

February 2020/Vol. 6, No. 2

By Carol Volpe, Activities Director

## The Orchards peeks at the year ahead

During 2020, The Orchards brings many opportunities for our residents to participate in a variety of planned activities. I thought I'd share some upcoming events in the months ahead...

Football fans can get together Feb. 2 to watch the Super Bowl game on the big screen. Food and beverages will be available to enjoy while you watch the game.

On Saturday afternoon of March 21 we will travel to the Toyota Oakdale Theater in Wallingford for the international Irish dance phenomenon, "Riverdance." We are excited to see this spectacular performance!

The free six-week Live Well Chronic Pain Self-Management Program will be held Mondays, April 6 to May 11. For those who are experiencing chronic pain due to health conditions, this workshop provides practical tools to help develop self-management skills and confidence to take control. Topics include healthy eating, dealing with emotions, pacing and planning each day, the Moving Easy Program, and better breathing. Classes are designed to complement current treatment and encourage active participation in a supportive environment to manage health and live a more fulfilling life. Presenters are from Hartford HealthCare Center for Healthy Aging and North Central Area Agency on Aging.

We encourage The Orchards residents to attend this worthwhile beneficial program. For more information, see me, Carol Volpe, activities director.

We will be holding a Tag Sale on Saturday, April 18 in our Community Room. This gives everyone an opportunity to clean out unwanted items. Family members are welcome to participate. Proceeds from the tag sale will benefit the "Activities Fund" here at The Orchards. More information will follow.

We have begun tentative plans for an overnight excursion to Lancaster,

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Residents gather at the Knights of Columbus Museum in New Haven during The Orchards' first out trip for 2020. The group saw the annual exhibit of Nativities from around the world.

# Calendar Subject To Change



Sunday	Monday	Tuesday	Wednesday
<p><b>2</b></p> <p>10:00 Mass/Communion 3:00 Coffee Hour 6:30 Super Bowl Sunday Celebration!</p>	<p><b>3</b></p> <p><b>10:00 Walmart</b> 10:30 "GET FIT" 1:00 CHORALEERS 1:30 Bridge Club 2:30 BINGO 3:15 Coffee Hour 6:30 Movie</p>	<p><b>4</b></p> <p>9:30 Non-Denom. Service 11:00 Knitting/Crochet 11-1:00 Leslie Jewelry 1:15 "Get Fit" 1:30 Wellness Clinic 2:00 "Remember When" with Roger Hart 3:00 Happy Hour 6:30 BINGO</p>	<p><b>5</b></p> <p>9:30 ROSARY 10:30 "GET FIT" 11:00 Activities C 2:00 "Catch Phra 6:30 Movie Time 6:30 Setback</p>
<p><b>9</b></p> <p>10:00 Mass/Communion 2:00 Ice Cream Social 3:00 Coffee Hour</p>	<p><b>10</b></p> <p>10:30 "Get Fit" 10:30 So. Public Library Visit 1:00 CHORALEERS 1:30 Bridge Club 2:30 BINGO 3:15 Coffee Hour 6:30 Movie Time</p>	<p><b>11</b></p> <p>9:30 Non-Denom. Service 10:30-1:00 Borrowed Time Emporium Sale 11:00 Knitting/Crochet 1:15 "Get Fit" 1:30 Wellness Clinic 2:00 Crossword Connection 3:00 Happy Hour 6:30 BINGO</p>	<p><b>12</b></p> <p>9:30 ROSARY 10:30 "Get Fit" 2:00 "After All" 3:30 Veteran's Co 6:30 Movie Time 6:30 Setback</p>
<p><b>16</b></p> <p>10:00 Mass/Communion 3:00 Coffee Hour</p>	<p><b>17</b> <u>President's Day</u></p> <p>10:30 "GET FIT" 11:00 Act of Kindness Day 1:00 CHORALEERS 1:30 Bridge Club 2:30 BINGO 3:15 Coffee Hour 6:30 Presidential Trivia 6:30 Movie Time</p>	<p><b>18</b></p> <p>9:30 Non-Denom. Service 11:00 Knitting/Crochet 1:15 "Get Fit" 1:30 Wellness Clinic 2:00 Chinese Lantern Craft 3:00 Happy Hour 6:30 BINGO</p>	<p><b>19</b></p> <p>9:30 ROSARY <b>10:00 Boscov's</b> 10:30 "GET FIT" 1:30 Food Talk wi 2:00 Balloon Valle 6:30 Movie Time 6:30 Setback</p>
<p><b>23</b></p> <p>10:00 Mass/Communion 2:00 Ice Cream Social 3:00 Coffee Hour</p>	<p><b>24</b></p> <p>10:30 "Get Fit" 1:00 Choraleers 1:30 Bridge Club 3:15 Coffee Hour 6:30 BINGO</p>	<p><b>25</b></p> <p>9:30 Non-Denom. Service 11:00 Knitting &amp; Crochet 1:15 "Get Fit" 1:30 Wellness Clinic 2:00 Orchards Cooks 2:30 BINGO 3:00 Happy Hour 6:30 Genealogy Group</p>	<p><b>26</b> <u>Ash We</u></p> <p>9:30 ROSARY 10:30 "GET FIT" 11:00 Slots Ball 1:15 Ash Wednes Residents/S 2:00 Resident Cou 3:00 Beltone Hear 6:30 So. Arts &amp; C 6:30 Setback</p>



