



The Inn at Fairview Memory Care

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

Being Grateful Is Grand

Gratitude is one of the most important life lessons to teach to grandchildren, says professional counselor Karen Wrolson. Create a tradition of giving thanks year-round by helping grandchildren cultivate gracious habits, from helping them write thank-you notes to encouraging them to thank food servers and store clerks when you're out together.



Codes To Make Calls

Do you remember when phone numbers didn't have area codes? The first 86 area codes in North America were rolled out in 1947, and only used by switchboard operators to connect callers between cities. The first time a customer could directly dial a full phone number that included the area code took place Nov. 10, 1951. Now, 70 years later, there are nearly 400 area codes in use.

November 2021



Bon Appetit!

"One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating." —Luciano Pavarotti



A Seasonal Squash

With green and orange skin and a nutty flavor, acorn squash makes a festive appearance on many fall tables. Though the vegetable is more closely related to zucchini and other summer squash varieties, it's treated as a winter squash, meaning it has matured fully on the vine so it can be stored long-term. Historians say acorn squash was one of the first crops to be cultivated by Native Americans, who made it a staple of their diet.



November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday! <ul style="list-style-type: none"> Gloria - 11/6 Jackie - 11/14 Howard - 11/17 Phillip B - 11/26 	1 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Balloon Toss 2:00 Paint Day with Raquel 3:00 Trivia 6:00 Sing-Along	2 10:00 Movin' & Groovin' 10:30 Current Events 1:00 What's in a Word? 2:00 Chair Yoga 2:00 Sing along with Bob Demaris 3:00 Bowling 6:00 Singers of Yesterday	3 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Chair Yoga 2:00 Outing - scenic drive 3:00 Crafts Corner 6:00 Comedy Connection	4 National Candy Day 10:00 Morning Exercise 10:30 Current Events 1:00 Crossword Puzzles 3:00 Let's make something sweet 3:00 Manicures 6:00 Trivia	5 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Entertainment with Andy Ross 3:00 Armchair Travel 6:00 Friday Night Flick	6 10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 Social Hour Cocktails 3:00 Finish the Phrase 6:00 The Lawrence Welk Show
7 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO 3:00 Trivia 6:00 Name That Tune	8 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting 2:00 Reminiscing Group 3:00 Gone with the Wind trivia 6:00 Sing-Along	9 10:00 Movin' & Groovin' 10:30 Current Events 1:00 What's in a Word? 2:00 Social hour with Bobo 3:00 Ring Toss 6:00 Singers of Yesterday	10 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Chair Yoga 1:30 Music with Marlena 3:00 Cooks corner - banana split bars 6:00 Comedy Connection	11 Veterans Day 10:00 Morning Exercise 10:30 Current Events 1:00 Flag painting 1:30 Dance Yoga with Jan 3:00 Manicures 6:00 Trivia	12 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Crafts Corner - turkeys 3:00 BINGO 6:00 Friday Night Flick	13 10:00 Morning Stretch 10:30 Current Events 1:00 Yellow Submarine Day history 2:00 Entertainment with Bob Rutherford 2:00 Social Hour Cocktails 3:00 What's in a Word? 6:00 Crafts
14 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 Crafts Corner - Thanksgiving placemats 3:00 Crafts Corner 6:00 Name That Tune	15 10:00 Morning Stretch 10:30 Daily Chronicles 1:30 Sing along with Chris Ekblom 2:00 Word Puzzles 3:00 Ring Toss 6:00 Sing-Along	16 10:00 Book Reading with Kristen 10:30 Current Events 1:00 What's in a Word? 2:00 Crafts Corner - buttons 3:00 Balloon Toss 6:00 Singers of Yesterday	17 World Peace Day 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Chair Yoga 2:00 Honky Tonk piano with Gary 3:00 Cooks corner - cornucopias 6:00 Comedy Connection	18 10:00 Morning Exercise 10:30 Current Events 1:00 Crossword Puzzles 2:00 Music with Bob Baker 3:00 Manicures 6:00 Trivia	19 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Country Music with Tim Barrett 3:00 BINGO 6:00 Friday Night Flick	20 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 The Lawrence Welk Show
21 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO 3:00 Bean Bag toss 6:00 Name That Tune	22 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting 2:00 Nutritional drink demo/food trivia 3:00 Crafts Corner - Thankful rocks 6:00 Sing-Along	23 10:00 Movin' & Groovin' 10:30 Current Events 1:00 What's in a Word? 2:00 Chair Yoga 3:00 Country Music with Jackie Lee 6:00 Singers of Yesterday	24 Word Puzzle Wednesday 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Word puzzles 2:00 Entertainment with the Rochaholics 3:00 Horseshoes 6:00 Comedy Connection	25 Thanksgiving 10:00 Morning Exercise 10:30 Current Events 1:00 Crossword Puzzles 2:00 Manicures 3:00 Thanksgiving Day Trivia 6:00 Trivia	26 The Price Is Right Day 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Price is Right Game 3:00 Basketball 6:00 Friday Night Flick	27 10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 Social Hour Cocktails 3:00 Bowling 6:00 Crafts
28 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO 3:00 Ring Toss 6:00 Name That Tune	29 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting 2:00 Spa Day 3:00 Tennis 6:00 Sing-Along	30 10:00 Book Reading with Kristen 10:30 Current Events 1:00 What's in a Word? 2:00 Entertainment with Chris Brunelle 3:00 Ring Toss 6:00 Singers of Yesterday				

Resident Spotlight: Philip Burton



1. Where would you like to travel to?
"California."
2. Where is your hometown?
"Hooksett, NH."
3. What do you like to do in your spare time?
"Watch NASA on T.V."
4. What is your greatest accomplishment?
"Working with the Navy radar equipment."
5. What did you enjoy most about your career?
"Working in my profession."

Chocolate or Vanilla

Ocean or Lake

Book or Movie - both

Fun Fact: I love to watch car races and car shows.

Associate Spotlight: Pat Doxzon



1. Where would you like to travel to?
"Aruba with my hubby."
2. Where is your hometown?
"Nashua, NH."
3. What do you like to do in your spare time?
"Garden, walk my 2 Goldens, read, and sit on my porch."
4. What is your greatest aspiration?
"To retire and get another Golden retriever."
5. What do you enjoy most about your career?
"Making a difference and giving lots of love to the residents."

Chocolate or Vanilla

Ocean or Lake - Both

Book or Movie

Fun Fact: "I have a popcorn session with my dogs every afternoon."