

The Arbors at Chicopee

Feb2020



New Years Celebration

We closed out 2019 with a special social during which we enjoyed music with activity assistant Laraine on the piano. The kitchen put together an array of appetizers, shrimp cocktail, pigs in a blanket, fried ravioli and a vegetable platter.

Then we all shared our New years resolutions.:

- *Take off a few pounds
- *Eat healthier
- *Exercise more
- *Don't sweat the small stuff.



Save The Date
February 14th

Fine Dining

11:30 & 12:30

Love Songs with
Laraine

2:00 in Reflections

DOOR DOOR

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Yoga & Drumming classes to keep with the theme for January “Lets Get Physical” We did a verity of different exercise programs. Drumming with Tara where you play drums with upbeat music which releases stress and rejuvenates you. We also tried we tried chair yoga which has many benefits like improving core strength and balance & increases flexibly just to name a few.



MASSE'S AMERICAN BISTRO



On our monthly lunch outing went to Masses seafood. The popular choice on the menu was the fish and chips. Elaine tried the mac and cheese which she highly recommends! Another good choice was the clam chowder which was a perfect warm up on a cold winter afternoon. Wonder where we should go next month!?!

Reflections Community



Family dinner is always a great time! We enjoyed a delicious lasagna with a salad and warm Italian bread, and lets not forget dessert—we indulged in sweet cannoli's. We laughed and sang a long with entertainers Lisa & Dave.



Thank you to RCA Jolanta for always sharing her Polish heritage & her love of baking with us. This month she made fried dough which she calls angel wings it was sweet and tasty. The apron she is wearing is one she brought home from Poland.



Always a fun time- Story time with The Arbors

DOOR DOOR



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Sandy C. 242

Alice H 104

Happy Birthday

Susie B 2/4

Carmen B 2/4

Elaine O 2/7

Sandy C. 2/14

Wellness Corner

Hand Washing

is key to keeping the flu away. Wash often during the day, and use warm water. Scrub them clean for about 20 seconds as long as it takes to sing "Happy Birthday" twice.

SUPER BOWL SUNDAY!

February 2, 2020

Superbowl LIV Party

Kick off at 6:30 in the activity room.

Join us for snacks, drinks and good friends. Cheer on your favorite Team!



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