

Rosa rugosa flourishes on coastal towns like Duxbury. Its blooms are a sure sign that spring will be here soon.

The Village at Duxbury
Life is better in a Village
THE NAVIGATOR
 CHARTING YOUR COURSE TO
 EXCEPTIONAL LIVING

A Quarterly Newsletter of The Village at Duxbury
 SPRING 2020



SPRING AT THE VILLAGE

While the days are still short and the cold weather is hanging on, The Village has spring on our minds. In this issue, read about a planned trip to The Boston Flower & Garden Show, The Village's resident gardens, a fun spring recipe and some great ways to learn more about our community.



The Village at Duxbury is managed by Welch Senior Living, the leader in senior housing and services on the South Shore.

888-336-1349 • www.VillageAtDuxbury.com
 290 Kingstown Way • Duxbury, MA 02332



WHAT ARE YOU WAITING FOR?
 AN AVAILABILITY UPDATE
 FROM SALES MANAGER
 HARRIET VOYT

When I sat down to work on this edition of the Navigator, it was the dead of winter. Cold weather notwithstanding, the energizing lifestyle we typically associate with the warmer months permeates our hallways twelve months a year. Musical performances, festive dining events, stimulating lectures and discussion groups are weekly occurrences here and a great way to fend off the cabin fever many of us experience in our houses.

That said, my thoughts are deeply centered around spring as I write this update. We've got some terrific ways for you to sample our community on the calendar that you can read about in the following pages. And, if you are thinking of joining us, I have some superb Garden Homes and apartments that will be ready for spring occupancy.

Happy spring!

Call 888-336-1349 to meet with Sales Manager Harriet Voyt and tour The Village.

MOVE-IN SPECIAL FOR A SMOOTHER MOVE
 OFFER EXPIRES SEPTEMBER 30, 2020

Whether you choose a spacious Garden Home or an efficient, elegant apartment, Courtney Newcomb and her team from Arrange South Shore can help simplify your move to The Village at Duxbury. Reserve your Garden or Apartment Home before September 30, 2020 and receive a combination of eight hours of complimentary time with either one or two professional organizers from Arrange South Shore.

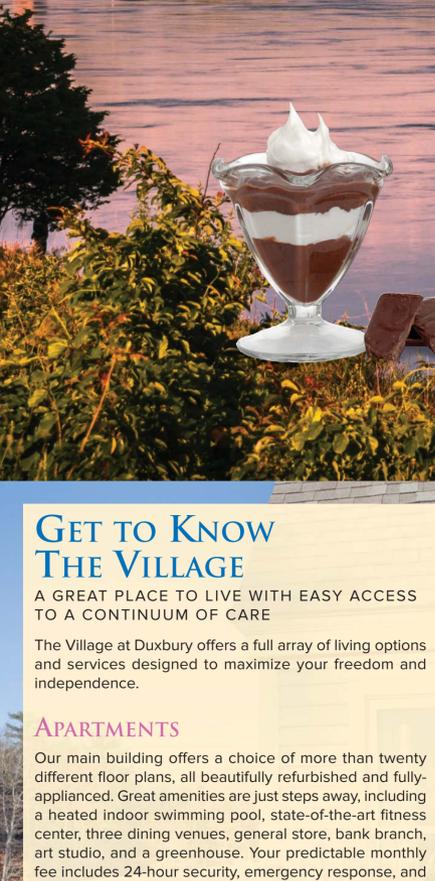
Call 888-336-1349 for details.



ABOUT COURTNEY



She has moved more than 25 times and has more than 20 years of experience helping individuals and families plan and prioritize for a smoother move. She understands the stress moving places on seniors and their families and draws on her social work background to help clients through the emotional challenges of moving.



GET THAT CAPE COD FEEL ON THE OTHER SIDE OF THE BRIDGE

The Village landscape includes blue hydrangeas and Rosa rugosa, and our grey shingled buildings are also reminiscent of the architecture and grounds of many a Cape Cod neighborhood. That may help to explain why so many current Village residents with deep connections to the Cape are drawn to our doors. This May, Village residents and staff will be hosting an informational lunch about our community at the Cape Codder in Hyannis. Please give us a call if you would like to join us!

