



Senior Living Today!

Today's seniors are living longer, healthier lives, with more choices and a greater say in how they want to enjoy this next chapter. And senior communities have risen to the demands of this vibrant population, offering more amenities, greater variety, and a higher standard of living than ever before. If you're new to today's senior communities, you might be pleasantly surprised at how they've evolved from what you might be imagining from years past! Here's a look at what senior living looks and feels like today.

At communities like the ones we offer at LCB, senior living offers the benefits of comfortable, independent living without the stresses of home ownership. We know the value of seeing this first-hand, which is why we always encourage site visits during the exploration process, so that seniors can see for themselves what they gain through this choice. Joining a senior community doesn't mean giving up feeling at home, or losing your freedom to live as you choose. Communities like ours offer seniors the options of fully independent living, on a campus that includes Assisted Living and other services, with a full array of engagement programming designed to fulfill a broad spectrum of interests and passions. This continuum of care and enrichment allows residents to live their fullest lives, knowing should they need help for any reason, it's right nearby.

Residences are typically a mix of apartments and common spaces, offering amenities, activities and services – dining and transportation options, for example, or fitness and recreation facilities. On a typical day at an LCB community, seniors wake up in private, secure apartments with full kitchenettes and living space. They can choose to make breakfast on their own, or be waited on restaurant-style in the dining room by the full-time culinary staff that encourages residents to share recipes and dietary preferences. After breakfast, they might join a group traveling to a local museum or lecture, take a swim in the indoor heated pool, or enjoy a painting class – it just depends on what they feel like doing and what's on the community's engagement calendar, which is different every day.

Lunch includes a mix of full entrees and lighter fare, and can be served both in the dining room and out on the patio, if the weather's nice. Some residents might choose to hop the shuttle into town instead, to grab a bite to eat and get errands done. Afternoon options are apt to include a visiting lecturer, or a nature walk, a gardening session or a poker game. There's often an afternoon Happy Hour, hugely popular for unwinding with friends and sharing some laughs and conversation.



RESIDENCE AT SOUTH WINDSOR FARMS *Associates*

Kelly Mazza

Executive Director Specialist

Theresa Williams

Business Office Director

Rebecca Sears

Sales and Marketing Director

Stacey Zdanis

Resident Care Director

Rebecca Boucher

Reflections Director

Heather Wood

Resident Engagement Director

Aaron Spencer

Maintenance Director

Ryan Pasler

Culinary Service Director

Kristin Ball

Wellness Nurse Supervisor



A look Back at April!

Here at South Windsor Farms, Easter is always a big deal for not only our associates, but especially for our Residents and their families. We had some definite Spring Fever here at our community. It was such a treat to have a Caricature Artist join us for April Fools. We all had a good laugh at the final product of our Caricatures. Another really fun April activity we did was make Spring Peep Houses, to get into the Easter Spirit. We created some fun memories and made some real works of art! The Gardening Club was very excited to start our vegetable garden. We planted the seedlings of tomatoes, peppers, radishes and green beans. Soon it will be time to transfer our seedlings for our Veggie Garden to our raised garden bed outside in our beautiful backyard grounds. Once again, another month filled with love, laughter, positivity and most of all, beautiful memories! Can't wait to jump into the month of May!



Sunday



Monday



Tuesday

Wednesday

Thursday

Friday

Saturday

Other

Amenities

Salon Schedule
Tues./Thurs.
9am - 2pm

Transportation
Schedule
Sun. - Church 9:30
Mon. Scenic Drive
11:15am
Tues./Thurs. Dr.
Appts

9:30am - 3:00pm
Wed. - Resident
Outings
Fri. - Errands 11:15am

PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social

LCB Senior Living
strengthens its programming
through collaborations with
notable health care leaders,
including McLean Hospital,
Harvard Medical School
and Brigham and
Women's Hospital.



