



**Manchester Public Schools  
started school on August 27th.**

**Our summer Backpack Drive was very  
successful. We were able to donate more than  
forty backpacks and several hundreds of dollars  
worth of miscellaneous school supplies to  
families in need.**

**Thank you for giving so generously!**



## **Labor Day Meal, September 1**

In observance of the Labor Day holiday we will be having a delicious meal at 12:30 p.m. in our dining room.

It will be the main meal of the day.

Tray service starts at noon.  
Watch for order forms. They will contain all the info.

**The Store & More will be  
closed on Labor Day.  
Please plan accordingly.**





## COMPLIMENTARY LUNCH & LEARN **MEDICAID GUIDANCE SEMINAR!**

*Are You Afraid Of Running Out Of Money?*

Wednesday, September 3<sup>rd</sup> | 11:30 AM - 1:00 PM

### **Presentation by Senior Planning Services**

Hosted by Arbors, Independent Retirement  
Community, Assisted Living and Respite Care  
*403 West Center St. Manchester, CT*

PRESENTED BY



### **TOPICS COVERED INCLUDE:**

- MEDICAID ELIGIBILITY CRITERIA
- REVIEW OF REQUIRED DOCUMENTATION
- MEDICAID ALLOWABLE EXPENSES
- SPOUSAL ALLOWANCES



### **PLEASE RSVP TO MARY BABCOCK**

860.533.2524 or [mbabcock@arborsct.com](mailto:mbabcock@arborsct.com)

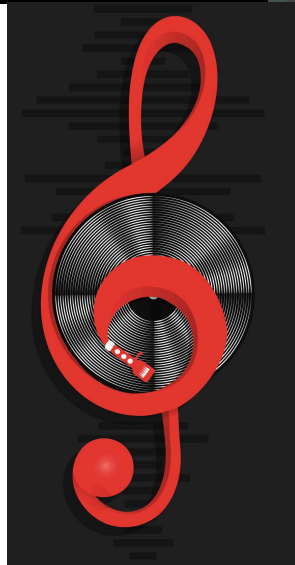
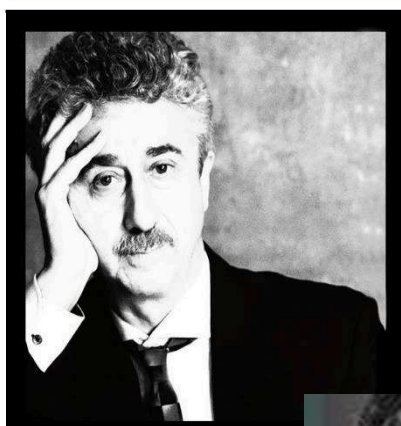
### **UNABLE TO ATTEND?**

Call Senior Planning Services for  
a free Medicaid consultation at  
855.S.PLANNING | 855.SPS.FAXES  
[SENIORPLANNING.COM](http://SENIORPLANNING.COM)

Alex Nakhimovsky and Cynthia McCorkindale  
September 9 @ 7:00 p.m.- Auditorium

## Exceptional artists.

A September  
evening of cool jazz  
with Alex and  
Cynthia.



In addition to his multi-level career as a performer, recording artist and concert producer, Alex Nakhimovsky accompanies and arranges for notable singers from a wide range of musical genres, including jazz, pop, Broadway and classical singers.

Beginning as a singer/songwriter, then classically trained, but always having a sensibility that is distinctly jazz, songstress Cynthia McCorkindale has earned herself a place alongside the world's most tasteful and talented singers, constantly reinventing herself and trying new styles.

Indulging a lifelong fascination with foreign cultures, Cynthia spent years travelling abroad, cultivating a love for France and mastering its language. "Bistro Blue," her most recent CD, reflects her passion for French music and lyrics.

# TOWN HALL MEETING

**Wednesday September 10 at 10:30 AM**



Your Arbors Department heads and Executive Director will present news relating to each manager's area of expertise. Come and hear what's new in the community and what it is on the horizon.

**Auditorium**

Immediately following this meeting there will be a quick, but informative meeting about the Residents' Appreciation Fund.

Resident Association President Pam Craparotta will present this topic.





Come and enjoy cellist Thirzah Bendokas on September 10 at 1:30 p.m. She presents a lively and interesting program with beautiful music and little tales about the cello. Her concert will engage you with classical, opera pieces, and show tunes. Thirza graduated from Julliard School and has performed with the New Haven and Boston Symphonies. Thirzah has been the guest soloist in several International Music Festivals. She has performed at Tanglewood and appeared on TV and radio. Besides visiting communities like ours, she has taught at the Taft School.



**When family members  
share their talents with  
our community we are  
very grateful!**

**Join us for  
Tom Casalino's concert.**

**1:30 p.m.  
September 17**

## **Coffee with the Nurse**

**Thursday, September 18 at 2:00  
Gathering Center**

**An informal monthly gathering  
with our nursing staff. Various  
health related topics are discussed  
over tea or coffee.**



# Happy Rosh Hashanah

To those who observe and celebrate, Happy Rosh Hashanah!

May the new year be good and be sweet!

Rosh Hashanah begins at sundown on Monday, Sep. 22 and ends at sundown on Wednesday, Sep. 24.

Shana tova!



HEALTHPRO



HERITAGE

## WALKER/SCOOTER CLINIC

**SEPTEMBER 24, 2025**

**11:00 a.m.**

Join us in the auditorium for a complimentary clinic to assess walker, wheelchair, and scooter functions and safety.





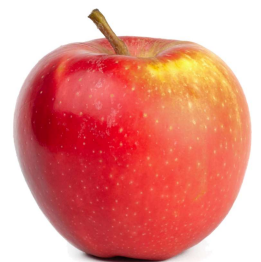
**Country Western Duo  
Ernie and Barbara Sites**

**Wednesday Sept. 24 at 1:30 p.m.**

**Always a fun hour of great music.**

**Watch for details about our annual Wellness Fair!  
Residents will have the opportunity to receive their  
flu shots. Come and enjoy demonstrations,  
refreshments and a raffle.**

**Dining Room  
Thursday, September 25  
1:30- 3:30**





Massage is  
important for the  
MIND, BODY and  
SPIRIT.

The Arbors has partnered with Kimberly Marino a wonderful, licensed massage therapist. Kimberly is accepting appointments for September 24th between 9:30 a.m. and 4:30 p.m. Residents, the residents' extended family members and Arbors staff must contact Kimberly directly to book their massage appointments.

**860-319-7513**

- Table Massage
- Chair Massage
- Face Cradle Massage

After September 24th Kimberly will be here every  
Wednesday 9:30-4:30.



# Walk for Better Health

Join our new Walkers Group  
Starting October 1st  
10:30 a.m.  
Every Wednesday

Join Lisa Gallagher and one of our aides for a twenty-minute walk. We will walk here on the property and indoors at the Buckland Mall when the weather is inclement.