

The American Heritage Museum

The American Heritage Museum explores America's conflicts beginning with the Revolution to modern day. Here you will discover and interact with our heritage through the history of the national effort developing new technologies, and the human impact of America's fight to preserve the freedom we all hold dear. The concept of the American Heritage Museum began when the Collings Foundation was selected to receive the massive collection of tanks, armored vehicles and military artifacts from the family of Jacques M. Littlefield in 2013. Exhibiting these artifacts in the most meaningful way possible is our goal. The museum is designed to fully engage visitors in understanding our turbulent past. Here American history is



explored, studied and most of all, remembered. Through educational interpretation and chronologically arranged to bring the history of our veterans to life. Valley Farm will be visiting this museum on Wednesday March 13th.

Returning to Valley Farm: Janet Parnes



Janet Parnes is returning to Valley Farm on Tuesday March 5th to portray Mrs. Russell Parsons. Come and prepare for the promenade through the days of corsets, calling cards and decorum as the oh- so-proper Mrs. Russell Parsons escorts you through the life of a proper Victorian Lady. Here you will gain insights into the wisdom, misconceptions and by today's standards, ridiculous customs of the Age of Gentility. Topics will include Fashion, fan language,

calling- card protocols, courtship, the code of etiquette and very importantly the household regimen of a middle- class wife and mother. Reminisce about your mother and grandmothers or simply delight in the poignant, amusing, always historically accurate story, as Mrs. Parsons discloses snippets of her life in 1890.

THE RESIDENCE at Valley Farm

Letter From the Executive Director

It is almost unbelievable that we are already entering the month of March. I am sure that we are all happy to see longer days and flowers starting to bloom. This month there is much to celebrate.

First, we would like to remind everyone that we are excited to introduce to you our new Resident and Family Portal for online bill pay. By using the Portal, residents and designated family members will be able to:

- Confirm your contact information on file such as phone, email and address.
- View the current balance and view monthly payer statements.
- Make secure online payments using one of the following payment options:
 - o ACH
 - o Debit Cards
 - o Credit Cards
 - o Auto-Pay/Recurring Payments

We encourage all residents or their responsible parties to sign up for this useful tool. If you have any questions, please see Nick in the Business office.

On March 28th we invite you to attend our Charcuterie Workshop and show us your creative side. Let's see if you can outshine our fabulous Chef Chris. Charcuterie is just a fancy word for cured meat. The word derives from French origins in the 15th century when people used every last bit of the meat and left nothing to waste. The meat was then put through a preservation process of curing and often formed into some sort of sausage or dry-aged meat.

Lastly, Easter Sundry falls on March 31st this year. We ask that you inform the front desk if you will be leaving for the day or if you anticipate having guests for Easter "Supper".

As always, I look forward to seeing every resident out and about in the community and please know that my door is always open.



