

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September 2021</h1> <p style="color: red; font-weight: bold;">Assisted Living Week September 12-18th CARING ~COMPASSION~ COMMUNITY</p>			<p style="color: red; font-weight: bold;">Learn Something New Day!</p> <p>9AM coffee, chat and Learn something new.</p> <p style="color: red; font-weight: bold;">2PM Music with Andy Ross</p> <p>3:30 Manicures</p>	<p>9AM Coffee, chat, and Lawn darts</p> <p style="color: red; font-weight: bold;">1:30 Bingo</p> <p>3PM 1:1/Calls/walks</p>	<p style="color: red; font-weight: bold;">Fungus Friday!</p> <p style="color: red; font-weight: bold;">It's Mushroom Month</p> <p>9AM coffee, chat and Ring-toss a mushroom</p> <p style="color: red; font-weight: bold;">1:30 make Vegan Stuffed Mushrooms and play fungi trivia</p>	
<p>5</p> <p>10:30 Library TV: Live Mass from the Parish of the Resurrection in Nashua</p>	<p>6</p> <p style="text-align: center;">Labor Day!</p> <p>Carolyn is off today 😊</p> <p style="text-align: center;">1:30 Movie</p> <p style="text-align: center;"><small>Labor Day Rosh Hashanah Begins</small></p>	<p>7</p> <p>9AM Coffee and chat With Corn Hole game</p> <p>10:45 Rosary</p> <p style="color: red; font-weight: bold;">1:30 Bingo</p> <p>3PM 1:1/Calls/walks</p>	<p>8</p> <p>9AM coffee, chat</p> <p>10 exercises</p> <p>1:30 Wii Bowling</p> <p style="color: red; font-weight: bold;">3:15 PM Music with Marlena</p> <p>PM Hairdresser/Terry</p>	<p>9</p> <p>9AM Coffee, chat, and Manicures</p> <p style="color: red; font-weight: bold;">1:30 Bingo</p> <p>3PM 1:1/Calls/walks</p>	<p>10</p> <p style="color: red; font-weight: bold;">10AM A Special Visit to the 9/11 Memorial at Benson's Park. Families are welcome to join us.</p> <p style="color: red; font-weight: bold;">1:30PM Autumn wreath making</p>	<p>11</p> <p style="text-align: center;">9/11/2001</p>  <p style="text-align: center;">Never Forget</p>
<p>12</p> <p>10:30 Library TV: Live Mass from the Parish of the Resurrection in Nashua</p> <p style="text-align: center;"><small>Grandparents Day</small></p>	<p>13</p> <p>9AM Coffee/chat</p> <p style="color: red; font-weight: bold;">10:30 Lawn Darts Challenge with the Inn</p> <p>1:30 Trivia</p> <p style="color: red; font-weight: bold;">3:15PM Irish Music with Kevin Farley!!!</p>	<p>14</p> <p>9AM Coffee and chat With word game</p> <p>10:45 Rosary</p> <p style="color: red; font-weight: bold;">1PM Bingo with the Inn!</p> <p>3PM 1:1/Calls/walks</p>	<p>15</p> <p>9AM coffee, chat</p> <p style="color: red; font-weight: bold;">10:30 Create up-lifting "sweet" sayings to hand out to friends</p> <p>1:30 Farkle!</p> <p>PM Hairdresser/Terry</p> <p style="text-align: center;"><small>Yom Kippur Begins</small></p>	<p>16</p> <p>9AM Coffee, chat, and Hangman</p> <p style="color: red; font-weight: bold;">1:30 Have a Spa Afternoon With a facial, hand massage & manicure!</p>	<p>17</p> <p>9AM coffee, chat & Build – The Caring Tree</p> <p style="color: red; font-weight: bold;">1:30 Bingo</p> <p>3PM 1:1/Calls/walks</p>	<p>18</p> <p>Oktoberfest begins!</p>  <p style="text-align: center;"><small>Oktoberfest Begins</small></p>
<p>19</p> <p>10:30 Library TV: Live Mass from the Parish of the Resurrection in Nashua</p>	<p>20</p> <p>9AM Coffee and chat</p> <p>10 Match Game</p> <p style="color: red; font-weight: bold;">1:30 Bingo!</p> <p>3PM 1:1/Calls/walks</p> <p style="text-align: center;"><small>Sukkot Begins</small></p>	<p>21</p> <p>9AM Coffee and chat With Corn Hole game</p> <p>10:45 Rosary</p> <p>1:30 Wii Bowling</p> <p>3PM 1:1/Calls/walks</p>	<p>22</p> <p>9AM coffee, chat</p> <p>10 exercises</p> <p>1:30 Resident Council</p> <p style="color: red; font-weight: bold;">3:15 Honky-tonk with Gary Landgren</p> <p>PM Hairdresser/Terry</p> <p style="text-align: center;"><small>Autumn Begins</small></p>	<p>23</p> <p>9AM Coffee, chat, and Manicures</p> <p style="color: red; font-weight: bold;">1:30 Bingo</p> <p>3PM 1:1/Calls/walks</p>	<p>24</p> <p>9AM coffee, chat & Do Fall poetry together</p> <p style="color: red; font-weight: bold;">1:30 Yummy cooking! Bake and Apple Pie</p> <p>3PM 1:1/Calls/walks</p>	<p>25</p> 
<p>26</p> <p>10:30 Library TV: Live Mass from the Parish of the Resurrection in Nashua</p>	<p>27</p> <p>9AM Coffee and chat</p> <p>10 What is in the bag?</p> <p style="color: red; font-weight: bold;">1:30 Bingo!</p> <p>3PM 1:1/Calls/walks</p>	<p>28</p> <p>9AM Coffee, chat and Virtual Oktoberfest!</p> <p>10:45 Rosary</p> <p>1:30 Straight Shooters For Nickels!</p> <p style="color: red; font-weight: bold;">Pretzels and beer?</p> <p style="text-align: center;"><small>Simchat Torah Begins</small></p>	<p>29</p> <p>9AM coffee, chat</p> <p>10 exercises</p> <p>1:30 Left/ Right /Center! A fun new dice game!</p> <p>PM Hairdresser/Terry</p>	<p>30</p> <p>9AM Coffee, chat, and Manicures</p> <p>1:30 Boggle</p> <p style="color: red; font-weight: bold;">3:15 Music with Chris Brunelle</p>		

