



860.467.0948
403 West Center Street, Manchester, CT 06040
www.arborsct.com



Arbors Events

<u>SEPTEMBER 10</u>	Grandparents day
<u>SEPTEMBER 11 AT 7:00 P.M.</u>	Angela Lansbury tribute
<u>SEPTEMBER 13 AT 10:30 A.M.</u>	Horticulture Therapy with Eric Eleveld
<u>SEPTEMBER 14 AT 7:00 P.M.</u>	The Armentano Duo will have us swaying and dancing!
<u>SEPTEMBER 20 AT 8:30 AM - 12:00 P.M.</u>	Our Health Fair with wellness providers, raffles, refreshments, and valuable information on how to access services.
<u>SEPTEMBER 27 AT 1:30 P.M.</u>	The Red and Yellow Music duo of Dan Reilert and Debra Argosy. A wonderful matinee concert.

Arbors Trips

<u>Wednesday, September 6 11:15 a.m.</u>	Picnic and Wine Tasting at Heartstone Farm and Winery
<u>Wednesday, September 13 10:30 a.m.</u>	Schedule a scenic bike ride around the pathways that start at Charter Oak Park. Call 860-430-4557 to schedule. Our driver Wendy Mancini will drop you off and pick you up from Charter Oak Park
<u>Tuesday, September 19 11:30 a.m.</u>	Lunch at Blackledge River Tavern. Situated on the beautifully attended grounds of the Blackledge Country Club
<u>Wednesday, September 27 11:30 a.m.</u>	Seafood lunch at The Maine Fish Market Restaurant

July Birthdays

Mary Young **September 9**
Bea McAuliffe **September 14**
Barbara Walz **September 17**
James Worton **September 22**
Paula Bradbard **September 24**
Barbara Robinson **September 26**

STAFF:

Henri Paul **September 6**
Solmary Pabon **September 11**



Jennifer Crespo Lecture

**SEPTEMBER 27TH | 11:00 A.M.
AUDITORIUM**

Please join us for an interactive discussion presented by HealthPRO Heritage. This session will discuss arthritis, the leading cause of disability among older adults. Symptoms and care for arthritis will be discussed, along with tips for managing pain and discomfort. A demonstration will be provided for arthritis stretches and exercises that can be completed at home.

Our Salon

Stylist Judy Corbitt is available

Monday- Friday **9:30- 3:00**

Saturday **9:30- 1:00**

Call to set up your
appointment

860-645-8170 x3349



Store & More

Hours of Operation:

Monday - Saturday

10:30 - 11:30 AM

Closed on Town Hall
Meeting days.

Moments





Independent Retirement
Community & Assisted Living



OPEN TO THE PUBLIC!

Health & Wellness RESOURCE FAIR

Join us for this fun & informative local health and wellness resources fair for older adults! Come get your FREE flu shot and enjoy great raffle prizes!!

- ✓ Blood Pressure Checks
- ✓ Flu Shots Will Be Available
Bring insurance information
- ✓ Prizes & Raffles
- ✓ Health/Fitness Demonstrations
- ✓ Tours Available
- ✓ Refreshments
- ✓ ...And More!

Join us!

Wednesday, September 20th

8:30 am – 12:00 pm

403 West Center Street

Manchester, CT 06040

For a flu shot, RSVP:

860.533.2524

ARBORS NOW HAS AVAILABLE: Monthly Rental & Flexible Financial Plans
Call Today to Schedule Your Tour **860.533.2524**