

Arbors Moments

November 2025



What are you most Thankful for?

Thanksgiving is important because it is a designated time assigned to encourage us to pause and to be mindful of the blessings we have. Many of us get so caught up in our day-to-day routines that we fail to stop and acknowledge our fortunes.

The Arbors of Hop Brook Management and Staff are grateful for each of you!

We hope you enjoy a healthy and prosperous holiday season.



Grattitude and Thanksgiving



Think of Gratitude Like an Iceberg

Grattitude is the act of recognizing and acknowledging the good things that happen, resulting in a state of appreciation.

Often when we consider what we are grateful for, overt and profound life experiences, circumstances, and events come to mind. We may feel grateful for our upbringing and family, our job, good health, and the opportunity to gain an education. While recognizing and being grateful for these experiences is important, our gratitude practice must also venture below the surface.

Below the surface, we find all the simple, everyday pleasures that often go unnoticed. This may be the great book we had time to read, the laugh we had with a friend, or maybe even the joy of eating chocolate ice cream in the sunshine. Whatever these simple pleasures may be, consciously expressing our gratitude for them can really help us grow our gratitude practice beyond the surface level.

Don't forget to express your gratitude!

Feeling gratitude and not expressing it is like wrapping a present and not giving it.

Music, music, music!

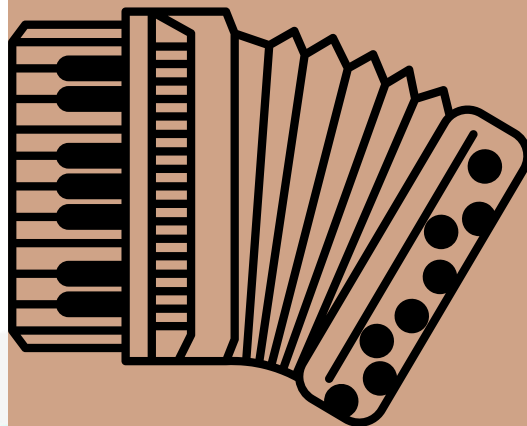
Accordionist

Dave Goclowski

Thursday November 6 at 7:00 PM

Auditorium

Dave can play just about any song on his accordion! Come and sing along. He does take requests for song selections.



Veteran's Day Concert

Tuesday November 11 at 1:30 PM

We will enjoy a quintet group for Veteran's Day. Please join us for a mixture of inspirational, patriotic and holiday songs. We will honor all of our current veterans at this program.

Auditorium

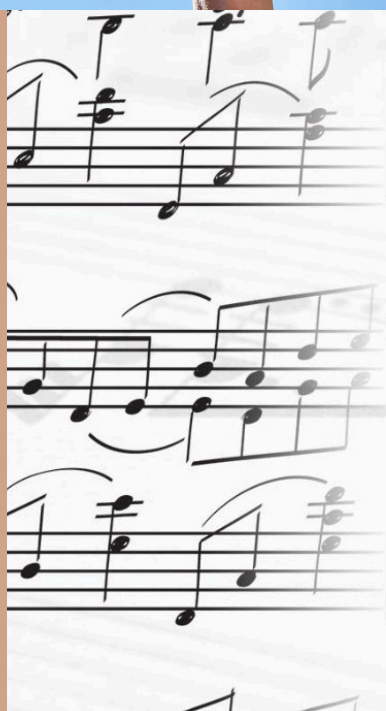


Concert Pianist Paul Bisaccia

Thursday November 20 at 7:00 PM

Auditorium

Paul is so very talented! We encourage you to invite your friends and family to his concert. Paul will get us in the mood for the approaching holidays with these musical selections.





Al Raebuck

November 24 @ 1:00 PM

Al Raebuck is an accomplished vocalist and rhythm guitarist. He plays a nice variety of folk, rock, country and R&B from the 1960's to the modern day.

Al has performed at festivals, clubs, bars, coffeehouses, weddings and communities like Arbors. He will be our entertainer for the November Birthday Social.

Outings with Lisa



BUS TRIP TO HOBBY LOBBY

Wednesday November 5 at 1:00 PM

Lobby

Lisa will provide transportation to Hobby Lobby near the Buckland Mall. They are a huge craft store.



BUS TRIP TO FOOTPRINTS SHOE STORE

Wednesday November 12 at 10:30 AM

Lobby

Are your feet comfortable? Footprints has every kind of shoe! Great customer service and boasts many hard-to-find items.

BUS TRIP: LUNCH AT ANNA'S

Wednesday November 19 at 11:00 AM

Anna's is family owned and operated. Its right up the road from here. They have a diverse menu.

Join us, won't you?

Lobby





**Health Pro
Living Well Series
Presented by Jennifer Crespo**

Wednesday November 26 at 11:00 AM

Aud.

**The November Topic:
Understanding a Stroke**

**Please save the date for
this informative health talk.**

Join Jennifer Crespo from Manchester Rehab for an interactive discussion on the different types of strokes, risk factors, recognizing the symptoms, utilizing the F.A.S.T. test and various treatment approaches including therapy.

DONATE A BOOK

This is our Annual Holiday Book Drive.



Every year we collect books for the students at MELC. We are starting early this year in hopes of reaching our goal of 120 new books. Books should be geared to kids aged 3-5 years old. If you would like to make a donation, but need help shopping, call Laurie Robinson 860-533-2526. Our donations will be hand-delivered by staff before the holidays.

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.
December 3
Arbors Lobby**



**This sale will
be Cash
Only**
Please plan accordingly

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



YOU ARE INVITED TO

A HOLIDAY CONCERT

Tuesday, December 16
at 7:00 p.m.

BY SAL SAITTA



Sal will play the organ .
You can expect some
cheerful holiday music to
sing along to and more!



MARINE CORPS RESERVE



TOY DRIVE

From November 4th through December 12th

The donation box is in our lobby!
403 West Center St Manchester, CT
860.647.9343

Help make the holiday bright for many children by donating a new unwrapped toy!



Independent Retirement
Community & Assisted Living



A Note from the Executive Director

Hello everyone,

As we settle into November, the cooler days and earlier evenings seem to encourage us to slow down and appreciate the warmth around us. This month is a beautiful reminder to be thankful, and I am so grateful for this community. The friendships we share, the laughter that echoes through our halls, and the kindness you show one another are what make this place feel so much like home. Thank you for being such a wonderful part of our community.

Wishing you a month filled with peace, gratitude, and warmth.

Thank you,
Sebastian Tata
Executive Director
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