

November 2024 Arbors Moments



DONATE A BOOK

Our Annual Holiday Book Drive to benefit the students enrolled at Manchester Early Learning Center

BE A PART OF THIS INCREDIBLE
CONTRIBUTION OF LEARNING, GROWTH, AND
INSPIRATION FOR KIDS.

Books should be appropriate for children 4-8 years old and in new condition.

Our book drive will run from November 1 until December 12. Volunteers and staff will deliver the collection before the holidays.





November Birthdays

Residents:

Sandra Patarini Nov.1

Salvatore Saitta Nov. 9

Dorothy Corcoran Nov. 11

Mary Walker Nov. 14

Roy Behlke Nov. 20

Marlene Camper Nov. 29

Rhode Jones Nov. 30

Staff:

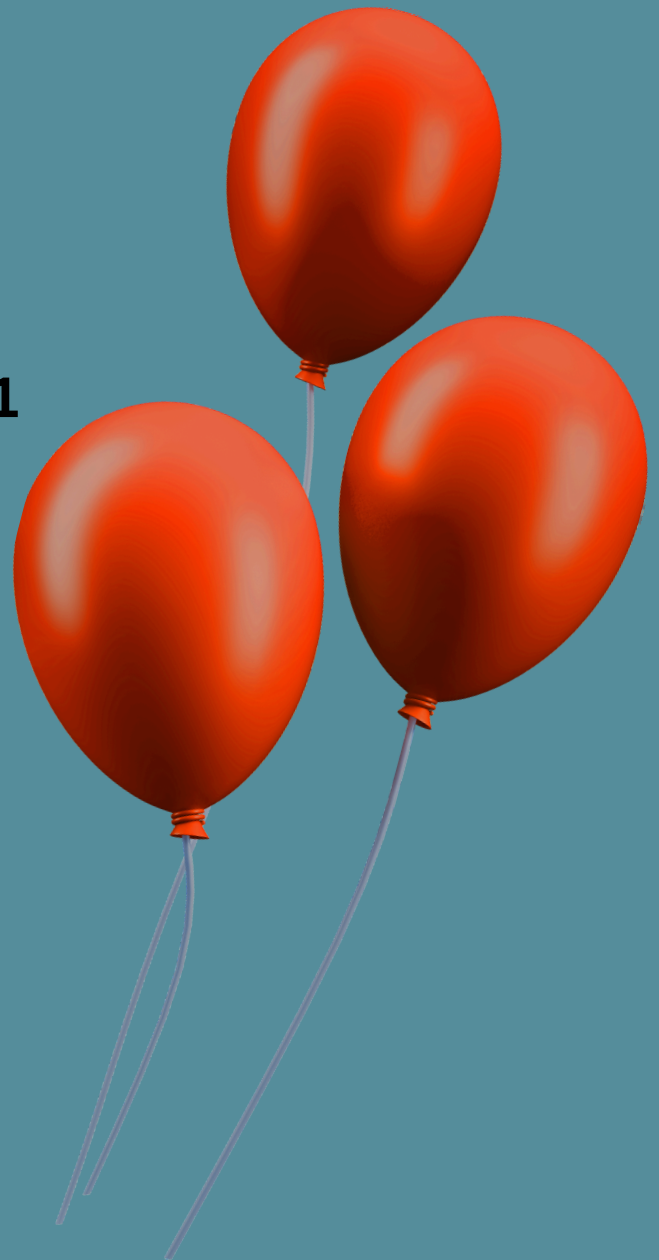
Thomas Harris Nov. 9

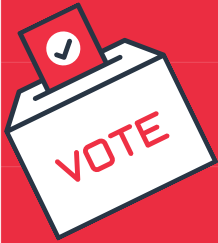
Mary Babcock Nov. 15

Christal Smith Nov. 21

Matt Richards Nov. 24

Lisa Rich Nov. 29





Election Day is Tuesday, November 5

We will be supplying transportation to the polls. Arbors residents vote at Verplanck School on Olcott Street. Registered voters please bring your identification with you. Sign up if you would like to use our transportation to vote on Election Day.



