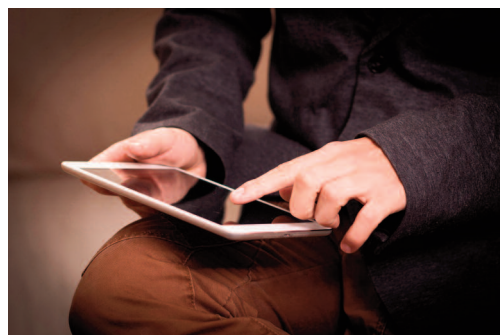


Stay Connected During Covid-19



Family Connections are Important

During the recent summer months, life, since the arrival of the coronavirus pandemic, has started to feel more normal. We've learned to maintain proper social distancing protocols while still feeling connected and engaged.

Safety First: Online safety is a big concern for seniors. Seniors are attractive targets to scammers because they often have large

sums of money saved, are trusting in nature, and are less likely to report fraud. As they become more comfortable online, ask your loved one to take certain precautions. These would include creating secure passwords, refraining from sharing personal information on websites that do not seem legitimate, and reporting suspected fraud to the authorities.

Get Social: For seniors, using social media is an excellent way to stay connected and share photos with loved ones. It can also help bridge the intergenerational gap with grand- and great-grandchildren. Seniors can use social networking sites as an easy way to connect with others that share similar hobbies and interests.

Video Chatting: While FaceTime, Skype, and Zoom have become popular options for video chatting during quarantine, they may be confusing for some seniors. If your loved one struggles to become tech-savvy, consider a video-based communication device that is more senior-friendly. The GrandPad, ViewClix, Konneckt Videophone, and the Amazon Echo Show are all great options.

Consider a Cellphone: If a good-old-fashioned phone call is more their speed, consider getting a cellphone designed specifically for seniors. From smartphones to flip phones, there are many great options

Modern-day technology has, in many ways, made navigating this pandemic a bit easier. Whether they're near or far, your loved one will appreciate being able to stay connected with family, friends, and the world around them during this time of uncertainty.



THE RESIDENCE at Orchard Grove

A Return to Normalcy

THE RESIDENCE AT ORCHARD GROVE *Associates*

Rae-Lynn Kinzie
Executive Director

Lucy Hebert
Sales & Marketing Director

Lukasz Kowalski
Business Office Director

Amanda Palmieri
Resident Care Director

Brenda Rojas
Reflections Director

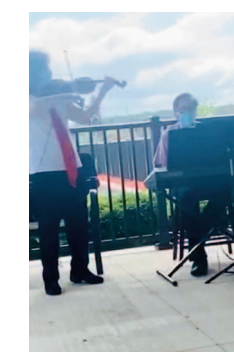
Nina Quirk
Culinary Service Director

Mary Beth McCarthy
Resident Engagement Director

Phil Dubeau
Maintenance Director



Painting Landscapes



Ray Valente and VioLynne

With the gradual loosening of restrictions on visitation, dining, live entertainment, etc., Residents are once again enjoying daily Engagement programs. Orchard Grove is fortunate to have big, beautiful spaces inside and outside. Residents have enjoyed the summer weather on the outside patio listening to weekly, live entertainment. Residents have also enjoyed the return of arts and crafts programs while still adhering to the 6 foot socially distancing protocol. Spaced out, one to a table in the Art Room and Bistro, residents have made projects working with sand, shells, various paints, stencils and a variety of other items. You'll see many of them displayed on Resident doors and in their apartments.



Clyde Wheatley



Trish M.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



- 4**
- 10:00 ■ Mass on TV
 - 11:00 ■ Sit and Be Fit
 - 1:15 ■ Walking Group
 - 1:45 ■ Bingo
 - 3:00 ■ Happy Hour
 - 4:15 ■ Scattergories Game
 - 4:15 ■ Patriots vs Kanas

- 5**
- 10:30 ■ Word Games
 - 11:00 ■ Exercise Band Class
 - 1:30 ■ Tai Chi for Beginners
 - 2:00 ■ Virtual Museum
 - 3:00 ■ Happy Hour
 - 4:15 ■ Music on Patio

- 6**
- 10:30 ■ This was the year....1971
 - 11:00 ■ Strength Exercise with Maureen
 - 1:15 ■ Walking Group
 - 1:45 ■ Fall Door Decor
 - 3:00 ■ Happy Hour- Cider Sangria
 - 4:00 ■ What's Next Game!

