Act of kindness builds friendships between The Orchards and volunteers

When The Orchards’ resident Vivian F. noticed a fellow resident maneuvering his walker while attempting to hold onto a box of tissues simultaneously she had a thought. She knew her church had a group of volunteers that made cloth storage bags to fasten to walkers.

Vivian immediately was on a mission. She enlisted the help of the West Hartford United Methodist Church where she is a parishioner. At the church there is a group of 16 women known as The Monday Morning Missions Group. These volunteers meet every Monday Morning (thus their name) to assemble walker bags, cancer pillows and hats, dining scarves and lap blankets, to name a few items. All material and supplies are donated to the church.

Each week their mission begins with their minister offering prayer. This labor of love began over 50 years ago at the home of parishioner, Doris S. It has since moved to United Methodist where they meet, create and assemble their projects to be delivered to a variety of facilities. There is something to do for everyone who volunteers: from sewing on one of the vintage Singer machines to stuffing and assembling.

According to fellow church volunteer, Linda W., “Our Mission

See BAGS on page 4

Above: Resident Vivian F., left, and church missions volunteer, Linda W. display some of the donated handcrafted bags.
<table>
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<th>Sunday(s)</th>
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<td>10:00am CATHOLIC MASS - Channel 11 TV and Communion Community Room 3:00pm SETBACK South Living Room 3:15pm COFFEE &amp; Conversation Country Kitchen 6:30pm CARDS Country Kitchen</td>
<td>10:30am “GET FIT” w/Christine Community Room 1:00pm CHORALEERS Community Room 1:30pm BRIDGE CLUB Veranda Dining Room 2:30pm BINGO Community Room 3:15pm COFFEE &amp; Conversation Country Kitchen 6:30pm CARDS Country Kitchen</td>
<td>9:30am Non-Denominational Service w/Pastor Vicky South Living Room (No Service July &amp; August) 1:15pm “GET FIT w/ Christine - Community Rm. 1:30pm WELLNESS CLINIC 3rd floor Wellness Office 3:00pm HAPPY HOUR-Pub 6:30pm CARDS Country Kitchen 6:30pm BINGO Community Room or MacIntosh Dining Room</td>
<td>9:30am ROSARY South Living 10:30am Bible Study Rev. Bro. Private 10:30am “GET FIT Christine-Community Room 6:30pm SETBACK North Living</td>
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Events listed on the top of calendar are regularly scheduled weekly functions at The Orchards. Residents will be notified of any change in schedule or location if necessary. Residents are welcome and encouraged to attend out trips. All trips are weather permitting.
Thursday(s)
1:15pm “GET FIT” w/ Christine-South Living Room
3:00pm HAPPY HOUR - PUB
6:30pm CARDS  
    Country Kitchen
6:30pm BINGO  
    Community Room

Friday(s)
9:45am OUT TRIP to Stop & Shop
1:45pm BINGO  
    Community Room
3:15pm COFFEE & Conversation-Country Kit.
6:30pm CARDS  
    Country Kitchen
6:30pm CORDIALS & Conversation w/ Trivia  
    South Living Room
6:30pm POKER  
    Living Room

Saturday(s)
10:00am “GET FIT” w/Video  
    Community Room
11:00am ROSARY  
    Private Dining Room
1:15pm MOVIE MATINEE  
    Community Room
3:00pm HAPPY HOUR - PUB
3:15pm COFFEE 
    & Conversation  
    Country Kitchen
6:30pm CARDS  
    Country Kitchen
6:30pm BINGO  
    Community Room

Register for out trips with our receptionist
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Group finds Monday Mornings very enjoyable and rewarding. It gives us an opportunity to help others while becoming good friends.”

The Orchards’ community would like to extend a special thank you to the West Hartford United Methodist Church and their kind and caring volunteers for providing us with a variety of beautifully patterned walker bags.

While visiting The Orchards you will see our residents making good use of the walker bags thanks to Vivian and her perseverance in making sure all her friends in our community have one.

Thank you, Viv!

Have you GoodLife Fitness-ed today?

GoodLife Fitness is an individualized exercise program designed to enhance strength, stamina, balance, flexibility and mobility as well as reduce the risk of falls and injuries. In addition, exercising regularly can increase your independence, build self-esteem and offer socialization. The Orchards exercise physiologist, Christine Solimini-Swift, upon consultation with the individual’s personal physician, develops an exercise plan with each person’s abilities and goals in mind.

Stop by the GoodLife Fitness Center on the second floor to meet Christine or call 860.628.5656 for more information. Learn how GoodLife Fitness can enhance your life!