



# Community Connection

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

**February 2019**



**PARTYING LIKE PARISIANS!** More than 100 residents, wearing party hats and berets, and toasting bubbly, turned out to ring in the New Year. Guitarist **Joe Foster** provided the musical accompaniment and O'Connor Town Common's big screen showed Paris counting down to the start of 2019.

*Pictured, left to right, are happy residents **Veronique Turner, Morris Karol, and Mary Hanrahan.***

## RED IS THE COLOR FOR FEBRUARY



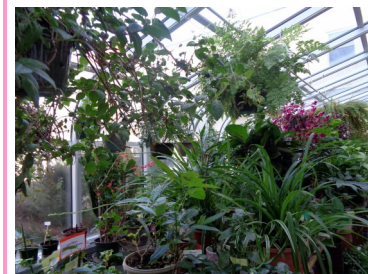
It starts **Friday, February 1**, with **National Wear Red Day**. It's a day to wear red in support of heart disease awareness.

The colorful theme continues **February 14, Valentine's Day**. That is when we celebrate **400 Dress for Dinner** from 4:00 to 6:00 PM, and **420 Dress for Dinner** from 4:30 to 6:00

PM in the Broadmeadow Dining Room. **370/Villas/Cottages Dress for Drinks** takes place 3:00 - 4:00 PM in the Breakfast Nook. There will be live entertainment and perhaps a surprise. Please join us earlier in the day on the **14th** to say thanks to resident and long-time volunteer pianist **Ron Barclay** and his favorite charity, **Buddy Dog Humane Society** of Sudbury.

## THE AMAZON RAIN FOREST?

No, it's New Horizons' year-round greenhouse. This green oasis is maintained by resident greenhouse coordinator **Liz Gebhard**. Stop by and visit with Liz. Or—if you need a moment of Zen—bring a cup of coffee, cocoa, or tea from the French Village, and take a few moments to sip, enjoy the



atmosphere, drink in the vivid colors, and breathe in the healthy air.

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**ATTITUDE OF GRATITUDE:** Community Service Director **Vartkes Hovsepien** (pictured, far left) led a contingent of residents bearing a box of goodies for Marlborough Fire Department. It was a small token of appreciation for the outstanding year-round service provided by the department. Pictured, front row, left to right, residents **Jim Brennan**, **Zabel Fay** (holding the pastry box), and **Jen Bagdis**. In the back row are Marlborough Fire Chief **Kevin Breen** with New Horizons bus driver **Dan Verrico**.

**THINK SPRING!** **Janet Verny** and **Ute Park** (middle photo) display the colorful creations they made in the popular flower arranging class led by local floral designer **Judy Proteau**.

**COOKING WITH THE CHEF:** **Tanya Tovar** assists **Deysi Menjivar** (photo on right) in an educational demonstration making savory pupusas, a pancake-like specialty dish of El Salvador.

### Keep Your Healthy New Year's Resolutions with VNA Care's Keep Well/Blood Pressure Clinics

Personal health tops Americans' New Year's resolution lists. Whether you want to better manage your blood pressure or diabetes, improve your nutrition, or make other healthy lifestyle changes, you can access free support at VNA Care's **Keep Well/Blood Pressure Clinics** at New Horizons. A wellness nurse from VNA Care is available on the first Wednesday of every month to provide health screenings, answer questions about your health, provide support, and more. Upcoming clinic dates include **February 6, March 6, and April 3:**



**VNA Care Advantage**  
VNA Care

**9:00 AM**  
**10:15 AM**  
**11:30 AM**

**370 Robin's Nest**  
**400 Wayside Conference Room**  
**420 Lobby Office**



### Upcoming Events\*

Pianist **Mark West**  
**Strawberry Jazz Ensemble**

Celebrate **Black History Month**  
**Explorers Day** - 8 weeks of special events

*\*Watch community channel 918 for event updates and details.*

### Mark Your Calendar

<b>February 3</b>	Super Bowl Celebration	6:30 PM
<b>February 5</b>	400/420 Italian Dinner	
<b>February 12</b>	VNA Monthly Health Discussion	2:30 PM
<b>February 14</b>	Dress for Dinner/Drinks	Various times
<b>February 27</b>	Hearthstone Caregiver Support Group	6:00 PM

To view this newsletter in color, see community postings or visit [www.countrycommunities.com](http://www.countrycommunities.com)  
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