- 5**
- 9:30 ■ Church Transportation
 - 10:00 ■ Light Stretching
 - 10:30 ■ Televised Mass
 - 11:00 ■ Crafters Corner
 - 1:00 ■ Walking Club
 - 2:00 ■ Wii Jeopardy
 - 3:00 ■ Movie Matinee
 - 3:00 ■ LRC
 - 6:00 ■ Sunday Classics

- 6**
- 10:00 ■ Sit & Be Fit w/ Beth
 - 10:30 ■ Walking Club Step Count
 - 11:00 ■ Gardening Club
 - 11:15 ■ Scenic Drive
 - 1:00 ■ Walking Club
 - 1:15 ■ Bingo (10 cents per card)
 - 2:00 ■ Documentary
 - 3:00 ■ Wii Bowling Practice
 - 4:15 ■ Book Club
 - 6:00 ■ Classic Movie Night

- 7**
- 10:00 ■ Communion
 - 10:30 ■ Parkinson's Support Group
 - 11:00 ■ Card Sharks- Uno
 - 1:00 ■ Walking Club
 - 1:30 ■ Daily Chronicle
 - 2:00 ■ Bar Balance Class
 - 2:00 ■ American Legion Veteran's Visit
 - 2:30 ■ Reminisce with Me
 - 3:30 ■ Cocktail Hour

- 8**
- Hearing Clinic
 - 10:00 ■ Tia Chi with Heather
 - 10:15 ■ Wii Bowling Tournament at Avon
 - 10:30 ■ Calendar Review
 - 11:00 ■ Rummikub
 - 1:00 ■ Walking Club
 - 1:30 ■ Daily Chronicle
 - 2:00 ■ Card Sharks:Skat
 - 3:00 ■ Bingo (10 cents per card)

- 9**
- 10:00 ■ Sit & Be Fit w/ Julie
 - 11:00 ■ Words With Friends
 - 1:00 ■ Walking Club
 - 1:30 ■ Daily Chronicle
 - 2:00 ■ Community of Faith
 - 2:00 ■ 21 Questions
 - 3:00 ■ Modern World Genius
 - 3:00 ■ Crafter's Corner
 - 5:00 ■ Card Sharks - Five Crowns
 - 6:00 ■ SCAT

- 10**
- 10:00 ■ Tia Chi with Heather
 - 11:00 ■ Wii Bowling
 - 11:15 ■ Errands CVS & Bank
 - 1:00 ■ Walking Club
 - 1:30 ■ Daily Chronicle
 - 2:00 ■ Historical Tidbits
 - 3:00 ■ Corn Hole
 - 3:00 ■ Mother's Day Tea Party
 - 4:00 ■ Happy Hour
 - 6:00 ■ Black Jack

- 11**
- 10:00 ■ Seated Exercise
 - 11:00 ■ Scattergories
 - 11:00 ■ Card Sharks: Skat
 - 1:00 ■ Walking Club
 - 2:30 ■ Traveler's Club
 - 3:00 ■ Bingo (10 cents per card)
 - 4:00 ■ Card Sharks
 - 4:00 ■ Corn Hole
 - 6:00 ■ Movie Night

- 12**
- 9:30 ■ Church Transportation
 - 10:00 ■ Light Stretching
 - 10:30 ■ Televised Mass
 - 11:00 ■ Board Game - Sorry
 - 1:00 ■ Walking Club
 - 2:00 ■ Card Sharks Rummy
 - 3:00 ■ Putter's Club
 - 4:00 ■ Jenga
 - 6:00 ■ Sunday Classics

- 13**
- 10:00 ■ Sit & Be Fit w/ Beth
 - 10:30 ■ Walking Club Step Count
 - 11:00 ■ Gardening Club
 - 11:15 ■ Scenic Drive
 - 1:00 ■ Walking Club
 - 1:15 ■ Bingo (10 cents per card)
 - 3:00 ■ Wii Bowling Practice
 - 4:15 ■ Book Club
 - 6:00 ■ Classic Movie Night
 - 6:00 ■ Black Jack

