

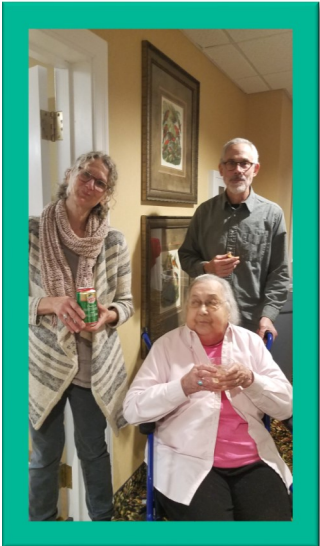
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The Arbors at Greenfield

January 2020

Families and friends gathered at our annual Arbors Christmas Party. The decorations and food were amazing, but more important was the time spent with loved ones.

Happy New Year
2020



Our Arbors family spent time decorating for the Holidays!
Staff and residents sang along to holiday music while residents and staff members placed ornaments on the tree. Cocoa and cookies were enjoyed afterwards.



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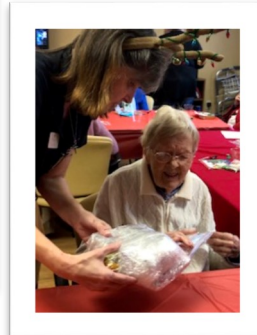
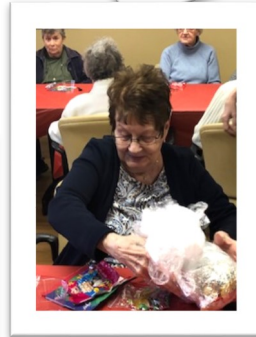
The Arbors at Greenfield

January 2020

There was no lacking for entertainment in December. Resident favorites were the North County Line Dancers, Eventide Singers and Farley String Band .



St. Lucy's Homeschool group brought some holiday cheer to us with their caroling and festive outfits! After singing for us, they took the time to introduce themselves and visit with everyone.



For this month's Birthday Bash, Mary introduced us all to a fun activity called the "saran wrap game". We were all laughing at the fast-paced competitiveness and enjoyed all the great prizes too!

What better way to get in the holiday spirit than taking a drive through the festive lights display in Forest Park!



Greenfield

January 2020

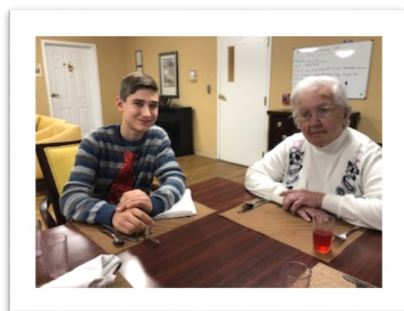
Reflections Community



December is always such a busy month, and what a special time it has been for our Reflections' family! We packed in a lot of holiday festivities, and enjoyed every effort our guests made to bring us some joy.

We had fun with St. Lucy's homeschool group who came in to sing carols for us, and then joined us for a pizza luncheon that they helped to serve. We also enjoyed an outing to Bright Nights holiday lights display in Springfield, and of course, our several decorating parties we had.

The best moments though, were the unplanned memories with our fantastic staff, who brought us some cheer by things like singing off tune carols and showing off their dance moves with us. We are looking forward to what the New Year 2020 will bring!



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THE Arbors™
Assisted Living Residential Communities



Happy Birthday



Rita D	1/07
Kathryn P	1/07
Rene' F	1/08
Polly O	1/14
Kathi B	1/20
Alice M	1/21
Cynthia J	1/29
Dean E	1/30

Cooler weather and shorter days can leave even the most cheerful of us feeling low. Below are some ways to beat the "winter blues"

Keep Active.

On cold, dark days, it can be hard to pull yourself out of bed. But it's important to keep moving and active. Join in the morning exercise class or take a walk through the building.

Lighten Up.

Winter has its share of dark, gloomy mornings, but turning on your lamps and overhead lights can help lift your mood

Focus on the Positive.

It's so easy to focus on the negative, but taking stock of the positive can greatly improve our perspective and mood. Take time each morning or night to write down a list of positives or things you are grateful for.

Talk About It.

One of the best ways to feel better is to open up and talk about how you're doing. If you're feeling blue or having a hard time getting motivated, talk to a friend about it. Most likely, they have felt or are feeling similar and you can help each other along by trading stories and tips.

Socialize. Even though it might be tempting to hibernate in the winter, socializing is good for your mental health. Forcing yourself to socialize can lift your mood and you may even find out that activity you didn't want to do was a lot more fun than you thought it would be.

Welcome Home!

New Residents:

Frances G

Pat W

