Heatherwood
Gracious Retirement Living

1624 Main Street • Tewksbury, MA 01876 • Phone (978) 851-2063 • www.seniorlivinginstyle.com

MARCH 2019

HEATHERWOOD STAFF

Managers.....JEFF & TERRI BUNCH
Assistant Managers ..BRIAN & CHRISTY EATON
Executive Chef.....GERALDO CABRAL
Sous Chef .....JULIAN DUARTE
Activity Coordinator .....KATHLEEN RICHARD
Maintenance .....JERRY DUPONT
Bus Driver .....DAVID LANGFORD

TRANSPORTATION

Monday & Friday, 10 a.m.-noon & 2-4 p.m.:
Local Errands and Shopping

Tuesday & Thursday, 9 a.m.-3 p.m.:
Medical Appointments

Wednesday, 8:45-9:45 a.m.:
St. Williams Catholic Mass

Wednesday, 11:30 a.m.:
Lunch Bunch/Special Outings

HAWTHORN SENIOR LIVING

The Kick-Off Party to Germany, France and Italy!

The eve of the kick-off party was so much fun! The residents were given their Eurail Passes and Travel Itinerary as well as a great party and pictures. I have to say, they enjoyed some great food, too. The residents talked about the countries they were going to visit with great anticipation. The toast and pictures were had and off to Germany we go!

(Photos continued inside)

French appetizers

German appetizers

Italian appetizers

Betty, Wilma and Joan leaving for the trip

June and Shirley leaving for the trip

The Residents' Tour of Germany

We all arrived in Germany around 9 a.m. without any issues. What beautiful scenery we are exploring while we we're traveling on the train. The residents started out with fun facts regarding the train. After gaining the knowledge about the Neuschwanstein Castle we attempted to engage in a snowball toss game. It was too cold outside so we stayed inside and had a marshmallow toss. They broke up into teams and were given three marshmallows apiece and had to see how many they could get into the bucket. The team who got the most in the bucket wins a prize. That was lots of fun seeing the residents compete with one another — it was rather funny! We were able to find a restaurant with real German food (homemade red cabbage, pork, oatmeal soup and dumplings). The name of the restaurant was Marika's, named after the owner's daughter. The residents enjoyed that experience.

Wilma and Nancy ready for the trip

The residents having fun playing the marshmallow toss

The ladies excited for the trip

Marie and Marina at the train station

Ester, Lorraine and Nancy ready to exit the train

Some of the folks getting off the train

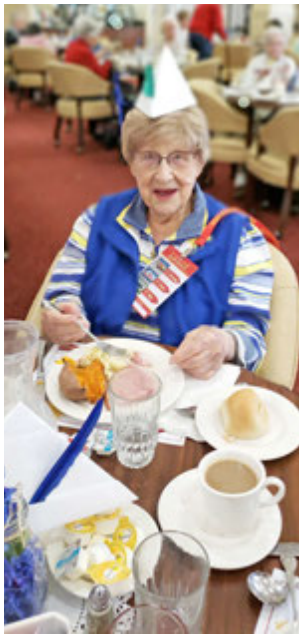
The Kick-Off Party to Germany, France and Italy! *(Continued)*

Betty toasting her trip

Becky, Linda, Rose and Bill leaving for the trip

The Residents Enjoyed A Nice German Dinner

The residents celebrated an Oktoberfest in Munich. They had made their Alpine hats so they were able to wear them for the German fest. They sat down to sausage and sauerkraut and peppers, German potato salad, and for dessert, they had apple strudel with a sprinkle of white powdered sugar. After dinner, we had some trivia and learned some German phrases, we made root beer floats and big German pretzels — oh, so good! As the trip continued, we learned about classical music and German cars and had a scavenger hunt. The team who won received funny money for a later date. We also learned about Grune Week (green week) so the residents created their own windowsill gardens with a bunch of herbs. We went on to do Volksmarch where we took in all the sites, the art, architecture and so much more. Then, on to France!



Edna having her German dinner

Toni enjoying her German dinner

The ladies making their own windowsill gardens

Having fun making root beer floats

The gang making German pretzels

MARCH 2019

Birthdays

Danny Hoag, 3rd
Yana Shapiro, 6th
Larry Whittier, 18th
Carol Green, 18th
Mary Shepherd, 26th
John Tramonte, 28th
Lewis Herr, 28th
Cosmo Laterza, 29th
Edna King, 29th

Locations

Activity Room, AR
Atrium, AT
Billiards Room, BR
Bistro, BI
Chapel, CH
Dining Room, DR
Exercise Room, EX
Fire Pit, FPIT
Fireplace, FP
Front Lobby, Lobby
Library, LIB
Movie Theater, MT
Patio, Patio
TV Room, TV

