

DOOR DOOR

The Arbors at Greenfield

February/2020



Our community stayed busy in January. **Seated Balloon Volleyball** continues to be a popular way to stay active and fit and we have a great group who regularly attend our **Morning Fitness** led by Lily. Our **Monthly Birthday Party** and community social's continue to be fun- a favorite for many are the **Root Beer Float** socials!



Walter B is our resident Spotlight this month. Walter was born in Norwalk Connecticut in 1921 where he lived and went to school. After graduation in 1939 he went to work for his father, a self-employed painter. Walter's plan was to work and make money to go to college, but that changed when he went into the US Air Force. Walter was in the Air Force for 3 years and 9 months where he achieved the rank of Sergeant. While in the Air Force he met (& married) his wife, Helene, in Paris in 1945 and enjoyed **70** wonderful years of marriage with her. Walter and Helene have one daughter, Debra, who lives locally allowing for frequent visits. One of Walter's favorite pastimes was Sports. In high school he

played baseball, basketball and football. Baseball was Walter's real love and he enjoyed playing in the position of 2nd base; he received multiple honorable mentions and accolades while playing baseball at his high school. Walter continued following Sports and is an avid New York Yankees fan. As he lived 42 years in Florida (where he worked as a supervisor for the City of Broward County Paint Department), he followed the Miami Dolphins football team. However, these days, Walter is a Patriots fan.

When asked what Walter's favorite thing about the Arbors is, he replied **everything!** "There is always such helpful and friendly staff." Walter enjoys going shopping weekly and attending the monthly men's luncheons.

When asked what he is most proud of, Walter referred to his daughter Debra. She's an associate professor of Landmark College in Putney Vermont and he couldn't be prouder!



Celebrating our friends born in January



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This month Laurie, our dietary director, made delicious chicken noodle soup and served it up in The Pub with grilled sandwiches for a comforting and tasty lunch. Many in our community stopped by to enjoy this treat!



We have been lucky to have a group of 8th grade students from Deerfield Academy coming to visit in the afternoon 4 days a week. These bright youngsters have been taught to play **Rummikub** and have played spirited games of Wii bowling and Balloon Volleyball with many in our community. If you haven't met these students there's still time, they will be here for another month...come down to The Pub and meet them!



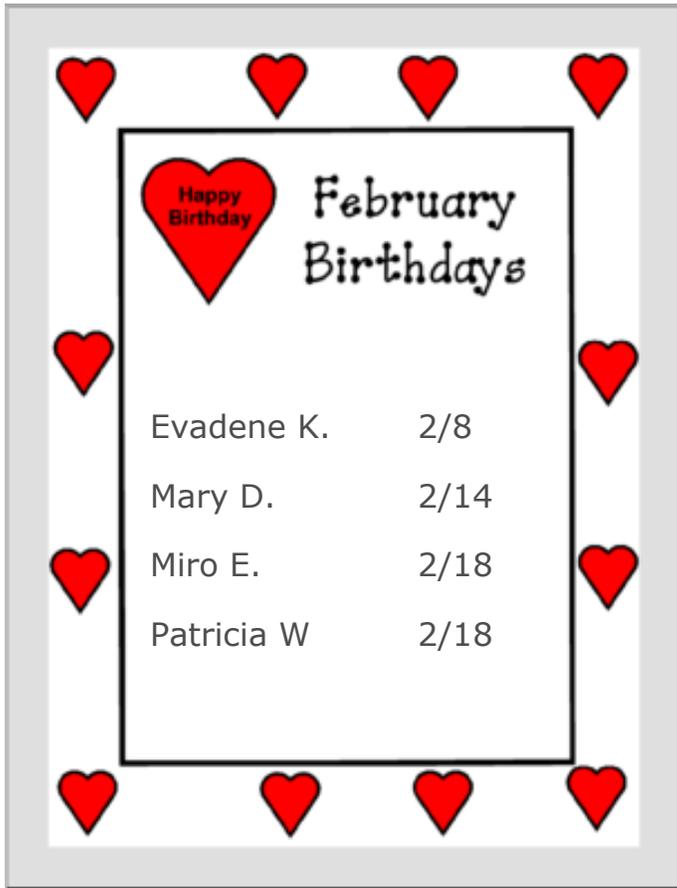
Reflections Community

Cold weather calls for cozy activities! Throughout January our community enjoyed socials such as our Hot cocoa bar, fireside chats, and even a special s'mores event to melt away the winter blues! We were fortunate to get out and about, enjoying lunch outings with our traditional friends.



The weather doesn't always like to cooperate with us in the winter, but we were fortunate to have such a nice day to visit at Magic Wings Butterfly Conservatory! Residents were happily walking about the beautiful gardens, enjoying the scenery and atmosphere. We were able to meet some critters such as two different stick bugs, and also a turtle. Some residents were even brave enough to hold them!

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Margaret King

David Tibbets

Aging with Humor

*An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart. Wal-Mart?" the preacher exclaimed. "Why Wal-Mart?" Then I'll be sure my daughters visit me twice a week."

*My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.

*Know how to prevent sagging? Just eat till the wrinkles fill out.

*I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.

*I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

*These days about half the stuff in my shopping cart says, "For fast relief."

Remember:
**You don't stop laughing because you grow old,
You grow old because you stop laughing.**

