



The Inn at Fairview Memory Care

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

September 2024



Let Go and Grow

"Autumn teaches us the beauty of letting go.
Growth requires release—it's what the trees do."
—Ka'ala



The Arrival of Fall

The word "fall" comes from the phrase "fall of the leaf," an Old English expression that was commonly used to reference the season in the 1500s. Autumn, from the French word *automne*, became part of the English language about a century later.





September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>10:00 Morning in Motion 10:30 Daily Chronicles 1:00 September Gazette 2:00 Social Hour with Cocktails 3:00 Afternoon Yoga 6:00 Name That Tune</p>	<p>2</p> <p>Labor Day 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Let's learn about the origin of Labor Day 2:00 Sing along with Bob Baker 3:00 Labor Day puzzles 6:00 Sing-Along</p>	<p>3</p> <p>10:00 Movin' & Groovin' 10:30 Current Events 1:00 Horoscopes 1:30 Irish Music with Kevin Farley 2:30 True or false 6:00 Singers of Yesterday</p>	<p>4</p> <p>National Wildlife Day 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Wiser Now Wednesday 2:00 Outing 3:00 Armchair travel - Safari 6:00 Manicures</p>	<p>5</p> <p>Kickoff Day 10:00 Morning Exercise 10:30 Current Events 1:00 Manicures 2:00 Sing along with Bob Desmarais 3:00 Football fun facts 6:00 Trivia</p>	<p>6</p> <p>10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Entertainment with Andy Ross 3:00 Snack corner - Coffee Ice cream 6:00 Friday Night Flick</p>	<p>7</p> <p>10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 Entertainment with Bob Rutherford 3:00 Trivia 6:00 The Lawrence Welk Show</p>
<p>8</p> <p>Grandparents Day 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Social Hour with Cocktails 3:00 Grandparents' day puzzles 6:00 Name That Tune</p>	<p>9</p> <p>Shake Those Hips Day 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Let's reminisce about Elvis 2:00 Music with Nadine 2:30 Sock Hop party 6:00 Sing-Along</p>	<p>10</p> <p>Good News Day 10:00 Movin' & Groovin' 10:15 Dance Yoga with Jan 10:30 Current Events 1:00 Horoscopes 2:00 Tea Party 3:00 Let's share some inspiring quotes 6:00 Singers of Yesterday</p>	<p>11</p> <p>Patriot Day 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Let's share a snack 2:00 Patriotic Music with Chris Brunelle 3:00 You Inspire Me and I Inspire You 6:00 Manicures</p>	<p>12</p> <p>10:00 Morning Exercise 10:30 Current Events 1:00 Patio Games 2:00 Luau with Peter Previte 3:00 Luau party 6:00 Trivia</p>	<p>13</p> <p>10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Entertainment with The Rockoholics 2:30 Car Show 6:00 Friday Night Flick</p>	<p>14</p> <p>10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 BINGO 3:00 Parachute Fun 6:00 Crafts</p>
<p>15</p> <p>Dot Day 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Social Hour with Cocktails 3:00 Polka dot craft 6:00 Name That Tune</p>	<p>16</p> <p>10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Balloon Toss 2:00 Cooks corner - guacamole 3:00 Words in a Word 6:00 Sing-Along</p>	<p>17</p> <p>Harvest Moon 10:00 Movin' & Groovin' 10:30 Current Events 1:00 Beaded corn craft 2:00 Entertainment with Brian Henderson 3:00 Harvest moon puzzle 6:00 Singers of Yesterday</p>	<p>18</p> <p>Happy Birthday, U.S. Air Force 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Facts about the U.S. Air Force 2:00 Outing 3:00 Puzzles 6:00 Manicures</p>	<p>19</p> <p>10:00 Morning Exercise 10:30 Current Events 1:00 Manicures 2:00 Sing along with Bob Baker 3:00 Balloon Toss 6:00 Trivia</p>	<p>20</p> <p>10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Country Music with Tim Barrett 3:00 Back to School Memories 6:00 Friday Night Flick</p>	<p>21</p> <p>10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 BINGO 3:00 Outdoor games 6:00 The Lawrence Welk Show</p>
<p>22</p> <p>10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Social Hour with Cocktails 3:00 Remembering Pet Cats & Dogs slideshow 6:00 Name That Tune</p>	<p>23</p> <p>10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Let's learn about the benefits of cranberries 2:00 Country Music with Jackie Lee 3:00 Words in a Word 6:00 Sing-Along</p>	<p>24</p> <p>10:00 Movin' & Groovin' 10:15 Dance Yoga with Jan 10:30 Current Events 1:00 Outing 2:00 Sing along with Library Friends 3:00 Jeopardy 6:00 Singers of Yesterday</p>	<p>25</p> <p>10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Fact about the ocean 2:00 Armchair travel - Pacific Ocean 3:00 Bean bag toss 6:00 Manicures</p>	<p>26</p> <p>10:00 Morning Exercise 10:30 Current Events 1:00 Manicures 2:00 Entertainment with Chris Brunelle 3:00 Balloon Toss 6:00 Trivia</p>	<p>27</p> <p>Fall Foliage Friday 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Crafts Corner - leaves 3:00 Bowling 6:00 Friday Night Flick</p>	<p>28</p> <p>10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 BINGO 3:00 Who am I? 6:00 Crafts</p>
<p>29</p> <p>10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Social Hour with Cocktails 3:00 Trivia 6:00 Name That Tune</p>	<p>30</p> <p>10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Let's learn about different types of helicopters 2:00 Time to Clay with Debbi 3:00 Words in a Word 6:00 Sing-Along</p>	<p>Happy Birthday!</p> <ul style="list-style-type: none"> Peggy - 9/30 				

Resident Spotlight: Sherry Crowell



1. Where would you like to travel to?
"I would love to go to Greece."
2. Where is your hometown?
"I've lived in Winchester, MA."
3. What do you like to do in your spare time?
"I love going out with friends."
4. What is your greatest accomplishment?
"My wonderful family."
5. What did you enjoy most about your career?
"I liked that I always kept busy."

Chocolate or Vanilla

Ocean or Lake

Book or Movie

Fun Fact: My favorite color is purple.

"This Month In History"

SEPTEMBER

1919: Crowds gather in New York City to welcome home Gen. John J. Pershing and 25,000 soldiers of the American Expeditionary Forces who fought in World War I.

1949: The Ladies Professional Golf Association is formed with 13 founding players.

1953: With 32 lanes, the world's first four-level highway interchange opens in Los Angeles. Half a million vehicles travel it every day.

1969: "Ruh-roh!" The Saturday morning cartoon lineup gets a new addition when the mystery-comedy series "Scooby-Doo, Where Are You!" premieres.

1978: After years of lobbying, National Grandparents Day is officially observed for the first time.

1985: An American-French expedition locates the wreckage of the long-lost sunken ocean liner Titanic off the coast of Newfoundland, Canada.

1998: Internet search engine Google is founded.

2008: After its move to Oklahoma City, the NBA team the Seattle SuperSonics is renamed the Thunder.

2020: Sales stats show that music fans are buying more vinyl records, outselling CDs for the first time in decades.