



The Inn at Fairview Memory Care

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

May 2021



Explore Memorials Virtually

You can virtually tour many U.S. military and war memorials. Among the most popular are the National Civil War Museum, National World War I Museum, World War II Memorial, National D-Day Memorial, Korean War Memorial, and Vietnam Veterans Memorial. Museums dedicated to each branch of the armed forces also offer online exhibits.



Relax With Lavender

Lovely to look at, lavender is more than just a pretty plant. It's prized for its aroma, which many people use to relax. Studies have shown that sniffing it before bed helped people drift off into a deeper sleep and wake up better rested and more energized. Lavender seems to have a calming effect by lowering heart rate and blood pressure, which promotes relaxation.



Positive Thought

"One of the most important things you can accomplish is just being yourself." —Dwayne Johnson



May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday! <ul style="list-style-type: none"> • Myrtie B 5/17 • Diane C 5/23 • Barbara B 5/28 						10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 Social Hour Cocktails 3:00 Finish the Phrase 6:00 Crafts
2 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO 3:00 Sensory fun 6:00 Name That Tune	3 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Crafts Corner - Painting 2:00 Word Puzzles 3:00 The Match Game 6:00 Sing-Along	4 10:00 Movin' & Groovin' 10:30 Current Events 1:00 What's in a Word? 2:00 Paint Day with Raquel 3:00 Let's Make Music 6:00 Singers of Yesterday	Cinco De Mayo 5 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Crafts Corner 2:00 Cooks Corner - Nachos 3:00 Trivia 6:00 Comedy Connection	6 10:00 Morning Exercise 10:30 Current Events 1:00 Crossword Puzzles 2:00 Manicures 3:00 What's in a Word? 6:00 Trivia	7 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:30 Andy Ross performs in our Courtyard 2:00 Afternoon Yoga 3:00 Trivia 6:00 Friday Night Flick	8 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
Happy Mother's Day 9 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 2:00 Spa Day 3:00 Mother's Day Craft 6:00 Name That Tune	10 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Crafts Corner - Thank a nurse 2:00 Word Puzzles 3:00 The Match Game 6:00 Sing-Along	11 10:00 Movin' & Groovin' 10:30 Current Events 1:00 What's in a Word? 2:00 Chair Yoga 3:00 Name That Tune 6:00 Singers of Yesterday	12 10:00 Morning Stretch 10:30 Daily Chronicles 1:30 Marlena performs in our courtyard 2:00 Afternoon Walk 3:00 Balloon Tennis 6:00 Comedy Connection	13 10:00 Morning Exercise 10:30 Current Events 1:00 Crossword Puzzles 1:30 Dance Yoga with Jan 2:00 Cooks Corner - Apple Pie 3:00 Manicures 6:00 Trivia	14 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 BINGO 3:00 The Can Game 6:00 Friday Night Flick	15 10:00 Morning Stretch 10:30 Current Events 11:00 Boggle 1:00 Hangman 2:00 Social Hour Cocktails 3:00 Ring Toss 6:00 Crafts
16 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO 6:00 Name That Tune	17 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting - flowers 2:00 Word Puzzles 3:00 Volleyball 6:00 Sing-Along	18 10:00 Movin' & Groovin' 10:30 Current Events 1:00 What's in a Word? 2:00 Jackie Lee performs in our courtyard 3:00 Chair Yoga 6:00 Singers of Yesterday	19 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Chair Yoga 2:00 Honky Tonk Piano with Gary 3:00 Lets make Sundae's 6:00 Comedy Connection	20 10:00 Morning Exercise 10:30 Current Events 1:30 Bob Baker performs in our courtyard 2:00 Crossword Puzzles 3:00 Manicures 6:00 Trivia	21 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Tim Barrett performs in our courtyard 3:00 BINGO 6:00 Friday Night Flick	22 10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 Social Hour Cocktails 3:00 Corn Hole 6:00 The Lawrence Welk Show
23 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO	24 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting - bird houses 2:00 Word Puzzles 3:00 Horseshoes	Wear Purple Day 25 10:00 Movin' & Groovin' 10:30 Current Events 1:00 What's in a Word? 2:00 Chris Brunelle performs in our courtyard 3:00 Chair Yoga 6:00 Singers of Yesterday	26 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Chair Yoga 2:00 Balloon Toss 3:00 Basketball 6:00 Comedy Connection	27 10:00 Morning Exercise 10:30 Current Events 1:00 Crossword Puzzles 1:30 Dance Yoga with Jan 2:00 Manicures 3:00 Bowling 6:00 Trivia	28 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 BINGO 3:00 Ring Toss 6:00 Friday Night Flick	29 10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 Social Hour Cocktails 3:00 Tennis 6:00 Crafts
30 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO	Memorial Day 31 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting 2:00 Word Puzzles 6:00 Sing-Along					

Resident Spotlight: Myrtie Burton



1. Where would you like to travel to?
"I'd like to go back to Tennessee."
2. Where is your hometown?
"Hudson, NH."
3. What do you like to do in your spare time?
"Visit with friends and family."
4. What is your greatest accomplishment?
"Having a house and raising my kids."
5. What did you enjoy most about your career?
"I like picking up different things to do."

Chocolate or Vanilla

Ocean or Lake

Book or Movie

Fun Fact: "I like to dance."

Associate Spotlight: Kaylee Gamby



1. Where would you like to travel to?
"Nashville, TN."
2. Where is your hometown?
"Watertown, Ma."
3. What do you like to do in your spare time?
"Adventure and spend time with friends and family."
4. What is your greatest aspiration?
"To be help others."
5. What do you enjoy most about your career?
"Being able to take care of others."

Chocolate or Vanilla

Ocean or Lake

Book or Movie

Fun Fact: "I have 16 tattoos."