

March is National Nutrition Month

We are never too old to learn something new, or to continue to eat a balanced diet. Maintaining a healthy diet is just as important as we age, as it helps us live longer, stronger, and keeps us mentally sharp and feeling better overall. Remembering the food pyramid is a great way to eat a balanced diet. Proteins, fruits, vegetables, grains and calcium are important.

*Don't forget WATER! Doctors recommend seniors should drink water several times a day to keep them hydrated. The reductions of fluid levels in the body can cause many different issues. Things seniors should remember to avoid are salt, too many carbs and too many sweets. **SO.....***

*Live Well, Laugh Often
Love Much*

Breakfast at the Arbors

*As of March 4th, we will be changing our breakfast hours:
First Seating 8:00 am and
Second Seating 9:00*

BINGO

**BINGO WILL NOW BE HELD AT
6:45 PM IN THE DINING ROOM
THANK YOU**

REMINDERS:

Integra Health Care will be here the 1st & 3rd Tuesday of each month at 10:15 for Blood Pressure Clinic in the Activity Room!

Hairdresser Debbie is here every Wednesday from 7:00-12:00.

Baystate Hearing Clinic is the last Tuesday of the month at 10:00 AM.

Foot Care with Sharron is every 3rd Wednesday of every month at 9:30. Please see Front Desk for appointment.

DOOR DOOR

The Arbors at Westfield

March, 2019

Westfield Traditional Community

Our Arbors family celebrated a month of “Home is where the heart is” with music, friendships, dancing and pink cocktails as we hung out with the Directors. Who knew Karen our Resident Care Director was a card shark! We also had the honor to celebrate some very special birthdays! Louise 103, Carol 103 and Viola 105 years young!!



MARCH will bring us together as we celebrate Mardi Gras, St. Patrick's Day and Spring!!

Also, please join us for our new program with Pastor Wayne for some inspiration and hymns! Dates to be on calendar. Thank you New Life Christian Center!

Blood doesn't define family; Love does.

Josh Hughes

DOOR  DOOR



The Arbors at Westfield

Westfield Reflections Community

DOOR DOOR

Welcome

To the Arbors Family
Where good friends are made!

Skip and Alice D.
Mary G.
Jinny H.

REMEMBER, WE ARE A FAMILY!!
PLEASE WELCOME OUR NEW
RESIDENTS AND HELP THEM

We are sad to see you go...

Pat J. Sofie T.
Verda G. Robert T.

Get Well, we are thinking of
you!

AI K.

In Loving Memory

Iris B.
Anna K.
You will always be
remembered



Happy Birthday

March Babies!

Barb. H. 3/4
Sally s. 3/5
Joan H. 3/8
Skip D. 3/13
Judy D. 3/16
Mary L. 3/18
Aida R. 3/21
Ray J. 3/22



*May your troubles be less
and your blessings be more.*

*And nothing but
HAPPINESS come through
your door.*

