



Community Connection

New Horizons at Marlborough
Serving Metrowest Seniors Since 1994
This is home!

June 2018



WE'RE LISTENING: Save the date for our next Resident Activities Forum on **July 18**. We're getting a great response to the activities generated at our February forum. They include a Marlborough shopper's shuttle, a chair yoga class, two Boston Ballet performances, flower arranging lessons, trips to the Concord and Fitchburg Art Museums, board games, daytime and evening "Out To" events, and documentary showings. *Pictured left: residents **Elizabeth Gebhard** and **Herb Raphael** are all dressed up with someplace to go "Out To": the Mayor's Charity Ball.*

EVERYBODY INTO THE POOL!



Watercise classes are just one way to take advantage of New Horizons' pool. "It's so beneficial for those with arthritis, osteoporosis, and hip or knee replacements," says **Madeleine Gelnison**. For six years, Gelnison has led both watercise and "stretch and flex" classes. "What's so great about watercise is how it helps residents who might not be very active get excellent exercise walking in the pool," she added. Resident **Peg Bouvier** agrees. "It's just a wonderful start of the day when, like me, you have arthritis," she said. "The pool is warm, and Madeleine tailors the exercises to seniors." During non-watercise hours, residents may pick up a pool key from the Front Desk. Please observe the posted pool rules and — with no lifeguard on duty — always swim with a buddy!



to our 2018 graduates!

Chelsea Army
 Giovanni De Almeida Souza
 George Dilling
 Maria Jaramillo
 Brianna Monteiro
 Thomas Redden
 Katelyn Reynolds
 Shannon Roselli
 Tamare Smith
 Anastasia Vittum

**HAPPY
 FATHER'S
 DAY**

UPCOMING EVENTS: Bring your appetite for our annual **Father's Day** indoor barbecue on **Sunday, June 17**. And save the date for New Horizons' **Country Fair**, our ever-popular family-friendly classic, which takes place on **Grandparents Day, Sunday, September 9**.

facebook

FIND US ON FACEBOOK: Click the logo to the left to find yourself (or your friends or relatives) in our posts. Then click to share the fun we have at **New Horizons at Marlborough!**

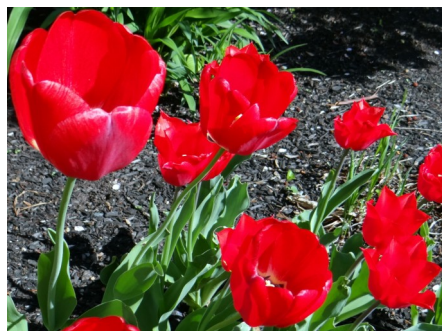


PHOTO ALBUM: THE RITES OF SPRING! Pictured, left to right: April showers bring May flowers to the New Horizons campus; accomplished floral arrangers **Jackie Mawhinney** and **Gloria Webb**; three amigos celebrate Cinco de Mayo: CSA **Linda Clancy** flanked by **Larry Quinn**, left, son of resident **Joe Quinn**, right.



400 SPRING SPRUCING:

Check out our new look! We now have a re-designed lobby, koi pond, fresh paint colors, and new photos and signs!

ARTIST ALLEY: Featured in Artist Alley — and along Main Street — this month is mixed media artist and resident **Howard Quinn**. Next month's featured artist: resident **Tom Ribadeneyra**.



YOU'RE INVITED: Hearthstone at Marlborough will host a caregiver support group on **Wednesday, June 27** at 6:00 PM. Using its unique *I'm Still Here*® methodology, Hearthstone provides residential care for people living with Alzheimer's disease and dementia. To register for the event, call Hearthstone at 508-481-9898.



MEET BILL CUMMINGS:

New Horizons' founder will be here **Wednesday, June 27** at 10:30 AM to discuss his memoir, *Starting Small and Making It Big*. Attendees are encouraged to read the book in advance (available online at cum-mings.com/book or at the front desk for a discounted rate of \$10). All proceeds go to charity.



☞ Mark Your Calendar! ☞

June 1	Bob Craigie: Create your life story on a cell phone	2:00 PM
June 5	Bob Simcoe chronicles Harvard's History of the Sky	2:00 PM
June 5	Bob Magnum: Model "T" Ford Club	6:30 PM
June 13	Art Matters: Claude Monet	2:00 PM
June 14	Sister Jane: History of New Horizons	2:30 PM
June 19	Rob Natoli & String Swing Band	2:00 PM
June 24	Women of Note Barbershop Chorus	2:30 PM
June 26	Hearthstone presents "Meet Me at the Movies"	2:00 PM
June 27	Bill Cummings on "Starting Small and Making It Big"	10:30 AM
June 29	Vocalist Isabel Stover	2:00 PM

To view this newsletter in color, see the postings throughout the community, or visit www.countrycommunities.com.
New Horizons ~ 400 Hemenway Street, Marlborough, MA 01752 ~ 508-460-5200