



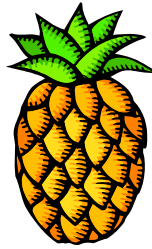
Independent and Assisted Living in Woburn, MA



Monthly Update

October 2018

ANNUAL TRUSTEE MIXER: Trustees will meet with residents in the Living Room for the annual Trustee Mixer on **Wednesday, October 17, at 6:30 PM.** New Horizons will bid farewell to two outgoing trustees: **Fred Erwin and Terry Fuller.** Residents are invited to share refreshments and conversation with the community's trustees.



NEW RESIDENTS: **Jane and Malcolm Robinson, Suite 487** join us from their condo in Stoneham. Jane was born and raised in Winchester, is the mother of six children, and worked for Children's Own Montessori School. Malcolm is originally from Exeter, NH and made his career as an institutional stock trader with Fidelity and other brokerage firms. Seventeen years ago, Jane's daughter-in-law met Malcolm at a wedding and played matchmaker by giving him Jane's phone number. The rest is history, and they have been enjoying each other's company ever since. Jane and Malcolm have traveled extensively to such places as Alaska, Hawaii, and Punta Cana, and have enjoyed numerous cruises along the Mississippi River and to the Caribbean and Canada.



OKTOBERFEST:

Held annually in late September and early October in Munich, Bavaria, Oktoberfest is one of the most famous events in Germany. On **Tuesday, October 16 at noon** in Rumford Dining Room, Oktoberfest is coming to New Horizons! Join your friends for great food and entertainment.

BILL CUMMINGS' AUTHOR EVENT:

Cummings Foundation and New Horizons founder **Bill Cummings** joined us in August for a presentation about his new memoir, *Starting Small and Making It Big: An Entrepreneur's Journey to Billion-Dollar Philanthropist.* The book is available at cummings.com/book for \$16.95 or at New Horizons' front desk for just \$10.



Mary Gorman, Suite 241 joins us from her home on Place Lane where she has resided for the past 62 years. Born in Woburn and a nurse at the former Choate Hospital, Mary is the mother of six children. She has familial connections at New Horizons and looks forward to joining her cousin Bernie Walsh and her sister-in-law Anne Dever here. Already acquainted with many other residents, Mary makes a lovely addition to our community.

We extend a warm welcome to Jane, Malcolm, and Mary in their new home.

NEW STAFF: Siblings **Megan and Kaitlyn Greene** will work in the dining room. We are delighted to welcome them to New Horizons!



SAVE THE DATE: There will be a flu clinic, open to all residents, **Friday, October 5, 1:30-3:30 PM** in Baldwin. More details to follow.

EVENT SCRAPBOOK: (*top right*) Enjoying cocktail hour on the patio are residents **Janet Sethares** and **Barbara Slattery**.

(*middle right*) **Bob & Myrt Peary** are celebrating Myrt's September birthday with their friends and some music.

(*below left to right*) Our new needlework group quickly became a popular and well-attended activity. Residents **Jean Runge, Ginny Gimilaro, Eleanor Boermeester, Peggy Calabresi, Ruth Benedikt** and many others are working on a project for a local charity. Thank you to Activities Assistant **Linda Champa** for leading the group.



FALL/WINTER MENU: The Food Service team has been busy planning seasonal recipes for the upcoming menu rotation. Starting in October, New Horizons' meals will follow a new six-week fall/winter menu cycle. We hope the changes will bring some warmth and comfort to the chilly season. Featured items will include Chicken Marsala, Roasted Winter Squash, Lasagna with Mozzarella Sticks, Beef Stir Fry, and Pumpkin Pie.

*October is
Breast
Cancer
Awareness
Month*

The **Breast Cancer Awareness** campaign strives to increase public understanding of breast cancer issues and promote early detection. There is no proven way to prevent breast cancer, but early discovery can greatly increase chances of survival. This program encourages all women to get regular mammograms and clinical breast exams by a healthcare professional, and to perform self-exams to improve chances that breast cancer will be found early and treated successfully.

Mark Your Calendar!

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| October 5 | Flu Clinic |
| October 8 | Columbus Day |
| October 16 | Oktoberfest with Warren Johnson |
| October 17 | Yearly Trustee Mixer |
| October 23 | Night Club Night with Joey B-Bop |
| October 26 | <i>Art Matters</i> presentation - Leonardo DaVinci |
| October 31 | Halloween Costume Contest at Lunch |
| November 4 | Daylight Saving Time Ends |