

# DOOR TO DOOR

## The Arbors at Stoughton



### SUMMER SOIRÉE

What a way to spend a beautiful summer night! Community members friends and family partied the night away during our Summer Soirée! Everything from the simple and elegant decorating of gold, black, and silver details down to the delicious and decadent hors d'oeuvres and desserts .

Chef Jackie certainly rose to the occasion with mouth watering bacon wrapped chicken, to fresh colossal shrimp, even having a simple but succulent melon caprese salad skewer. Just when our guests thought it couldn't get better the dessert bar opened up featuring a variety of small tarts, cheesecakes, chocolate cake's, and a homemade passionfruit mousse! I think its safe to say everything left us feeling satisfied and excited for what's next to come!

Not to mention being swooned by the barbershop quartet The Daily Special! We all agreed it was wonderful to hear such trained voices in our home! Looking sharp in there deep purple tuxes each gentleman took turns being the lead vocal and they covered an array of music from traditional quartet songs to some more up beat 4 part harmonies. We all agreed at the end it was better them than us!

Can you imagine singing for an hour straight?

## National Assisted Living Week



September 8th-September 14th

A weeklong celebration kicks off Sunday, September 8, and The Arbors is joining tens of thousands of assisted living communities across the country for the festivities. National Assisted Living Week continues through Saturday, September 14TH, and The Arbors is honoring this year's theme, "A Spark of Creativity".

"A Spark of Creativity" hopes to inspire assisted living residents to connect with their creative side! Many adults 65 and older battle isolation and loneliness as they age, which can impact their mental, emotional and physical health. Community engagement may be the key to combatting this issue, and the Arbors offers life-enriching social activities to help residents continue to lead fulfilling lives.

"We encourage family and friends of the community to come visit The Arbors during National Assisted Living Week," said Capreace Silva, Activities Director and Brittany Ricketts Reflections Program Director.

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**I SCREAM,  
YOU SCREAM,  
WE ALL SCREAM FOR...  
DADDY'S DAIRY!**

**ON A BEAUTIFUL MONDAY AFTER-NOON COMMUNITY MEMBERS ANXIOUSLY BOARDED OUR VAN! OUR DESTINATION CLOSE AND OUR MISSION CLEAR! THOSE ICE COLD SWEET TREATS NEVER STOOD A CHANCE! EVERYTHING FROM OLD FASHION FAVORITES LIKE CHOCOLATE ALL THE WAY TO NEW AND EXCITING TWISTS LIKE PEPPERMINT STICK! BEST PART THERE WAS SOMETHING FOR EVERYONE!**



### MEN'S LUNCH



The ladies managed to pull it off again. Well I certainly know where I'm getting my super bowl subs! Today during the Men's Lunch we were treated to a 2 foot sub! Half with Turkey and Swiss and the other half Roast Beef and Provolone! Plus those fresh ripe tomatoes and crisp green lettuce! It was so big some of us weren't sure how to go about eating it! Add on a side of Nacho and Cool Ranch Doritos and that crunchy deli style pickle! All topped off with Chocolate Eclairs and Strawberry Cheesecake! A meal fit for Kings...or at least their appetites!

### RIDE TO FLAVOR TOWN



This month we went out of our comfort zone and tried something new....hibachi! The food tasted amazing and the show was very exciting. We also visited Longhorn Steakhouse and Dave's Diner to enjoy some of our favorites. But we have to say, our most exciting visit was the Plymouth Waterfront and dining at the Lobster Hut. As the summer cools and appears to be ALMOST coming to an end, it was the perfect way to celebrate a great summer season. Capreace surprised us with a stop at Sugar Hill Dairy in Bridgewater on the way home. It was a perfect ending to a perfect day.

### CHRISTMAS CRAFT CLUB



We have been busy little bees with our Christmas Craft Club! We have been trying some new things and we are very impressed with the results. We hope you will be to! We will have the perfect items for teachers gifts, gifts for family from the kids, or just something to jazz up your home/office spaces. And what is even better....the proceeds will be donated to a local charity. It's a win win!



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## INNER VAN GOGH

They say “beauty is in the eye of the beholder” and we couldn’t agree more with that statement! Each month we challenge ourselves to think outside the box, step out of our comfort zones, and enjoy an afternoon full of fun.

Inner Van Gogh is all about leaving your worries behind and finding a way to do so through art! This month we had an opportunity to enjoy some artistic abstract line art and we have to say even we were surprised!

Join us monthly as we find new twists on our freedom of creativity and self expression!



## REFLECTIONS TREAT CREW



Remembering childhood days gone by the Reflections Treat Crew took the opportunity to throw out our mom’s cook book and have some fun with our food! First we tired our hand out at homemade ice cream cake!

We decided on two flavors Oreo Cookie Crumb and Black Cherry Vanilla! We started by crushing up our cookie crust layers, served the ice cream at room temp, and layered it with some cool whip to help give it form. While things may have started out a bit messy we have to say it tasted pretty darn good.

Our next adventure took a twist on a BBQ Favorite...Kebabs! Not just any Kebabs but Banana Split ones! We started with a plate of fresh strawberry, banana, and pineapple. Next we assembled them onto our skewers and prepared them to be topped with a sweet chocolate drizzle and crushed peanuts to finish it off!

I guess what they say isn’t true!  
You really can play with your food!



Oh how we love our summer cookouts! Chef Jackie and her amazing crew provide us with all of our favorite BBQ foods every Friday. Everything from hot dogs and hamburgers to BBQ chicken and ribs. She has teased our taste buds with fresh corn on the cob and watermelon and has also tried some new recipes that are definite winners in our book! Its so nice to have this space available to us for occasions like this. Great food, great company, and the sun shining is all that’s needed to have an excellent start to our weekend.

# DOOR DOOR

**Reminder:**  
**Annual Craft Fair**

Saturday, November 16th  
10:00am to 2:00pm  
Stoughton, MA. 02072

Our Fair will feature a  
Variety of Vendors, Crafters  
and Baked Goods!



**CRAFT CORNER**

Yet another successful painting group with our memories of cherry blossoms! We painted while reminiscing about our childhood memories of these beautiful, delicate flowers. Some of us even got adventurous with tissue paper to add a 3D feel to it. They came out great!

**Welcome Home**  
**New Residents!**  
**Barbara and Albert**

***Happy Birthday***  
***September Babies!***

Helen G. 9/6  
Florence B. 9/11  
Anne T. 9/14  
Jeanette D. 9/16  
Rose M. 9/19  
Edmund S. 9/21  
Eleanore P. 9/28  
Kathy F. 9/29  
Dominic D. 9/29



As you know, The Arbors is very involved in the Alzheimer's Association and actively supports its fine work. Our residents and staff have started conducting various programs to raise money for the association's annual Memory Walk; this is the largest event the association does to help fund education and research in our community. Our goal here at The Arbors is twofold we will be putting together a "Team of Arbors Angels" to walk on September 14, 2019 at Gillette Stadium in Foxboro and to raise as many funds as we can for this wonderful charity through sponsorships, raffles and selling forget-me-nots.

At the Front Desk, we have "Forget-Me-Not," a purple daisy that will give you another opportunity to be part of our fund-raising efforts. Please write someone's name on the line provided (it can be a person with dementia, a caregiver or a staff member whom you feel has done a great job caring for our residents with dementia). Consider a donation to our team. The daisies will be displayed here in our lobby as a sign of your support for this worthy cause.

Donating is easy!  
Go to <http://act.alz.org/>  
Click Find A Walk Near You  
And search  
Arbors Angels at Stoughton