WEDNESDAY, MAY 20TH
 12:00 NOON

CAPE CODDER RESORT & SPA
 1225 Iyannough Road
 Hyannis, MA 02601

MENU

Fresh Garden Salad with choice of dressing
 Choice of:
 Stuffed Chicken Breast with Cranberry and Sage Stuffing
 or
 Vegetable Risotto Primavera with Seasonal Vegetables and Parmesan (Gluten Free/Vegetarian)
 White and Chocolate Mousse Parfait

Space is limited and reservations are required for this fun and informative event. Call to reserve your seat today! 888-336-1349.

GET TO KNOW THE VILLAGE

A GREAT PLACE TO LIVE WITH EASY ACCESS TO A CONTINUUM OF CARE

The Village at Duxbury offers a full array of living options and services designed to maximize your freedom and independence.

APARTMENTS

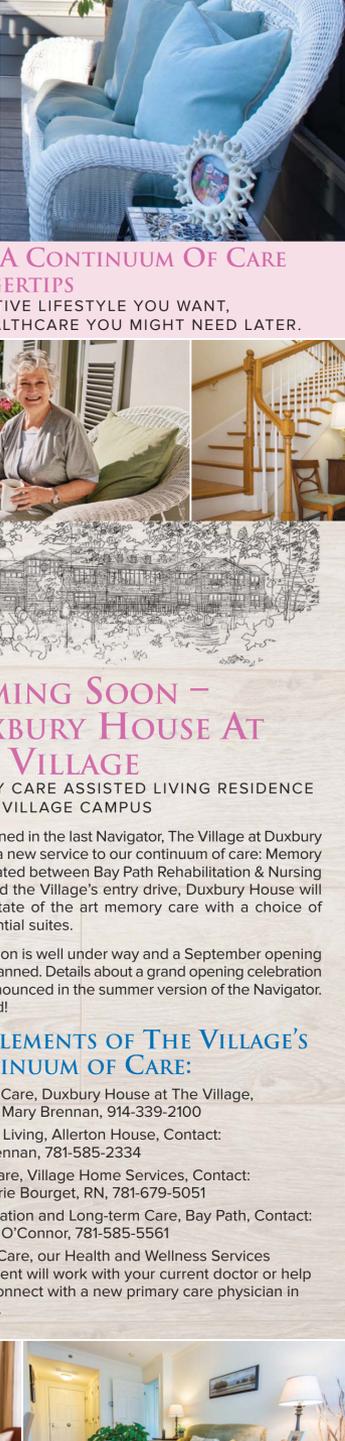
Our main building offers a choice of more than twenty different floor plans, all beautifully refurbished and fully-applianced. Great amenities are just steps away, including a heated indoor swimming pool, state-of-the-art fitness center, three dining venues, general store, bank branch, art studio, and a greenhouse. Your predictable monthly fee includes 24-hour security, emergency response, and an impressive variety of health, fitness, educational, cultural, and entertaining programming.

Call Sales Manager Harriet Voyt at 888-336-1349 for more information.

GARDEN HOMES

The Village is the South Shore's only continuing care retirement community offering a Garden Home option. Each Garden Home features more than 2,000 square feet of living space, with a modern, open floor plan, attached garage, and access to all of the amenities our apartment residents enjoy.

Call Sales Manager Harriet Voyt at 888-336-1349 for more information.



ENJOY THE PEACE OF MIND OF A CONTINUUM OF CARE AT YOUR FINGERTIPS
 EVERYTHING YOU NEED FOR THE ACTIVE LIFESTYLE YOU WANT, NOW WITH CONVENIENT ACCESS TO THE HEALTHCARE YOU MIGHT NEED LATER.



FAST FACTS ABOUT THE VILLAGE AT DUXBURY

- Choice of elegant Garden Homes, and gracious 2-bedroom apartments and spacious 1-bedroom apartments
- Resident-owned and governed through the Cooperative Corporation
- Developed and managed by Welch Senior Living, a fourth generation, family run, locally owned business

COMING SOON - DUXBURY HOUSE AT THE VILLAGE

MEMORY CARE ASSISTED LIVING RESIDENCE ON THE VILLAGE CAMPUS

As mentioned in the last Navigator, The Village at Duxbury is adding a new service to our continuum of care: Memory Care. Located between Bay Path Rehabilitation & Nursing Center and the Village's entry drive, Duxbury House will provide state of the art memory care with a choice of 24 residential suites.