"Despite the forecast, live like it's spring."
—Lilly Pulitzer

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:30 Morning Exercise, AR 10:00 Close-Knit Friends, FP **10:30 Line Dancing with Heather, AR** **10:30 LRC, BI** **2:00 Uno & Rummikub, AR** **2:00 Mah-jongg, BR** 2:00 Movie Matinee, MT **2:00 Cribbage, BR** **3:00 You Be the Judge, AR** **4:00 Bingo, AR**	**2** 9:30 Walking Club, AT 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, FP **10:00 Brian's English Tea, LIB** **11:30 LRC, BI** 11:30 Singalong, LIB **2:00 Poker, AR** 2:00 Movie Theatre, MT **2:00 Chair Volleyball, AR** **4:00 Bingo, AR**
3 9:30 Walking Club, AT 10:00 Adult Coloring with Marie, AR **10:30 Donut Social with Terri and Jeff, AR** 11:30 Singalong, LIB **11:30 LRC, BI** **2:00 Poker, AR** **2:00 Uno Card Game, BI** 2:00 Movie Theatre, MT **4:00 Bingo, AR**	**4** 9:30 Morning Exercise, AR 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, FP **10:30 Baking Club/Culinary Education Serious, BI** 11:30 Singalong, LIB 2:00 Movie Matinee, MT **2:00 Uno & Rummikub, AR** **2:00 Chair Volleyball, AR** **4:00 Bingo, AR**	**5** **MARDI GRAS** **9:00 Blood Pressure Check, BI** 9:30 Morning Exercise, AR 10:00 Close-Knit Friends, FP **10:30 Kathleen's Busy Sewing Group, AR** **11:00 Wii Bowling League, AR** **12:30 Fat Tuesday/Mardi Gras, DR** **2:00 Cribbage, BR** 2:00 Movie Matinee, MT **2:00 Armchair Ron/Ireland, EX** **3:00 Group Crossword, AR** **4:00 Bingo, AR**	**6** **ASH WEDNESDAY** **8:45 Catholic Mass at St. William's, Lobby** 9:30 Morning Exercise, AR 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, FP **11:00 Lunch Bunch, Lobby** 11:30 Singalong, LIB 2:00 Movie Matinee, MT **2:00 Uno & Rummikub, AR** **2:00 Chair Volleyball, AR** **3:30 What's in a Word, BI** **4:00 Bingo, AR**	**7** 9:30 Morning Exercise, AR 10:00 Close-Knit Friends, FP **10:00 Eucharistic Prayer Service, CH** **11:00 Wii Bowling League, AR** **11:30 LRC, BI** **2:00 Dana the Ventriloquist and Magic Show, AT** **2:00 Cribbage, BR** 2:00 Movie Matinee, MT **3:00 What's in a Word, AR** **4:00 Bingo, AR**	**8** 9:30 Morning Exercise, AR 10:00 Close-Knit Friends, FP **2:00 Cribbage, BR** 2:00 Movie Matinee, MT **2:00 Mah-jongg, BR** **2:00 Uno & Rummikub, AR** **3:00 You Be the Judge, AR** **4:00 Bingo, AR**	**9** 9:30 Walking Club, AT 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, FP **10:00 Men's Club, LIB** **11:00 Christy's Crafts, AR** **11:30 LRC, BI** 11:30 Singalong, LIB **2:00 Poker, AR** 2:00 Movie Theatre, MT **2:00 Chair Volleyball, AR** **4:00 Bingo, AR**
10 **DAYLIGHT SAVING TIME BEGINS** 9:30 Walking Club, AT 10:00 Adult Coloring with Marie, AR **11:00 Precious Moments, CH** 11:30 Singalong, LIB **11:30 LRC, BI** **2:00 Poker, AR** 2:00 Movie Theatre, MT **2:00 Uno Card Game, BI** **4:00 Bingo, AR**	**11** 9:30 Morning Exercise, AR 10:00 Close-Knit Friends, FP **10:00 Red Carpet Meeting, CH** 10:00 Adult Coloring with Marie, AR **10:30 Yoga with Joan, EX** **10:30 Baking Club/Culinary Education Serious, BI** **11:00 Precious Moments, CH** 11:30 Singalong, LIB 2:00 Movie Matinee, MT **2:00 Uno & Rummikub, AR** **2:00 Chair Volleyball, AR** **4:00 Bingo, AR**	**12** 9:30 Morning Exercise, AR 10:00 Close-Knit Friends, FP **10:30 Kathleen's Busy Sewing Group, AR** **11:00 Wii Bowling League, AR** **2:00 Cribbage, BR** 2:00 Movie Matinee, MT **2:00 LRC, AR** **3:00 Group Crossword, AR** **4:00 Bingo, AR**	**13** **8:45 Catholic Mass at St. William's, Lobby** 9:30 Morning Exercise, AR 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, FP **11:00 Lunch Bunch, Lobby** 11:30 Singalong, LIB 2:00 Movie Matinee, MT **2:00 Uno & Rummikub, AR** **2:00 