

The Inn at Fairview Memory Care

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

August 2025



Small Change, Big Benefits

Try these micro habits for small daily changes to make life better.

Wake up with water. Drink a glass of water first thing in the morning.

A year in read-view. Read one page of a novel before bed. Over about a year, you'll have finished the book and saved your eyes from pre-sleep screen time.

A grateful start. Write one thing you're thankful for in a journal each day. At the end of the month, take a moment to read over what makes you grateful.



Summer Song





"In summer, the song sings itself."

—William Carlos Williams





August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Happy Birthday!</div> <div><ul style="list-style-type: none">Bernie - 8/4Ella - 8/15Liz - 8/19</div>					<div>A Whale of a Tale Day1</div> <div>10:00 Movin' & Groovin'</div> <div>10:30 Daily Chronicles</div> <div>1:00 August Gazette</div> <div>2:00 Entertainment with Andy Ross</div> <div>3:00 Let's learn about Moby Dick</div> <div>6:00 Friday Night Flick</div>	<div>2</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 Crafts</div>
<div>Watermelon Day3</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 & watermelon</div> <div>3:00 Watermelon word search</div> <div>6:00 Name That Tune</div>	<div>Chocolate Chip Cookie Day4</div> <div>10:00 Morning Stretch</div> <div>10:30 Daily Chronicles</div> <div>1:00 Learn about Ruth Wakefield</div> <div>2:00 Honky Tonk Piano with Gary</div> <div>3:00 The history of chocolate chip cookies</div> <div>6:00 Sing-Along</div>	<div>5</div> <div>10:00 Movin' & Groovin'</div> <div>10:30 Current Events</div> <div>1:00 Horoscopes</div> <div>2:00 Entertainment with Peter Previte</div> <div>3:00 Jeopardy</div> <div>6:00 Singers of Yesterday</div>	<div>6</div> <div>10:00 Morning Stretch</div> <div>10:30 Daily Chronicles</div> <div>1:00 I Love Lucy trivia</div> <div>2:00 Country Music with Jackie Lee</div> <div>3:00 Let's enjoy a root beer float</div> <div>6:00 Manicures</div>	<div>Lighthouse Day7</div> <div>10:00 Morning Exercise</div> <div>10:30 Current Events</div> <div>1:00 Manicures</div> <div>2:00 Entertainment with Lin Darcy</div> <div>3:00 Armchair travel - lighthouses</div> <div>6:00 Trivia</div>	<div>Happiness Happens Day8</div> <div>10:00 Movin' & Groovin'</div> <div>10:30 Daily Chronicles</div> <div>1:00 Afternoon Yoga</div> <div>2:00 Let's share what makes us happy!</div> <div>3:00 Jeopardy</div> <div>6:00 Friday Night Flick</div>	<div>9</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 The Lawrence Welk Show</div>
<div>S'mores Day10</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 Let's make some s'mores</div> <div>6:00 Name That Tune</div>	<div>11</div> <div>10:00 Morning Stretch</div> <div>10:30 Daily Chronicles</div> <div>1:00 Play in the sand puzzles</div> <div>2:00 Painting with Leister</div> <div>3:00 Words in a Word</div> <div>6:00 Sing-Along</div>	<div>12</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 - Popsicle</div> <div>3:00 Let's enjoy some Popsicles</div> <div>6:00 Singers of Yesterday</div>	<div>13</div> <div>10:00 Morning Stretch</div> <div>10:30 Daily Chronicles</div> <div>1:00 Left-handed trivia</div> <div>2:00 Entertainment with The Rockoholics</div> <div>3:00 Lefthandedness Jeopardy</div> <div>6:00 Manicures</div>	<div>14</div> <div>10:00 Morning Exercise</div> <div>10:30 Current Events</div> <div>1:00 Manicures</div> <div>2:00 Let's make some trail mix</div> <div>3:00 Camping games</div> <div>6:00 Trivia</div>	<div>15</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 Patio Games</div> <div>6:00 Friday Night Flick</div>	<div>National Tell a Joke Day16</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 Let's tell some Jokes</div> <div>6:00 Crafts</div>
<div>17</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 Balloon Volleyball</div> <div>3:00 Trivia</div> <div>6:00 Name That Tune</div>	<div>18</div> <div>10:00 Morning Stretch</div> <div>10:30 Daily Chronicles</div> <div>1:00 Women's word puzzles</div> <div>2:00 What am I?</div> <div>3:00 Words in a Word</div> <div>6:00 Sing-Along</div>	<div>19</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 Entertainment with Brian Henderson</div> <div>3:00 The history of photography</div> <div>6:00 Singers of Yesterday</div>	<div>Rock Around the Clock Day20</div> <div>10:00 Morning Stretch</div> <div>10:30 Daily Chronicles</div> <div>1:00 Name that Rock tune</div> <div>2:00 Entertainment with Chris Brunelle</div> <div>3:00 Let's have some lemonade</div> <div>6:00 Manicures</div>	<div>21</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 Which Rogers Am I?</div> <div>6:00 Trivia</div>	<div>Sunflower Day22</div> <div>10:00 Movin' & Groovin'</div> <div>10:30 Daily Chronicles</div> <div>1:00 Afternoon Yoga</div> <div>2:00 Crafts Corner - sunflowers</div> <div>3:00 Outdoor games</div> <div>6:00 Friday Night Flick</div>	<div>23</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 The Gene Kelly Trivia quiz</div> <div>6:00 The Lawrence Welk Show</div>
<div>24</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>6:00 Name That Tune</div>	<div>25</div> <div>10:00 Morning Stretch</div> <div>10:30 Daily Chronicles</div> <div>1:00 Balloon Toss</div> <div>2:00 Elvis Tribute with Mark Stantler</div> <div>3:00 Words in a Word</div> <div>6:00 Sing-Along</div>	<div>Roll With It Day26</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 Entertainment with Chris Ekblom</div> <div>3:00 Paper pull game</div> <div>6:00 Singers of Yesterday</div>	<div>27</div> <div>10:00 Morning Stretch</div> <div>10:30 Daily Chronicles</div> <div>1:00 Did you know?</div> <div>2:00 Crafts corner - bubble art</div> <div>3:00 Bowling</div> <div>6:00 Manicures</div>	<div>28</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 Airplane photo quiz</div> <div>6:00 Trivia</div>	<div>29</div> <div>10:00 Movin' & Groovin'</div> <div>10:30 Daily Chronicles</div> <div>1:00 Afternoon Yoga</div> <div>2:00 Ice cream sundae bar</div> <div>3:00 Horse racing</div> <div>6:00 Friday Night Flick</div>	<div>Beach Day30</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 Let's build a sandcastle</div> <div>6:00 Crafts</div>
<div>31</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>6:00 Name That Tune</div>						

