



# 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



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  
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[arborterraceme.org](http://arborterraceme.org)



# Arbor Terrace Connections October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Oktoberfest Week						
Morning Stretch– Monday-Friday 9:00am  Current Events– Everyday 10:00am  Birthdays- Bill-Oct. 7th Alfreda-Oct 7th Diana-Oct 18th Pam-Oct 19th		1 1- Hangman  <u>Wellness Connections</u> 2-Armchair Travel: Germany  <u>Wellness Connections</u> 3-Walk N’ Roll	2 <u>Art Connections</u> 1-Alpenhorn Music  <u>Farm to Table</u> 2-Creative Cooking: Mini Apple Pies	3 <u>Community Connections</u> 11:30 Bavarian Luncheon  1-AT Store 2-Bingo	4 9– Polka-cise  <u>Art Connections</u> 1-Craft Corner: Bavarian Hats 2-Book Club 2:30– Beer Flights	5 <u>Community Connections</u> 1:30– Juggling Show outing  <u>Wellness Connections</u> 2:30– Cider Social  5– Lawrence Welk
6 1-Puzzlers 2-Card Games 6-Movie Night::	7 <u>Art Connections</u> 1– Sew What? Yarn Crafts 2-Music with Mike	8 <u>Wellness Connections</u> 9-Tai Chi 1-Bio in a Bag- Leif Erikson Day  <u>Wellness Connections</u> 2-Kubb– A Viking lawn game 3-Walk N’ Roll	9 <u>Art Connections</u> 1-Brush It Off:- Starry Oak Tree  2-Trivia	10 1-AT Store 2-Bingo	11 <u>Community Connections</u> 1-Fall Foliage Drive and Picnic  2-Book Club	12 <u>Wellness Connections</u> 2:30– Cider Social  5– Lawrence Welk
13 <u>Community Connections</u> 9– Pumpkin Catapult and Slingshot at Round Top Farm  1-Puzzlers 2-Card Games 6-Movie Night:	14 <u>Community Connections</u> 9:30- Pumpkinboat Regatta  <u>Art Connections</u> 2-Country Music Hour	15 10-Haircuts  <u>Art Connections</u> 1–Craft Corner:  <u>Wellness Connections</u> 2-Bowling 3-Walk N’ Roll	16 <u>Wellness Connections</u> 1-Horseshoes  <u>Art Connections</u> 2-Woodn’t You? Woodworkers: Pumpkins	17 1-AT Store 2-Bingo  <u>Community Connections</u> 3-Fall Foliage Drive	18 <u>Wellness Connections</u> 1-Agelees Experience- Cave Diving  2-Book Club	19 <u>Wellness Connections</u> 2:30– Cider Social  5– Lawrence Welk
20 1-Puzzlers 2-Card Games 6-Movie Night::	21 1-Checkers  <u>Art Connections</u> 2-Brush it Off: Night Clouds	22 <u>Wellness Connections</u> 9-Tai Chi  <u>Farm to Table</u> 1-Italian Baked Eggs <u>Wellness Connections</u> 3-Walk N’ Roll	23 <u>Farm to Table</u> 10-Haircuts  <u>Wellness Connections</u> 2-Science With Seniors: Leaves are Changing	24 1-AT Store 2-Bingo	25 <u>Community Connections</u> 7– Breakfast at Hi Hat  <u>Wellness Connections</u> 1-Big Ideas  2-Book Club	26 <u>Wellness Connections</u> 2:30– Cider Social  5– Lawrence Welk
27 1-Puzzlers 2-Card Games 6-Movie Night::	28 <u>Community Connections</u> 1– Resident Council+ 2-Board Games	29 <u>Community Connections</u> 1-The Great Arbor Terrace Jack-O-Lantern Carving Contest  2-Pumpkin Spice White Hot Chocolate Social	30 <u>Farm to Table</u> 1-Creative Cooking- Spooky Eggs  <u>Community Connections</u> 2-Halloween Games	31 <u>Community Connections</u> 11:30- Halloween Buffet  1-AT Store 2-Bingo		