

October 2019/Vol. 5, No. 10

By Carol Volpe, Activities Director

It's the good life at The Orchards for people... and pets

Beatrice M. always had dogs – she enjoys the companionship and the shared love, not to mention the laughs. When it came time for her to consider assisted living, being able to take her smallest dog was one of her top criteria.

The Orchards at Southington became her top choice and she made the move here in September 2017. “I came here because I could bring her,” she said as she stroked Nina, her two-pound Teacup Yorkie, who wagged her tiny tail at every person who walked by.

“Everyone knows Nina and wants to take photos because she is so cute,” explained Mrs. M., who often puts the pooch in a basket on her walker. “She’s a celebrity.” The dog is also easily recognizable with her hot pink collar and, in the cooler weather, by her variety of beautiful sweaters that her owner knitted.

Nina is not alone at The Orchards at Southington; she has other canine friends she greets nose to nose. Her buddies include Zoe, a Shih Tzu-Bichon Frise mix; Ella, a Shih-Tzu-Maltese mix; and Casey, a Yorkie. There are also several cats that live at The Orchards but there has been no word on if the cats and dogs have met.

LeaAnn Blanchard, executive director, said she understands that animals are like family. “We don’t want our residents to have to leave their cat or dog behind when they come to The Orchards,” she said. Having a pet is also a way for new and present residents to start conversations and build friendships.

An additional benefit is that a dog keeps owners active. The Orchards has walking paths and a nature area where pet owners like to walk.

Barbara Daley, Mrs. M.’s aide, said Nina may be small but she is mighty,



Antoinette Ouellette, retirement counselor, greets resident Beatrice M. and her dog Nina, a Teacup Yorkie. Connecticut Dog magazine will be publishing an article featuring The Orchards at Southington, a dog-friendly community.



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OCTOBER 2019

Month

Sunday	Monday	Tuesday	Wednesday
<p><i>*Check the daily for activity locations*</i></p>		<p>1</p> <p>9:30 Non-Denom. Service 10:30 TJ Max & \$\$Store 11:00 Knit,Crochet,Looping 1:15 "GET FIT" 1:30 Wellness Clinic 3:00 Happy Hour 6:30 BINGO</p>	<p>2</p> <p>9:30 ROSARY 10:30 "GET FIT" 2:00 Noodle/Balloon 3:00 Rummikub 6:30 Movie Time 6:30 Setback</p>
<p>6</p> <p>10:00 Mass/Communion 2:00 Ice Cream Social</p>	<p>7</p> <p>10:30 "GET FIT" 1:00 CHORALEERS 1:30 Bridge Club 1:30 Mah-Jongg 101 2:30 BINGO 3:15 Coffee Hour 6:30 Movie Time</p>	<p>8</p> <p>9:30 Non-Denom.Serv. 11-1 Leslie Jewelry 11:00 Knit,Crochet,Looping 1:15 "Get Fit" 1:30 Wellness Clinic 3:00 Happy Hour 6:30 BINGO</p>	<p>9</p> <p>9:30 ROSARY 10:30 "GET FIT" 12:00 Men's Group L 2:00 Fall Craft pair 3:00 Rummikub 3:30 Veterans Coff 6:30 Movie Time 6:30 Set Back</p>
<p>13</p> <p>10:00 Mass/Communion 2:00 Music w/Don</p>	<p>14</p> <p>10:30 "GET FIT" 1:00 CHORALERS 1:30 Bridge Club 1:30 Mah-Jongg 101 2:30 BINGO 3:15 Coffee/Crosswords w/Heidi 6:30 Movie Time</p>	<p>15</p> <p>9:30 Non-Denom.Serv. 10:30 Lyman Orchard & Lunch at Guida's 11:00 Knit,Crochet,Looping 1:15 "Get Fit" 1:30 Wellness Clinic 3:00 Happy Hour 6:30 BINGO</p>	<p>16</p> <p>9:30 ROSARY 10:30 "GET FIT" 2:00 Orchard's Coo 3:00 Rummikub 6:30 Movie Time 6:30 Set Back</p>
<p>20</p> <p>10:00 Mass/Communion 2:00 Ice Cream floats Social</p>	<p>21</p> <p>10:30 "GET FIT" 1:00 CHORALEERS 1:30 Bridge Club 1:30 Mah-Jongg 101 3:15 Coffee Hour 6:30 BINGO 6:30 Movie Time</p>	<p>22</p> <p>9:30 Non-Denom.Serv 11:00 Knit,Crochet,Looping 1:15 "Get Fit" 1:30 Wellness Clinic 1:45 Food Talk 2:30 BINGO 3:00 Happy Hour 7:00 Genealogy Society</p>	<p>23</p> <p>9:30 ROSARY 10:30 "GET FIT" 1:30 Painting w/Par 2:15 Resident/Staf Meeting 3:00 Rummikub 6:30 Southington A Council 6:30 Movie Time 6:30 Set Back</p>
<p>27</p> <p>10:00 Mass/Communion 2:00 Ice Cream Social</p>	<p>28</p> <p>10:30 "GET FIT" 1:00 Choraleers 1:30 Bridge Club 1:30 Mah-Jongg 101 2:30 BINGO 3:15 Coffee Hour/Mandalas 6:30 Movie Time</p>	<p>29</p> <p>9:30 Non-Denom.Service 11:00 Knit,Crochet, Looping 1:15 "GET FIT" 1:30 Wellness Clinic 2:00 Legends of New England w/Roger 2:00 Happy Hour 6:30 BINGO</p>	<p>30</p> <p>9:30 ROSARY 10:30 "GET FIT" 3:00 Rummikub 6:30 Orchards Hall w/Jose</p>



