

Holiday Cheer!

On December 12th, The Arbors at Chicopee hosted our Annual Holiday Party. As always, there was a great turnout of residents and loved ones. Our Food Service Director, Sean, and his staff created a wide variety of delicious appetizers and sweet treats. Activity's Director, Terri, made her special holiday sangria. We also enjoyed classic holiday music with live entertainment by Gary Jones. The Arbors staff would like to thank everyone for coming to celebrate with us and wish you all a happy, healthy New Year.



During this holiday season we made our annual trip to The Ludlow Nativity exhibit and music festival. This is a free community event celebrating the birth of Christ and showcasing nativities from around the world with performances by local choirs and musicians. At the end of the display we took a fun photo. It's such a wonderful way to start the Christmas Season!

DOOR DOOR

The Arbors at Chicopee

Jan 2020



Steaming Tender in Palmer.

This restaurant serves classic American comfort food that is served in a 19th-century train station with a steam engine on display. Some of the favorites were traditional turkey dinner and lobster mac and cheese and of course we saved room for dessert...whiskey pudding!



Happy Hanukah

RCA Abby ran the December cooking demo with one of her holiday traditions: Making Latkes. It is one of the many holiday traditions during Hanukah. After the demo we went to the library to light the menorah.

Staff & Resident Party

We hosted a Ugly sweater party with staff and residents. Prizes were given out for the ugliest, most creative and just plain unusual. We also had assorted dessert to enjoy!



Baking Club

The residents got together during one of our recent snow storms to bake and decorate Christmas cookies for one of our many upcoming parties.



DOOR DOOR

Happy Birthday

Alice K 1/6

Gloria L 1/7

Jacqueline F 1/7

Claire H 1/11

Lois Anne M 1/26

Rita S 1/21

Weight Loss Basics

Your weight is a balancing act, and calories are part of that equation. Weight loss comes down to burning more calories than you take in. You can do that by reducing extra calories from food and beverages, and increasing calories burned through physical activity. While that seems simple, it can be challenging to implement a practical, effective and sustainable weight-loss plan. But you don't have to do it alone. Talk to your doctor, family and friends for support.

Ask yourself if now is a good time and if you're ready to make some necessary changes. Also, plan smart: Anticipate how you'll handle situations that challenge your resolve and the inevitable minor setbacks. Don't forget the bottom line: The key to successful weight loss is a commitment to making changes in your diet and exercise habits.

Welcome New

Residents

Jane S APT 129

Sandra C APT 242

June T APT 227

Welcome Brooke

Welcoming new Marketing Director, Brooke with a little bubbly. We hosted a meet and greet in her honor while enjoying a sparkling wine garnished with cranberries and candy canes.

