



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

Arbor Terrace Connections September 2019

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- <u>Hangman Wellness Connections</u> 2- <u>Ageless Experience-Ride the Himalayas Wellness Connections</u> 3-Walk N' Roll	4 1- <u>Board Games 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 Connections</u> 11-Litchfield Fair 2-Book Club	7 <u>Community Connections</u> 10-Barks in the Park <u>Wellness Connections</u> 2:30- Cider Social 5- Lawrence Welk
NATIONAL ASSISTED LIVING WEEK-A SPARK OF CREATIVITY						
8 1-Puzzlers 2-Card Games 6-Movie Night: The Princess and the Frog	9 <u>Farm to Table</u> 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	10 <u>Farm to Table</u> 1-Creative Cooking: Walking Tacos 2- Mission Impossible <u>Wellness Connections</u> 3-Walk N' Roll	11 <u>Art Connections</u> 1-Brush It Off: Self Portraits 2:00- Hand Posters: Tell us the story of your hands	12 1-AT Store 2-Bingo <u>Community Connections</u> 4-Fall Festival: Come to the parking lot for Arbor Terrace's own carnival	13 <u>Community Connections</u> 11-Lunch at KFC <u>Art Connections</u> 1-String Art 2-Book Club	14 <u>Community Connections</u> 10 Folk Festival at Wolfe's Neck <u>Wellness Connections</u> 2:30- Cider Social 5- Lawrence Welk
15 1-Puzzlers 2-Card Games 6-Movie Night: Space Cowboys	16 <u>Farm to Table</u> 11:30-Cookout on Patio 1-Uno <u>Art Connections</u> 2-Autumn Wreaths: We can't leaf our home undecorated!	17 <u>Art Connections</u> 1-Craft Corner: Swiss Dot Flowers <u>Wellness Connections</u> 2-Armchair Travel: Switzerland 3-Walk N' Roll	18 <u>Wellness Connections</u> 1-Horseshoes <u>Art Connections</u> 2-Woodn't You? Woodworkers: Log centerpieces <u>Community Connections</u> 3-Apple Picking	19 1-AT Store 2-Bingo	20 <u>Community Connections</u> 10- Commonground Fair 2-Book Club	21 <u>Wellness Connections</u> 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 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 Connections</u> 2-Chair Football 3-Walk N' Roll	25 <u>Farm to Table</u> 1-Aromatherapy <u>Wellness Connections</u> 2-Science With Seniors: Gemstone Geology Dig	26 1-AT Store 2-Bingo	27 <u>Community Connections</u> 1-Shopping at Reny's 2-Book Club	28 <u>Community Connections</u> 10-WW&F Railway Train Ride <u>Wellness 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>Community Connections</u> 2-Carriage Rides	Morning Stretch- Monday-Friday 9:00am Current Events- Everyday 10:00am Birthdays- Rowena- September 1st Bobby-September 16th				