

# DOOR DOOR

The Arbors at Winthrop

October / 2019



## Grandparent's Day

We kicked off National Assisted Living Week with a celebration of Grandparent's Day. Tom (one of our resident's son-in-law) sang us some beautiful music and told his inspiring story. Afterwards we had cookies, brownies and lemonade with some of our family members who came by for a visit.

## A Sparkling Time

As part of our Assisted Living Week festivities we held a Cocktail party for families and residents. We had delicious food provided by our Dietary department as well as libations. We had lots of happy energy in our community! It was a great time for our families and residents!



**Community Trick-or-Treat**  
Thursday, October 24th  
5:00-6:00 PM

Residents can hand out candy at the Arbors to children from the community. Those who would like to participate should buy a bag of candy (at least 100 pieces) and bring candy to Heather or Natasha by Monday, October 21st. Feel free to dress-up in your favorite Halloween costume!



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## “A Spark of Creativity”



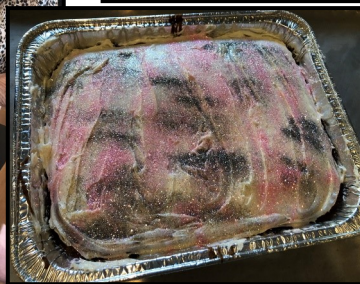
**Monday**

We started our day with an energetic exercise class. Using our creative crafting skills we made glass beaded bracelets. Then our Reflections and Traditional residents worked together to come up with as many words as they could for the theme of our week, “A Spark of Creativity.” In the afternoon, Joe Barilone entertained us with some great tunes. We ended our day with spiked sparkling water and fried shrimp.



**Tuesday**

Tuesday began with some relaxing yoga with Marianne Bergonzi. Then we decorated glitter cakes. Later we made Thank you cards for the Winthrop police and fire departments. For a musical treat The Taste of Class Chorus performed. Our day ended with Wine and Chocolate Tasting. Our very own Wine Expert, Natasha described each wine before we tried them with chocolates that were paired accordingly.



## National Assisted Living Week

### 2019

#### Wednesday

We had a moment of silence to remember 9/11 at the beginning of our day. Then we played a wild game of noodle tennis. Later Hillary MacDonald taught us some creative dance movements. In the afternoon we played a big bingo game for prizes that went with our theme for the week. At our social we ate the glitter cakes that we had decorated on Tuesday.



#### Thursday

Thursday began with Tai Chi. Then we had a Funny Money Auction during which residents bid and then won great items. Our afternoon included musical entertainment by Brian Corcoran followed by White Russian Cocktails and fried ravioli with marinara sauce.



#### Friday

After an exuberant exercise class we painted abstract paintings on canvas. Then our residents were treated to a delicious

fine dining lunch which included filet mignon and lobster tails. Cassandra Marsh played piano music in the background, which made for a lovely ambi-



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## **Traveling Boutique**

**Thursday, October 3rd**

**1:00pm-3:30pm**

**Browse racks of clothing and  
purchase something for your wardrobe!**



## **Wellness Corner**



## **Welcome Home New Residents**

**Barbara E.**

**Alfred S.**

**Claire S.**

**Margaret P.**

**Free Hearing Screenings  
are now offered by  
Roger's Hearing Solutions  
the last Wednesday of each month**

**10:00am-12:00pm**

**Next Scheduled Screening is:**

**Wednesday, October 30th**

**Please sign up at the front desk**

**by Monday, October 28th**

## **Happy Birthday!**

**Laura A. 10/1**

**Anna L. 10/24**

**Vinny W. 10/27**