

DOOR DOOR

The Arbors at Greenfield

December 2019

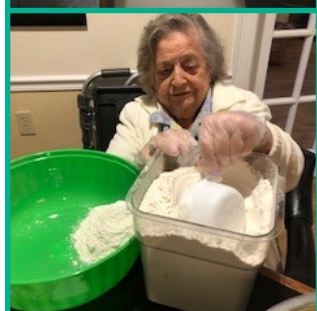
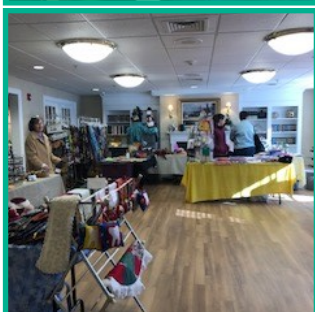
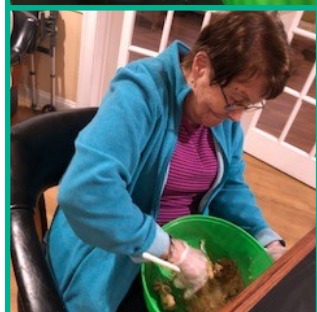


What a fun filled month we've had here in Greenfield. In the beginning of the month our Veterans were honored with a breakfast at Erving elementary School *along with other local vets* and then treated to a special lunch right here at home. We were treated to the annual concert of our own Arbors Chorus, we enjoyed music by talented students from Deerfield academy and we made music and memories by drumming with Tara. Residents enjoyed making ,and spent many days cooking, sweet treats to satisfy everyone at our annual craft fair and bake sale . Through the rest of the month our community attended talks on Fraud Prevention, enjoyed the monthly birthday party, played balloon volleyball, Wii bowling and even had root beer floats a couple of times. Staying busy is fun!

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5 Ways to Have a Healthy Holiday Season

Wash hands often to help prevent the spread of germs. It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.

Bundle up to stay dry and warm. Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.

Eat healthy. Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar.

Stay active. Research suggests there are so many wonderful benefits from exercise at any age, but the benefits are especially notable for seniors. Exercise can increase muscle power, endurance, and overall reaction time, which prevents falls or fall-related injuries. Be active for at least 2½ hours a week.

On November 16th, we had our annual Arbors Community Craft fair and Bake sale—which was a great success!

Residents and staff worked hard all week to prepare baked goods and set up for the event. All together we made over 50 pies, and 30 breads. There were several other baked goods such as a variety of cookies and whoopee pies, and lunch was for sale as well. Thank you to all who helped with baking, preparing, setting up, and running the event, and to everyone who supported the community by stopping in and making purchases—we made a total of **\$895.00**, for our local *Meals On Wheels*!

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December Happening's

**Tuesday, December 3rd North
County Line Dancers 6:30 pm**

**Thursday, December 5th
Family Christmas Party 6-8 pm**

**Friday, December 6th
Eventide Singers 6:30 pm**

**Wednesday, December 11th Circle
Drumming w/Tara 10:15 am**

**Thursday, December 12th
Farley String Band 2 pm**

**Monday, December 16th
Men's Luncheon 12 pm**

**Wednesday, December 18th
Latkes with Lily & Daughter 3 pm**

**Friday, December 20th
Monthly Birthday Party 2 pm**

**Tuesday, December 24th
Night Before Christmas Reading and
Singing Christmas Carols with Sara
6:30 pm**

Welcome Home

Helen P

Paul S

Miro E

Jean & Bill A



Happy Birthday



Joe C. 12/2 Helen P. 12/22

Dot S. 12/13 Evon T. 12/30

Jean A. 12/14 Mike A. 12/30