

ARBORS MOMENTS

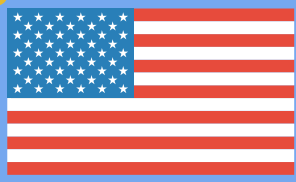
July 2024

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www.arborsct.com



CALA Award Update

The Connecticut Assisted Living Association (CALA) recognized Carl Cruff for his outstanding contributions to our community. Congratulations! The event was on June 28th at Water's Edge in Westbrook. Pictured are: Executive Director Sebastian Tata, CALA Director of Organizational Advancement Laurie Heintz, residents Linda and Carl Cruff. Many of you may recognize Laurie. She was our Marketing Director for many years.



JULY BIRTHDAYS

David Gay 7/3

Bob Gorman 7/12

Irene Lawrence 7/12

Diana Squires 7/12

Maragaret Mills 7/17

Patricia Lee 7/25

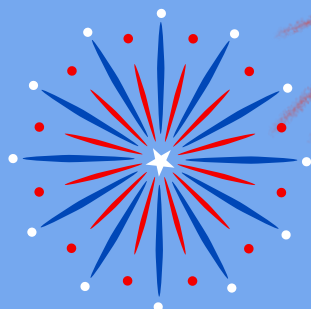
Judith Gregg 7/26

Thelma Zinker 7/26

Sheila Frawley 7/31

Jacqueline LeBrun 7/31

Prescille Yamamoto 7/31



Connecticut and Its Role in the Revolutionary War

Connecticut was essential to supplying the war effort during the American Revolution because its coastline harbored privateers that captured almost 500 British ships and more importantly, vast stores of food, supplies, and ammunition.

We were deemed the “Provision State”. Our role in the Revolution was so much greater though! This year on the Fourth of July our beautiful nation is celebrating its 250th birthday. Come and learn some fascinating details about Connecticut’s role in the Revolutionary War!

General David Gay is our guest speaker on the eve of the holiday.

Topics will include:

- Benedict Arnold: Hero or Villain ?
Did he turn traitor for the love of a woman?
- The Battle at Breeds Hill
- General Israel Putnam, Considered America’s First Authentic Folk Hero
 - The Massacre at Fort Griswold
 - The Nation’s Painter John Trumbull
- The Purple Heart: America’s Oldest Medal

General Gay as Adjutant General had a command relationship with the First and Second Governor’s Foot Guard, both historic units. He participated in many Powder House and Rochambeau Day events.

Save the date and time!

Wednesday, July 3 at 1:30

Patriotic Piano Concert ~
Happy 250th Birthday America!

