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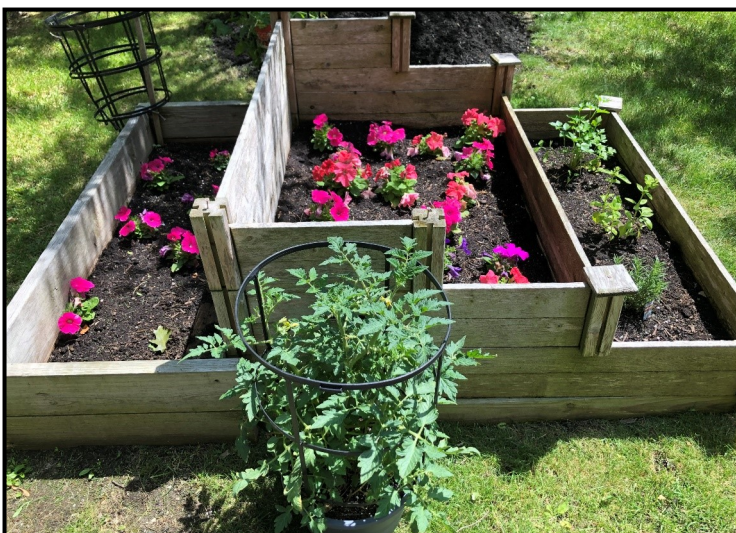
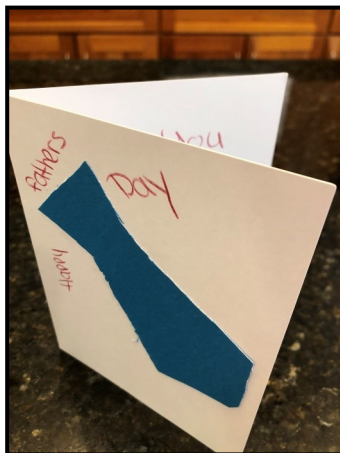
The Arbors at Winthrop

July / 2019



Our Garden

We planted our garden in late May. With our chef in mind, we planted tomatoes, rosemary, basil and parsley. Chef Salvo is looking forward to using our herbs in his cooking. A big thank you goes out to Jim M. who donated a tomato plant! Pictured above is the beginning of our garden. To the right is our garden's growth since we planted. Our chef was even able to use some of the herbs for our Father's Day lunch.



Father's Day Lunch

On Monday, June 17th we honored our men with a special lunch barbecued just for them by Mike (one of our chefs). They feasted on rib eye steak, baked potatoes, grilled zucchini and apple pie ala mode. Our ladies even made them Father's Day cards, which they were happy to receive.



THE Arbors™
Assisted Living Residential Communities

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Lunch Outing

It was a great day for a drive to Peabody for lunch at Capone's. The ladies enjoyed a delicious Italian lunch. Veal Parmesan Subs and Chicken Parmesan Subs were among the favorite choices. They served such big portions that almost everyone returned home with a doggie bag.



Origami Lesson

Our crafters learned the fine art of Japanese paper folding. We were taught by a new volunteer, Junko. She showed us how to fold paper into lots of different shapes: hearts, windmills, dogs, cats and cranes. It was fun to learn a new art!

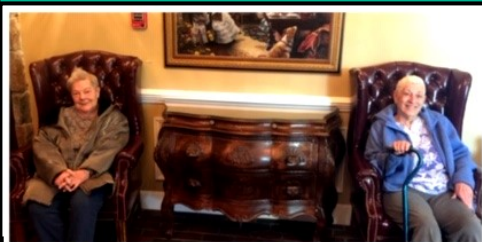


Flag Day

We are very patriotic at the Arbors. In celebration of Flag Day we had a patriotic sing-a-long followed by a Flag Day Social. One of our chefs, Mike made us a delicious flag cake that we thoroughly enjoyed during our celebration.



Reflections Community



Stars and Stripes Forever

In preparation for Flag Day we made our own flag wall hangings. After painting popsicle sticks, we made a flag with the sticks and attached them. Then we added stars.



The Continental

Our residents were super happy with their visit to The Continental for lunch. They told each other stories of when they used to go there all the time and how delicious the food is. It is always a treat to visit their favorite spots.



Fabulous Baker

Adrean got the award for Star Baker when we made chocolate peanut butter cookies and they were delicious!

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Happy Birthday, July Babies!

Corinne M. 7/9

Anna L. 7/11

David S. 7/12

Maureen B. 7/17

Donna C. 7/20

Susan D. 7/27

Nina V. 7/29

Lila T. 7/30



Now that the weather is warm, please buy sunscreen. You can purchase it in our store. Please wear it when you sit outside and enjoy the sunny weather.



Welcome New Residents!

Jean D.

Joe D.

Trip to Deer Island

We finally had good weather to go to Deer Island! Our residents enjoyed a lovely sunny ride and then a walk at Deer Island. We enjoyed breathing in the fresh air and the airport and harbor views.

