

Recognition of The Arbors at Chicopee Veterans

To honor our Veterans, on November 11th we hosted a delicious breakfast and live music in our pub. An array of food was served including made to order omelets by our Food Service Director, Sean, sausages, fresh fruit, and assorted pastries. The Reflections Program Director, Julie Dudley, even treated us to her popular French toast casserole. After breakfast, we gathered outside for a flag raising ceremony. The fun continued inside with poetic readings and a music performance with patriotic sing along by Laraine Zady.



The Arbors at Chicopee

Traditional Community



The Arbors at Chicopee enjoyed a African inspired dance & drumming lesson instructed by Tara. This program was very interactive, educational creative, expression program for senior.



Autumn Tea Party

The ladies of The Arbors welcomed Autumn with a delightful tea party! Local, gourmet cupcakes were served and paired very nicely.

Yoga with Norm

Our yogis always enjoy learning new stretches and poses from Norm! What a refreshing way to start the day!



December 2019

The Reflections Community



November was a month of “Blessing Our Community”. We made and deliver pumpkin breads to Lorraine’s soup kitchen in Chicopee. Next up was our fur friends at TJ O’Connor’s Animal Shelter. We made peanut butter oat bones. Then we made our way over to the Holyoke Soldiers Home with a basket full of fudge brownies. The folks at the Soldier’s Home are always glad to see what treats we have for them!



Family Dinner

A big thank you to RCA Jolanta for making a delicious chicken fettuccine and broccoli dish, which everyone enjoyed. The night was filled with lots of reminiscing about Thanksgiving family traditions. Then we all shared what we were thankful for. Many of us said we were thankful for our families. Theresa had the best one she said she was Thankful for herself– because without her none of it would be possible. We all had a good laugh with that one!

Happy Thanksgiving from our home to yours!

DOOR DOOR



THE Arbors™
Assisted Living Residential Communities

Happy Birthday

Theresa B 12/1

Delfina T 12/8

Claire P 12/10

Ruth L 12/11

Marge H 12/19

Maggie P 12/21

Jean F 12/21

**Don't Forget to Sign Up at the
Front Desk for Our
December Outings!**



**Holiday Party
December 12th**

6:30-8:00

**Music Provided By
Gary Jones**



Happy Holidays

**We would like to wish our Residents,
Staff and Families of The Arbors at
Chicopee a Happy Holiday Season.
we wish you love, happiness, and
good health !**

**Welcome To The Arbors
Family**

Delfina APT 212

New Years Eve Celebration

6:30-8:00

Music with Laraine in Reflections

**Please R.S.V. P. for Christmas Dinner, by
Sunday December 22nd at the Front Desk**



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