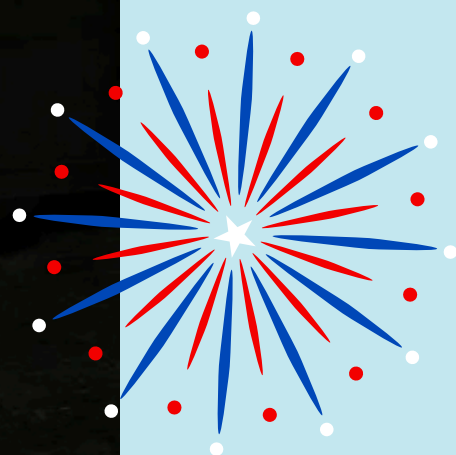
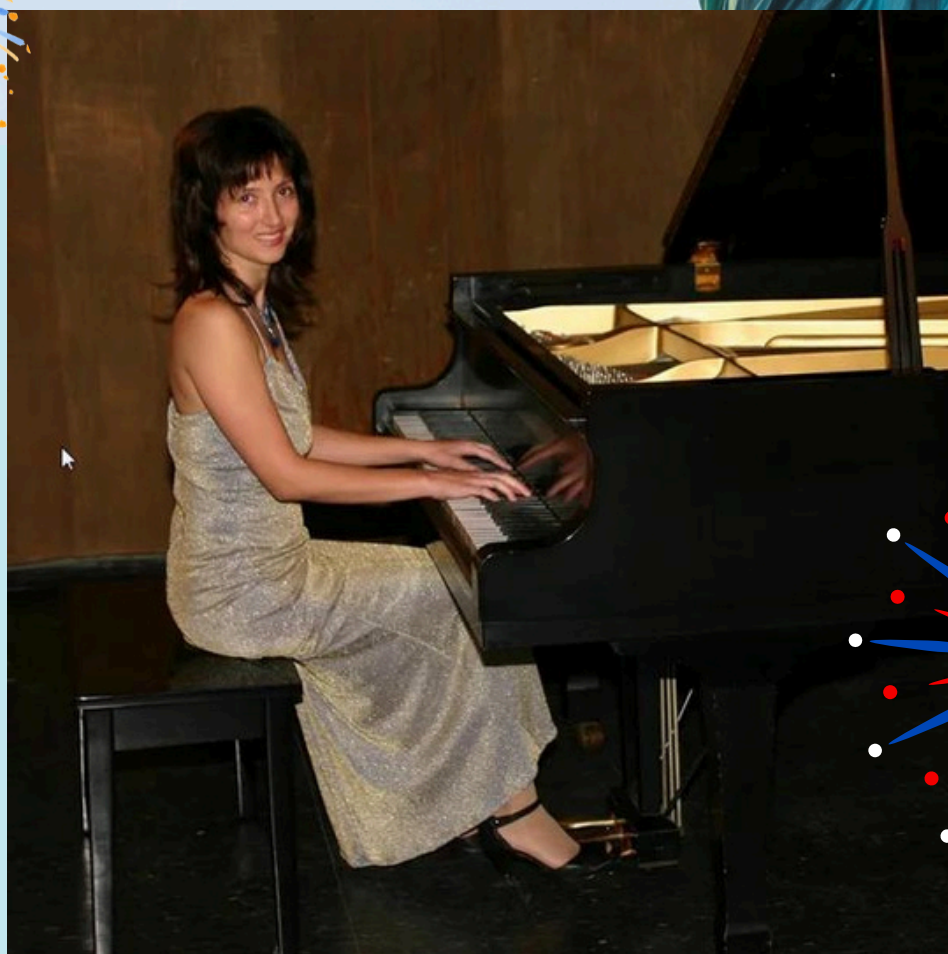
Thursday July 4 at 7:00 PM

Auditorium

Join us for a 4th of July musical program filled with patriotic songs. Tamila Azadaliyeva is a Carnegie Hall star and she will grace our stage. What a talented pianist!

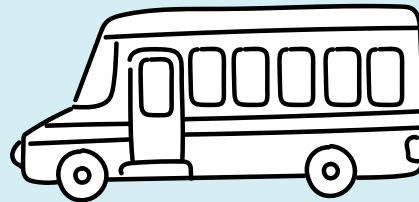


*happy
Independence
day*



July Bus Outings with Jeff

Wednesday, July 10 at 1:00 p.m.- Scandinavian Gift Shoppe
Wednesday, July 17 at 10:15 a.m.-Trader Joe's of Glastonbury
Saturday, July 20 at 9:00 a.m.- Ellington Farmer's Market
Tuesday, July 23 at 6:00 p.m.- Concert at MARC, Inc.
Wednesday, July 24 at 11:00 a.m.- Scenic Drive to Andover's
Memorial Bridge and Lunch at Tom's Place (Hot Dog Stand)



Resident and Staff Summer Picnic

Terrace and Dining Room Seating

Wednesday July 17 at 12:00 PM

Classic summer menu of burgers, dogs, side dishes, chips, desserts and drinks.

This picnic is for both residents and Arbors staff. Guests would have a charge for their meal. If you are inviting guests you must let dining services know in advance please.

This will be the main meal of the day. Please plan accordingly.



