



New Horizons
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Independent and Assisted Living in Woburn, MA

Monthly Update

April 2015



NEW RESIDENT Born in the North End of Boston, **Norma Pecora, Suite 344**, joins us from Woodbridge Station Condominiums in Woburn. Norma raised her two sons in Woburn and worked as a cashier at Hanscom Air Force Base for 16 years. She is a very social lady and is having a good time connecting with other residents, especially those who are also longtime Woburnites.

*We extend a warm welcome to **Norma** in her new home.*

EASTER DINNER Our very special home-cooked **Easter Dinner on April 5** will be available at the holiday rate of \$20 for adults and \$10 for guests eight years old and younger. The menu will feature traditional Easter fare, including baked ham, roast leg of lamb, hot cross buns, side dishes, and a special dessert. To help us plan appropriately for guests, residents who will be out on Easter Sunday are requested to notify the Dining Room at their earliest opportunity. Residents wishing to invite guests to Easter Dinner are requested to make reservations with Dining Room staff by **Monday, March 30**. To allow food service staff the opportunity to spend a portion of the Easter holiday with their families, April 5th's evening meal will be Gourmet-to-Go parcels, containing extra-special goodies. We wish everyone a very joyous Easter!



PASSOVER Passover, or *Pesach*, commemorates the Exodus of the Israelites from Egypt and their liberation from slavery more than 3,000 years ago. The name *Passover* is derived from God "passing over" the houses of the Israelites during the 10th and final plague. This year, Passover begins at sundown on **Friday, April 3**, and continues through sunset on **Saturday, April 11**. Though the holiday lasts for seven days, the Passover Seder is typically held only on the first and second nights. During the Seder, participants recount the story of the Exodus while eating symbolic foods and drinking wine. To celebrate the holiday, the dining rooms will feature a few traditional items such as delicious matzo ball soup. Happy Passover!



BON VOYAGE! On **Wednesday, April 29**, enjoy the day "at sea" as we celebrate NHC's **Cruise Day!** Our community will be transformed into a luxury cruise ship. Everyone is invited to experience a day packed with fun-filled activities, exciting entertainment, and unforgettable surprises!

DINING ROOM The spring/summer home-cooked menu cycle begins **April 1**. The new menu features many items that do not appear on the fall/winter menu, including various lobster dishes and exciting chef's choices. Residents are invited to attend the semi-annual food service meeting on **Tuesday, March 31**, at **9:30 A.M.** in the Rumford Dining Room.



FAT TUESDAY! At the annual **Dress for Dinner** event, residents enjoyed a lively evening with a Mardi Gras theme. The Community took an imaginary trip to New Orleans and enjoyed a sampling of local fare, including the famous Hurricane cocktail, “Bourbon Street” chicken bites, barbeque shrimp, Creole pork tenderloin, soft-shell crab, and scrumptious bourbon whipped cream over chocolate pecan pie. Residents and rooms alike were jazzed up for the event. *Top: Betty Sooley and Ruth Fry and bottom: Jim Hanlon and Helen King* enjoy live music by pianist Mark Tavenner.



INSURANCE Residents may wish to consider purchasing renters insurance to help protect against losses from fire, flood, sprinkler discharge, theft, or personal liability in the event someone is injured inside a resident’s apartment. Such insurance is available from an agency of residents’ choosing and is typically modest in price. Residents who joined our community after April 2010 are mandated to carry the insurance by their Residence Agreements.

VOLUNTEER APPRECIATION This year’s Resident Volunteer Appreciation Recognition will be held the **week of April 20**. Resident volunteers play a crucial role in coordinating multiple activities, including bowling, bingo, cribbage, and more, as well as maintaining the warm vibrant community that makes New Horizons so special. Don’t miss your opportunity to thank your fellow residents for their contributions to our community!

EARTH DAY In 2009, the United Nations designated **April 22 International Mother Earth Day**. Celebrated in more than 175 countries, and with more than 1 billion people participating, Earth Day reminds us that the earth and its ecosystems provide us with life and sustenance. It also recognizes a collective responsibility to promote harmony with nature and the earth to achieve balance among the economic, social, and environmental needs of present and future generations. Earth Day provides an opportunity to raise public awareness worldwide.



New Horizons strives to be ecofriendly. Over the past several years, the community has maximized recycling efforts and upgraded lighting fixtures, interior heating and cooling systems, and laundry cleaning infrastructure and procedures. Residents can help in this effort to “go green” by remembering to close exterior windows during hot and cold weather, turn off lights when going out, report running toilets, and recycle paper products.

Mark Your Calendar!

March 29		Palm Sunday	
March 31	9:30 AM	Food Service Meeting	<i>Rumford Dining Room</i>
April 1		April Fools’ Day!	
April 5		Easter Sunday	
April 13	2:00 PM	Red Sox Fenway Opening Day	<i>Terrace Lounge Theatre</i>
April 20		Patriots’ Day	
April 22		Earth Day	
April 29		“Cruise Day”	