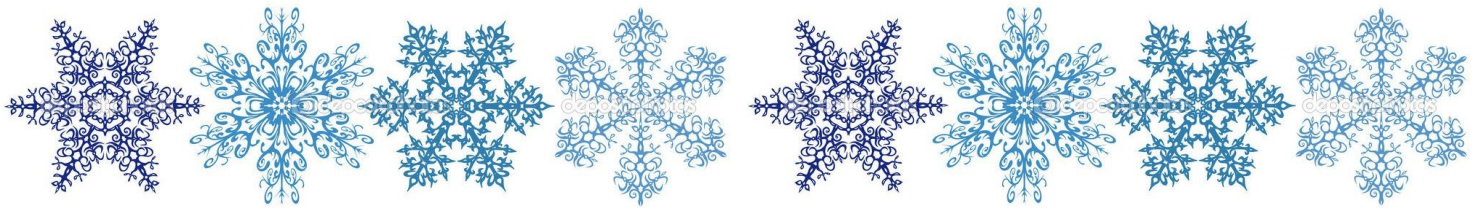




Happy Holidays From Our Home to Yours!



Happy Holidays and a Happy New Year!

It's that time of year again where we reflect and remember the things in life that mean the most to us!

Thank you to all the Residents and their families for sharing your lives with us, Thank you to the dedicated and compassionate Employees. This house would not feel like a home without each and every one of you.

May the holiday season end the present year on a cheerful note and make way for a fresh and bright New Year.

Here's wishing you all Happy Holidays and a Happy New Year!

Veterans Day Celebration



This year community members from the Arbors at Stoughton were in for a real treat! Jesse Luke stopped on by to give our Veterans a music social of remembrance and appreciation!

Kicking things off with a bang we began our journey through the seven esteemed branches of military and each one's history was just as extraordinary as the next!

Residents were then delighted by hearing each branch's signature songs and reminiscing fondly of their loved ones and their friends who so valiantly fought for this country!

To all our Veterans
Thank you for your service
to this country!

DOOR DOOR



The Arbors at Stoughton

Yesterday is **HISTORY**,
Tomorrow is a **MYSTERY**,
but Today is a **GIFT..**
That's why we call it,

the **PRESENT!**

- Bil Keane -

outofstress.com



**MUSIC
BINGO**



On a beautiful Tuesday morning the traditional community joined together for a fun spin on an oldy but goody! Music Bingo has been an on going hit in the community and its clear to see why at least we think so! Combining some of our favorite tunes by the greats such as Frank Sinatra and Gladys Knight with a game that allows individuals at different skill levels get involved really helps us feel like a community and allows us each of us an opportunity not only to participate but to help one another!

HANDMADE HOLIDAY CRAFT FAI



Our annual Holiday Craft fair went off without a hitch! Show casing a variety of vendors from Tupperware and Mary Kay to Wood Work and Bake Sale items this fair had it all! Plus who doesn't like to get a little shopping done early especially with the Holiday's? At least that was our thoughts! Not to mention the wonderful hotdogs and snacks being served in the pub. It was the perfect quick bite for the many shoppers on the go! Thank you to all who participated as vendors as well as our customers. Thanks to all of you the day was a success and gives us hope that next year will be even better!

THAT'S AMORE:



As we come to the end of 2019 and begin to start our Journey into 2020 the Reflections community has already started some new traditions of their own! Monthly family and friends of the reflections community will be invited to joins us for an evening of food, fun, and fantastic memory making! An opportunity to slow down and reconnect with those we love the most! Last month we had an evening of Italian Cuisine prepared by our very own Chef Jackie everything from hand rolled meatballs to homemade dessert and everything in between! It was truly a night to be remembered. We anxiously awaits next months Family Night and can't wait to see what Chef Jackie will have up her sleeve this time!



TACO TUESDAY

This month we stepped out of our comfort zone and the Men's Pub Lunch Crew tried out there very own Taco Tuesday! We have to say it wasn't to shabby! Each of us had the opportunity to try both hard and soft shell taco's as well as the type of toppings we wanted! As a group we confirmed that while extremely messy the taco's were worth the actual mess they made and interestingly enough the soft shell taco was actually messier than the hard! Who'd of guessed it! No telling where we end up next month but we are sure it is going to tantalize our taste buds!



5 O'clock Somewhere!



Nothing like a cocktail to end a fun filled energetic day! This month residents had the opportunity to treat their taste buds to two very different cocktails. Our first signature beverage was a Cranberry Margarita which provided the taster with a sweet and refreshing flavor while our second signature beverage the Salted Caramel White Russian provided a rich and creamy experience! This was complimented with an array of fresh hot hors d'oeuvres including stuffed quahogs, pigs in a blanket, spring rolls, and quiche! Not to mention those fantastic oatmeal raisin and m&m cookies! Finishing the day off with friendly chit chat in our comfortable and cozy living room is always a nice change of pace into the evening!

SHAKE YOUR GROOVE THING:



When Laurretta comes to town our feet are tap tapping on the ground! Laurretta always seems to how to get us moving and grooving all without moving from our seat! The best part is the step by step instruction that assists even the "worst" dancers to learn the steps and perform them like a professional! Using a mixture of new and old classics she really seems to know what we like and is always happy to slow it down or change it up! Plus while we're having all that fun we're exercising too and you'd never even know it! Join us for the next class we promise you won't be disappointed!

DOOR DOOR



THE Arbors[™]
Assisted Living Residential Communities

Traditional Residents

Don't Forget to Check your Calendars
And Sign Up Early for December Outings

Seating is limited and will fill up fast!

Please see Cassie Fortier,
The Arbors Traditional Activity Director,
for further details.



Welcome Home New Residents!

Ellen R.
James "Jim" F.
Noreen C.



Happy Birthday December Babies!

Jane A. 12/2

Myrna C. 12/11

Marilyn L. 12/13

Rose M. 12/27



THE Arbors[™]
Assisted Living Residential Communities

Just a Friendly Reminder...

In order for Chef Jackie and her dietary staff to plan for the upcoming Christmas meal, please let the receptionist know, no later than December 18th, if you will be joining us here at The Arbors; if you will be having guests (there is a 4 guest maximum—cost is \$12.00 per guest); or if you are planning to go out for the meal.

There will be open seating 11:30 to 1:00 pm.

"Welcome to The Arbors Family"

Title:

Traditional Activity Director

Name:

Cassie Fortier



Please help us in welcoming our newest management member Cassie! While Cassie is no stranger to The Arbors at Stoughton due to her year long internship from 2017 to 2018 she is now taking on a new and exciting role! She has a back round in Social Work, most recently graduating with an MSW from Salem State! Some of her favorite things include: ranch dressing, dogs, and horses!

Feel free to stop on by her office or programs to get to know her better!