- 14**
- 10:00 ■ Communion
 - 11:00 ■ Health Chat - Diabetes Management
 - 1:00 ■ Walking Club
 - 1:30 ■ Daily Chronicle
 - 2:00 ■ Bar Balance Class
 - 2:30 ■ Fresh Flower Arranging
 - 3:30 ■ Cocktail Hour
 - 4:00 ■ Creative Colors
 - 6:00 ■ Scrabble Night

- 15**
- 10:00 ■ Tia Chi with Heather
 - 10:30 ■ Calendar Review
 - 11:00 ■ Board Game: Yahtzee
 - 11:30 ■ Dining Club - Joe Garlic
 - 1:00 ■ Walking Club
 - 1:30 ■ Daily Chronicle
 - 2:00 ■ Reminisce with Me
 - 3:00 ■ Bingo (10 cents per card)
 - 6:00 ■ Chinese Checkers
 - 6:00 ■ Chicken Soup for the Soul

- 16**
- 10:00 ■ Sit & Be Fit w/ Julie
 - 11:00 ■ Words With Friends
 - 1:00 ■ Walking Club
 - 1:30 ■ Daily Chronicle
 - 2:00 ■ Community of Faith
 - 2:00 ■ Wii Bowling Tournament with Ellington Senior Center
 - 3:00 ■ Baking Club
 - 4:00 ■ Word in a Word

- 17**
- 10:00 ■ Tia Chi with Heather
 - 11:00 ■ Wii Bowling
 - 11:15 ■ Geissler's Supermarket
 - 1:00 ■ Walking Club
 - 1:30 ■ Daily Chronicle
 - 2:00 ■ Historical Tidbits
 - 2:00 ■ Manicures & Hand Massage
 - 3:00 ■ Oddly Obvious
 - 3:00 ■ La Hot Jazz Trio
 - 4:00 ■ Happy Hour

- 18**
- 10:00 ■ Seated Exercise
 - 11:00 ■ Creative Colors
 - 11:00 ■ Card Sharks: Skat
 - 1:00 ■ Walking Club
 - 2:00 ■ Putter's Club
 - 2:30 ■ Planet Earth Documentary
 - 3:00 ■ Bingo (10 cents per card)
 - 6:00 ■ Movie Night

- 19**
- 9:30 ■ Church Transportation
 - 10:00 ■ Light Stretching
 - 10:30 ■ Televised Mass
 - 11:00 ■ Crafters Corner
 - 1:00 ■ Walking Club
 - 2:00 ■ Wii Jeopardy
 - 3:00 ■ Movie Matinee
 - 3:00 ■ LRC
 - 4:00 ■ Musical Bingo
 - 6:00 ■ Sunday Classics

- 20**
- 10:00 ■ Sit & Be Fit w/ Beth
 - 10:30 ■ Walking Club Step Count
 - 11:00 ■ Gardening Club
 - 11:15 ■ Scenic Drive
 - 1:00 ■ Walking Club
 - 1:15 ■ Bingo (10 cents per card)
 - 2:00 ■ Documentary
 - 3:00 ■ Wii Bowling Practice
 - 3:00 ■ Painting Class
 - 4:15 ■ Book Club

- 21**
- 10:00 ■ Communion
 - 11:00 ■ LRC (Bring Dimes)
 - 1:00 ■ Walking Club
 - 1:30 ■ Daily Chronicle
 - 2:00 ■ Bar Balance Class
 - 2:30 ■ Reminisce with Me
 - 3:30 ■ Cocktail Hour
 - 4:00 ■ Creative Colors
 - 6:00 ■ Scrabble Night
 - 6:15 ■ Comedy Movie Night

- 22**
- 10:00 ■ Tia Chi with Heather
 - 10:30 ■ Calendar Review
 - 11:00 ■ Board Game: Sorry
 - 11:30 ■ Movie Matinee
 - 1:00 ■ Walking Club
 - 1:30 ■ Daily Chronicle
 - 2:00 ■ Card Sharks:Skat
 - 3:00 ■ Bingo (10 cents per card)
 - 3:00 ■ Chef Showcase
 - 3:00 ■ Arm Chair Travel

