



Community Connection

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

April 2023



COOKING WITH THE CHEF: Associate Director **Tony Sosa** kicked off our new “Cooking with the Chef” series with recipes and stories from Boston’s Cambodian-French Elephant Walk restaurant, founded by a former Cambodian diplomat and his wife. Tony explained the interesting origin story of the Elephant Walk while cooking a delicious Cambodian salad and chicken dish for residents who attended the demonstration. Above, from left: **Tony Sosa** cooks and residents **Beverly Rinck**, **Sister Louise Aylward**, and **Morris Karol** enjoy the food. Consult the New Horizons monthly events calendar for the date and time of our next Cooking with the Chef demo with Sous Chef **Matt Beland**.



MEET MICHELLE: New Horizons welcomes Event Planner **Michelle Lariviere**. She is looking forward to ensuring our residents continue to have many fun events and activities to enjoy. Michelle lives in Marlborough with her family, three dogs and one cat. She worked in our Memory Care unit and its predecessor, Hearthstone for 13 years, and loves the residents so much she continues to help out there. Before she joined us full-time she was also the program director of a home for developmentally delayed adults for several years. Call Michelle at ext. 5221 with any questions or feedback about activities.



HAPPY PASS-OVER: This year’s Passover Seder will take place on **Wednesday, April 5th**. Sign up at ext. 5227.



HAPPY EASTER: Look for a special holiday menu in the dining room on **Easter Sunday, April 9th**.



BINGO WAS THE NAME-O: (left to right) Memory Care residents **Alysse Farlow**, **Callie Carmosino**, **Norma McCarty**, and **Phil Mercurio** enjoy a friendly game of Bingo.



IT'S SEED PLANTING TIME: Interested in helping? Stop by the greenhouse any time to help Resident Greenhouse Coordinator **Elizabeth Gebhard** with planting. She will give you directions on how to help prepare and plant seeds for the growing season. You can also join our Green Thumb Gardening Club every Friday at 3:00 PM in the 370 Lobby. Pictured, clockwise from left: residents and Green Thumb members **Elizabeth Gebhard**, **Ken Harbison**, **John Goetz**, **Jan Zambuto**, **Jan Alimenti**, and **Sue Abrahamsen**.

APRIL EVENTS

April 1	Jackson Jills A Cappella Group	4:00 PM
April 5	Passover Seder*	5:30 PM
April 8	Color Easter Eggs	1:30 PM
April 9	Easter Dinner	Regular Mealtimes
April 15	Portrait in Jazz	2:30 PM
April 16	First Parish Jazz Band	2:30 PM
April 17	Stephen Collins as William Shakespeare	2:30 PM
April 23	Flashback Band	2:30 PM
April 24	Three Turning Points in American History	2:30 PM
April 25	Fairy Gardens with Elizabeth Gebhard *	2:00 PM
April 26	Sing Along with Mel Stiller	2:30 PM
April 27	Dinner and a Movie* (The Fabelmans)	4:00 PM

*Sign up with Rebecca at ext. 5227



FALL PREVENTION TIPS:

- Exercise to maintain and improve strength and balance.
- Use night lights in your apartment.
- Remove tripping hazards like cords and rugs in your apartment.
- Use rubber-backed shower mats.
- Have your vision and hearing tested frequently. Even small changes in sight and hearing are linked to an increased risk for falls.
- Tell someone if you fall, even if you weren't hurt. A fall can be a warning sign of a medication or health problem.
- Have a pet? Be aware of its location at all times when you move around your apartment.