



Dear Friends,

It's summertime, and residents and staff are in full swing planning activities to keep everyone interested and engaged. July is perfect for outdoor activities, and all our residents welcome opportunities to get out and enjoy the sunshine.

As this newsletter goes to print, the garden club is hard at work keeping the flowers and plants watered and healthy. The patios and walkways are ablaze with beautiful summer blossoms – the perfect spot to relax and chat with friends. A cookout is planned to celebrate the 4th of July, and ice cream social events are scheduled throughout the month. Even our weekly exercise programs are held outdoors when the weather permits!

Summertime in New England allows older adults to embrace the outdoors, get some fresh air and exercise, socialize with others, and enjoy new experiences. Partaking in healthy activities is also great for physical and mental well-being. Outdoor activities can improve cardiovascular health, increase mobility, and help manage chronic conditions. Social engagement with others with similar interests can foster a sense of belonging and community. Shared interests also provide a platform for seniors to reminisce and tell stories of the summers of their youth - picnics, barbeques, and fun family vacations.

At Holy Trinity, our staff is committed to providing enriching experiences for all our residents. We understand that by providing social activities based on their interests, we bring joy to our residents and make the most of this beautiful season.

I hope you and your family can participate in our many summer events. Our family would love to see your family anytime.

Until next month,

Rodolfo A. Parra
CEO and Administrator



