashionable choice of clothing. Her favorite activities include anything physical, especially bean bag toss! Peggy is also an avid reader and seamstress. She and her husband Dave, of 64 years, had 5 lovely children together who are all very active in mom's life. Peggy finds it wonderful that The Arbors provides an environment that presents every individual the opportunity to practice of their own faith. She states, "I love where I live! The people who live here, as well as the staff, are so kind and thoughtful."



Crafty Corner:

On a warm and sunny Thursday Traditional Residents shared an afternoon of laughs and fun while completing some spring inspired door décor. The activities room was set up with an assortment of beautifully vibrant silk flowers and all residents were given the option of decorating a traditional wreath or spring hat. While each masterpiece was different from the next, there seemed to be two primary color themes blues and purples or reds and oranges. Each resident left with something to proudly hang outside their homes.



April Showers Brings May Flowers!

Traditional Residents had an opportunity this month to explore agriculture. First on the list was our community garden. On a sunny afternoon we cleaned up old, dead roots, turned the soil and planted some of our favorite vegetables including peppers, cucumbers and tomatoes. Heather also brought an assortment of beautiful and freshly-cut spring flowers for us to make centerpieces. In the beginning, although none of us were quiet sure at the task at hand, we all agreed we had a blast! Our most favorite part of the program was that these centerpieces were to be used in our dining room so that all of our friends could enjoy them, too!



DOOR DOOR

The Arbors at Stoughton

JUNE 2018

SUMMER TIME CRUISING



On a bright and sunny Monday afternoon Reflections Residents buckled up for a ride out on the town. We enjoyed talking about our favorite summertime getaways from camping in Maine and New Hampshire to visiting family around the world.

We ended our ride at Lake Massapoag where we enjoyed a beautiful scenic view that reminiscent of our favorite beach adventures. On our journey home we were serenaded by some of our old time favorites like Frank Sinatra and Elvis Presley. While we were happy to return we all agreed we were excited for where our next adventures will take us next!



LIFE IS BETTER ON THE PORCH!



Reflections Residents decided to take advantage of a beautiful, Wednesday afternoon on our front porch. We had the choice of lounging on rocking chairs or a park bench, but it's easy to see the fan favorites were our rocking chairs. Some residents shared that our time outside reminded them of summers on their own front porch watching their children play in the yard while sipping something cold and refreshing to drink. It was also agreed upon that it was a nice change in scenery from our long, cold winter.

Although we could not get enough of that brisk, fresh air and warm, shining sun, we headed in to enjoy a hot meal and some engaging conversation with our neighbors and friends.

GOOD EATS:



This month Reflections Residents enjoyed a trip to Harry's Pub in Middleboro. We ordered chicken wings to fish and everything in between. There was definitely something for everyone and it all came out hot and delicious just as we had hoped. We even enjoyed the pilot theme of the restaurant. Especially our own navy/airman retiree Bert who was able to not only identify each type of plane but explain to us when and how some of them were used. It was quiet the dining experience, and we all agreed we had arrived at the right time considering the line was out the door when we were leaving. We're excited to see what our taste buds will bite into next but we are all sure if Brittany is planning it we won't be disappointed.

DOOR DOOR

Happy Birthday June Birthdays!

Roy W.....6/2
Stephanie K.....6/14
Aida M.....6/5
Faye C.....6/5
Ada H.....6/18
Martha G.....6/13
Audrey E.....6/18
Peg T.....6/7
Jane W.....6/24
Betty K.....6/29

THIS LAND IS YOUR LAND



Residents at the Arbors joined Musical Entertainer Dan Hart in an hour of song and Remembrance for those Brave Men and Women lost serving our Country.

We reminisced about our own experiences and the experiences of our neighbors. What would a get together be without a little snack? Staff passed out a delicious white cake with real vanilla frosting that no one could resist. Our day came to a close as we all joined in singing our Country's National Anthem and while we may not be professionals it is hard to deny the emotion that could be heard!

WELCOME TO THE FAMILY

Nellie Vieira:

Our Interim Executive Director, Nellie Vieira, has been working for The Arbors for 5 years. Nellie's background is in Geriatric Nursing, and she has always had an interest in the operations aspect of long term care and assisted living.

Nellie states, " I love speaking with families about how we are family owned and operated. For the majority of my years in geriatric care I worked with large corporations. I love to be able to speak to the differences and how life has changed for the better in all aspects when my career changes brought me here."



UPCOMING EVENTS!

June 2nd....2:00pm—Mass Audubon “ All about the Flowers”

June 5th....2:00pm—Yoga with Mary

June 6th....2:00pm—Soak Up the Sun Music Social with Bill B

June 8th....2:00pm—Welcome Home Tea Party in Reflections

June 11th....2:00pm—Under the Sea: The Great Barrier Reef

3:00pm—Tropical Taste testing

June 12th...10:30am—Tabletop Bowling with ARC friends

June 12th....2:00pm—Community Bingo on the Patio

June 13th.....2:00pm—Summertime & The Livin's Easy Music Social with Richie Bern

June 14th...3:00pm—Flag Day Observance

June 15th....2:00pm —Cornhole Tournament

June 15th....3:00pm—Not Your Father's Average Rootbeer Cocktail's & Conversation

June 19th....10:00am—Music Bingo with Comforcare

June 19th....12:00pm—Men's Picnic Lunch

June 20th.....11:30am—Trip to Castle Island

June 21st....2:00pm—Good Old Summertime Music Social with Johnny B

June 22nd....2:00pm Summer Begins Party!

June 28th....2:00pm Happy Birthday Music Social with Mel Stiller