

The Arbors at Chicopee

Jan 2019



## New Years Celebration

We closed out 2018 with a special social during which we enjoyed music with Activity Assistant Laraine on the piano. The kitchen put together an array of appetizers including shrimp cocktail, pigs in a blanket, fried ravioli and a vegetable platter. Then we all shared our New years resolutions:

- \*Take off a few pounds
- \*Eat healthier
- \*Exercise more
- \*Don't sweat the small stuff.

Welcome 2019!

## Nana Doesn't Know Me

*You Are Not Alone!*



DONNA M. DUBE

Save The Date:

**February 28th at 6:30**

**We will be hosting a book signing with local author**

**Donna M. Dube**

**Refreshments will be Served.**



# DOOR DOOR

The Arbors at Chicopee

Jan 2019



In honor of Elvis Presley's Birthday on January 8th, we served up gooey peanut butter ,banana and bacon sandwiches for a snack. They were actually pretty good. It's just hard to believe but its been said that he ate a couple a day as a snack. Along with listening to Elvis music and Elvis trivia, our movie that night was Elvis Viva Las Vegas.



On our monthly lunch outing we went to Masses Seafood. We enjoyed a delicious meal. Top choices were the fish and chips and fish tacos. And a couple of residents enjoyed a glass of wine with there meal. Joan always looks forward to a beer when we go out to eat.



With the recent cold snap, we have been having in New England recently it was nice to enjoy a hardy bowl of corn chowder. Regional Food Service Director, Dennis, made for us during our monthly cooking demo. Some of us even had two helpings!



## Reflections Community



Our lunch outing this month was at Friendly's. We dined on juicy cheeseburgers specials with crispy fries and of course we saved room for ice cream sundae's!

Mary Poppins Returns was a big hit . We all sang along, enjoyed popcorn & sweet treats.



**Price is Right**  
This was a big hit! The residents cant get over the prices of some household items . Some of the residents are glad to be able to leave the shopping to their families now. Big thank you to Ariania for being our price is right model!



The Residents have been keeping busy with making bird feeders for our feather friends/squirrels during the cold winter months.

# DOOR DOOR

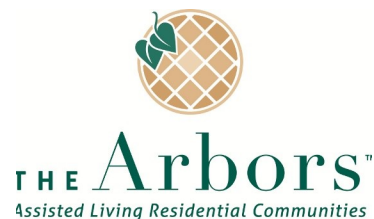


Welcome Friends

Merle & Shirley C. apt 102

Marion M. apt 240

Lyuba S. apt 214



## Exciting Changes Ahead!

We are looking forward to welcoming Pauline Tilbe, RN, as our new Resident Care Director. She brings over 35 years experience as a nurse and we be joining us at the end for February.

We are also excited to welcome Patrick Shannon as our new Food Service Director. He is a former restaurant owner, executive chef, chef manager and bring a vast array of culinary experience. Patrick has already begun the on-boarding process and expects to be in our kitchen full time by the beginning of march. Welcome Aboard!

## Happy Birthday

Susie B 2/4

Carmen B 2/4

Jackie S 2/5

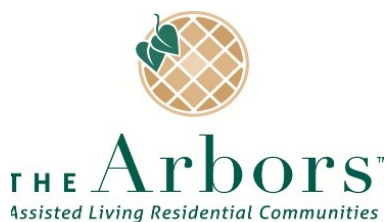
Jeanette B 2/26

## SUPER BOWL SUNDAY!

Superbowl LIII Party Kick off at 6:30  
in the activity room.

Join us for snacks, drinks and good  
friends. Cheer on your favorite Team!

Pats vs Rams



# GO PATS!