Hot Cat Jazz Trio

Auditorium

Thursday July 18 at 7:00 PM



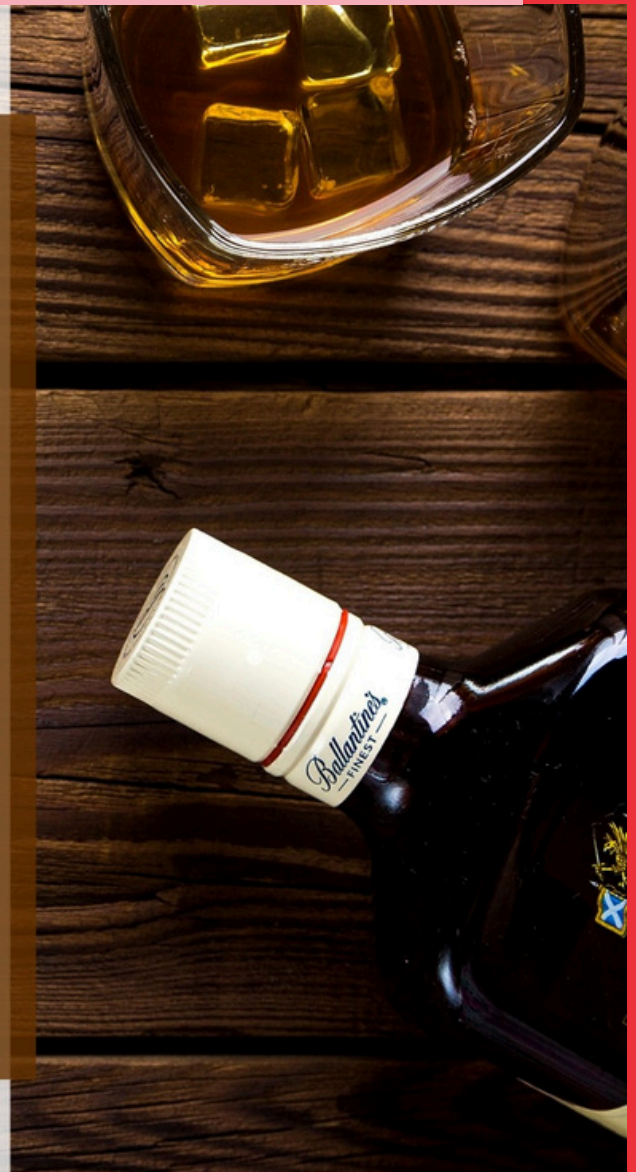
Come and listen to some COOL jazz on a HOT July night! Invite your family and your friends. The Hot Cat Jazz Trio is one of THE best bands we have hosted.

Country Rock by Whiskey Boulevard

Tuesday July 23 at 6:00 PM

MARC, Inc. is having a wonderful evening event of country rock music. Its part of their summer concert series. They will also have food trucks and raffles (bring some cash). The Bill Carroll Memorial stage is lovely. The concert begins at 6:30. Let's go and be a part of this vibrant community event.

Leaving from the Lobby



Drumming is Fun!

Versatile Percussion with Chris Lima

Wednesday July 24 at 1:00 PM
Auditorium

This is fun and it's great exercise!
Chris Lima runs Versatile Percussion.
He is bringing drums, sound shapes, sticks and shakers.
We will try a musical version of *Simon Says*.
Drumming is a great way to relieve stress!





**Fall Prevention July Topic: Defying Gravity
and the Use of Technology in the Home**
Wednesday July 31 at 11:00 AM
Auditorium

What a great response we have seen for our Fall Prevention Series. July's session will be cohosted by Assisted Living Services, Inc. and Manchester Rehab's Jennifer Crespo. Please sign up for this.



**Our June 20th
Food Truck Event**

The background of the entire slide is a close-up photograph of bright yellow flowers, likely daisies, with their petals and centers clearly visible. The flowers are in sharp focus in the foreground and slightly blurred in the background, creating a sense of depth. The colors are vibrant and warm.

Town Hall Meeting with Arbors Department Heads

Wednesday July 10 at 10:30 AM

Auditorium

**All are welcome to attend
this informative quarterly
meeting. Come and hear
what's new and what is on
the horizon for the Arbors
community!**