



### The Girls are back in Town!



That's right the Girl Scouts were at it again selling those delicious cookies and putting a smile on everyone's faces! Residents and Family members made away with some pretty sweet treats at some pretty sweet deals! They even introduced their newest cookies Smores! Don't worry though they are sure to have a cookie for everyone!

It's not every day that someone you know joins the Centenarian Club and let's just say this milestone is just as special as the Women herself! To know her is to love her, and to love her is to appreciate the remarkable women she is!

Jenni came to the Arbors at Stoughton in September of 2016 and has stolen people's hearts since. She lived most of her life in Norwood and worked as a homemaker for years helping many people along her way clean and organize their lives. She was married to the love of her life and raised their two children Elena and Chuck.

Jenni has been presented with an Official Citation by Senator Walter Timilty commemorating this momentous occasion! On behalf of Jenni and her family we thank all of our Friends and Family for celebrating, laughing, dancing, and of course sharing in the sweet delight of a sweet life! It is sure to be a day to remember!

# DOOR DOOR



## The Arbors at Stoughton



### It's a Beautiful Day in the Neighborhood!

This Month Residents at the Arbors ventured out to reconnect with The Stoughton Council on Aging! Daubers in hand and our very on brown bag lunch prepared by none other than Chef Jackie and off we went for a fun filled afternoon of Chance! It was so much fun playing with such a large group not to mention meeting new friends along the way. Even though none of us won this time around the cash prizes always seem to make the thrill of the game worth it! Besides we have next month to look forward to although maybe this time we'll be bringing some lucky charms!

### READING IS TO THE MIND.

### WHAT EXERCISE IS TO THE BODY!



**This month we anxiously boarded the van as we traveled to the new and improved Stoughton Public Library! While the Journey was long awaited it was sure worth the wait. There is just something about walking in and knowing that thousands and thousands of stories are just waiting for our hands to embrace them. Whether its checking out a 900 page book on a historic figure like Winston Churchill or just a good old fashion love story, you can count on a new adventure with the turn of every page. No matter what reason you pick up a book we can all agree reading brings us joy!**

### Super Seats,

### Super Eats,

### Super Bowl!



On February 3rd, 2019 Traditional and Reflections Residents gathered and lifted our spirits for the Patriots Big Game. We enjoyed delicious appetizers prepared by our wonderful kitchen staff. It was a spread fit for an Athlete from chips and dip, to pretzels and of course some game day peanuts. It was safe to say we were full.

Best part is our favorite team won it all against the Rams with a score of 13 to 3, while we may have had some nail biting moments like true New England fans we knew our boys would succeed! Here's to getting there again next year! Lets go Patriots Nation!





The Arbors at Stoughton

MARCH 2019

## Stoughton Library Visits!



This month Christine from the Stoughton Library came to start a new tradition! Once a month she will be joining us for an engaging living room chat based off of short readings of her choosing. While the program may have just started its clear it will become popular quickly. It was nice to have a friendly discussion with so many varying opinions that allowed us not only to voice our individual thoughts but also learn more about our neighbors! We will see what awaits us next month!



## **"A NIGHT IN PARIS"**

**!Happy Valentine's Day from our home to yours! Thank you to all our Friends and Family for joining us for a "Night in Paris" it was truly a wonderful evening to laugh, sing, and dance the night away! From our decadent treats of traditional French Macaroons prepared by Chef Jackie's and the beautiful singing styles of Noah Liz of the Voice it is certainly going to be a night for us all to remember!**



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## RED WING DINER

This month some of our community members ventured to an old stomping ground The Red Wing Diner where we reminisced about meals with our families and of course the occasional beer at the bar! It was wonderful to see how the location has changed over the years and while there may be some updates that have been made the memories those walls hold for us will forever be here to stay! The food was fresh, hot, and just the way we remembered it! The only disappointment was being to full for dessert!

“One small positive thought in the morning can change your whole day.”

### Welcome Home New Residents!

Phyllis K.

Frank G.

### Happy Birthday

#### March Babies!

Helene M. 3/2

Morris F. 3/8

Rita M. 3/18



## “Namaste”

Community Members got together for an afternoon of yoga and meditation! It was the perfect way to keep us active and nice and warm on such a snowy afternoon. Thanks to Mary our Yoga instructor from the YMCA who always bring new and exciting movements into our classes! We can hardly wait for next time!



## THE LUNCH BUNCH!

This Month the Reflections Lunch Bunch ventured to 5 Guys, Bertucci's, and Doyle's! We have to say by far that nothing beats a 5 Guy's Burger and Fries!

While we may go for the food we all agree that no matter where we go the best part is spending time with each other! Where ever we go we know laughter and smiles are never to far behind us!



  
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