

The Arbors at Westfield

November, 2019

Veterans Day Prayer

*You gave for peace with courage
That families may be free
So children could grow strong
And safe they'd ever be.
In giving for the sake of peace
You may have suffered loss
Your body may still show its wounds
From taking up the cause.
May remembrance of your time away
Your sacrifice for peace
Spur us on to strive more strongly
For freedom, that there'll be release.
From causes that sent some away
To fight that we may freely live
With gratefulness we thank you,
veterans,
For all you gave and give!
by Susan Kramer*

Up coming Events....

Daylight Savings Time 11/3

Veteran's Day breakfast 11/11

St. Mary's Catholic Mass @ 10:30 11/12

Rosary & Prayers @ 2:00 in Library

Thanksgiving Day 11/28

REMINDERS:

Integra Health Care will be here the 1st & 3rd Tuesday of each month at 10:00 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 for your appointment.

The benefits of playing Word games.....

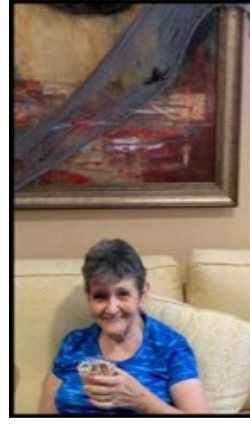
- ◆ ***They make parts of your brain more active.***
- ◆ ***They provide exercise to brain which improves overall performance.***
- ◆ ***They encourage socialization and brain stimulation.***
- ◆ ***Word games can be in a group or you can do them individually. Some examples of word games would be word search, unscramble, crosswords or build a word! Try it in a group at one of our activities!***

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Westfield Traditional Community

Our residents had a wonderful time as we welcomed autumn! We went on a hayride to pick some delicious apples so we could bake mini apple pies. We enjoyed a "Dark and Stormy" cocktail with our Executive Director Debbie!



DOOR DOOR

The Arbors at Westfield

Westfield Reflections Community



The reflections community has a tradition in which every third Thursday we get together with family, and we break bread. Staff, residents, and family truly look forward to our family dinner night. It's our time to gather, and celebrate. To make new memories, and share delicious food. Family meals provide an opportunity for us to come together, strengthen ties and build better relationships. They build a sense of belonging, joy, as well as stability .

While we are on the subject of delicious foods, this month we focused on apples as our star in many of our baked treats. We got to taste, and distinguish so many varieties of apples such as the gala, fuji, red delicious, and the classic autumn go to; the granny smith apple. When sampling, and trying each variety we discovered that the red delicious makes the most perfect apple pizza!

As the season is bringing forth all of its beautiful autumn colors, we are not missing the chance to take scenic drives and enjoy the foliage! We adore the colors on the trees, and the fallen leaves on the roads.



DOOR DOOR

Welcome

*To the Arbors Family
Where good friends
are made!!*

*Catherine
Dan & Dorothy*

*REMEMBER, WE ARE A
FAMILY!! PLEASE WEL-
COME OUR NEW RESI-
DENTS AND HELP THEM
FEEL AT HOME!*

*Our friends that
are moving on...*

Muriel L.

Martha N.

We will miss you

Happy Birthday

November Babies!

Jane L. 11/6

Gerry M. 11/12

Joanna V. 11/27



Thanksgiving is

A time to give,

A time to love,

*And a time to reflect on
the people that matter
most in life to you.*

*Thanksgiving should be
everyday.*

In Loving Memory

Sally S.

Gert S.

*You will be missed and
always in our hearts.*

Save the dates in December

Arbors annual Craft Fair December 14 th

*Arbors Family Christmas Party Dec.
19th with Irving Lewis entertaining*

*A night of Holiday Cheer with Jimmy
Mazz on December 23rd*