



# Arbors Moments February 2025



WELCOME

*February*



Goodbye January, hello February!  
May your days be sweet.





## February Birthdays

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- Regina Comella Feb. 2
  - Mary Spinetti Feb. 2
  - Ann Prytko Feb. 5
  - Joseph LaPointe Feb. 9
  - Annemarie Thompson Feb. 15
  - William Bouldin Feb. 17
  - Patricia Kelly Feb. 17



## **“Coloring for Relaxation”**

**Every Friday , 2:00 - 3:00 p.m. in the Gathering Center**

**Materials are supplied by the Arbors Activities Department.**



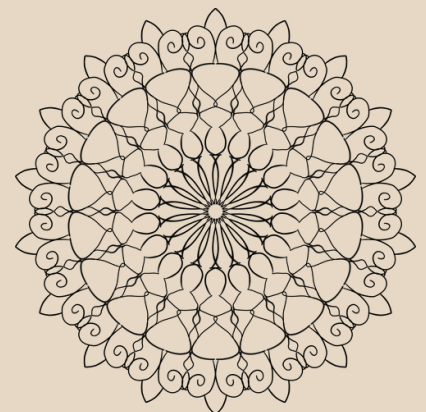
### What are the proven benefits of coloring?

Coloring can be a relaxing activity that can help reduce stress and anxiety. It can also improve focus, sleep, and motor skills.

- Reduces stress: Coloring can calm the brain and help you relax. It can also reduce feelings of depression and anxiety.
- Improves focus: Coloring requires you to focus on the present moment, which can help you be more mindful.
- Improves sleep: Coloring can help you relax before bed, which can improve your sleep.
- Improves motor skills and vision: Coloring engages the cerebral cortex, which controls vision and fine motor skills.
- Helps you organize your thoughts: Coloring can help you organize your thoughts and solve problems.
- Embraces imperfection: Coloring is a noncompetitive activity, so there's no pressure to finish quickly or "level up".

### How Coloring Works

- Coloring can relax the amygdala, which is the part of the brain that controls the fear and stress response.
- Coloring can induce a state similar to meditation, which can reduce restless thoughts.
- Coloring can open up the frontal lobe, which controls organizing and problem solving.







# Morning Stretch



Mondays  
Wednesdays  
Fridays

9:30 AM

Stretch  
Tone  
Strengthen

All from a chair



**Class is lead by Laurie Robinson.  
Light hand weights are provided, but not  
necessary.**

**Join us, there is room:)**

# Community Opportunities

Feb. 3 at 2:15 p.m.- Holy Mass with Father Ed Moran- Aud.

Feb. 5 at 10:30 a.m.- Shop at Kohl's

Feb. 5 at 1:30 p.m. -Dr. Steve Sobol will speak about Joy, Happiness and Humor- Aud.

Feb. 12 at 10:30 a.m.-Shop at Uptown Consignments and The Perfect Piece

Feb. 12 at 2:00 p.m. -Coloring with Lisa- Group coloring with guided instruction from staff- Gathering Center

Feb. 13 at 7:00 p.m.- Vocalist Melissa Paul sings love songs- Aud.

Feb. 19 at 10:30 a.m.- Mystery Drive

Feb. 19 at 1:30 p.m.- Historical Lecture by the Museum of Culture and History- Aud.

Feb. 24 at 1:00 p.m. -Birthday Social- Dining Room

Feb. 26 at 11:00 a.m.- Lunch Out at Rein's Deli

Feb. 26 at 1:30 p.m.- Pastor Joyce Crutchfield leads a Protestant Service. All are welcome- Aud.

Feb. 27 at 7:00 p.m.- Concert Pianist Nathaniel Baker- Aud.

## **Just some of our Ongoing Activities....**

Mon., Wed., and Fridays at 9:30 a.m.- **Morning Stretch**- Aud.

Tuesdays at 9:30 a.m.- **Gentle Yoga with Noreen**- Aud.

Tuesdays at 2:00 p.m.- Dining Room- **BINGO with Henri**. Prizes provided.

Wednesdays and Fridays at 4:00 p.m.- **Social Hour** -

Wine, beer, snacks and an opportunity to socialize and relax before dinner service.

Fridays at 10:30 a.m.- **Brainteasers and Scattergories**- Fun word games, trivia and writing exercises for good brain health- Aud.



# Celebrate Joy, Happiness, and Humor with Dr. Steve Sobol

Wednesday February 5 at 1:30 PM

**Auditorium**

Dr. Steve Sobol is a motivational speaker, humorist and author. Won't you join us for this uplifting presentation?

## First Responder Breakfast

Each year on Valentine's Day we honor our First Responders with a hot, grab and go breakfast. We love our ambulance crews, police and fire departments! The breakfast is a small token of our appreciation and admiration. We are currently looking for volunteers to help us serve egg sandwiches and coffee on

Feb. 14 from 7:00 a.m. to 10:00 a.m.

Phone Laurie Robinson if you are interested in volunteering for an hour during that span.

Friday February 14 at 7:00 AM

Lobby

## Religious Opportunity

Wednesday February 26 at 1:30 PM

**Auditorium**

Pastor Joyce Crutchfield from Center Congregational Church will be leading a monthly Protestant service here on the last Wednesday of each month. The service begins promptly at 1:30.

All are welcome!





# Vocalist Melissa Paul

Thursday February 13 at 7:00 PM

Auditorium

Melissa Paul has a powerful voice! She has a strong jazz foundation, but can also cover pop, blues, classical, and musical theatre genres. On Feb. 13 she will sing many recognizable love songs in honor of Valentine's Day. Did I mention that she is Henri Paul's daughter?





**Concert Pianist Nathaniel Baker**

**Thursday February 27 at 7:00 PM**

**Auditorium**

**Nathaniel Baker is an exceptional musician. He performs all over the globe! Won't you help us give him a warm Arbors welcome? Invite your family and friends.**