This activity calendar is resident council approved. It is subject to change. Current recommended guidelines are followed. Please remember to drink plenty of fluids 😊



How Hudson got its 9/11 Memorial

In the early spring of 2010, Hudson Deputy Fire Chief Robert Buxton read an article in a fire service publication announcing that steel from the World Trade Center buildings would be available for memorials dedicated to those lost on that fateful day, September 11, 2001.

Fire Captain David Morin contacted the Port Authority of New York and New Jersey requesting a piece of the steel for a memorial to be erected in Benson's Park in memory of Hudson resident David Kovalcin who was one of the passengers lost on Flight 11 which struck the World Trade Center.

A community effort was put forth and a 9/11 Memorial Committee, made up of firefighters, police officers, public workers, town officials and residents, was immediately formed.

At the first meeting, a design of the proposed memorial was sketched on a napkin and

approved. Throughout the following year hard work raised the funds to complete the Memorial.

On May 12, 2011, a caravan made up of fire and police department vehicles along with a flatbed tractor trailer, donated by the Continental Paving Company, traveled to Queens, New York to pick up the 23-foot-long piece of steel retrieved from one of the towers.

On September 11, 2011, the sky was a clear blue, just as it was on September 11, 2001. The 9/11 Memorial was dedicated that day to all of those lost in the terrorist attacks in 2001 and to our military personnel who served our country to ensure that these horrible events would never happen again. Even today we continue to suffer more losses as many victims, rescue workers and construction workers suffer from the lasting effects of the attacks with cancer and other illnesses.

Each year hundreds who visit Benson Park take a moment to reflect on that day. The community of Hudson comes together on September 11, each year, to remember and honor... so that We May Never Forget.

Adapted from David Morin's writing on the Hudson web site

September Birthdays:

Jean Bradley 9/25

Ron Bogardus 9/26

Accidental Breakthrough

By many accounts, the Scottish physician Alexander Fleming was a rather careless and untidy lab technician. So, when he left his laboratory for a two-week vacation to Scotland in 1928, it is unsurprising that upon his return he discovered that some of his petri dishes had been contaminated.



Fleming had been experimenting with influenza viruses and staphylococcus bacteria at St. Mary's Hospital in London. He was shocked to discover a "mould juice" growing on one staphylococcus plate. Even more surprising, after examining the mold under a microscope, he found that it had prevented the growth of the dangerous bacteria. Quite accidentally, Fleming had discovered the world's first antibiotic: penicillin.

By 1931, Fleming had ceased all study of penicillin. Luckily, two University of Oxford researchers, pathologist Howard Florey and biochemist Ernst Chain, continued his work. Unlike Fleming, Florey ran an impeccable and well-funded laboratory. The men knew that Fleming's *Penicillium notatum* strain could treat bacterial infections, but it could never be made in sufficient quantities to reliably treat those infections. Another serendipitous encounter would lead to the necessary breakthrough that made penicillin the world's foremost antibiotic.

Florey was in America trying to develop a method to mass-produce *Penicillium notatum* when a laboratory assistant named Mary Hunt arrived at the lab with a cantaloupe covered with a "pretty, golden mold." This was *Penicillium chrysogenum*, a strain that produced 200 times the amount of penicillin of Fleming's strain. At last, the antibiotic could be mass-produced. The discovery would win Fleming, Florey, and Chain the Nobel Prize.