

March 2020/Vol. 6, No. 3

By Carol Volpe, Activities Director

The Orchards to offer Live Well series for those with chronic health problems



"It's Your Life...Live it Well"

Introduction to
Live Well

Monday, March 16
11 to 11:45 a.m.
Community Room

Life can be challenging for those who live with chronic diseases and conditions. For individuals who find that their health problems are interfering with their enjoyment of life, The Orchards at Southington is offering the Live Well with Chronic Pain program beginning in April.

The Live Well program can help people get back to being in charge of their own lives, rather than being captive to their ongoing health conditions. Those individuals living with diabetes, depression, heart disease, arthritis, pain and anxiety or caring for someone with an ongoing health problem are among those who may benefit from the Live Well program. Workshops may feature the topics of healthy eating, exercise, effective communication, problem solving, dealing with difficult emotions, pacing and planning each day, the Moving Easy Program, better breathing and setting goals.

This six-week workshop gives participants the practical tools to help develop self-management skills and the confidence to take control of chronic pain. Classes are designed to

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Valentine's Day wishes to all

A group of 20 residents created Valentine's Day decorations to spread good cheer. Each week, many regular activities, special seasonal events and out trips are offered to engage residents in art, music, exercise and learning. For more information on the latest activities, check the calendar and the dailies!



March

2020 Mon

Sunday	Monday	Tuesday	Wednesday
1 10:00 Mass/Communion 2:00 Ice Cream Social	2 10:30 "GET FIT" 1:00 Choraleers 1:30 Bridge Club 2:30 BINGO 2:30 Concentration Game 3:00 Scrabble 3:15 Coffee Hour 7:00 UCONN Women's Basketball	3 9:30 Non-Denom. Service 11:00 Knit,Crochet,Looping 1:15 "GET FIT" 1:30 Wellness Clinic 2:00 Crossword Concentration 3:00 Happy Hour 6:30 Choraleers Concert 6:30 No BINGO Tonight	4 9:30 ROSARY 10:30 "GET FIT" 10:30 Twister 12:15 Starplex M to be determined 3:00 Rummikub 6:30 Movie Time 6:30 Setback
8 Daylight Savings Time Begins 10:00 Mass/Communion 2:00 "Irish Guy" Kevin F.	9 10:30 "GET FIT" 1:30 WALMART 1:30 Leprechaun Hat Making 1:30 Bridge Club 1:30 Mah-Jongg 101 2:30 BINGO 3:00 Scrabble 3:15 Coffee Hour 6:30 Movie Time	10 9:30 Non-Denom. Service. 11:00 Knit,Crochet,Looping 1:15 "Get Fit" 1:30 Wellness Clinic 2:00 Ashley Cruz 3:00 Happy Hour 6:30 BINGO	11 9:30 ROSARY 10:30 "GET FIT" 12:00 Men's Group L 2:00 Acrylic Pour C 3:00 Rummikub 6:30 Movie Time 6:30 Setback
15 10:00 Mass/Communion 2:00 Spring Craft w/ Girl Scout Troop	16 10:30 "GET FIT" 11:00 "LIVE WELL" Presentation 1:30 Bridge Club 1:30 Mah-Jongg 101 1:45 Food Talk w/Lou 2:30 BINGO 3:15 Coffee/Crosswords w/Heidi 6:30 Movie Time	17 St. Patrick's Day 9:30 Non-Denom. Service. 11:00 Knit,Crochet,Looping 1:15 "Get Fit" 1:30 Wellness Clinic 2:00 St. Pat's Trivia 3:00 St. Patrick's Day Happy Hour 6:30 BINGO	18 9:30 ROSARY 10:30 "GET FIT" 2:00 Music w/ Jon 3:00 Rummikub 6:30 Movie Time 6:30 Setback
22 10:00 Mass/Communion 2:00 Ice Cream Social	23 10:30 "GET FIT" 1:30 Catch Phrase 1:30 Bridge Club 1:30 Mah-Jongg 101 2:30 "A Man Called Ove" 3:15 Coffee Hour 6:30 BINGO	24 9:30 Non-Denom. Service 11:00 Knit,Crochet,Looping 1:15 "Get Fit" 1:30 Wellness Clinic 1:45 CT Hist. Society 2:30 BINGO 3:00 Happy Hour 7:00 Genealogy Society	25 9:30 ROSARY 10:30 "GET FIT" 1:30 Veteran's Cof 3:00 Resident Cour 3:00 Beltone Heari 6:30 Southington A Council 6:30 Setback
29 10:00 Mass/Communion 2:30 Carl P. and his rescue dog Pheobe	30 10:00 Dollar General 10:30 "GET FIT" 1:30 Bridge Club 1:30 Mah-Jongg 101 2:00 Round Robin Story 2:30 BINGO 3:00 Scrabble 6:30 Movie Time	31 9:30 Non-Denom. Service 11:00 Knit, Crochet, Looping 1:15 "GET FIT" 1:30 Wellness Clinic 1:45 Orchards Cooks 2:30 BINGO 3:00 Happy Hour 3:00 Would You Rather?	*Ch act

