

August 2018/Vol. 4, No. 8

By Carol Volpe, Activities Director

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.



Sunday(s) 10:00am CATHOLIC MASS - Channel 11-TV and Communion Community Room 3:00pm SETBACK South Living Room 3:15pm COFFEE & Conversation Country Kitchen 6:30pm CARDS Country Kitchen	Monday(s) 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 & Conversation Country Kitchen 6:30pm CARDS Country Kitchen	Tuesday(s) 9:30am Non-Denominational Service w/Pastor Vicky South Living Room (No Service July & 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	Wednesday(s) 9:30am ROSARY South Living Room 10:30am Bible Study Rev. Bro. Private Dining Room (No Study July & August) 10:30am "GET FIT" Christine-Community Room 6:30pm SETBACK North Living Room
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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.


AUGUST 2018

1
 10:30am Out Trip - Picnic Wadsworth Farm Middletown


5
 2:00pm Music with John Verelli Community Room


6
 1:00pm Choraleers "Welcome Newcomers" Community Room



7
 12:15pm Out Trip - Duckpin Bowling Cheshire


8
 12:00pm Men's Group Out Trip Back Nine for Luncheon
 3:00pm Resident Council Meeting Community Room


12
 2:00pm Ice Cream Social Country Kitchen


13
 1:30pm Out Trip - Walmart



14
 2:00pm Music w/John Desorbo on keyboard Community Room


15
 10:30am Out Trip - Luncheon Aqua Marina in


19



20
 1:30pm Fresh Flower Jars w/Laure-Jo Community Room


21
 2:00pm Music w/Airborne Trio Community Room















22
 1:30pm Food Talk w/Clarissa
 2:00pm Scrabble South Living Room


26
 2:00pm Ice Cream Social Country Kitchen


27
 1:30am Out Trip - Dollar Store & TJ Maxx


28
 2:00pm Orchards Cooks Country Kitchen
 6:30pm Genealogy Group Community Room
 Bingo-MacIntosh Dining Rm


29
 1:00pm - Sunshine South Living Room
 1:30pm - Blanket Babies - South Living Room
 2:00pm - Music w/Iarusso - South Living Room

	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
a nch at Falls, yn	2 2:00pm Music w/Sophistication Community Room 	3 1:30pm Celebrating National Watermelon Day w/Carol Front Porch Main Entrance 	4 10:00am "Get Fit" Video Community Room 1:15pm "Movie Matinee" Community Room 
Trip ch Meeting y Room	9 2:00pm Roger Hart Photography Slide presentation Community Room 	10 1:30pm Noodle/Balloon Volleyball w/Carol South Living Room 2:30pm Leisurely Adult Coloring Session - The Pub 	11 10:00am "Get Fit" Video Community Room 1:15pm "Movie Matinee" Community Room 
nch at Clinton	16 2:00pm Rock Painting Craft w/Carol Community Room 	17 1:30pm Knitting & Crocheting North Living Room 	18 10:00am "Get Fit" Video Community Room 1:15pm "Movie Matinee" Community Room 
bel Room B, L, E.	23 2:00pm August Birthday Party w/ music By Michael Ciulla Community Room 	24 12:00pm Book Club Luncheon The Pub 1:15pm Porch chat w/lemonade & cookies w/Carol Front porch	25 10:00am "Get Fit" Video Community Room 1:15pm "Movie Matinee" Community Room 
ne Club - Room s for ving Room Michael .iv. Room	30 2:00pm Oldies Singalong w/refreshments Community Room 	31 2:00pm Scrabble w/Carol South Living Room 	<p style="text-align: center;">Register for out trips with our receptionist</p>

The Orchards at Southington



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34 Hobart St., Southington, CT 06489
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southingtonorchards.org

BAGS from page 1

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!

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For more information, call
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at 860.628.5656

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