

The Inn at Fairview Memory Care

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

June 2023



A Pearl of Wisdom

There are three birthstones for the month of June: alexandrite, moonstone and pearl. Traditionally, the pearl is the most favored of the three, with its creamy white color and iridescent shimmer. Pearls are the only gemstone to come from a living creature rather than the Earth's crust, and less than 1 in 10,000 wild oysters contain the jewel, making natural pearls one of the rarest gemstones in the world.



Watch Sports for Your Well-Being

Can going to a ballgame, golf tournament or other live sporting event make you happier? The research says yes! Attending a competition of any level, from youth games to major league matchups, can raise one's self-esteem while lowering feelings of loneliness. Sharing a space with fellow fans builds community and trust, and regular spectators report a stronger sense of well-being and satisfaction with life.






Beautiful Life

Make time to reflect on all that makes your life and the world beautiful. Surround yourself with art, family or friends, and celebrate National Making Life Beautiful Day on June 11.



June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Happy Birthday!</div> <div><div>• Richard - 6/7</div><div>• Joan F - 6/11</div><div>• Marty - 6/15</div><div>• Bill M - 6/17</div><div>• Earlene - 6/25</div></div>				<div>10:00 Morning Exercise</div> <div>10:30 Current Events</div> <div>1:00 June's monthly Gazette</div> <div>2:30 Flying High Dog Show</div> <div>3:30 Balloon Toss</div> <div>6:00 Trivia</div>	<div>Donut Day</div> <div>10:00 Movin' & Groovin'</div> <div>10:30 Daily Chronicles</div> <div>1:00 Afternoon Yoga</div> <div>2:00 Entertainment with Andy Ross</div> <div>3:00 Let's have a donut</div> <div>6:00 Friday Night Flick</div>	<div>10:00 Morning Stretch</div> <div>10:30 Current Events</div> <div>1:00 Hangman</div> <div>2:00 Entertainment with Bob Rutherford</div> <div>3:00 Balloon Toss</div> <div>6:00 The Lawrence Welk Show</div>
<div>10:00 Morning in Motion</div> <div>10:30 Daily Chronicles</div> <div>1:00 Afternoon Yoga</div> <div>2:00 Social Hour with Cocktails</div> <div>3:00 Kickball</div> <div>6:00 Name That Tune</div>	<div>10:00 Morning Stretch</div> <div>10:30 Daily Chronicles</div> <div>1:00 Words in a Word</div> <div>2:00 Crafts Corner - Butterfly</div> <div>3:00 Armchair travel</div> <div>6:00 Sing-Along</div>	<div>10:00 Movin' & Groovin'</div> <div>10:30 Current Events</div> <div>1:00 Horoscopes</div> <div>2:00 Honky Tonk Piano with Gary</div> <div>3:00 Ball toss</div> <div>6:00 Singers of Yesterday</div>	<div>10:00 Morning Stretch</div> <div>10:30 Daily Chronicles</div> <div>1:00 Hang man</div> <div>2:00 Country Music with Jackie Lee</div> <div>3:00 Let's make a chocolate milkshake</div> <div>6:00 Manicures</div>	<div>10:00 Morning Exercise</div> <div>10:30 Current Events</div> <div>1:00 Manicures</div> <div>2:00 Entertainment with The Rockoholics</div> <div>3:00 Balloon Toss</div> <div>6:00 Trivia</div>	<div>10:00 Movin' & Groovin'</div> <div>10:30 Daily Chronicles</div> <div>1:00 Lunch Outing</div> <div>2:00 Backyard games</div> <div>3:00 Afternoon Yoga</div> <div>6:00 Friday Night Flick</div>	<div>10:00 Morning Stretch</div> <div>10:30 Current Events</div> <div>1:00 Hangman</div> <div>2:00 BINGO</div> <div>3:00 Bowling</div> <div>6:00 Crafts</div>
<div>10:00 Morning in Motion</div> <div>10:30 Daily Chronicles</div> <div>1:00 Afternoon Yoga</div> <div>2:00 Social Hour with Cocktails</div> <div>3:00 Trivia</div> <div>6:00 Name That Tune</div>	<div>10:00 Morning Stretch</div> <div>10:30 Daily Chronicles</div> <div>1:00 Words in a Word</div> <div>2:00 Express it Art with Denise</div> <div>3:00 Balloon Tennis</div> <div>6:00 Sing-Along</div>	<div>10:00 Movin' & Groovin'</div> <div>10:15 Dance Yoga with Jan</div> <div>10:30 Current Events</div> <div>1:00 Horoscopes</div> <div>2:00 Crafts Corner -Flip flop</div> <div>3:00 Parachute Fun</div> <div>6:00 Singers of Yesterday</div>	<div>10:00 Morning Stretch</div> <div>10:30 Daily Chronicles</div> <div>1:00 Flag day trivia</div> <div>2:00 Entertainment with Peter Previte</div> <div>3:00 Flag craft</div> <div>6:00 Manicures</div>	<div>10:00 Morning Exercise</div> <div>10:30 Current Events</div> <div>1:00 Manicures</div> <div>2:00 Sing along with Bob Desmarais</div> <div>3:00 Balloon Toss</div> <div>6:00 Trivia</div>	<div>10:00 Movin' & Groovin'</div> <div>10:30 Daily Chronicles</div> <div>1:00 Afternoon Yoga</div> <div>2:00 Cooks Corner - strawberry shortcake</div> <div>3:00 Balloon volleyball</div> <div>6:00 Friday Night Flick</div>	<div>10:00 Morning Stretch</div> <div>10:30 Current Events</div> <div>1:00 Hangman</div> <div>2:00 BINGO</div> <div>3:00 Volleyball</div> <div>6:00 The Lawrence Welk Show</div>