Monthly Happenings



	Thursday	Friday	Saturday
Movie -	5 10:30 Slots Ball w/Heidi 1-6 BLOOD DRIVE 1:15 "GET FIT" 2:00 Noodle/Balloon Ball 3:00 Happy Hour 6:00 Southington High School "All Shook Up" 6:30 BINGO	6 10:00 Stop & Shop 1:45 BINGO 2:00 Scrabble/Rummikub 3:00 What's in the Bag? 3:15 Coffee & Mandalas 6:30 Cordials/Trivia	7 10:00 "GET FIT" Video 11:00 ROSARY 1:45 Movie Matinee 3:00 Happy Hour 3:15 Coffee Hour 6:30 BINGO
Lunch Canvas Craft	12 10:30 Slots Ball w/Heidi 1:15 "GET FIT" 2:00 Mick Iarusso 3:00 Happy Hour 3:00 Mahjong 3:15 Noodle/Balloon Ball 6:30 BINGO	13 10:00 Stop & Shop 10:00 Health Tips w/Sandy 1:45 BINGO 2:00 Scrabble/Rummikub 3:15 Coffee Hour 6:30 Cordials/Trivia	14 10:00 No "GET FIT" Video 11:00 ROSARY 1:15 No Movie Matinee 3:00 Happy Hour 3:15 Coffee Hour 6:30 BINGO Veranda DR
Condie	19 10:30 Book Club Breakfast 1:15 "GET FIT" 1:45 Broadway Musical - 42nd Street 3:00 Happy Hour 3:00 Crossword Connection 6:30 BINGO	20 First Day of Spring 10:00 Stop & Shop 10:00 "Let's Go To The Beach" 1:45 BINGO 2:00 Scrabble/Rummikub 3:00 Noodle/Balloon Ball 6:30 Cordial/Trivia	21 10:00 "GET FIT" Video 11:00 Rosary 1:45 Movie Matinee 3:00 Happy Hour 3:15 Coffee Hour 6:30 BINGO
Fee Hour Council Meeting ing Arts & Craft	26 10:30 Slots Ball w/ Heidi 12:30 Sunshine Committee 1:15 "GET FIT" 2:00 March Birthday Party w/Elaine Cerullo 3:00 Happy Hour 6:30 BINGO.	27 10:00 Stop & Shop 1:45 BINGO 2:00 Scrabble/Rummikub 3:00 What's in the Bag? 3:15 Coffee & Crosswords 6:30 Cordial/Trivia	28 10:00 "GET FIT" Video 11:00 ROSARY 1:45 Movie Matinee 3:00 Happy Hour 3:15 Coffee Hour 6:30 BINGO

Check the daily for
activity locations*

*Calendar subject
to change*



The Orchards at Southington

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complement the individual's current treatment and encourage active participation in a supportive environment to build confidence in self-management to live a more fulfilling life.

The free Live Well series will be introduced on Monday, March 16, 11 to 11:45 a.m. in the Community Room. The program will be held Mondays, April 6, 13, 20, 27 and May 4 and 11, 1 to 3 p.m., in the Community Room. Participants are encouraged to attend all sessions to best benefit from the program.

Presenters will be Amina Weiland, CDP, CDCP, resource coordinator, of Hartford HealthCare Center for Healthy Aging, and Anisha Rao, MPP, volunteer community health educator for North Central Area Agency on Aging. "This course will give participants a chance to explore topics such as healthy eating, planning and relaxation techniques - all tools and strategies to help develop self-management skills to manage chronic pain," Weiland said.

Hartford HealthCare Center for Healthy Aging and The Orchards at Southington are sponsoring the program. The Live Well series is open to the public. Residents who are interested in registering can RSVP to Carol Volpe.



The Orchards at Southington

For more information, call
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