

DOOR DOOR

The Arbors at Dracut

AUGUST/ 2019



STEPS IN TIME!

You wanna dance with somebody? We sure do!

On July 5th, The Arbors at Dracut turned our activity room into a Dance Hall with the help of Michael and his ballroom dancing program, “Steps In Time”.

Everyone enjoyed listening to great music that showcased all different styles of dance. Our group took turns on the dance floor doing the Waltz, the Jive, or “Jitterbug”, and of course, the Latin dances like Pasa Doble!

When Michael had a partner our amazing staff stepped in to learn a little bit of social dancing and help us all “shake our groove thing”!

Seniors from our Traditional and Reflections floor participated in a “swinging” good time!

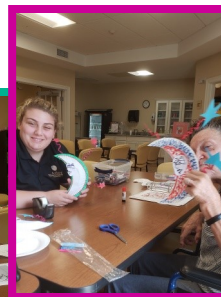
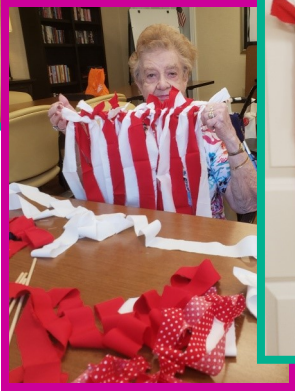
Now everyone is waiting for Michael to return so we can dance the day away!

The Arbors at Dracut



YOU'RE A GRAND OLD FLAG!

The Arbors at Dracut has a great group of crafty ladies and for Independence Day we did our best Betsy Ross impression! Using fabric and ribbons we made these Flags to honor our country! Happy 4th of July!

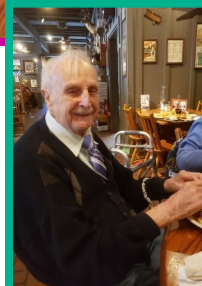
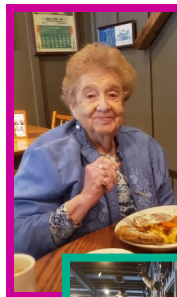


PAPER MOONS!

“To the Moon” and Back was our July theme! Our Crafters enjoyed making these darling paper moons to hang on their doors to honor the Lunar Landing 50 years ago!

The Lunch Bunch!

We love a good meal with good friends! In July our outings took us to Owen & Ollie’s, a local favorite, The Olive Garden for soup and those tasty breadsticks, and to The Cracker Barrel! Everyone found something delicious to eat while enjoying the antique decorations. And look at the cheesy goodness on our friend’s Rueben Sandwich! Yum Yum!



DOOR TO DOOR



THE Arbors™
Assisted Living Residential Communities

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THE BAKER'S DOZEN!

At The Arbors Dracut our Reflections Seniors have been keeping us well fed! Our baking group made Oven Free Cherry Pies, Fudge Brownies and for our "To the Moon" and Back theme.... MOON PIES! This sensory activity is a treat for all of us!



BURGER KINGS! & QUEENS!

Red Robin was one of our favorite lunch spots this month and why not? Those tasty burgers and bottomless fries kept everyone feeling good!

Afterwards we stopped for ice cream at Shaw Farm! What a summer!!



DRUMMING UP FUN!

Who says exercise has to be boring? On Mondays our seniors have been jamming their work out routine by drumming along with classic rock 'n roll tunes! We end every session by tapping along to "Wipe Out"! What a way to keep in shape and make some noise!

DOOR DOOR



Don't forget to sign up at the front desk for our outings!

Traditional Upcoming Events:

8/7: 110 Grill
8/14: Plaza Azteca
8/21: Bahama Breeze
8/28: Mama's

Welcome Home New Residents!

Mary Quinlan

Reflections Upcoming Events:

8/1: Cracker Barrell
8/8: 99's
8/15: Wu Loon Ming
8/22: The Common Man Merrimack
8/29: Sea Ketch

Happy Birthday!

Sue D. 8/4
Irene D. 8/7
Patricia H. 8/19
Raymond B. 8/22
Pearl B. 8/25
Peg N. 8/30



All's "FAIR" At The Arbors Dracut this August!

In the coming month look for events, crafts and movies that all focus on our theme of the "Country Fair" then join us on Friday, August 30th for The Arbors Dracut FUN FAIR!

We'll have snacks, games, and prizes, just like you'd find on the Fair Grounds! Hope to See you Soon!