- 7**
- 10:30 ■ Word Games
 - 11:00 ■ Dr. Claremont Fitness Class
 - 1:30 ■ Tai Chi Class
 - 2:00 ■ Connect Four!
 - 3:00 ■ Happy Hour
 - 6:30 ■ Movie Night

- 8**
- 10:15 ■ Ted Talks/Discussion Groups
 - 11:00 ■ Sit and Be Fit!
 - 1:00 ■ Giant Crosswords
 - 2:00 ■ Ballroom Dance Warm-up
 - 3:00 ■ Happy Hour
 - 4:00 ■ Finish the Line...

- 9**
- 10:30 ■ Finish the Lyrics
 - 11:00 ■ Moving and Grooving
 - 1:15 ■ Afternoon Stroll
 - 2:00 ■ Bill McCarthy Performs
 - 3:00 ■ Happy Hour
 - 4:15 ■ VioLynne's Name That Tune

- 10**
- 10:00 ■ Chit Chat and Coffee
 - 11:00 ■ Dancersize with Ashley
 - 1:30 ■ Mini Manicures with Ashley
 - 3:00 ■ Happy Hour
 - 4:15 ■ Walking Group
 - 6:30 ■ Documentary

- 11**
- 10:00 ■ Mass on TV
 - 11:00 ■ Sit and Be Fit
 - 1:00 ■ Patriots vs. Broncos
 - 1:15 ■ Walking Group
 - 1:45 ■ Bingo
 - 3:00 ■ Happy Hour
 - 4:15 ■ Scattergories Game

- 12** Columbus Day
- 10:30 ■ Columbus Trivia
 - 11:00 ■ Exercise Band Class
 - 1:30 ■ Tai Chi for Beginners
 - 2:00 ■ Virtual Museum
 - 2:30 ■ Kalifornia Karl
 - 3:00 ■ Happy Hour
 - 4:15 ■ Music on Patio

- 13**
- 10:30 ■ This was the year....1955
 - 11:00 ■ Strength Exercise with Maureen
 - 1:15 ■ Walking Group
 - 1:45 ■ Craft Corner
 - 3:00 ■ Happy Hour-Pumpkin Martini's
 - 4:00 ■ Ask Alexa!

- 14**
- 10:30 ■ Tech Support Class
 - 11:00 ■ Dr. Claremont Fitness Class
 - 1:30 ■ Tai Chi Class
 - 2:00 ■ Resident Council Meeting
 - 3:00 ■ Happy Hour
 - 6:30 ■ Movie Night

- 15**
- 10:15 ■ Ted Talks/Discussion Groups
 - 11:00 ■ Sit and Be Fit!
 - 1:15 ■ Walking Group
 - 1:45 ■ Bingo Game!
 - 3:00 ■ Happy Hour
 - 4:00 ■ Where's Grandma Geography

- 16**
- 10:30 ■ Finish the Lyrics
 - 11:00 ■ Moving and Grooving
 - 1:15 ■ Afternoon Stroll
 - 1:45 ■ Movie Matinee
 - 3:00 ■ Fall Festival
 - 4:15 ■ VioLynne's Name That Tune

- 17**
- 10:00 ■ Chit Chat and Coffee
 - 11:00 ■ Dancersize with Ashley
 - 1:30 ■ Mini Manicures with Ashley
 - 3:00 ■ Happy Hour
 - 4:15 ■ Walking Group
 - 6:30 ■ Documentary

- 18**
- 10:00 ■ Mass on TV
 - 11:00 ■ Sit and Be Fit
 - 1:15 ■ Walking Group
 - 1:45 ■ Bingo
 - 3:00 ■ Happy Hour
 - 4:15 ■ Scattergories Game

