



# Community Connection

New Horizons at Marlborough, LLC  
Serving Metrowest Seniors Since 1994  
*A Turning Point in Senior Living!*

February 2024



**CHRISTMAS DINNER WITH KRIS KRINGLE:** On Christmas Day, residents enjoyed a special menu featuring a choice of beef tenderloin or seared halibut and a traditional yule log cake for dessert. Dinner also included a visit from Santa Claus, sometimes known as Community Services Associate **Thiago Morais**. Above with Santa, from left to right: residents **Linda Ravitz, Sue Abrahamsen, Veronique Turner, Helen Precourt, Joan Western, Cecil Sprung, and Grace Provo**.



**BINGO WITH A TROPICAL TWIST:** New Activities Coordinator **Amber Goldberg** has introduced fun themes to our popular Wednesday Bingo games, including Mele Kalikimaka (Merry Christmas in Hawaiian). Residents enjoyed Hawaiian-influenced drinks and decorations while marking their Bingo cards. Keep an eye out for additional themes and occasional weekend Bingo as well. Pictured at left: residents **Diana Hassa, Phyllis Bagdasarian, and Beverly Supranowicz** were in the mood for hula dancing as they vied for the Bingo jackpot.



## TUFTS UNIVERSITY GATHERING:

Cummings Foundation co-founder and Tufts alumnus **Bill Cummings** visited our campus for a gathering of the New Horizons Tufts University Alumni Club. Alumni gathered for jazz music, entertainment, and plenty of socializing and memory sharing with fellow Jumbos. Pictured above, left to right: residents **Maureen Morrissey**, **Irene Kiley**, Maureen's granddaughter and fellow alumna **Erin Morrissey**, **Bill Cummings**, and **Harriet Goodwin**.



## NATIONAL WEAR RED DAY:

Americans often think of heart disease as a male condition, but it's also the leading cause of death for US women. Women's heart attacks also often take longer to diagnose and treat because they are more likely to experience symptoms other than chest pain, such as neck and jaw pain, shortness of breath, nausea, lightheadedness, and dizziness.

The American Heart Association designates **Friday, February 2** as a day to wear red clothing or accessories to raise awareness about women's risk of developing heart disease. Be sure to don your reddest red—whether it's lipstick, a pair of pants, or your favorite hat—on February 2. Visit [www.heart.org](http://www.heart.org) to learn more.

## Upcoming Events

*Tune in to channel 918 for the latest updates*

- Feb 5 Live Animal Show: Owls, Hawks, & Falcons with **Jim Parks**
- Feb 10 Strawberry Jazz Band
- Feb 11 Music with **Mel Stiller**
- Feb 13 Mardi Gras Party and New Orleans-style Music with **Jim Porcella**
- Feb 15 Music with **Ed Aucoin** and **Kris Swanson**
- Feb 17 Valentine's Dance with DeVoe Music
- Feb 20 Music with **Ruth Rappaport**
- Feb 24 **Bob Jordan** on Guitar
- Feb 27 Music with **Kalifornia Karl**



**SEASONAL SNOW GLOBES:** Craft activities help our Memory Care residents exercise cognitive, motor, and social skills. Holiday craft activities included making beautiful snow globes. Above, resident **MaryAnn Courtemanche** shows her handiwork.