Construction is well under way and a September opening is being planned. Details about a grand opening celebration will be announced in the summer version of the Navigator. Stay tuned!

KEY ELEMENTS OF THE VILLAGE'S CONTINUUM OF CARE:

- Memory Care, Duxbury House at The Village, Contact: Mary Brennan, 914-339-2100
- Assisted Living, Allerton House, Contact: Mary Brennan, 781-585-2334
- Home Care, Village Home Services, Contact: Annemarie Bourget, RN, 781-679-5051
- Rehabilitation and Long-term Care, Bay Path, Contact: Bethany O'Connor, 781-585-5561
- Primary Care, our Health and Wellness Services Department will work with your current doctor or help you to connect with a new primary care physician in our area.



NEWPORT GARDEN HOME

Open your kitchen to the possibilities of life at The Village. Our Newport Garden Home features an open concept kitchen, dramatic vaulted ceilings, finished second floor loft and an attached garage. With two bedrooms and three bedrooms, you'll have just the right amount of space to relax or entertain while enjoying an unburdened lifestyle.

Call Sales Manager Harriet Voyt at 888-336-1349 for more information.



CULINARY CORNER AT THE VILLAGE

HADLEY ASPARAGUS

The Village has admired and been a proponent of the "local" food movement for years. For example, we're lucky to be in a town known for oysters and we're proud to serve Duxbury farmed oysters on special occasions.

Hadley, Massachusetts is renowned for its asparagus crop. In May, our executive chef works with his green grocer to load up on Hadley asparagus. While it is delicious simply steamed and served unadorned, this recipe is a hit with our residents, too.

GRILLED ASPARAGUS (SERVES 2)

- 1 bunch of fresh asparagus
- 1 tablespoon of butter
- 1 tablespoon olive oil
- 1 clove fresh minced garlic

DIRECTIONS

Wash asparagus and trim root ends with a sharp knife. Blanch in boiling water for 2 minutes. Drain. Grill blanched asparagus on charcoal or gas grill until tender, rolling occasionally with a metal spatula. Add oil, butter and garlic to a large sauté pan and cook until butter is melted. Add grilled asparagus to this same pan with the butter mixture and sauté until the asparagus is covered in the butter mixture. Serve immediately.



THE BOSTON FLOWER & GARDEN SHOW

THURSDAY, MARCH 12
 9:30 AM

The Village is chartering a coach to this annual tradition and we have saved a few seats for prospective residents. If you'd like to join us, please call to reserve a seat.

RSVP today at 888-336-1349.



THE SUSAN REED QUARTET

TUESDAY, JUNE 30
 3:00 - 4:00 PM

Susan Reed is a violinist and vocalist, well-versed in the language of jazz, including swing, Latin, Bebop, and blues. With songs and strings, Susan and her Boston-based Jazz Quartet will have you tapping and humming along to tunes straight out of the Great American Songbook.

Susan will take you on a journey, weaving together tunes and tales, also sharing her listening guide for those new to our original American art form, jazz. Common to all of Susan's performances is a trademark sense of humor and optimism, and her conviction that music deepens our connection to the world around us.

RSVP today at 888-336-1349.

SPACE IS LIMITED AND RESERVATIONS ARE REQUIRED FOR ALL EVENTS. RSVP today at 888-336-1349.



www.VillageAtDuxbury.com

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RESERVE YOUR SPACE TODAY FOR A COMPLIMENTARY LUNCH & LEARN EVENT

at The Village at Duxbury, the South Shore's Premier Ownership Retirement Community!

LUNCH & LEARN AT NOON
 WEDNESDAY, MARCH 18TH
 WEDNESDAY, APRIL 15TH
 WEDNESDAY, MAY 13TH
 WEDNESDAY, JUNE 17TH

Reservations are required and space is limited. Call today! 888-336-1349.