



# The Inn at Fairview Memory Care

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## Farewell to Summer

Observed on the first Monday in September, Labor Day recognizes the achievements of American workers. Many people consider Labor Day the end of the summer season and organize cookouts and other outdoor events. The week of Labor Day also marks the start of the National Football League's regular season.



## Memorable Melody: '9 to 5'

Dolly Parton wrote this anthem about the workday grind for the movie of the same name. The spirited theme song earned Parton an Oscar nomination for best original song and two Grammy Awards, including best country song.



## September 2022



## A World of Words

As language evolves, yielding new words and definitions of existing terms, experts study trends and usage so dictionaries can keep up with the times.

## Bite Into Better Immunity

There may be some truth in the saying that an apple a day keeps the doctor away. The fruit's high levels of antioxidants and soluble fiber have been shown to help boost the immune system and fight certain diseases.





# September 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



4  
10:00 Morning in Motion  
10:30 Daily Chronicles  
1:00 Afternoon Yoga  
2:00 Social Hour with Cocktails  
3:00 Kickball  
6:00 Name That Tune

5  
**Labor Day**  
10:00 Morning Stretch  
10:30 Daily Chronicles  
1:30 Cooks Corner - Cheese Pizza  
2:00 Patio games  
3:00 Manicures  
6:00 Sing-Along

6  
10:00 Movin' & Groovin'  
**10:15 Yoga with Jan**  
1:00 What's in a Word?  
**2:00 Egg Toss Game**  
3:00 Ice Cream Sundaes  
6:00 Singers of Yesterday

7  
**National NH Day!**  
10:00 Morning Stretch  
10:30 Daily Chronicles  
1:00 Balloon Toss  
**2:00 Entertainment with Jackie Lee**  
3:00 Trivia  
6:00 Manicures

8  
10:00 Morning Exercise  
10:30 Current Events  
1:00 Did You Know?  
**2:00 Entertainment with Rockoholics**  
3:00 Pictionary  
6:00 Trivia

9  
10:00 Movin' & Groovin'  
10:30 Daily Chronicles  
1:00 Afternoon Yoga  
**2:00 Entertainment with Andy Ross**  
3:00 Lemonade and Cookies  
6:00 Friday Night Flick

10  
10:00 Morning Stretch  
10:30 Current Events  
1:00 Hangman  
**2:00 BINGO**  
3:00 What's in a Word?  
6:00 The Lawrence Welk Show

11  
**Grandparents Day**  
10:00 Morning in Motion  
10:30 Daily Chronicles  
1:00 Did You Know?  
2:00 Social Hour with Cocktails  
3:00 The Match Game  
6:00 Name That Tune

12  
10:00 Morning Stretch  
10:30 Daily Chronicles  
1:00 Manicures  
**2:00 Craft Corner - Hats**  
3:00 Balloon Toss  
6:00 Sing-Along

13  
10:00 Movin' & Groovin'  
10:30 Current Events  
1:00 What's in a Word?  
**2:00 Whispering Brook Farm Visit**  
3:00 Manicures  
6:00 Singers of Yesterday

14  
10:00 Morning Stretch  
10:30 Daily Chronicles  
1:00 Armchair Travel - Virginia  
**2:00 Entertainment with Honky Tonk Piano**  
3:00 Trivia  
6:00 Manicures

15  
10:00 Morning Exercise  
10:30 Current Events  
1:00 Crossword Puzzles  
**2:00 Entertainment with Bob Desmarais**  
3:00 Manicures  
6:00 Trivia

16  
10:00 Movin' & Groovin'  
10:30 Daily Chronicles  
1:00 Afternoon Yoga  
**2:00 Entertainment with Robert Pomerleau**  
3:00 Balloon Tennis  
6:00 Friday Night Flick

17  
10:00 Morning Stretch  
10:30 Current Events  
1:00 Hangman  
**2:00 BINGO**  
3:00 Volleyball  
6:00 Crafts

