



# The Inn at Fairview Memory Care

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

## Uplift and Inspire

Whether it's a kind word, helpful tip, high five or a hug, inspire those around you on the National Day of Encouragement, Sept. 12.



## A Loving Legacy

"No matter what happens in life, be good to people. Being good to people is a wonderful legacy to leave behind." —Taylor Swift



## September 2021



## Change Is in the Air

For many, September has become the "other January," signaling a fresh start as summer winds down and fall arrives. The shift in nature can also inspire you to turn over a new leaf. Use the change in seasons to kick off a healthy habit or hobby or to switch up an aspect of your routine.





# September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Happy Birthday!</b> Clare R - 9/9 Alice - 9/12 Tina - 9/15			1 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Chair Yoga <b>2:00 Armchair Travel</b> 3:00 Trivia - Classic music 6:00 Comedy Connection	2 10:00 Morning Exercise 10:30 Current Events 1:00 Crossword Puzzles 2:00 Manicures <b>3:00 Cooks Corner - Apple salad</b> 6:00 Trivia	3 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga <b>1:30 Entertainment with Andy Ross</b> 2:00 BINGO 3:00 Bean Bag Toss 6:00 Friday Night Flick	4 10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 Social Hour Cocktails 3:00 Finish the Phrase 6:00 Crafts
5 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO 3:00 Bowling 6:00 Name That Tune	<b>Labor Day</b> 6 10:00 Morning Stretch 10:30 Daily Chronicles <b>1:00 Painting - Flag Wreaths</b> <b>2:00 Cooks Corner - cookies</b> 3:00 Cornhole 6:00 Sing-Along	7 10:00 Movin' & Groovin' 10:30 Current Events 1:00 What's in a Word? <b>2:00 Paint Day with Raquel</b> 3:00 Trivia 6:00 Singers of Yesterday	8 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Chair Yoga <b>1:30 Music with Marlena</b> <b>2:30 Reminiscing group - (Back to school)</b> 3:00 Unscramble the Word 6:00 Comedy Connection	<b>Yellow Daisy Day</b> 9 10:00 Morning Exercise 10:30 Current Events 1:00 Puzzles <b>1:30 Dance Yoga with Jan</b> 2:00 Manicures <b>3:00 Crafts Corner - Yellow Daisy</b> 6:00 Trivia	10 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga <b>2:00 Wheel of Fortune</b> 3:00 Finish the Phrase 6:00 Friday Night Flick	11 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
<b>Grandparents Day</b> 12 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social <b>2:00 Crafts Corner</b> 3:00 Balloon Tennis 6:00 Name That Tune	13 10:00 Morning Stretch 10:30 Daily Chronicles <b>1:00 Painting - Trees</b> <b>1:30 Irish music with Kevin Farley</b> 2:00 Word Puzzles 3:00 The Match Game 6:00 Sing-Along	14 <b>10:00 Book Reading with Kristen</b> 10:30 Current Events 1:00 What's in a Word? <b>2:00 Social hour with Bobo</b> 3:00 Chair Yoga 6:00 Singers of Yesterday	15 10:00 Morning Stretch <b>10:00 Touch Therapy - Strongwater Farm</b> 10:30 Daily Chronicles 1:00 Chair Yoga <b>2:00 Honky Tonk Piano with Gary</b> 3:00 Balloon Toss 6:00 Comedy Connection	16 10:00 Morning Exercise 10:30 Current Events 1:00 Crossword Puzzles <b>1:30 Music with Bob Baker</b> 2:00 Manicures 3:00 Bean bag toss 6:00 Trivia	17 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga <b>2:00 Country Music with Tim Barrett</b> 3:00 BINGO 6:00 Friday Night Flick	18 10:00 Morning Stretch 10:30 Current Events 11:00 Boggle 1:00 Hangman 2:00 Social Hour Cocktails 3:00 Unscramble the word 6:00 Crafts
19 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO 3:00 Pictionary 6:00 Name That Tune	<b>Harvest Moon</b> 20 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting <b>2:00 Cooks Corner - Moon Pies</b> 3:00 Ring Toss 6:00 Sing-Along	21 10:00 Movin' & Groovin' 10:30 Current Events 1:00 What's in a Word? <b>2:00 Sing along with Bob Desmaris</b> 3:00 Afternoon stroll 6:00 Singers of Yesterday	22 10:00 Morning Stretch <b>10:00 Touch Therapy - Strongwater Farm</b> 10:30 Daily Chronicles 1:00 Chair Yoga 2:00 Balloon Toss <b>3:00 Country Music with Jackie Lee</b> 6:00 Comedy Connection	23 10:00 Morning Exercise 10:30 Current Events <b>1:00 Outing - Butterfly Place</b> <b>1:30 Dance Yoga with Jan</b> 3:00 Manicures 6:00 Trivia	24 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Cooks Corner - Apple float 2:00 BINGO 3:00 Horseshoes 6:00 Friday Night Flick	25 10:00 Morning Stretch 10:30 Current Events 1:00 Hangman <b>2:00 Music with Bob Rutherford</b> 3:00 Social Hour Cocktails 6:00 The Lawrence Welk Show
26 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO 3:00 Basketball 6:00 Name That Tune	27 10:00 Morning Stretch 10:30 Daily Chronicles <b>1:00 Crafts Corner - Suncatcher</b> 2:00 Word Puzzles 3:00 The Match Game 6:00 Sing-Along	28 <b>10:00 Book Reading with Kristen</b> 10:30 Current Events 1:00 What's in a Word? <b>2:00 Sing along with Library Friends</b> 3:00 Ring Toss 6:00 Singers of Yesterday	29 10:00 Morning Stretch <b>10:00 Touch Therapy - Strongwater Farm</b> 10:30 Daily Chronicles 1:00 Chair Yoga <b>2:00 Entertainment with The Rochaholics</b> 3:00 Balloon Tennis 6:00 Comedy Connection	30 <b>A Babe Ruth Kind of Day</b> 10:00 Morning Exercise 10:30 Current Events <b>1:00 Babe Ruth - History</b> <b>2:00 Music with Chris Brunelle</b> 3:00 Manicures 6:00 Trivia		

## Resident Spotlight: Phillip Miller



1. Where would you like to travel to?  
"To Greece."
2. Where is your hometown?  
"New Haven, CT."
3. What do you like to do in your spare time?  
"Play softball and landscape along the house."
4. What is your greatest accomplishment?  
"Raising two beautiful girls."
5. What did you enjoy most about your career?  
"Responsibility in air traffic controlling."

Chocolate or Vanilla

Ocean or Lake

Book or Movie

**Fun Fact:** I am an Eagle Scout.

## Associate Spotlight: Rhonda Ledoux



1. Where would you like to travel to?  
"Greece."
2. Where is your hometown?  
"Amherst, NH."
3. What do you like to do in your spare time?  
"Weight lifting."
4. What is your greatest aspiration?  
"Own my own company."
5. What do you enjoy most about your career?  
"I like taking care of people."

Chocolate or Vanilla

Ocean or Lake - Both

Book or Movie - Both

**Fun Fact:** "I'm the life of the party."