WE’RE LISTENING: Save the date for our next Resident Activities Forum on July 18. We’re getting a great response to the activities generated at our February forum. They include a Marlborough shopper’s shuttle, a chair yoga class, two Boston Ballet performances, flower arranging lessons, trips to the Concord and Fitchburg Art Museums, board games, daytime and evening “Out To” events, and documentary showings. Pictured left: residents Elizabeth Gebhard and Herb Raphael are all dressed up with someplace to go “Out To”: the Mayor’s Charity Ball.

EVERYBODY INTO THE POOL!

Watercise classes are just one way to take advantage of New Horizons’ pool. “It’s so beneficial for those with arthritis, osteoporosis, and hip or knee replacements,” says Madeleine Gelnison. For six years, Gelnison has led both watercise and “stretch and flex” classes. “What’s so great about watercise is how it helps residents who might not be very active get excellent exercise walking in the pool,” she added. Resident Peg Bouvier agrees. “It’s just a wonderful start of the day when, like me, you have arthritis,” she said. “The pool is warm, and Madeleine tailors the exercises to seniors.” During non-watercise hours, residents may pick up a pool key from the Front Desk. Please observe the posted pool rules and — with no lifeguard on duty — always swim with a buddy!

CONGRATULATIONS to our 2018 graduates!

Chelsea Army
Giovanni De Almeida Souza
George Dilling
Maria Jaramillo
Brianna Monteiro
Thomas Redden
Katelyn Reynolds
Shannon Roselli
Tamare Smith
Anastasia Vittum

UPCOMING EVENTS: Bring your appetite for our annual Father’s Day indoor barbecue on Sunday, June 17. And save the date for New Horizons’ Country Fair, our ever-popular family-friendly classic, which takes place on Grandparents Day, Sunday, September 9.

FIND US ON FACEBOOK: Click the logo to the left to find yourself (or your friends or relatives) in our posts. Then click to share the fun we have at New Horizons at Marlborough!
PHOTO ALBUM: THE RITES OF SPRING! Pictured, left to right: April showers bring May flowers to the New Horizons campus; accomplished floral arrangers Jackie Mawhinney and Gloria Webb; three amigos celebrate Cinco de Mayo: CSA Linda Clancy flanked by Larry Quinn, left, son of resident Joe Quinn, right.

400 SPRING SPRUCING: Check out our new look! We now have a redesigned lobby, koi pond, fresh paint colors, and new photos and signs!

ARTIST ALLEY: Featured in Artist Alley — and along Main Street — this month is mixed media artist and resident Howard Quinn. Next month’s featured artist: resident Tom Ribadeneyra.

YOU’RE INVITED: Hearthstone at Marlborough will host a caregiver support group on Wednesday, June 27 at 6:00 PM. Using its unique I’m Still Here® methodology, Hearthstone provides residential care for people living with Alzheimer’s disease and dementia. To register for the event, call Hearthstone at 508-481-9898.

MEET BILL CUMMINGS: New Horizons’ founder will be here Wednesday, June 27 at 10:30 AM to discuss his memoir, Starting Small and Making It Big. Attendees are encouraged to read the book in advance (available online at cummings.com/book or at the front desk for a discounted rate of $10). All proceeds go to charity.

Mark Your Calendar!

June 1 Bob Craigue: Create your life story on a cell phone 2:00 PM
June 5 Bob Simcoe chronicles Harvard’s History of the Sky 2:00 PM
June 5 Bob Magnum: Model “T” Ford Club 6:30 PM
June 13 Art Matters: Claude Monet 2:00 PM
June 14 Sister Jane: History of New Horizons 2:30 PM
June 19 Rob Natoli & String Swing Band 2:00 PM
June 24 Women of Note Barbershop Chorus 2:30 PM
June 26 Hearthstone presents “Meet Me at the Movies” 2:00 PM
June 27 Bill Cummings on “Starting Small and Making It Big” 10:30 AM
June 29 Vocalist Isabel Stover 2:00 PM

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

New Horizons ~ 400 Hemenway Street, Marlborough, MA 01752 ~ 508-460-5200