18  
10:00 Morning in Motion  
10:30 Daily Chronicles  
1:00 Afternoon Yoga  
2:00 Social Hour with Cocktails  
3:00 Cornhole  
6:00 Name That Tune

19  
10:00 Morning Stretch  
10:30 Daily Chronicles  
1:00 Afternoon Yoga  
**2:00 Paint Day with Raquel**  
3:00 Mary Tyler Moore Fun Facts  
6:00 Sing-Along

20  
10:00 Movin' & Groovin'  
**10:15 Yoga with Jan**  
1:00 What's in a Word?  
**2:00 Entertainment with Chris Eklom**  
3:00 Ice Cream Soda Treat  
6:00 Singers of Yesterday

21  
10:00 Morning Stretch  
10:30 Daily Chronicles  
1:00 Chair Yoga  
**2:00 Entertainment with Chris Brunelle**  
3:00 Trivia  
6:00 Manicures

22  
**Welcome Autumn**  
10:00 Morning Exercise  
10:30 Current Events  
1:00 Crossword Puzzles  
**2:00 Entertainment with Bob Baker**  
3:00 Waffle Ice Cream Cones  
6:00 Trivia

23  
10:00 Movin' & Groovin'  
10:30 Daily Chronicles  
1:00 Afternoon Yoga  
**2:00 Entertainment with Tim Barrett**  
3:00 Let's Play Checkers  
6:00 Friday Night Flick

24  
10:00 Morning Stretch  
10:30 Current Events  
1:00 Hangman  
**2:00 BINGO**  
3:00 Horseshoes  
6:00 The Lawrence Welk Show

25  
10:00 Morning in Motion  
10:30 Daily Chronicles  
1:00 Word Game  
2:00 Social Hour with Cocktails  
3:00 Balloon Toss  
6:00 Name That Tune

26  
10:00 Morning Stretch  
10:30 Daily Chronicles  
1:30 Cooks Corner - Brownies  
**2:00 Patio Games**  
3:00 Johnny Appleseed Day  
6:00 Sing-Along

27  
10:00 Movin' & Groovin'  
10:30 Current Events  
1:00 What's in a Word?  
**2:00 Board Games**  
3:00 Cornhole  
6:00 Singers of Yesterday

28  
10:00 Morning Stretch  
10:30 Daily Chronicles  
1:00 Horoscopes  
**2:00 Bingo**  
3:00 Armchair Travel - North Carolina  
6:00 Manicures

29  
10:00 Morning Exercise  
10:30 Current Events  
1:00 Crossword Puzzles  
**2:00 Craft Corner - Painting**  
3:00 Balloon Toss  
6:00 Trivia

30  
10:00 Movin' & Groovin'  
10:30 Daily Chronicles  
1:00 Afternoon Yoga  
**2:00 Movie and Popcorn**  
3:00 Ring Toss  
6:00 Friday Night Flick

**Happy Birthday!**

- Dennis 9/2
- Claire 9/8
- Tina 9/15
- Irene 9/29
- Joan D. 9/30
- Greta 9/30

## Resident Spotlight: Wanda Youngren



1. Where would you like to travel to?  
"Alaska."
2. Where is your hometown?  
"West Barnstable, Massachusetts."
3. What do you like to do in your spare time?  
"I enjoy going for a walk."
4. What is your greatest accomplishment?  
"Raising my 3 children."
5. What did you enjoy most about your career?  
"Helping patients get the proper rehab."

Chocolate or Vanilla

Ocean or Lake

Book or Movie

Fun Fact: "I enjoyed sky diving."

## Employee Spotlight: LaTangela Robinson



1. Where would you like to travel to?  
"Hawaii."
2. Where is your hometown?  
"Fort Worth, Texas."
3. What do you like to do in your spare time?  
"I like to visit my grandchildren."
4. What is your greatest aspiration?  
"To do my best at my job."
5. What do you enjoy most about your career?  
"Helping others."

Chocolate or Vanilla

Ocean or Lake

Book or Movie

Fun Fact: "My granddaughter is a model."