

The Arbors at Dracut

AUGUST / 2018

Ice Cream, Ice Cream!

We enjoy our Friday ice cream socials following our musical entertainment during the summer months. Who doesn't like all the fixings? Chocolate or caramel sauce, sprinkles, whipped cream, and cherries. It's a great way to keep cool and spend time with our friends. There's always plenty of laughter and interesting conversations.



Music Soothes The Soul!

Violinist Sarah Atwood entertained us on Saturday June 30th. We relaxed as she played her violin so beautifully! Music filled the activity room and the hallways. Sara is the granddaughter of our very own Patricia and Scotty H. Thank you, Sara, for sharing your awesome talent with us!



Sue Devlin joined us here at the Arbors at Dracut one year ago.

When asked "What do you enjoy the most about living here?", Sue replied, "Everyone makes an effort to be friendly. Both the residents and the staff."

Sue worked as a dietician and also as a library assistant.

Her favorite meal is breakfast. She enjoys oatmeal with brown sugar and a little half and half on top.

Sue's favorite activity is playing Rummikub. It's quite popular with quite a few residents that she plays with. She loves reading and enjoys being part of the Arbors Book Club.

Sue's husband passed away recently. She shared that people have been helpful and supportive. She enjoys socializing at meal times.

When Sue's family visits, they always feel comfortable and welcome. They are happy to see her in a good place.

The Arbors at Dracut

Just A Day At The Beach!

We took a trip to Hampton Beach for some sun, salt air and seafood. The food at the Seaketch Restaurant was delicious. The weather was perfect and the company was great! We spent some time sitting on park benches watching people play games on the sand and swim in the surf. We will be going back on August 29th.



Take Me Out To The Ballgame.....

A few of us took in a Lowell Spinners ballgame on the evening of July 19th. The weather was perfect and the Spinners won! The sunset was beautiful. We even got our ticket stubs auto-graphed by New England Patriot player Deatrich Wise, Jr.



The Arbors Book Club

Our latest book is Defending Jacob by William Landay. It is an American crime-drama novel written by novelist William Landay. The book was published in January 2012 by Random House. It tells the story of a father dealing with the accusation that his 14-year-old son is a murderer.

Arts & Crafts / / .

Judi keeps us crafting on Thursdays! This month, we made red, white, and blue wreaths, color blast hats, as well as bead and foam flags. We're looking forward to making citrus foam coasters that are back by popular demand.



Just Dance!

The Arbors is lucky to enjoy the musical entertainment provided by a variety of different musicians. You can often find staff and residents singing along and dancing to the different songs. It is one of the biggest groups of the week. Music is universal and something everyone can relate to and brings back fond memories of formative years.



Summertime Treats

The ladies on the Reflections unit enjoy spending their Monday's in the kitchen making a variety of different recipes including sugar cookies, muffins, cakes and other sweet treats. We often talk about our favorites and recipes they would make for parties and gatherings. The group of residents is the ones that complete the recipe and steps from start to finish with guidance from staff. The favorite part of cooking different things is the taste testing the treats once they are completed.



Joyce w/ Prince and Thor

The Arbors at Dracut is very excited to offer the residents pet therapy. Joyce and her golden retrievers are certified pet therapist and come in twice a month to visit with our residents. Some proven benefits to pet therapy include reducing stress, anxiety, pain and depression. The petting of an animal releases endorphins into the system and has an immediate calming affect to the person participating in pet therapy. While Joyce is with us she also takes some time to show off some of their tricks including high fives, patty cake, leave it among others the dogs have learned during their various trainings.



DOOR DOOR



Don't forget to sign up at the front desk for our outings!

Welcome Home New Residents!

Afonso and Marcia B
Mary P.

Happy Birthday !

Sue D. 8/4
Irene D. 8/7
Lillian P. 8/11
Patricia H. 8/16
Ray B. 8/22
Pearl B. 8/25
Peg K. 8/30



Traditional Upcoming Events:

August 1st Olive Garden
August 8th Mr. Mac's
August 15th ML Shaw's
August 22nd Irish Cottage
August 23rd Spinners Baseball Game
August 29th Hampton Beach & Seaketch Restaurant

Reflections Upcoming Events:

August 8th Lunch at Brother's Pizza
August 14th Lunch at KFC

Mark Your Calendars for

National Assisted Living Week

September 9th—15th

This year's theme is

"CAPTURE THE MOMENT"

There will be a separate calendar published for this special week. We hope that you will be able to join us for many special activities and entertainers.