

The Arbors at Stoneham

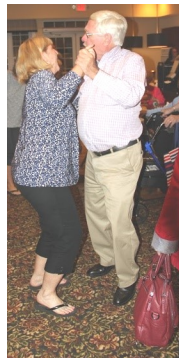
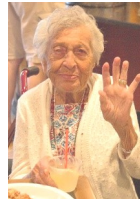
OCT/ 2019



## Italian Festival



During the second week of September, we celebrated National Assisted Living week according to the theme: "A Spark of Creativity." There are articles and pictures throughout this newsletter describing what we did to participate in this week and follow the theme of being creative. As a community, we also came together to celebrate The Arbors of Stoneham's five year anniversary. We hosted an Italian festival, accompanied by great music and authentic food and drink. We enjoyed music by live entertainer Noah Lis, feasted on favorites such as chicken parmesan and toasted ravioli, and sipped on limoncello martinis. We invited our family and friends to share in this special evening. There were many laughs, happy conversation, and even some dancing as the evening got going and everyone settled in. This was a great night to remember and be proud to be a part of the Arbors at Stoneham community.



### Join Us in October!

"Trick or Treat "

October 28th 6:30PM

Bring in enough candy for your loved one to hand out for approximately 75 children. Please bring in bags of candy to Halley Diaz in Reflections or Gina Micucci in Traditional by October 24th so we can keep track of who will be participating.

RSVP To the front desk if attending. We want to have enough candy for everyone!



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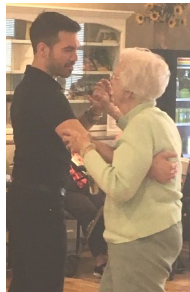


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### Ballroom Dancing

As part of National Assisted Living Week, we invited Michael W. in to give us ballroom dancing lessons. This was a great program that we would love to have again at The Arbors. We were seated in a circle while Michael taught us some warm-up moves. From there, he went around asking for volunteers to dance with him. Some of us were eager to get out on the dance floor, so we were swept away by Michael as he helped and supported us during our dance. We were exposed to everything from disco to waltz. Those of us who did not dance still enjoyed watching everyone out there, and we all had a great time supporting our friends.



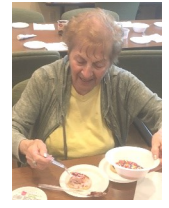
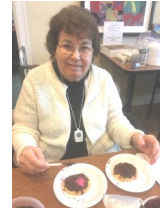
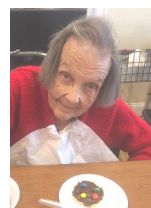
### Happy Grandparents Day!

We celebrated Grandparents Day by inviting family and friends in for refreshments. This was a beautiful day we spent with one another enjoying each other's company and getting together with family. We were thrilled to spend the day with our grandchildren and even great grandchildren!



### Crazy Cookie Creations

We spent one morning decorating sugar cookies. We were tasked with following the theme "A Spark of Creativity" for National Assisted Living Week. What better way to get creative than by showing off our skills and getting to snack on the final product? We had so much fun using different color frosting, candies, and gels to make our masterpieces and see what each one tasted like.



## Project Runway Fashion Show



We were given the opportunity to be creative by making fashion looks in preparation for a walk down the runway. We were given trash bags, ribbons, beads, tape, and paper to come up with clothing items that would be suitable for our models. This “trash to treasure” process helped us create the best looks and gave our models confidence for their runway walk. We put together dresses, head pieces, skirts, and shirts and got excited for the show. That afternoon, we watched as our models: Mary T, Roberta, Jim, Jack S, Lena, and Mercer walked down the runway. We would like to give a special thank you to these residents who bravely volunteered to take the stage and wowed everyone with their fantastic outfits.

## Fun With Food

We got into the fall spirit by making our own candy apple slices. We used melted caramel or chocolate to coat our apples. Then, we added colorful sprinkles, M&Ms, nuts, and coconut to create a tasty masterpiece! We enjoyed eating our finished products and getting excited for the change in seasons!

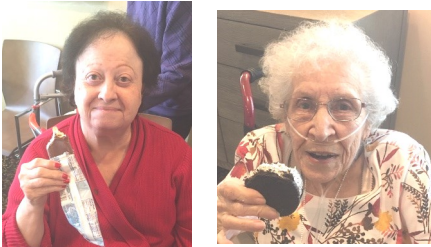


## Curious Creatures

This month, we were visited by a few different types of living beings. We got to meet a chinchilla, hedgehog, turtle, frog, and a snake! Some of us were even daring enough to touch these creatures and spend time getting to know them. We think the snake was the scariest one, but its skin felt so cool! This was a fun activity for us to get to know some different living creatures and step outside of our comfort zone as we made our acquaintances.



# DOOR DOOR



## I Scream For Ice Cream

To conclude our National Assisted Living Week, we were visited by a local ice cream truck. The vehicle pulled right out front, and we all made our way outside to get whatever ice cream our hearts desired. The sun was shining and it was a beautiful day to make our ice cream selections and enjoy our sweets outdoors. Thanks to all residents and staff for making National Assisted Living Week such a success!

### Welcome Home New Residents

Vito & Josephine V.

Mary Lu M.

Robert & RoseMarie D

Pauline M

### Happy Birthday !

Barbara P. 10/3

Maria V. 10/4

Irene E 10/15

Virginia K 10/20

Robert D 10/21

Joanna P. 10/25

Pat B. 10/25

Marion B 10/25

## Upcoming Events

\* **October 7th 10:45AM**—Welcome Autumn visit from the Montessori School Children: in the Activity Room

\* **October 10th 2:00PM**— Visit to the Stoneham Police & Fire Department to bring them gift bags. Meet in the front lobby

\* **October 16th 6:30PM** — The Witches of Eastwick Movie Night w/ Mary M: 2nd floor theater (hosted by Gina & Sharon)

\* **October 24th 3PM** — A visit from the Police Department for an informational talk on how to avoid phone call scams: in the Activity Room

\* **October 28th 6:30PM** — Trick-or-treat night w/ family and friends!

\* **October 30th all day** — Wear your Halloween costumes!