	Thursday	Friday	Saturday
	<p><i>*Check the daily or activity locations*</i></p>		<p><b>1</b></p> <p>NO "GET FIT" Today 11:00 ROSARY NO Movie Matinee Today 3:00 Happy Hour 3:15 Coffee Hour 6:30 BINGO</p>
<p>Committee Mtg. se"</p>	<p><b>6</b></p> <p>1:15 "Get Fit" 2:00 Hanging Valentine Craft 3:00 Mahjong 3:00 Happy Hour 6:30 BINGO</p>	<p><b>7</b></p> <p><b>10:00 Stop &amp; Shop</b> 11:00 "Concentration" 1:15 Send a Card to a Friend 1:45 BINGO 2:00 Scrabble/Rummikub 3:15 Coffee Hour 6:30 Cordial/Trivia</p>	<p><b>8</b></p> <p>10:00 "Get Fit" Video 11:00 ROSARY 1:45 Movie Matinee 3:00 Happy Hour 3:15 Coffee Hour 6:30 BINGO</p>
<p>Singing Duo Coffee Hour</p>	<p><b>13</b></p> <p>10:30 Balloon Caricature Show 1:15 "Get Fit" 2:00 "What's in the bag?" 3:00 Mahjong 3:00 Happy Hour 6:30 BINGO</p>	<p><b>14 <u>Happy Valentine's Day</u></b></p> <p><b>10:00 Stop &amp; Shop</b> 1:45 BINGO 2:00 Scrabble /Rummikub 3:15 Coffee Hour Resident Valentine Dinner 6:30 Cordial/Trivia</p>	<p><b>15</b></p> <p>10:00 "Get Fit" Video 11:00 ROSARY 1:45 Movie Matinee 3:00 Happy Hour 3:15 Coffee Hour 6:30 BINGO</p>
<p>th Lou eyball</p>	<p><b>20</b></p> <p>1:15 "Get Fit" 2:00 February Birthday with East Chicago Joe 3:00 Mahjong 3:00 Happy Hour 6:30 BINGO</p>	<p><b>21</b></p> <p><b>10:00 Stop &amp; Shop</b> 1:45 BINGO 3:15 Coffee Hour 6:30 Cordial/Trivia</p>	<p><b>22</b></p> <p>10:00 "Get Fit" Video 11:00 ROSARY 1:45 Movie Matinee 3:00 Happy Hour 3:15 Coffee Hour 6:30 BINGO</p>
<p>nesday</p>	<p><b>27</b></p> <p>12:30 Sunshine Committee 1:15 "Get Fit: 2:00 "Hangman" 3:00 Mahjong 3:00 Happy Hour 6:30 BINGO</p>	<p><b>28</b></p> <p><b>10:00 Stop &amp; Shop</b> 11:00 SUPERSTITIONS 12:00 Book Club Luncheon 1:45 BINGO 3:15 Coffee Hour 6:30 Cordial/Trivia</p>	<p><b>29</b></p> <p>10:00 "GET FIT" Video 11:00 Rosary 1:45 Movie Matinee 3:00 Happy Hour 3:15 Coffee hour 6:30 BINGO</p>
<p>day—Ashes to taff ouncil ring raft</p>			



## The Orchards at Southington

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Pennsylvania. Features will include a live on-stage performance of "Queen Esther" at the Sight & Sound Theatre, a family style meal, Shady Maple Smorgasbord, guided tours and much more. More information will follow. We hope our residents will consider participating in this wonderful trip.

Until then, I hope to see you at our regular programs and out trips.

### Healthy Family FunFest set for Feb. 23

Healthy Family FunFest, Southington's most popular event focused on health and wellness, provides resources and interactive activities centered on living life to the fullest. The 11th annual Healthy Family FunFest will be held Sunday, Feb. 23, 10 a.m. to 2 p.m., at the Aqua Turf Club, 556 Mulberry St., Plantsville.

This free festival geared to people of all ages, features dozens of Hartford HealthCare health professionals and community resources. Shuttle transportation is available.



### The Orchards at Southington

For more information, call  
Antoinette Ouellette, *retirement counselor*,  
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