- 23**
- 10:00 ■ Sit & Be Fit w/ Julie
 - 11:00 ■ Words With Friends
 - 1:00 ■ Walking Club
 - 1:30 ■ Daily Chronicle
 - 2:00 ■ Community of Faith
 - 2:00 ■ 21 Questions
 - 3:00 ■ Modern World Genius
 - 3:00 ■ Crafter's Corner
 - 5:00 ■ Card Sharks - Five Crowns
 - 6:00 ■ SCAT

- 24**
- 10:00 ■ Tia Chi with Heather
 - 11:00 ■ Wii Bowling
 - 11:15 ■ Errands CVS & Bank
 - 1:00 ■ Walking Club
 - 1:30 ■ Daily Chronicle
 - 2:00 ■ Historical Tidbits
 - 3:00 ■ Corn Hole
 - 3:00 ■ Entertainment w/ Ashley Cruz
 - 4:00 ■ Happy Hour

- 25**
- 10:00 ■ Seated Exercise
 - 11:00 ■ Scattergories
 - 11:00 ■ Card Sharks: Skat
 - 1:00 ■ Walking Club
 - 2:30 ■ Traveler's Club
 - 3:00 ■ Bingo (10 cents per card)
 - 4:00 ■ Card Sharks
 - 4:00 ■ Corn Hole
 - 6:00 ■ Movie Night

- 26**
- 9:30 ■ Church Transportation
 - 10:00 ■ Light Stretching
 - 10:30 ■ Televised Mass
 - 11:00 ■ Board Game - Sorry
 - 1:00 ■ Walking Club
 - 2:00 ■ Card Sharks Rummy
 - 3:00 ■ Putter's Club
 - 4:00 ■ Jenga
 - 6:00 ■ Sunday Classics

- 27**
- 10:00 ■ Sit & Be Fit w/ Beth
 - 10:30 ■ Walking Club Step Count
 - 11:00 ■ Gardening Club
 - 11:15 ■ Scenic Drive
 - 1:00 ■ Walking Club
 - 1:15 ■ Bingo (10 cents per card)
 - 2:00 ■ Memorial Day Patriotic Concert
 - 3:00 ■ Wii Bowling Practice
 - 4:15 ■ Book Club

- 28**
- 10:00 ■ Communion
 - 11:00 ■ History for Fun with Joe
 - 1:00 ■ Walking Club
 - 1:30 ■ Daily Chronicle
 - 2:00 ■ Bar Balance Class
 - 2:30 ■ Fresh Flower Arranging
 - 3:30 ■ Cocktail Hour
 - 4:00 ■ Creative Colors
 - 6:00 ■ Scrabble Night
 - 6:15 ■ Comedy Movie Night

- 29**
- 10:00 ■ Tia Chi with Heather
 - 10:30 ■ Calendar Review
 - 1:00 ■ Walking Club
 - 1:30 ■ Daily Chronicle
 - 3:00 ■ Bingo (10 cents per card)
 - 6:00 ■ Chinese Checkers
 - 6:00 ■ Chicken Soup for the Soul
 - 6:15 ■ Romance Movie Night

- 30**
- 10:00 ■ Sit & Be Fit w/ Julie
 - 11:00 ■ Words With Friends
 - 1:00 ■ Walking Club
 - 1:30 ■ Daily Chronicle
 - 2:00 ■ Community of Faith
 - 3:00 ■ Baking Club
 - 4:00 ■ Word in a Word
 - 5:00 ■ Card Sharks - Five Crowns
 - 6:00 ■ SCAT
 - 6:15 ■ Action Movie Night

- 31**
- 10:00 ■ Tia Chi with Heather
 - 11:00 ■ Wii Bowling
 - 11:15 ■ Geissler's Supermarket
 - 1:00 ■ Walking Club
 - 1:30 ■ Daily Chronicle
 - 2:00 ■ Historical Tidbits
 - 2:00 ■ Manicures & Hand Massage
 - 3:00 ■ Oddly Obvious
 - 4:00 ■ Happy Hour
 - 6:00 ■ Card Sharks: Skip Bo