



Community Connection

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

April 2022



DRUMMING FUN: Residents (pictured above, left to right) **Eileen Devaney, Bernie Harris, Nathalie Ahearn, and Rita Sixsmith** adored **Jason Roseman's** performance on the steel drum! Caribbean-themed music gave residents the feeling of dancing on an island.



MARDI GRAS: Everyone was the life of the party when **The Coventry Brass Band** helped us celebrate Fat Tuesday with a Mardi Gras party. Residents (left to right) **Ute Park, Harlene Briggs, and Vic Valenti** were decked out in their masks and beads while enjoying traditional beignets and Hurricane drinks.

WORK OF ART: Resident **Barbara Mohar** began painting when she was a child, and from that moment on, it has been one of her many passions. She was drawn to painting landscapes, still life, and, occasionally, vases. Thank you, Barbara, for sharing your beautiful talent and artwork. Stop by Artist Alley and Main Street for our ongoing displays of resident artwork.



@newhorizons.marlbrough



New Horizons at Marlborough



DID YOU

KNOW: April is the best month to begin gardening. Whether you are an avid gardener or simply looking for something fun to do, join the Green Thumbs. The group meets **Thursday at 3:00 PM** in the 420 Lobby and **Fridays at 3:00 PM** in the 370 Lobby. All vegetables grown will be picked and used in our kitchen.

APRIL OBSERVANCES

PASSOVER: **Arlene Lemieux** will lead a Passover seder, featuring traditional holiday dishes, on **April 15** in O'Connor Town Common. Please call Activities Coordinator **Chris Furman** at ext 5227 by **April 8** to sign up.

EASTER DINNER: All 400 and 420 residents remaining on campus for Easter will enjoy a special meal. In addition, the Easter Bunny will be visiting all across the campus on **Sunday, April 17**.

PATRIOTS DAY: Celebrated this year on **April 18**, the state holiday marks the **April 19, 1775** Revolutionary War battles of Concord and Lexington. Tune in to www.bostondiscoveryguide.com to read about all the local events held to celebrate Patriots Day weekend.



SIGN UP: Call ext 5227 to reserve your spot to create your own fairy garden on **Sunday, April 10**. Join resident **Elizabeth Gebhard**, our greenhouse coordinator, in the O'Connor Town Common at **2:00 PM**.

CHASE THE BURN: The 420 gym has a new exercise pedal bike. Resident **Edie Orr** was ready to show visiting fitness instructor **Heather Short** (pictured) how tough she really is during their workout session.



Parkinson's Awareness Month:

Parkinson's is a progressive disease of the nervous system. Common signs include trembling in the hands, arms, legs, jaw, or head; stiffness of the limbs; slow movements; and impaired balance or coordination. To learn more, visit www.mayoclinic.org.

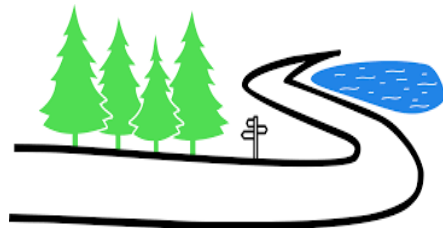
COMMUNITY SERVICES: Understanding that a move to a new home can leave people feeling a bit overwhelmed, the Community Services team strives to help residents feel at ease in and connected to the New Horizons community as quickly as possible. At any point in your residency, if you have a question about services, activities, or campus features, please stop by the **Ask Me Station** in the O'Connor Town Common to speak with a Community Service Associate. Pictured, left to right: **Kaleigh Morales** and **Emily Morais**.



Upcoming Events

Check your local 918 channel or #4 for locations and times

- April 4 Mass Audubon lecture on local wildlife
- April 7 Red Sox vs Yankees Opening Day
- April 10 Fairy gardens with **Elizabeth Gebhard**
- April 11 **Bob Kane** from Marlborough Historical Society lectures on the 1910s
- April 14 **Ron Barclay** on piano
- April 24 Concord Players skits



WALKING TRAILS: Looking for the best local trails? Check out www.alltrails.com for information on trails in the Marlborough area.