PARTYING LIKE PARISIANS! More than 100 residents, wearing party hats and berets, and toasting bubbly, turned out to ring in the New Year. Guitarist Joe Foster provided the musical accompaniment and O’Connor Town Common’s big screen showed Paris counting down to the start of 2019.

Pictured, left to right, are happy residents Veronique Turner, Morris Karol, and Mary Hanrahan.

RED IS THE COLOR FOR FEBRUARY

It starts Friday, February 1, with National Wear Red Day. It’s a day to wear red in support of heart disease awareness.

The colorful theme continues February 14, Valentine’s Day. That is when we celebrate 400 Dress for Dinner from 4:00 to 6:00 PM, and 420 Dress for Dinner from 4:30 to 6:00 PM in the Broadmeadow Dining Room. 370/Villas/Cottages Dress for Drinks takes place 3:00 - 4:00 PM in the Breakfast Nook. There will be live entertainment and perhaps a surprise. Please join us earlier in the day on the 14th to say thanks to resident and long-time volunteer pianist Ron Barclay and his favorite charity, Buddy Dog Humane Society of Sudbury.

THE AMAZON RAIN FOREST?

No, it’s New Horizons’ year-round greenhouse. This green oasis is maintained by resident greenhouse coordinator Liz Gebhard. Stop by and visit with Liz. Or—if you need a moment of Zen—bring a cup of coffee, cocoa, or tea from the French Village, and take a few moments to sip, enjoy the atmosphere, drink in the vivid colors, and breathe in the healthy air.

FIND US ON FACEBOOK: Click the logo to the left to find yourself, your friends, or relatives in our posts. See what fun we have at New Horizons at Marlborough!
Keep Your Healthy New Year’s Resolutions with VNA Care’s Keep Well/Blood Pressure Clinics

Personal health tops Americans’ New Year’s resolution lists. Whether you want to better manage your blood pressure or diabetes, improve your nutrition, or make other healthy lifestyle changes, you can access free support at VNA Care’s Keep Well/Blood Pressure Clinics at New Horizons. A wellness nurse from VNA Care is available on the first Wednesday of every month to provide health screenings, answer questions about your health, provide support, and more. Upcoming clinic dates include February 6, March 6, and April 3:

9:00 AM 370 Robin’s Nest
10:15 AM 400 Wayside Conference Room
11:30 AM 420 Lobby Office

ATTITUDE OF GRATITUDE: Community Service Director Vartkes Hovsepian (pictured, far left) led a contingent of residents bearing a box of goodies for Marlborough Fire Department. It was a small token of appreciation for the outstanding year-round service provided by the department. Pictured, front row, left to right, residents Jim Brennan, Zabel Fay (holding the pastry box), and Jen Bagdis. In the back row are Marlborough Fire Chief Kevin Breen with New Horizons bus driver Dan Verrico.

THINK SPRING! Janet Verny and Ute Park (middle photo) display the colorful creations they made in the popular flower arranging class led by local floral designer Judy Proteau.

COOKING WITH THE CHEF: Tanya Tovar assists Deysi Menjivar (photo on right) in an educational demonstration making savory pupusas, a pancake-like specialty dish of El Salvador.

Upcoming Events*

Pianist Mark West  
Celebrate Black History Month
Strawberry Jazz Ensemble  
Explorers Day - 8 weeks of special events
*Watch community channel 918 for event updates and details.

Mark Your Calendar

February 3  Super Bowl Celebration  6:30 PM
February 5  400/420 Italian Dinner
February 12  VNA Monthly Health Discussion  2:30 PM
February 14  Dress for Dinner/Drinks  Various times
February 27  Hearthstone Caregiver Support Group  6:00 PM

To view this newsletter in color, see community postings or visit www.countrycommunities.com
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