



Community Connection

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

April 2024



THE WEARING O' THE GREEN: The mood was festive at New Horizons' St. Patrick's Day party. Residents answered Irish-themed trivia questions, enjoyed green beer, and tapped their feet to Irish music performed by **Al McKay**. Popular songs included "The Irish Rover," "When Irish Eyes Are Smiling," and "Danny Boy." Pictured above, left to right: resident **Ruth Durand**, Community Services Associate **Thiago Morais**, and residents **Mike Morrill** and **Ilga Richters**.



HOPPY EASTER: New Horizons chef **Marcos de Oliveira** offered residents a delicious Easter holiday menu, featuring a choice of Black Oak ham with pineapple champagne glaze or seared salmon with lemon butter sauce, traditional sides, and homemade carrot cake for

dessert. Dinner also included visits from the Easter Bunny, also known as Community Services Associate **Michelle Lariviere**, who is pictured at left with resident **Vivienne Tranter**.



HAPPY PASSOVER: This year's Passover Seder will take place on **Tuesday, April 23, at 5:00 PM** in O'Connor Town Common. Please RSVP to **Debbie** at ext. 5227 if you plan to attend.

Passover is a Jewish holiday that celebrates the Biblical story of the Israelites' escape from slavery in Egypt. The seder is a ritual dinner held with family and friends to commemorate the holiday. New Horizons' Jewish spiritual liaison, **Arlene Lemieux**, will lead this year's seder for our residents.



EGG-CELLENT ARTWORK: Memory Care residents got ready to hop into the holiday weekend by crafting Easter egg-themed canvas paintings. At New Horizons, weekly sensory art groups are both enjoyable and beneficial, as participants experience the positive effects of socializing, exercising creativity, and using fine and gross motor skills. Pictured, from left to right: residents **Callie Carmosino**, **Charlene Milton**, **Mary Ann Courtemanche**, and **Phyllis Doran** exhibit their work.

Upcoming Event Highlights

See printed calendars for details and complete event listing (available in all building lobbies)

Tune in to channel 918 for the latest updates

- April 7 Music with Portrait in Jazz
- April 9 Red Sox Opening Day:
Game Viewing with Snacks
400 Residents Meeting with Directors
- April 11 Singalong with **Mel Stiller**
- April 18 Americana Music with The Highland Woods Project Band
- April 19 Tulip Picking at Ferjulian's Farm, Hudson*
- April 20 Groove to the Oldies with DeVoe Music
- April 21 Resident **Ken Harbison** Presents:
Natural Wonders, Adventures in Costa Rica

* sign up with **Debbie** ext. 5227



TIPS TO PREVENT A FALL:

- Exercise regularly to maintain and improve strength and balance.
- Use night lights in your apartment.
- Remove tripping hazards like cords and rugs from your apartment floor.
- 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.
- Get your annual physical! Your doctor will assess you yearly for the possibility of increased fall risk.