

January 2019/Vol. 6, No. 1

By Carol Volpe, *Activities Director*

## 2019...A Year of Reflection at The Orchards

By LeaAnn Blanchard, *executive director*

Now that the hustle and bustle of the holiday season has come and gone, we can quietly reflect upon how much we have to be thankful for. A season that brought us together with family and friends and long-lasting memories with warmest meanings. Time to reflect on the year we leave behind ... the new friends we've made and the old friends we've lost, a year of accomplishments and pleasures as we look forward to the new year bringing us new opportunities for contentment, peace and joy.

This past year, many changes have begun throughout our building. Our former Country Kitchen/ sitting area on the first floor has been transformed into an uplifting, bright and welcoming café. This new café will eventually serve light meals to our residents throughout the day with our newly implemented open dining service. A renewed

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Above: On Flag Day, June 14, The Orchards unveiled the Wall of Honor.





Right: Residents and Girl Scouts enjoy their intergenerational activities throughout the year.

Far right: Resident Jennifer C. shows her creativity during painting class.

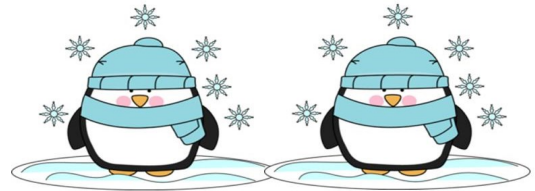


# JANUARY

# 2020 Mon

Sunday	Monday	Tuesday	Wednesday
*Check the daily for activity locations*			
<b>5</b> 10:00 Mass/Communion 2:00 Ice Cream Social	<b>6</b> 10:30 "GET FIT" 1:00 CHORALEERS 1:30 Bridge Club 2:30 BINGO 3:15 Coffee Hour 6:30 Movie Time	<b>7</b> 9:30 Non-Denom. Serv. 11:00 Knit, Crochet, Looping 1:15 "Get Fit" 1:30 Wellness Clinic 2:00 Winter Craft 2:30 Mah-Jongg 101 3:00 Happy Hour 6:30 BINGO	<b>8</b> 9:30 ROSARY 10:30 "GET FIT" 12:00 Men's Group 3:00 Rummikub 3:30 Veterans Cof 6:30 Movie Time 6:30 Setback
<b>12</b> 10:00 Mass/Communion 2:00 Girl Scout Cookie Making	<b>13</b> 10:30 "GET FIT" 1:00 CHORALERS <b>1:30 Goodwill &amp; OSJL</b> 1:30 Bridge Club 2:30 BINGO 3:15 Coffee/Crosswords w/Heidi 6:30 Movie Time	<b>14</b> 9:30 Non-Denom. Serv. 11:00 Knit, Crochet, Looping 1:15 "Get Fit" 1:30 Wellness Clinic 2:00 Music with Mick 2:30 Mah-Jongg 101 3:00 Happy Hour 6:30 BINGO	<b>15</b> 9:30 ROSARY 10:30 "GET FIT" 1:30 Food Talk w/L 2:00 "Rubber Duck 3:00 Rummikub 6:30 Movie Time 6:30 Setback
<b>19 National Popcorn Day</b> 10:00 Mass/Communion 2:00 Popcorn and Movie	<b>20 Martin Luther King, Jr. Day</b> 10:30 "GET FIT" 11:15 Martin Luther King, Jr. w/Ralph Roy 1:00 CHORALEERS 1:30 Bridge Club 2:30 BINGO 3:15 Coffee Hour 6:30 Movie Time	<b>21</b> 9:30 Non-Denom. Serv 11:00 Knit, Crochet, Looping 1:15 "Get Fit" 1:30 Wellness Clinic 2:30 Mah-Jongg 101 3:00 Happy Hour 6:30 BINGO	<b>22</b> 9:30 ROSARY 10:30 "GET FIT" 2:00 Orchards Coo 3:00 Rummikub 6:30 Movie Time 6:30 Setback
<b>26</b> 10:00 Mass/Communion 2:00 Ice Cream on a stick Social	<b>27</b> 10:30 "GET FIT" 1:00 Choraleers 1:30 Bridge Club 3:15 Coffee Hour/Mandalas 6:30 Movie Time 6:30 BINGO	<b>28</b> 9:30 Non-Denom. Service 11:00 Knit, Crochet, Looping 1:15 "GET FIT" 1:30 Wellness Clinic 2:30 BINGO 2:30 Mah-Jongg 101 3:00 Happy Hour 7:00 Genealogy Group	<b>29</b> 9:30 ROSARY 10:30 "GET FIT" 2:00 Resident Cour 3:00 Beltone Heari 3:00 Rummikub 6:30 Movie Time 6:30 Setback

