

The Inn at Fairview Memory Care

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

September 2026



Labor Day — Monday, Sept. 7

On Labor Day, we recognize the hard-earned rights and contributions of all American workers.



Positive Thought

"Aging is not lost youth, but a new stage of opportunity and strength." —Betty Friedan



Super Food: Sunflower Seeds

Tiny yet tasty, sunflower seeds have many nutritional benefits. They are rich in vitamin E, which keeps your heart healthy and fights infection, and are a good source of selenium, which helps repair damaged cells. Sunflower seeds have magnesium and copper, which promote bone health. Magnesium can also reduce the severity of asthma and help prevent migraine headaches. Add sunflower seeds to salad, coleslaw, granola, yogurt and stir-fries.





September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday! Helen - 9/7 Peggy - 9/30		Country Hits Day 10:00 Movin' & Groovin' 10:30 Current Events 1:00 September Gazette 2:00 Country Music Sing-along 3:00 Horoscopes 6:00 Singers of Yesterday	10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Rock n Roll Puzzles 2:00 Country Music with Jackie Lee 3:00 Rock n Roll Trivia 6:00 Manicures	10:00 Morning Exercise 10:15 Dance Yoga with Jan 10:30 Current Events 1:00 Manicures 2:00 Entertainment with Mark Stanzler 3:00 Reminiscing Group - Popular '70s Toys 6:00 Trivia	The Price is Right Day 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Entertainment with Andy Ross 3:00 Let's Play The Price is Right 6:00 Friday Night Flick	10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 Entertainment with Bob Rutherford 3:00 Balloon Toss 6:00 The Lawrence Welk Show
6 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Social Hour with Cocktails 3:00 Bowling 6:00 Name That Tune	7 Labor Day 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Labor Day Laughs 2:00 Five Clues Game 3:00 Words in a Word 6:00 Sing-along	8 Literacy Day 10:00 Movin' & Groovin' 10:30 Current Events 1:00 Horoscopes 2:00 Honky Tonk Piano with Gary 3:00 Let's Read Some Short Stories 6:00 Singers of Yesterday	9 Kickoff Day 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Football Funnies 2:00 Let's Play Football 3:00 Football Trivia 6:00 Manicures	10 10:00 Morning Exercise 10:15 Dance Yoga with Jan 10:30 Current Events 1:00 Manicures 2:00 Entertainment with Peter Previte 3:00 Daisy Craft 6:00 Trivia	11 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Entertainment with Chris Brunelle 3:00 You Inspire Me and I Inspire You 6:00 Friday Night Flick	12 10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 BINGO 3:00 Balloon Tennis 6:00 Crafts
13 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	14 Celebrating Our Stars 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Cranium Crushers 2:00 BINGO Extravaganza 3:00 Words in a Word 6:00 Sing-along	15 Singing & Shining Through the Years 10:00 Movin' & Groovin' 10:30 Current Events 1:00 Horoscopes 2:00 Entertainment with Brian Henderson 3:00 1970s Trivia 6:00 Singers of Yesterday	16 Shining Together 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Stories That Shine 2:00 Entertainment with Chris Brunelle 3:00 Word Game Wednesday 6:00 Manicures	17 Talents That Shine 10:00 Morning Exercise 10:15 Dance Yoga with Jan 10:30 Current Events 1:00 Manicures 2:00 Painting with Lester 3:00 Balloon Volleyball 6:00 Trivia	18 Star-Studded Car Show 10:00 Movin' & Groovin' 10:30 Daily Chronicles 10:30 Trivia with the Cooties - VFW 1:00 Afternoon Yoga 2:30 Car Show and Entertainment with Chris Brunelle 6:00 Friday Night Flick	19 10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 BINGO 3:00 Outdoor Games 6:00 The Lawrence Welk Show
20 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Social Hour with Cocktails 3:00 Crafts Corner - Plants 6:00 Name That Tune	21 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 How It's Made 2:00 Entertainment with Classical Pianist Lucas 3:00 Vintage Commercials 6:00 Sing-along	22 Ice Cream Cone Day 10:00 Movin' & Groovin' 10:30 Current Events 1:00 Horoscopes 2:00 Sing-along with Bob Desmarais 3:00 Let's Have an Ice Cream Cone 6:00 Singers of Yesterday	23 Crazy About Cranberries Day 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Let's Learn About Cranberries 2:00 Scenic Outing 3:00 Let's Make Cranberry Banana Bread 6:00 Manicures	24 Cruise Ship Day 10:00 Morning Exercise 10:15 Dance Yoga with Jan 10:30 Current Events 1:00 Manicures 2:00 Sing-along with Bob Baker 3:00 Let's Take a Tour of the Love Boat 6:00 Trivia	25 10:00 Movin' & Groovin' 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Let's Play "Would You Rather" 3:00 Crafts Corner - Leaves 6:00 Friday Night Flick	26 10:00 Morning Stretch 10:30 Current Events 1:00 Hangman 2:00 BINGO 3:00 Bowling 6:00 Crafts
27 10:00 Morning in Motion 10:30 Daily Chronicles 1:00 Afternoon Yoga 2:00 Social Hour with Cocktails 3:00 Ring Toss 6:00 Name That Tune	28 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Ed Sullivan Show Clips 2:00 Entertainment with Heart Strings Duo 3:00 Words in a Word 6:00 Sing-along	29 Teachers' Day 10:00 Movin' & Groovin' 10:30 Current Events 1:00 Horoscopes 2:00 Sing-along with Amy 3:00 Reminiscing Group - Back to School 6:00 Singers of Yesterday	30 Women's Health and Fitness Day 10:00 Morning Stretch 10:30 Daily Chronicles 1:00 Healthy Lifestyle Crossword 2:00 Country Music with Tim Barrett 3:00 The Prescription for Health Wellness Program 6:00 Manicures			

Resident Spotlight: Dr. Barbara Ganem



1. Where would you like to travel to?
"I would love to travel to Europe, France or England."
 2. Where is your hometown?
"I am from Winthrop, MA."
 3. What do you like to do in your spare time?
"I used to love to go for a bicycle ride, but now I enjoy reading."
 4. What is your greatest accomplishment?
"My greatest accomplishment was practicing medicine."
 5. What did you enjoy most about your career?
"I liked getting to see people every day."
- Chocolate or Vanilla
Ocean or Lake
Book or Movie
Fun fact: "I've climbed the White Mountains."

"This Month In History" SEPTEMBER

1868: The first volume of "Little Women" by Louisa May Alcott is published.

1902: Considered the first sci-fi movie, "A Trip to the Moon" is a sensation when it's first shown in Paris. French filmmaker Georges Melies pioneered the genre with his roughly 14-minute silent feature.

1919: The American Legion is established by Congress as a patriotic veterans organization.

1921: In Atlantic City, N.J., 16-year-old Margaret Gorman is crowned the first Miss America.

1930: Newspaper readers are introduced to the characters Blondie and Dagwood when the comic strip "Blondie" debuts.

1957: The Brooklyn Dodgers play their last game at Ebbets Field, and the New York Giants play for the last time at the Polo Grounds. Both MLB teams moved to California.

1964: "Fiddler on the Roof" opens on Broadway. The classic musical would go on to win nine Tony Awards.

1970: "Monday Night Football" premieres. The first game broadcast had the Cleveland Browns hosting the New York Jets.

1981: Sandra Day O'Connor becomes the first female U.S. Supreme Court justice.

1995: Dozens of music legends help celebrate the opening of the new Rock & Roll Hall of Fame in Cleveland.