



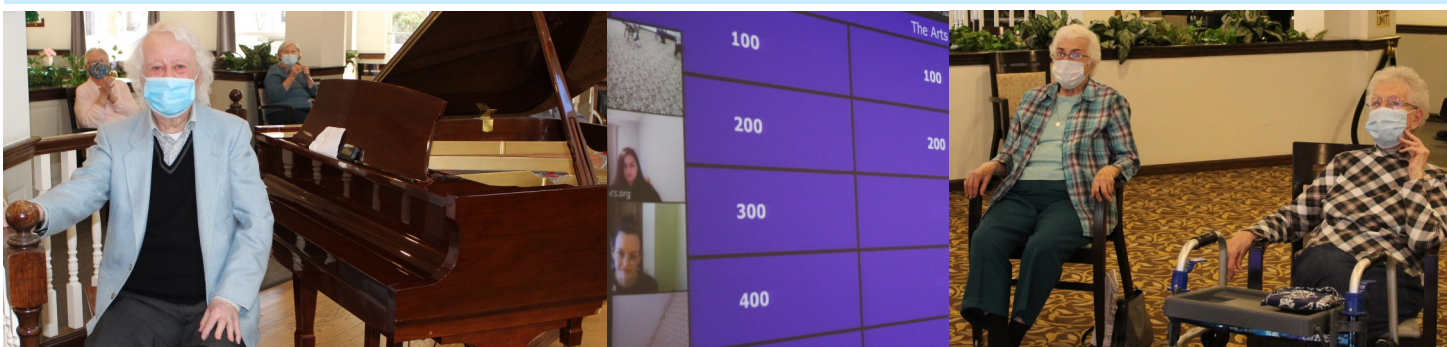
Community Connection

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

April 2021



FUN-FILLED DAYS: (Above, left to right) Residents **Jim Halliday** and **Joe Chapman** participate in our weekly Men's Discussion Group; residents **Anita Rizzo**, **Ilga Richards**, **Bud Sheldon** and CSA **Linda Clancy** enjoy the musical stylings of pianist **Gary Landgren**; and resident **Mary McDonald** reaches for the ceiling during one of our indoor exercise classes.



(Above, left to right) Resident pianist **Ron Barclay** (center) performs in the Atrium for neighbors **Maureen Morrissey** (left) and **Ilga Richards** (right); residents **Josephine Belli** and **Phyllis Bagdasarian** team up at Saturday morning virtual Jeopardy, a weekly event hosted by National Honor Society students from Marlborough's Advanced Math and Science Academy Charter School.



WINTER WONDERLAND:

Cub Scout Troop 41 recently stopped by our courtyard to spread winter cheer by building several festive snow people. A few were decked out in seasonal costumes, and one was even posed mid-cartwheel. Residents were delighted to view the seasonal statues from their windows and gave them all rave reviews. Thank you, Cub Scouts.



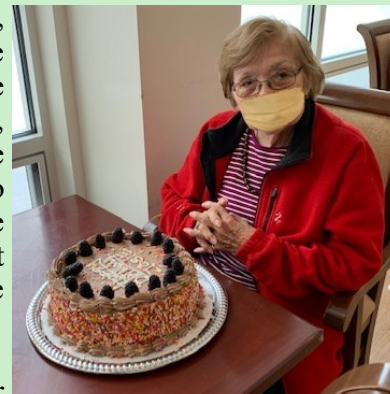
@newhorizons.marlbrough



New Horizons at Marlborough

**“Life is not a problem to be solved, but a reality to be experienced.”
- Soren Kierkegard**

MOLLY’S CORNER: Engagement, or being fully present in the moment, is what the Memory Care Program at New Horizons is all about. Each day, we learn a little more about each of our residents and they, in turn, engage more deeply with one another. When we exercise or play darts or ring toss together, we share many laughs and words of encouragement. When we celebrate milestones, such as (pictured) resident **Josephine Carroll**’s birthday, we do so as a bonded (albeit socially distanced) community. Our residents can often be observed cheering each other on during group activities or offering support when a neighbor is having a tough day. It is this level of engagement that we strive to foster at all times.



We are looking forward to the month ahead, which will bring warmer weather and walks outside, Monday morning musical guests, art classes, reading and varied discussion groups, a number of birthdays to celebrate, and more time spent being mindful of each moment as it passes.

We appreciate the feedback we have received from our residents’ loved ones during the six months since our program opened, and would like to establish a support group in April for friends, family members, and others with ties to our community. Please email Molly at mhl@cummings.com with days and times that will work best with your schedules.

Also, stay tuned for information about our first community meeting, where we will explain the Memory Care Program’s vision, introduce our team, and address any questions you would like to ask. The community meeting will take place via Zoom in April during the early evening.

REACH FOR THE STARS: Visit the dining rooms to check out New Horizons’ latest Health and Wellness initiative, launched just in time for spring. According to Associate Director of Food Service **Tony Sosa** (pictured), each time a resident chooses fresh fruit for dessert, a star will be added to the dining room wall. The goal is to fill the walls in all three dining rooms with stars to highlight the healthy choices our community is making.

Residents can choose to grab a whole fruit, such as an apple or pear, at the end of the meal, or have it sliced and served right away with peanut butter for dipping.

Stay tuned for April 1, when New Horizons will unveil its new Spring Menu.



Upcoming Events

April 1	April Fools’ Day
April 4	Easter
April 4	Passover ends
April 8	Holocaust Remembrance Day O’Connor Common
April 19	Patriots’ Day
April 22	Earth Day
April 29	Robert Black as Elvis 400 Rotary



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