



The Inn at Fairview Memory Care

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

Special Snowflakes

You've probably heard that no two snowflakes are the same. But how do we know this for sure? Scientists say it's a matter of probability: A fully formed snowflake has about a quintillion molecules (a quintillion is the number 1 followed by 18 zeroes). The chance of these molecules arranging themselves in the exact same way more than once is incredibly slim.



Cozy by the Fire

There's almost nothing more soothing than sitting near a crackling fireplace—even if the fire is fake. Researchers found that focusing on flickering flames, whether from a real fire or a video of one, resulted in lower blood pressure. Both the roar and the dancing movements of the flames help lull the mind into a relaxed state, sweeping away anxious thoughts.



January 2022






Artful Inspiration

Pick up a pencil or paintbrush, visit a virtual gallery, listen to a symphony or explore another branch of creativity on Jan. 31, Inspire Your Heart With Art Day.





January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday! <ul style="list-style-type: none"> Janet 1/15 Jeannette 1/27 Karen 1/28 						New Year's Day! 10:00 Morning Stretch 10:30 Current Events 1:00 NY Day Social Hour Cocktails 2:00 Entertainment with Bob Rutherford 3:00 Finish the Phrase 6:00 The Lawrence Welk Show
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 Balloon Toss 6:00 Name That Tune	3 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting 2:00 Keep Watch Day - wristwatch history 3:00 The Match Game 6:00 Sing-Along	4 10:00 Book Reading with Kristen 10:30 Current Events 1:00 What's in a Word? 2:00 Honky Tonk piano with Gary 3:00 Let's Make Music 6:00 Singers of Yesterday	5 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Sip Coffee from around the world 2:00 Country Music with Jackie Lee 3:00 Balloon Toss 6:00 Comedy Connection	6 Energize Your Morning Day 10:00 Morning Exercise 10:30 Current Events 1:00 Crafts corner - fabric art 2:00 Social hour with Bobo 3:00 Manicures 6:00 Trivia	7 Cookbook Day 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Let's find your favorite recipes 2:00 Entertainment with Andy Ross 3:00 BINGO 6:00 Friday Night Flick	8 Happy Birthday Elvis 10:00 Morning Stretch 10:30 Current Events 1:00 Elvis Trivia 2:00 Social Hour Cocktails 3:00 What's in a Word? 6:00 Crafts
9 Dear Abby Day 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO 3:00 Letters to Dear Abby 6:00 Name That Tune	10 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting - Snowmen 2:00 Snowball toss 3:00 Ring Toss 6:00 Sing-Along	11 10:00 Tone it up Tuesday 10:30 Current Events 1:00 What's in a Word? 2:00 Social hour with Bobo 3:00 Name That Tune 6:00 Singers of Yesterday	12 National Hot Tea Day 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Chair Yoga 2:00 Tea Party Social 3:00 Balloon Tennis 6:00 Comedy Connection	13 10:00 Morning Exercise 10:30 Current Events 1:00 Crossword Puzzles 2:00 Entertainment with Rochaholics 3:00 Dance Yoga with Jan 3:00 Manicures 6:00 Trivia	14 International Kite Day 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Crafts corner - Kites 3:00 Cooks Corner - Pizza 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 -S'mores 3:00 Ring Toss 6:00 The Lawrence Welk Show
16 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	17 Martin Luther King Jr. Day 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting 2:00 "I Have a Dream" speech activity 3:00 Balloon Tennis 6:00 Sing-Along	18 10:00 Book Reading with Kristen 10:30 Current Events 1:00 What's in a Word? 2:00 Armchair travel - Hawaii 3:00 Crafts corner - Birch tree 6:00 Singers of Yesterday	19 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Chair Yoga 2:00 Entertainment with Chris Brunelle 3:00 Dolly Day 6:00 Comedy Connection	20 Cheese Lovers Day 10:00 Morning Exercise 10:30 Current Events 1:00 Cooks Corner - Quesadillas 2:00 Sing-Along with Bob Demaris 3:00 Manicures 6:00 Trivia	21 Disco Day 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 BINGO 3:00 Cooks Corner - Party snack mix 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 Crafts
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 Paint a Pollock - splatter technique 2:00 Word Puzzles 3:00 Horseshoes	25 10:00 Movin' & Groovin' 10:30 Current Events 1:00 Tea and Trivia Tuesday 2:00 Sing-Along with Chris Ekblom 3:00 Chair Yoga 6:00 Singers of Yesterday	26 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Chair Yoga 2:00 Cooks Corner - Brownie sundae 3:00 Balloon Toss 6:00 Comedy Connection	27 10:00 Morning Exercise 10:30 Current Events 1:00 Crossword Puzzles 2:00 Dance Yoga with Jan 3:00 Music with Bob Baker 6:00 Trivia	28 Photobombing Day 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Country Music with Tim Barrett 3:00 Ring Toss 6:00 Friday Night Flick	29 National Puzzle Day 10:00 Morning Stretch 10:30 Current Events 1:00 It's puzzling 2:00 Social Hour Cocktails 3:00 Tennis 6:00 The Lawrence Welk Show
30 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Devotions and Hymn Sing 1:30 Coffee Social 2:00 BINGO	31 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Painting - snowflakes 2:00 Word Puzzles 3:00 The Match Game					

Resident Spotlight: Joan Urbach



1. Where would you like to travel to?
"Italy and France."
 2. Where is your hometown?
"Hudson, NH."
 3. What do you like to do in your spare time?
"Read."
 4. What is your greatest accomplishment?
"Collaborating with other teachers to provide a program of excellence teaching History and English."
 5. What did you enjoy most about your career?
"Working with other teachers and the students."
- Chocolate or Vanilla
Ocean or Lake
Book or Movie
Fun Fact: "She likes sewing and she made her own clothes."

Associate Spotlight: Hannah Sargent



1. Where would you like to travel to?
"Ireland and Scotland."
 2. Where is your hometown?
"Wherever the Army sent us. US Army bases."
 3. What do you like to do in your spare time?
"Spend time with my boyfriend, family, and gaming."
 4. What is your greatest aspiration?
"To get married and move to my own place."
 5. What do you enjoy most about your career?
"Making the residents and their families smile and making them feel at home."
- Chocolate or Vanilla
Ocean or Lake - Both
Book or Movie
Fun Fact: "I have spent half my life as an Army brat overseas and half in NH. I have been to ten countries outside the US."