

Annual Father's Day cookout

Our tradition of lobster, steak, potato salad, corn on the cob, beer and strawberry shortcake was enjoyed by all! Babbette made a lazy man's lobster casserole which melted in our mouth! It is such joy to be part of the Arbors family!!



Summer Safety Tips for Seniors

- 1. Stay hydrated. ...***
- 2. Don't stay out for too long. ...***
- 3. Check the forecast before you go out. ...***
- 4. Keep sunscreen where it's easily accessible and you'll remember to use it. ...***
- 5. Check the side effects of your prescriptions. ...***
- 6. Use your air conditioning if you have it. ...***
- 7. Know the early warning signs of heat-related illnesses.***

REMINDERS:

Integra Health Care will be here the 1st & 3rd Tuesday of each month at 9:15 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 Donna, at the front Desk to make appointment.

The Arbors at Westfield

July 2019

Westfield Traditional Community



A huge THANK YOU to Alicia, our Marketing Director, who was able to get us free tickets to Westfield's Starfires baseball game! This is Westfield's first year with this amazing league! What memories it brought back of the good old days!



We enjoyed a beautiful evening at Amelia Park's concert! The Pioneer Valley Fiddlers were amazing!



Can't pose right now, too busy eating ice cream at Moolicious Farm!



Baseball



The Arbors at Westfield

Westfield Reflections Community

Our theme was for this month, Seashells By The Seashore . So What is the best time to find seashells?

Shells can be found year-round in eastern NC, but the best time for beachcombing is often during hurricane season or after an early-spring storm. But you don't have to wait for storms to roll through. Look at the tide chart, and plan to hit the beach one hour before and after low tide, for shelling prime time .



Here's our Carol and Angela ,Enjoying the craft they have made .

Our Residents did a wonderful job, of making the sea jars



Our Residents did a wonderful job, of making the sea jars



Family today's
little moments
become tomorrow's
precious memories.

This Month was our 1st Family dinner night .



DOOR DOOR

Welcome

To the Arbors Family
Where good friends are made

Jane S.
Bob & Shirley S.

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



Happy Birthday

July Babies!

Myrna S. 7/3

Flo G. 7/6

Jane S. 7/6

Pat G. 7/11

Gloria P. 7/11

Margaret W. 7/15

Lee F. 7/17

In Loving
Memory....

Judy D.
Pauline F.

Forever in our prayers

Special Events in July

July 2nd 2:00 Pastor Wayne

July 9th 6:30 Jimmy Mazz

July 24th 11:00 trip to Ivy at Ellington
for pizza & games

July 30th 6:00 Starfires Baseball game

You are never too old
to set another goal
or to dream a new
dream.

C.S. Lewis