Monthly Happenings



	Thursday	Friday	
h Volleyball	3 10:30 Slots Ball 1:15 "GET FIT" 2:00 Famous Faces Game 3:00 Happy Hour 6:30 BINGO	4 10:00 Stop & Shop 1:45 BINGO 2:00 Scrabble/Rummikub 3:15 Coffee & Mandalas 6:30 Cordials/Trivia	5 10:00 "GET FIT" Video 11:00 ROSARY 1:45 Halloween Movie Matinee 3:00 Happy Hour 3:15 Coffee Hour 6:30 BINGO
Luncheon painting pumpkins ee Hour	10 10:30 Slots Ball w/Heidi 1:15 "GET FIT" 2:00 Octoberfest w/ Accordion Dave 3:00 Happy Hour 6:30 BINGO	11 10:00 Stop & Shop 1:45 BINGO 2:00 Mazzicafé Ital Bakery 2:00 Scrabble/Rummikub 6:30 Cordials/Trivia	12 10:00 "GET FIT" Video 11:00 ROSARY 1:45 Halloween Movie Matinee 3:00 Happy Hour 3:15 Coffee Hour 6:30 BINGO
ks	17 10:30 Slots Ball w/Heidi 1:15 "GET FIT" 2:00 October Birthday Party w/Paul 3:00 Happy Hour 6:30 BINGO	18 10:00 Stop & Shop 10:00 Health Presentation w/ Sandy 1:45 BINGO 2:00 Scrabble/Rummikub 3:30 Noodle/Balloon VBall 6:30 Cordial/Trivia	19 10:00 "GET FIT" w/Video 11:00 ROSARY 1:45 Halloween Movie Matinee 3:00 Happy Hour 3:15 Coffee Hour 6:30 BINGO
ul f Council Arts & Craft	24 10:30 Leaf Peeping & Lunch 1:15 "GET FIT" 2:00 Music w/Mick 3:00 Happy Hour 6:30 BINGO	25 10:00 Stop & Shop 12:00 Book Club Luncheon 1:45 BINGO 2:00 Scrabble/Rummikub 3:15 Coffee & Crosswords 6:30 Cordial/Trivia	26 10:00 "GET FIT" w/ Video 11:00 ROSARY 1:15 Halloween Movie Matinee 3:00 Happy Hour 3:15 Coffee Hour 6:30 BINGO
wween Party 	31 Happy Halloween 10:30 Slots Ball w/Heidi 11:00 Hang Man Game 12:30 Sunshine Committee 1:15 "GET FIT" 3:00 Happy hour 6:30 BINGO 	Calendar subject to change	

The Orchards at Southington

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always looking out for her owner. If Mrs. M. gets up at night, the little dog sounds an alert with her tiny bark. She also barks the alarm if someone knocks on the apartment door.

The Orchards also welcomes service dogs. “Having pets is another way the community promotes wellness, independence and the optimal quality of life,” LeaAnn remarked.

Residents welcome to health talks for wellness

In January 2019, The Orchards’ Wellness Director, Sandra Ingriselli, began a once-a-month health presentation for our residents. On the third Friday of each month, Sandra provides a knowledgeable and beneficial one-hour morning talk regarding a variety of health topics. From 10 to 11 a.m. using handouts, Power Point presentations and group discussions, she addresses many subject matters from common infections, heart health, diabetes, blood thinners and making healthy choices to name a few.

Sandra stated, “These informative presentations are well received and our residents are pleased to gain as much knowledge as they can regarding their health.” She encourages all residents to join her monthly discussions held in the Community Room. The next session will be Oct. 18.

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For more information, call
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