THE RESIDENCE AT VALLEY FARMS Associates

Christina Ohlson
Executive Director

Tiffany Souza
Resident Care Director

Nicholas Jenkins
Business Office Director

Christopher Ryan
Sr Dir of Restaurant Ops

Samantha DeMar
Reflections Director

Gustavo Sique
Maintenance Director

Kalen Tuohy
Resident Engagement Director

Jennifer Luna
Sales Director

Reception Desk
(508)532-3197



MARCH	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	Easter Sunday 9:45 Virtual Catholic Mass 10:00 Strength & Conditioning 10:30 Virtual Protestant Service 10:45 Puzzle Group 1:30 Tai Chi 2:00 Coffee & Current Events 3:00 Music Listening Hour- Den Martin 4:00 Biography: Charles Darwin 6:30 Feature Film						
3	9:45 Virtual Catholic Mass 10:00 Strength & Conditioning 10:30 Virtual Protestant Service 10:45 Puzzle Group 1:30 Tai Chi 2:00 Coffee& Current Events 3:00 Music Listening Hour- Elvis Presley 4:00 Biography: Charles Dickens 6:30 Feature Film	4 10:00 Core Endurance Class 10:30 Shopping Trip- Market Basket 10:45 Guided Imagery Session 10:45 Knowledge Bout Challenge 10:45 Poetry Hour 1:30 Barre & Balance 2:00 Advisory Board Meeting 3:00 Happy Hour 6:30 Feature Film	5 10:00 Communion Service 10:00 Yoga Flow 10:30 ReAct Neuro& Shield 10:45 Jewelry Design Workshop 1:15 Mindful Movements 2:00 Movie Rewind 2:00 Living History Lecture: Etiquette Expert of 1890 3:00 Cocktail Hour 6:15 Watercolor Session	6 10:00 Strength Training 10:00 Outing: Ashland Library 10:45 Smithsonian Discussion 10:45 Literature Listening Hour 11:00 Resident Council Meeting 1:30 Leave a Legacy Story 1:30 Barre & Balance 2:00 Ice Dyed Scarf Workshop 3:00 Pub Social 6:30 Feature Film	7 Mickey R's Birthday 10:00 Core Endurance Class 10:30 Expressive Arts Workshop 10:45 Great Poets of America 10:45 Documentary- Eiffel Tower 1:30 Tai Chi 2:00 Dave Polatin Retro Band 2:00 A Touch of Bliss Nail Spa 3:00 Signature Series: Chopped Challenge 6:30 Feature Film	8 10:00 Yoga for Vitality 10:45 Exploring States-Kansas 11:00 Knit & Crochet Group 1:30 Barre & Balance 2:00 Movie Rewind 3:00 Rosary 3:30 Pizza & Pub Social 6:30 Cribbage Club 6:30 Feature Film	9 Bill K's Birthday 9:45 Virtual Shabbat Service 10:00 Weightlifting for Density 10:45 GoodNews Discussion Group 10:45 DocuSeries:Life on Our Planet 1:00 Movie Rewind- 1:15 Mindful Movements 2:00 Table Games: Bingo 3:00 Creative Writing Workshop 6:30 Feature Film
10	9:45 Virtual Catholic Mass 10:00 Strength & Conditioning 10:30 Virtual Protestant Service 10:45 Puzzle Group 1:30 Tai Chi 2:00 Coffee& Current Events 3:00 Music Listening Hour- Johnny Cash 4:00 Biography: Audrey Hepburn 6:30 Feature Film	11 Mary B's Birthday 10:00 Core Endurance Class 10:30 Shopping Trip-Michaels 10:45 Guided Imagery Session 10:45 Knowledge Bout Challenge 10:45 Poetry Hour 11:00 Engagement Planning Meeting 1:30 Barre & Balance 3:00 Happy HOur 6:30 Poker Club	12 10:00 Communion Service 10:00 Yoga Flow 10:30 ReAct Neuro& Shield 10:45 History Lecture 1:15 Mindful Movements 1:45 Table Games: Bingo 2:00 Jewelry Design Workshop 3:00 Cocktail Hour 3:00 Jazz Band Trio 6:30 Feature Film	13 10:00 Strength Training 10:00 Outing: American Hertiage Museum 10:45 Literature Listening Hour 10:45 Smithsonian Discussion 1:30 Leave a Legacy Story 1:30 Barre & Balance 2:00 Clay Pot Decor Workshop 3:00 Pub Social 6:30 Feature Film	14 PI Day 10:00 Core Endurance Class 10:45 Great Poets of America 10:45 Documentary-Easter Island 1:30 Tai Chi 2:00 A Touch of Bliss Nail Spa 3:15 Resident Store Open 3:15 Jeopardy Challenge 6:30 Feature Film 6:30 Poker Club	15 Jeanette S's Birthday 10:00 Yoga for Vitality 10:45 Exploring States- Missouri 11:00 Knit & Crochet Group 1:30 Barre & Balance 2:00 Movie Rewind 3:00 Rosary 3:30 Pizza & Pub Social 6:30 Cribbage Club 6:30 Feature Film	16 9:45 Virtual Shabbat Service 10:00 Weightlifting for Density 10:45 GoodNews Discussion Group 10:45 DocuSeries:Life on Our Planet 1:00 Movie Rewind- 1:15 Mindful Movements 2:00 Table Games: Bingo 3:00 Creative Writing Workshop 6:30 Feature Film