- 19**
- 10:30 ■ Word Games
 - 11:00 ■ Exercise Band Class
 - 1:30 ■ Tai Chi for Beginners
 - 2:00 ■ Virtual Museum Tours
 - 3:00 ■ Happy Hour
 - 4:15 ■ Music on Patio

- 20** Happy Birthday Pat M.
- Happy Birthday, Pat!
 - 10:30 ■ This was the year....1969
 - 11:00 ■ Strength Exercise with Maureen
 - 1:15 ■ Walking Group
 - 1:45 ■ Craft Corner
 - 3:00 ■ Octoberfest
 - 4:15 ■ Fascinating Facts

- 21**
- 10:30 ■ Word Games
 - 11:00 ■ Dr. Claremont Fitness Class
 - 1:30 ■ Tai Chi Class
 - 2:00 ■ Culinary Chat
 - 3:00 ■ Happy Hour
 - 6:30 ■ Movie Night

- 22**
- 10:15 ■ Ted Talks/Discussion Groups
 - 11:00 ■ Sit and Be Fit!
 - 1:15 ■ Walking Group
 - 1:45 ■ Bingo Game!
 - 3:00 ■ Happy Hour
 - 4:00 ■ Joggin' Your Noggin

- 23**
- 10:30 ■ Finish the Lyrics
 - 11:00 ■ Moving and Grooving
 - 1:15 ■ Afternoon Stroll
 - 1:45 ■ Movie Matinee
 - 3:00 ■ Happy Hour
 - 4:15 ■ VioLynne's Name That Tune

- 24**
- 10:00 ■ Chit Chat and Coffee
 - 11:00 ■ Dancersize with Ashley
 - 1:30 ■ Mini Manicures with Ashley
 - 3:00 ■ Happy Hour
 - 4:15 ■ Walking Group
 - 6:30 ■ Documentary

- 25**
- 10:00 ■ Mass on TV
 - 11:00 ■ Sit and Be Fit
 - 1:15 ■ Walking Group
 - 1:45 ■ Bingo
 - 3:00 ■ Happy Hour
 - 4:15 ■ Scattergories Game
 - 4:15 ■ Patriots vs 49ERS

- 26**
- 10:30 ■ Word Games
 - 11:00 ■ Exercise Band Class
 - 1:30 ■ Tai Chi for Beginners
 - 2:00 ■ Virtual Museum Tours
 - 3:00 ■ Happy Hour
 - 4:15 ■ Music on Patio

- 27**
- 10:30 ■ This was the year....2000.
 - 11:00 ■ Strength Exercise with Maureen
 - 1:15 ■ Walking Group
 - 1:45 ■ Craft Corner
 - 3:00 ■ Happy Hour- Mulled Wine
 - 4:15 ■ Brain Teasers

- 28** Happy Birthday Jackie K.
- Happy Birthday, Jackie!
 - 10:30 ■ Word Games
 - 11:00 ■ Dr. Claremont Fitness Class
 - 1:30 ■ Tai Chi Class
 - 2:00 ■ Calendar Committee
 - 3:00 ■ Happy Hour
 - 6:30 ■ Movie Night

- 29**
- 10:15 ■ Ted Talks/Discussion Groups
 - 11:00 ■ Sit and Be Fit!
 - 1:15 ■ Walking Group
 - 1:45 ■ Bingo Game!
 - 3:00 ■ Happy Hour
 - 4:00 ■ Clue Trivia

- 30**
- 10:30 ■ Finish the Lyrics
 - 11:00 ■ Moving and Grooving
 - 1:15 ■ Afternoon Stroll
 - 1:45 ■ Movie Matinee
 - 3:00 ■ Happy Hour- Witches Brew
 - 4:15 ■ VioLynne's Name That Tune

- 31** Happy Halloween
- 10:00 ■ Chit Chat and Coffee
 - 11:00 ■ Dancersize with Ashley
 - 1:30 ■ Mini Manicures with Ashley
 - 3:00 ■ Boo's and Brews
 - 4:15 ■ Walking Group
 - 6:30 ■ Documentary

Reminders:

Dr. Appointments
Tuesday and
Thursday's

Hairdresser on
Wednesday's
by appointment only

Front desk:
508-841-5735

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.