## September 2019

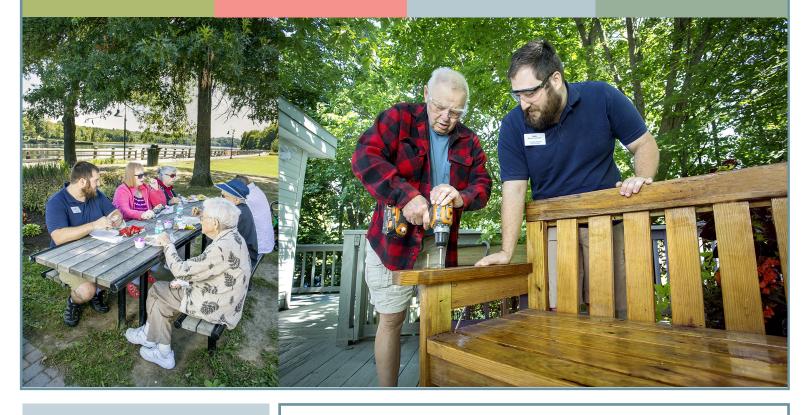
## Arbor Terrace New Communities Connecting people & possibilities

## Connections

Our unique approach to activity programming for seniors focuses on four elements: Community Connections, Farm to Table, Art Connections, and Wellness Connections. **Connections** integrates these elements with social events, local community events, and the unique hobbies and interests of each individual to create a highly customizable lifestyle program for seniors.

Farm to Table activities focused on local farms, gardening, and cooking Art Connections activities focused on exploring the arts

Community Connections highlighting activities in the community Wellness Connections activities focused on health and wellbeing



## Visit Us!

Join us for a FREE community event each month.

Fall Festival Join us for our Fall Festival with games and fair food! Thursday, September 12th 4:00pm—6:00pm At Arbor Terrace, community begins with a compassionate and professional team who learn about you and your interests, and connect you to social, recreational, and educational activities. To learn more, visit Arbor Terrace for a tour, join us for a meal, and enjoy an activity.

> To schedule a visit, contact: Kimberly Costa, Administrator (207) 582-1878 | kcosta@newcomms.org arborterraceme.org

Ar	bor Terra	ace Coni	nections	Septer	nber 20	19
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1-Puzzlers 2-Card Games 6-Movie Night: Get Smart	2 Labor Day 1-Tell-Us-About -Your-Job Wall 2– Community Flag Painting	3 1-Hangman <u>Wellness</u> <u>Connections</u> 2-Agelees Experience-Ride the Himalayas <u>Wellness</u> <u>Connections</u> 3-Walk N' Roll	4 1-Board Games <u>Farm to Table</u> 2– Creative Cooking: Chicken and Waffles– Breakfast and dinner combine into one delicious treat	5 1-AT Store 2-Bingo	6 <u>Community</u> <u>Connections</u> 11-Litchfield Fair 2-Book Club	7 <u>Connections</u> 10-Barks in the Park <u>Wellness</u> <u>Connections</u> 2:30– Cider Social 5– Lawrence Welk
NATIONAL ASSISTED LIVING WEEK-A SPARK OF CREATIVITY						
8	9	10	11	12	13	14
1-Puzzlers 2-Card Games 6-Movie Night: The Princess and the Frog	Farm to Table 11:30-Cookout on Patio <u>Art Connections</u> 1-Tie Dye 2-Music with Mike 2- Coffee Bar: Let our staff be your barista and make you the best cup of joe you've ever had	Farm to Table 1-Creative Cooking: Walking Tacos 2– Mission Impossible <u>Wellness</u> <u>Connections</u> 3-Walk N' Roll	Art Connections 1-Brush It Off: Self Portraits 2:00– Hand Posters: Tell us the story of your hands	1-AT Store 2-Bingo <u>Community</u> <u>Connections</u> 4-Fall Festival: Come to the parking lot for Arbor Terrace's own carnival	Community Connections 11-Lunch at KFC Art Connections 1-String Art 2-Book Club	Community Connections 10 Folk Festival at Wolfe's Neck <u>Wellness</u> Connections 2:30– Cider Social 5– Lawrence Welk
15	16	17	18	19	20	21
1-Puzzlers 2-Card Games 6-Movie Night: Space Cowboys	Farm to Table 11:30-Cookout on Patio 1-Uno <u>Art Connections</u> 2-Autumn Wreaths: We can't leaf our home undecorated!	Art Connections 1–Craft Corner: Swiss Dot Flowers <u>Wellness</u> <u>Connections</u> 2-Armchair Travel: Switzerland 3-Walk N' Roll	WellnessConnections1-HorseshoesArt Connections2-Woodn't You?Woodworkers:Log centerpiecesCommunityConnections3-Apple Picking	1-AT Store 2-Bingo	Community Connections 10- Commonground Fair 2-Book Club	Wellness Connections 2:30– Cider Social 5– Lawrence Welk
22 1-Puzzlers 2-Card Games 6-Movie Night: The Man Who Knew Too Little	23 <u>Farm to Table</u> 11:30-Cookout on Patio 1-Checkers <u>Wellness</u> <u>Connections</u> 2-Day of Sign Languages: Come learn how to speak with you hands	24 <u>Farm to Table</u> 1-Creative Cooking: Breakfast Braid <u>Wellness</u> <u>Connections</u> 2-Chair Football 3-Walk N' Roll	25 <u>Farm to Table</u> 1-Aromatherapy <u>Wellness</u> <u>Connections</u> 2-Science With Seniors: Gemstone Geology Dig	26 1-AT Store 2-Bingo	27 <u>Community</u> <u>Connections</u> 1-Shopping at Reny's 2-Book Club	28 <u>Connections</u> 10-WW&F Railway Train Ride <u>Wellness</u> <u>Connections</u> 2:30– Cider Social 5– Lawrence Welk
29 1-Puzzlers 2-Card Games 6-Movie Night:: Cloud Atlas	30 <u>Farm to Table</u> 11:30-Cookout on Patio 1– Resident Council+ <u>Connections</u> 2-Carriage Rides	Morning Stretch– Monday-Friday 9:00am Current Events– Everyday 10:00am Birthdays- Rowena– September 1st Bobby-September 16th				