

ARBOR HOUSE OF NORMAN

COMMUNITY EVENTS



Ghostly Affair **OCT. 27, 2023 6:00 PM**

It's no trick, just treats here at Arbor House! Come to our boo-tacular Halloween celebration where you can count on candy, festive activities, and great company. Wear your costume, bring the kids and trick-or-treat our halls.



Identifying Dementia And Knowing When To Seek Help

APR. 25, 2024 10:00 AM

Join us for an educational session on dementia and Alzheimer's. Learn about the signs and symptoms and early recognition. The Arbor House of Norman team along with Enhabit Home Health will be here to explain the disease from the basics and beyond. RSVP to save your seat for this important conversation. Meet The Expert: Crystal McGaha, RN, BSN, MSN, Director of Operations, Enhabit Home Health & Hospice.



Gardening To Grow Better Health **MAY. 20, 2024 10:00 AM**

When you're out in the garden, hands in the soil, you're doing more than nurturing your plants. You're also nurturing your health! Whether you're a beginner or have a green thumb, join us at Arbor House as we get our hands dirty, plant succulents, and discuss the physical and mental benefits of gardening. We'll also cover ways to start gardening, whether it's in the backyard or in a small pot in the kitchen window. It all makes a positive difference! Grow with us! GUEST EXPERT: Jennifer Hernandez, 3J Farms OK



Beware: New Tactics in Online & Phone Scams **AUG. 29, 2024 12:30 PM**

Each year, millions of older Americans fall victim to some type of financial fraud or internet scheme. According to the Internet Crime Complaint Center in 2022, there were 88,262 older victims of fraud resulting in \$3.1 billion in losses. Join the experts in senior living at Arbor House to learn how to protect your money by understanding the

latest scam-busting techniques and how you can spot a scam.