<div>10:00 Morning in Motion</div> <div>10:30 Daily Chronicles</div> <div>1:00 Afternoon Yoga</div> <div>2:00 Root beer social</div> <div>3:00 Fun and games</div> <div>6:00 Name That Tune</div>	<div>10:00 Morning Stretch</div> <div>10:30 Daily Chronicles</div> <div>1:00 Juneteenth facts</div> <div>2:00 Entertainment with Bob Pomerleau</div> <div>3:00 Ice cream soda</div> <div>6:00 Sing-Along</div>	<div>10:00 Movin' & Groovin'</div> <div>10:30 Current Events</div> <div>1:00 Horoscopes</div> <div>2:00 Crafts Corner - Thank you</div> <div>3:00 Patio Games</div> <div>6:00 Singers of Yesterday</div>	<div>10:00 Morning Stretch</div> <div>10:30 Daily Chronicles</div> <div>1:00 First day of summer fun facts</div> <div>2:00 Entertainment with Chris Brunelle</div> <div>3:00 Watermelon snack</div> <div>6:00 Manicures</div>	<div>10:00 Morning Exercise</div> <div>10:30 Current Events</div> <div>1:00 Manicures</div> <div>2:00 Sing along with Bob Baker</div> <div>3:00 Balloon Toss</div> <div>6:00 Trivia</div>	<div>10:00 Movin' & Groovin'</div> <div>10:30 Daily Chronicles</div> <div>1:00 Afternoon Yoga</div> <div>2:00 Country Music with Tim Barrett</div> <div>3:00 Pink Lemonade/Flamingo Ring Toss.</div> <div>6:00 Friday Night Flick</div>	<div>10:00 Morning Stretch</div> <div>10:30 Current Events</div> <div>1:00 Hangman</div> <div>2:00 BINGO</div> <div>3:00 Ring toss</div> <div>6:00 Crafts</div>
<div>10:00 Morning in Motion</div> <div>10:30 Daily Chronicles</div> <div>1:00 Afternoon Yoga</div> <div>2:00 Social Hour with Cocktails</div> <div>3:00 Outdoor games</div> <div>6:00 Name That Tune</div>	<div>10:00 Morning Stretch</div> <div>10:30 Daily Chronicles</div> <div>1:00 Words in a Word</div> <div>2:00 Ice Cream outing</div> <div>3:00 Patio Games</div> <div>6:00 Sing-Along</div>	<div>10:00 Movin' & Groovin'</div> <div>10:15 Dance Yoga with Jan</div> <div>10:30 Current Events</div> <div>1:00 Horoscopes</div> <div>2:00 Sing along with Library friends</div> <div>3:00 Bowling</div> <div>6:00 Singers of Yesterday</div>	<div>10:00 Morning Stretch</div> <div>10:30 Daily Chronicles</div> <div>1:00 Words in a Word</div> <div>2:00 Reminiscing Group - toys from the decades</div> <div>3:00 Parachute Fun</div> <div>6:00 Manicures</div>	<div>10:00 Morning Exercise</div> <div>10:30 Current Events</div> <div>1:00 Armchair travel - tropical getaway</div> <div>2:00 Cooks Corner - tropical fruit salad</div> <div>3:00 Balloon Toss</div> <div>6:00 Trivia</div>	<div>10:00 Movin' & Groovin'</div> <div>10:30 Daily Chronicles</div> <div>1:00 Afternoon Yoga</div> <div>2:00 Summertime songs with Nadine</div> <div>3:00 Fishing trivia and snack</div> <div>6:00 Friday Night Flick</div>	

Resident Spotlight: Henrietta Taft



1. Where would you like to travel to?
"I would like to go to Vermont."
2. Where is your hometown?
"Bethal, Maine."
3. What do you like to do in your spare time?
"I love to knit and read."
4. What is your greatest accomplishment?
"Having my 4 kids."
5. What did you enjoy most about your career?
"I was a teacher for 26 years and I loved all the interface with the kids."

Chocolate or Vanilla

Ocean or Lake

Book or Movie

Fun Fact: I loved being a chemistry teacher.

Employee Spotlight: Brianna McClintock



1. Where would you like to travel to?
"Italy."
2. Where is your hometown?
"New Boston, NH."
3. What do you like to do in your spare time?
"Spend time with friends."
4. What is your greatest accomplishment?
"Keeping all my house plants alive!"
5. What do you enjoy most about your career?
"Learning and enjoying time with the residents."

Chocolate or Vanilla

Ocean or Lake

Book or Movie

Fun Fact: "I love to sing."