Resident Spotlight: Deborah Sinclair



1. Where would you like to travel to?
"I don't want to travel, I like doing the things I like."
2. Where is your hometown?
"I am from Albuquerque, New Mexico."
3. What do you like to do in your spare time?
"I like needlework and going for walks."
4. What is your greatest accomplishment?
"Owning a needlework company."
5. What did you enjoy most about your career?
"Complete projects for stitching."

Chocolate or Vanilla

Ocean or Lake

Book or Movie both

Fun Facts: I like helping others.

"This Month In History" AUGUST

1492: The Niña, Pinta and Santa Maria leave Spanish port for their accidental destination of the Americas.

1790: The first U.S. census begins. The population count has been repeated every ten years since then.

1914: Cleveland, Ohio, installs the world's first electric traffic signal. The manually operated light directed traffic at Euclid Avenue and East 105th Street.

1926: New York athlete Gertrude Ederle swims the English Channel, becoming the first woman to do so.

1949: The Basketball Association of America and the National Basketball League merge to form the National Basketball Association (NBA).

1957: "American Bandstand," a TV show of teens dancing to rock and roll, premieres with host Dick Clark.

1969: Woodstock opens in a New York field, bringing more than 400,000 people to see its three days of concerts featuring Joan Baez, Santana, The Grateful Dead, Creedence Clearwater Revival, Janis Joplin, Jimi Hendrix and more.

1978: The first transatlantic balloon flight is completed successfully when the Double Eagle II lands near Paris, France, after traversing more than 3,200 miles from Presque Isle, Maine.

2009: Usain Bolt breaks his own 100-meter dash record at the World Championships in Berlin by completing the race in 9.58 seconds.