17	St. Patrick's Day 9:45 Virtual Catholic Mass 10:00 Strength & Conditioning 10:30 Virtual Protestant Service 10:30 History of St. Patrick 1:30 Tai Chi 2:00 Coffee & Current Events 3:00 St. Patrick's Day Social 3:00 Music Listening Hour- Patsy Cline 4:00 Biography-Charles Lindberg	18 10:00 Core Endurance Class 10:30 Shopping Trip- Market Basket 10:45 Guided Imagery Session 10:45 Knowledge Bout Challenge 10:45 Poetry Hour 11:00 Pretty Things Shopping 1:30 Barre& Balance 3:00 Happy Hour 6:30 Poker Club	19 10:00 Communion Service 10:00 Yoga Flow 10:30 ReAct Neuro& Shield 10:45 History Lecture 1:15 Mindful Movements 1:45 Table Games: Bingo 2:00 Movie Rewind 2:00 Jewelry Design Workshop 3:00 Cocktail Hour 6:15 Watercolor Session	20 10:00 Strength Training 10:45 Literature Listening Hour 10:45 Smithsonian Discussion 11:30 Outing:The Fix Burger Bar 1:30 Leave a Legacy Story 1:30 Barre & Balance 2:00 Spring Doorhanger Workshop 2:00 Movie Rewind 3:00 Pub Social 6:30 Feature Film	21 10:00 Core Endurance Class 10:45 Great Poets of America 10:45 Documentary-When Whales Could Walk 1:30 Tai Chi 2:00 A Touch of Bliss Nail Spa 3:15 Resident Store Open 3:15 Jeopardy Challenge 6:30 Feature Film 6:30 Poker Club	22 10:00 Yoga for Vitality 10:45 Exploring States- Arizona 11:00 Knit & Crochet Group 1:30 Barre & Balance 2:00 Movie Rewind 3:00 Rosary 3:30 Pizza & Pub Social 6:30 Cribbage Club 6:30 Feature Film	23 9:45 Virtual Shabbat Service 10:00 Weightlifting for Density 10:45 GoodNews Discussion Group 10:45 DocuSeries:Life on Our Planet 1:00 Movie Rewind- 1:15 Mindful Movements 2:00 Table Games: Bingo 3:00 Creative Writing Workshop 6:30 Feature Film
24	Palm Sunday 9:45 Virtual Catholic Mass 10:00 Strength & Conditioning 10:30 Virtual Protestant Service 10:45 Puzzle Group 1:30 Tai Chi 2:00 Coffee& Current Events 3:00 Music Listening Hour- The Beach Boys 4:00 Biography: Joseph Kennedy 6:30 Feature Film	25 10:00 Core Endurance Class 10:30 Shopping Trip- Walmart 10:45 Guided Imagery Session 10:45 Knowledge Bout Challenge 10:45 Poetry Hour 1:30 Barre & Balance 2:00 Movie Rewind 3:00 Happy Hour 6:30 Feature Film 6:30 Poker Club	26 10:00 Communion Service 10:00 Yoga Flow 10:30 ReAct Neuro& Shield 10:45 History Lecture 1:15 Mindful Movements 1:45 Table Games: Bingo 2:00 Movie Rewind 2:00 Jewelry Design Workshop 3:00 Cocktail Hour 6:15 Watercolor Session	27 10:00 Strength Training 10:45 Literature Listening Hour 10:45 Smithsonian Discussion 1:30 Leave a Legacy Story 1:30 Barre & Balance 1:30 Outing: The Framingham History Museum 2:00 Decoupage Egg Workshop 3:00 Pub Social 6:30 Feature Film	28 10:00 Core Endurance Class 10:45 Great Poets of America 10:45 Documentary-World's Greatest Natural Icons 1:30 Tai Chi 2:00 A Touch of Bliss Nail Spa 2:00 Jeopardy Challenge 3:00 Signature Series: Charcuterie Workshop 6:30 Feature Film	29 Good Friday 10:00 Yoga for Vitality 10:45 Exploring States- California 11:00 Knit & Crochet Group 1:30 Barre & Balance 2:00 Movie Rewind 3:00 Rosary 3:30 Pizza& Pub Social 6:30 Cribbage Club 6:30 Feature Film	30 Jack O's Birthday 9:45 Virtual Shabbat Service 10:00 Weightlifting for Density 10:45 GoodNews Discussion Group 10:45 DocuSeries:Life on Our Planet 1:00 Movie Rewind- 1:15 Mindful Movements 2:00 Table Games: Bingo 3:00 Creative Writing Workshop 6:30 Feature Film

Upcoming
Events

Ashland Public
Library
The Framingham
History Museum
The Burger Fix
The American Her-
itage Museum
Barre & Balance
Signature Series:
Charcuterie Work-
shop
Signature Series:
Chopped Challenge
Janet Parnes:
Etiquette Expert

Our engagement
program is built upon
both our residents'
interests and our Five
Principles for Vitality.

By providing quality
and choice, we hope to
encourage socialization
and well-being for mind,
body, and spirit.

Continued Learning
Arts & Culture
Physical Fitness
Community Connections
Wellness & Self-Care