# Monthly Happenings



	Thursday	Friday	Saturday
<b>HAPPY WINTER</b>	<p><b>2</b></p> <p><b>10:30 Knights of Columbus New Haven</b></p> <p>11:00 <b>BLOOD DRIVE</b></p> <p>1:15 "GET FIT"</p> <p>3:00 Happy Hour</p> <p>6:30 BINGO</p>	<p><b>3</b></p> <p><b>10:00 Stop &amp; Shop</b></p> <p>10:00 "Staying on Your Feet in the Ice &amp; Snow"</p> <p>1:45 BINGO</p> <p>2:00 Scrabble/Rummikub</p> <p>3:15 Coffee &amp; Mandalas</p> <p>6:30 Cordials/Trivia</p>	<p><b>4</b></p> <p>10:00 <b>NO</b> "GET FIT" Today</p> <p>11:00 ROSARY</p> <p>1:45 Movie Matinee</p> <p>3:00 Happy Hour</p> <p>3:15 Coffee Hour</p> <p>6:30 BINGO</p>
Luncheon Coffee Hour	<p><b>9</b></p> <p>10:30 Slots Ball w/Heidi</p> <p>1:15 "GET FIT"</p> <p>2:00 What's in the Bag?</p> <p>3:00 Happy Hour</p> <p>6:30 BINGO</p>	<p><b>10</b></p> <p><b>10:00 Stop &amp; Shop</b></p> <p>1:45 BINGO</p> <p>10:00 Health Presentation w/Sandy</p> <p>2:00 Scrabble/Rummikub</p> <p>6:30 Cordials/Trivia</p>	<p><b>11</b></p> <p>10:00 "GET FIT" Video</p> <p>11:00 ROSARY</p> <p>2:00 Accordion w/Dave</p> <p>3:00 Happy Hour</p> <p>3:15 Coffee Hour</p> <p>6:30 BINGO</p>
you y" Fun	<p><b>16</b></p> <p><b>10:30 Cracker Barrel</b></p> <p>1:15 "GET FIT"</p> <p>3:00 Happy Hour</p> <p>6:30 BINGO</p>	<p><b>17</b></p> <p><b>10:00 Stop &amp; Shop</b></p> <p>1:45 BINGO</p> <p>2:00 Scrabble/Rummikub</p> <p>3:30 Noodle/Balloon VBall</p> <p>6:30 Cordial/Trivia</p>	<p><b>18</b></p> <p>10:00 "GET FIT" w/Video</p> <p>11:00 ROSARY</p> <p>1:45 <b>NO MOVIE TODAY</b></p> <p>3:00 Happy Hour</p> <p>3:15 Coffee Hour</p> <p>6:30 BINGO</p>
ks	<p><b>23</b> <b>EYE CARE MONTH</b></p> <p>1:15 "GET FIT"</p> <p>2:00 Ophthalmologist, Dr. Bezahler</p> <p>3:00 Happy Hour</p> <p>6:30 BINGO</p>	<p><b>24</b></p> <p><b>10:00 Stop &amp; Shop</b></p> <p>12:00 Book Club Luncheon</p> <p>1:45 BINGO</p> <p>2:00 Scrabble/Rummikub</p> <p>3:15 Coffee &amp; Crosswords</p> <p>6:30 Cordial/Trivia</p>	<p><b>25</b></p> <p>10:00 "GET FIT" w/ Video</p> <p>11:00 ROSARY</p> <p>1:15 Movie Matinee</p> <p>3:00 Happy Hour</p> <p>3:15 Coffee Hour</p> <p>6:30 BINGO</p>
ncil Meeting ng Clinic	<p><b>30</b></p> <p>10:30 Slots Ball w/Heidi</p> <p>12:30 Sunshine Committee</p> <p>1:15 "GET FIT"</p> <p>2:00 January Birthday Party w/Ashly Cruz</p> <p>3:00 Happy Hour</p> <p>6:30 BINGO</p>	<p><b>31</b></p> <p><b>10:00 Stop &amp; Shop</b></p> <p>1:45 BINGO</p> <p>2:00 Scrabble/Rummikub</p> <p>6:30 Cordial/Trivia</p>	<p><b>Calendar subject to change</b></p>

# The Orchards at Southington



Connect to healthier.™

34 Hobart St., Southington, CT 06489  
860-628-5656 - [southingtonorchards.org](http://southingtonorchards.org)

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Community Room on the second floor is a refreshing sight with new chairs, window coverings and fresh paint. Ongoing renovations and remodeling will continue with the interior and exterior of the building.

The Orchards at Southington reached its highest resident census in 2019 - a true testament to the continuous exceptional service and quality of care The Orchards staff provides to our residents. From our entire Orchards staff: May the new year bless you and your families with health, peace and happiness.

## Staying on Your Feet in the Ice and Snow

Avoiding slips and falls isn't always easy especially in the winter. However, there are a few basic strategies to prevent falls and reduce injury if a fall occurs. A free program, "Staying on Your Feet on the Ice and Snow," will be held Friday, Jan. 3, 10 a.m., at The Orchards. Presenter will be Christine Solimini-Swift, exercise physiologist from GoodLife Fitness.

Seating is limited and registration is required. To RSVP, call The Orchards, 860.628.5656.

## The Orchards at Southington



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For more information, call  
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