

203 Lowell Road • Hudson, NH 03051 • (603) 816-0070

Put On Some Good Vibes

Wearing a bright color is one way to get energized and put yourself in a positive mood.



Sow Good Thoughts

"Plant seeds of happiness, hope, success, and love; it will all come back to you in abundance."
—Steve Maraboli



April 2021



A Colorful Sight

Catching sight of a rainbow spanning the sky is a natural wonder that can often stop you in your tracks. These colorful "rainy arches," the Latin meaning of their name, appear when light reflects and refracts through water droplets. Because a rainbow is an optical phenomenon, it's unique to each person seeing it, since the angles of reflected light will be slightly different from their viewpoint.



April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday! ● Beatrice 4/11				April Fools' Day 1 10:00 Morning Exercise 10:30 Current Events 1:00 Let's Tell Jokes 2:00 Manicures 3:00 Crossword Puzzles 6:00 Trivia	10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Virtual Paint Day - Dandelion 3:00 BINGO 6:00 Friday Night Flick	10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 Social Hour Cocktails 3:00 Finish the Phrase 6:00 Crafts
Easter 4	5	6	7	8	9	1
10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 Crafts Corner -Easter Eggs 3:00 BINGO 6:00 Name That Tune	10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting - Watercolors 2:00 Word Puzzles 3:00 The Match Game 6:00 Sing-Along	10:00 Movin' & Groovin' 10:30 Current Events 1:00 What's in a Word? 2:00 Chair Yoga 3:00 Bowling 6:00 Singers of Yesterday	10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Chair Yoga 2:00 Balloon Toss 3:00 Trivia 6:00 Comedy Connection	10:00 Morning Exercise 10:30 Current Events 1:00 Manicures 2:00 Jackie Lee performs in our Courtyard 3:00 Pictionary 6:00 Trivia	10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Make Your Own Pizza 3:00 BINGO 6:00 Friday Night Flick	10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 Social Hour Cocktails 3:00 What's in a Word? 6:00 The Lawrence Welk Show
10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO 3:00 Crafts Corner 6:00 Name That Tune	10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting 2:00 Cook's Corner - Grilled cheese 3:00 Balloon Tennis 6:00 Sing-Along	13 10:00 Movin' & Groovin' 10:30 Current Events 1:00 What's in a Word? 2:00 Spa Day 3:00 Chair Yoga 6:00 Singers of Yesterday	14 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Chair Yoga 2:00 Balloon Toss 3:00 Can Game 6:00 Comedy Connection	15 10:00 Morning Exercise 10:30 Current Events 1:00 Crossword Puzzles 1:30 Andy Ross Performs in the Courtyard 2:00 Manicures 3:00 Ring Toss 6:00 Trivia	16 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Balloon Tennis 3:00 BINGO 6:00 Friday Night Flick	10:00 Morning Stretch 10:30 Current Events 11:00 Boggle 1:00 Hangman 2:00 Social Hour Cocktails 3:00 Volleyball 6:00 Crafts
18 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social - Animal crackers 2:00 BINGO 3:00 Sensory Fun 6:00 Name That Tune	10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Craft - Flower collages 2:00 Word Puzzles 3:00 Pictionary 6:00 Sing-Along	10:00 Movin' & Groovin' 10:30 Current Events 1:00 What's in a Word? 2:00 Crafts Corner - Suncatchers 3:00 Ring Toss 6:00 Singers of Yesterday	10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Chair Yoga 2:00 Balloon Toss 3:00 Horseshoes 6:00 Comedy Connection	Earth Day 22 10:00 Morning Exercise 10:30 Current Events 1:00 Crafts Corner - Plants 2:00 Manicures 3:00 Cornhole 6:00 Trivia	10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Tim Barret performs in our Courtyard 3:00 BINGO 6:00 Friday Night Flick	10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 Social Hour Cocktails 3:00 Horseshoes 6:00 The Lawrence Welk Show
Red Hat Day 25 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Red Hat Craft 2:00 BINGO 3:00 Ring Toss 6:00 Name That Tune	10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting 2:00 Word Puzzles 3:00 Cook's Corner - Pretzels 6:00 Sing-Along	10:00 Movin' & Groovin' 10:30 Current Events 1:00 What's in a Word? 2:00 Spa Day 3:00 Bowling 6:00 Singers of Yesterday	10:00 Morning Stretch 10:30 Daily Chronicles 1:30 Andy Ross performs in the courtyard 2:00 Balloon Toss 3:00 Virtual Art class 6:00 Comedy Connection	10:00 Morning Exercise 10:30 Current Events 1:00 Crossword Puzzles 2:00 Bob Baker performs in our Courtyard 3:00 Tennis 6:00 Trivia	30 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Make Your Own Pizza 3:00 BINGO 6:00 Friday Night Flick	

Resident Spotlight: Bob Killeen



- 1. Where would you like to travel to? "Europe."
- 2. Where is your hometown? "Manhattan, NY."
- 3. What do you like to do in your spare time? "Watch game shows."
- 4. What is your greatest accomplishment? "Having two good children."
- 5. What did you enjoy most about your career? "The people I worked with."

<u>Chocolate</u> or Vanilla Ocean or <u>Lake</u> Book or <u>Movie</u>

Fun Fact: "I have a good sense of humor."

Associate Spotlight: Judy Geer



- 1. Where would you like to travel to? "Hawaii."
- 2. Where is your hometown?

"Watertown, Ma."

- 3. What do you like to do in your spare time? "Spending time with my grandchildren and read."
- 4. What is your greatest aspiration?

"To be a good person."

- 5. What do you enjoy most about your career?
- "Meeting and talking with people."

Chocolate or Vanilla

Ocean or Lake

Book or Movie

Fun Fact: "I have a dog, a bird and a cat."