*Leaving from our Lobby
9:00 AM*

November Discovery Series

November 20, 2024

11:00 a.m. - Auditorium

Topic: "Fit, Flexible, and Fabulous"

Mandy Baniszewski, PT, DPT



Mandy has been a physical therapist for the past 4 years. She graduated from Sacred Heart University. She enjoys working with the geriatric population, especially those with neurological disorders. In her free time loves to discover new hiking trails with her husband and rescue dog, Tucker.



Red and Yellow Music

Tuesday November 5 at 7:00 PM

Auditorium

Dan Reilert and Debra Argosy make up the duo of Red and Yellow Music. Please help us welcome them back to Arbors.



EMMY LOU'S GIFT SHOP AND RIVER BEND BOOK STORE

Leaving from the Lobby

Wednesday November 6 at 1:00 PM

**BOTH AWARD-WINNING STORES ARE
LOCATED IN THE CENTER OF
GLASTONBURY. SIGN UP AND HOP
ON OUR BUS!**

LUNCH AT GEORGINA'S

Wednesday November 13 at 11:30 AM

**GEORGINA'S HAS AN
EXTENSIVE LUNCH MENU AND
IS VERY SENIOR FRIENDLY.
THEY ARE ALWAYS DECORATED
FOR THE HOLIDAYS TOO. SIGN
UP AND JOIN US FOR LUNCH.**

Leaving from the Lobby



Veteran's Day Gathering with Music

Monday November 11 at 1:30 PM

Join us on Veteran's Day to honor our veterans. The pageantry and musicality of the Valley Shore Acapella Choir will surely impress you. Dress is your best red, white, and blue to show your spirit.





Auditorium








HOLIDAY BOOK SALE AND POP UP SHOP

We will have books available for purchase for you to donate to our holiday book drive. All books will be delivered to Manchester Early Learning Center.



10 a.m. - 2 p.m.
Nov. 15th
Arbors Lobby

Cash Only
Please plan accordingly



THERE WILL ALSO BE SOME GREAT STOCKING STUFFERS, SWEETS AND HOLIDAY CARDS FOR SALE.

Recital of Harp and Piano

Sunday November 24 at 4:00 PM

Auditorium



Harpist Debbie Vinick is having her student recital here at Arbors. Our auditorium has plenty of room for residents, her performing students and their family members. Come and be their audience! Let's give these students of harp and piano a warm Arbors welcome!



SHOP AT SAVERS

Wednesday November 27 at 10:30 AM

Leaving from the Lobby

**SAVERS IS A HUGE
CONSIGNMENT SHOP
NEAR THE BUCKLAND
MALL. THEY HAVE A
LITTLE OF EVERYTHING!**

Happy Thanksgiving !

Meal of the Day

Thursday November 28 at 12:30 PM



**Thanksgiving will have
one meal at 12:30 p.m.
in the Dining Room.
Tray service delivery
starts
at 11:30 a.m.**

**Please make reservations with Gina or Meghan
if you are inviting guests.**





Rx for Stress: Increase Your Laughter Quota

Come to Scattergories and Brainteasers Every Friday at 10:30 a.m. in the Auditorium.

You will most definitely laugh! We always have fun playing word games, writing quick little stories, playing Scattergories.

According to the Mayo Clinic:

A good sense of humor can't cure all ailments, but data is mounting about the positive things laughter can do.

Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body.

Laughter Can....

- **Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.**
- **Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.**
- **Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.**
- **Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease. Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.**

REAGAN- THE MOVIE

Wednesday November 27 at 1:00 PM

Auditorium

DENNIS QUAID STARS AS PRESIDENT
RONALD REAGAN. COME TO OUR
AUDITORIUM TO WATCH IT TOGETHER.
WE HEAR ITS A GREAT FILM.