Chair Volleyball, AR** **3:30 What's in a Word, BI** **4:00 Bingo, AR**	**14** 9:30 Morning Exercise, AR 10:00 Close-Knit Friends, FP **10:00 Faith Group with Carol, CH** **10:30 Chef's Corner, BI** **11:00 Wii Bowling League, AR** **11:30 LRC, BI** 2:00 Movie Matinee, MT **2:00 Cribbage, BR** **2:00 Art with Gail, AR** **3:00 What's in a Word, AR**	**15** 9:30 Morning Exercise, AR 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, FP **10:30 Line Dancing with Heather, AR** **2:00 Uno & Rummikub, AR** **2:00 Karen Donovan/Entertainer, AR** **2:00 Mah-jongg, BR** 2:00 Movie Matinee, MT **2:00 Cribbage, BR** **3:00 You Be the Judge, AR** **3:30 St. Patrick's Day Party, AR**	**16** 9:30 Walking Club, AT 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, FP **10:00 Brian's English Tea, LIB** 11:30 Singalong, LIB **2:00 Poker, AR** 2:00 Movie Theatre, MT **2:00 Chair Volleyball, AR** **4:00 Bingo, AR**
17 **ST. PATRICK'S DAY** 9:30 Walking Club, AT 10:00 Adult Coloring with Marie, AR **10:30 Donut Social with Terri and Jeff, AR** 11:30 Singalong, LIB **11:30 LRC, BI** **2:00 Uno Card Game, BI** 2:00 Movie Theatre, MT **2:00 Poker, AR** 2:00 Card Games, BR **4:00 Bingo, AR**	**18** 9:30 Morning Exercise, AR 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, FP **10:30 Baking Club/Culinary Education Serious, BI** 11:30 Singalong, LIB 2:00 Movie Matinee, MT **2:00 Uno & Rummikub, AR** **2:00 Chair Volleyball, AR** **4:00 Bingo, AR**	**19** 9:30 Morning Exercise, AR 10:00 Close-Knit Friends, FP **10:30 Kathleen's Busy Sewing Group, AR** **11:00 Wii Bowling League, AR** **2:00 Cribbage, BR** 2:00 Movie Matinee, MT **2:00 LRC, AR** **3:00 Group Crossword, AR** **4:00 Bingo, AR**	**20** **8:45 Catholic Mass at St. William's, Lobby** 9:30 Morning Exercise, AR 10:00 Close-Knit Friends, FP 10:00 Adult Coloring with Marie, AR **11:00 Lunch Bunch, Lobby** 11:30 Singalong, LIB 2:00 Movie Matinee, MT **2:00 Uno & Rummikub, AR** **2:00 Chair Volleyball, AR** **3:30 What's in a Word, BI** **4:00 Bingo, AR**	**21** 9:30 Morning Exercise, AR 10:00 Close-Knit Friends, FP **10:00 Eucharistic Prayer Service, CH** **11:00 Wii Bowling League, AR** **11:30 LRC, BI** 2:00 Movie Matinee, MT **2:00 Cribbage, BR** **3:00 What's in a Word, AR** **4:00 Bingo, AR**	**22** 9:30 Morning Exercise, AR 10:00 Close-Knit Friends, FP **2:00 Cribbage, BR** 2:00 Movie Matinee, MT **2:00 Mah-jongg, BR** **2:00 Uno & Rummikub, AR** **3:00 You Be the Judge, AR** **3:30 Kevin Farley the Irish Guy, AT** **4:00 Bingo, AR**	**23** 9:30 Walking Club, AT 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, FP **10:00 Men's Club, LIB** **11:00 Christy's Crafts, AR** **11:30 LRC, BI** 11:30 Singalong, LIB **2:00 Poker, AR** 2:00 Movie Theatre, MT **2:00 Chair Volleyball, AR** **4:00 Bingo, AR**
24 9:30 Walking Club, AT 10:00 Adult Coloring with Marie, AR **11:00 Precious Moments, CH** 11:30 Singalong, LIB **11:30 LRC, BI** **2:00 Poker, AR** 2:00 Movie Theatre, MT **2:00 Uno Card Game, BI** **4:00 Bingo, AR**	**25** 9:30 Morning Exercise, AR 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, FP **10:30 Yoga with Joan, EX** **10:30 Baking Club/Culinary Education Serious, BI** **11:00 Precious Moments, CH** 11:30 Singalong, LIB 2:00 Movie Matinee, MT **2:00 Uno & Rummikub, AR** **2:00 Chair Volleyball, AR** **4:00 Bingo, AR**	**26** **9:00 AARP Smart Driver Program, AT** 9:30 Morning Exercise, AR 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, FP **10:30 Kathleen's Busy Sewing Group, AR** **11:00 Wii Bowling League, AR** **2:00 Cribbage, BR** 2:00 Movie Matinee, MT **2:00 LRC, AR** **3:00 Group Crossword, AR** **4:00 Bingo, AR**	**27** **8:45 Catholic Mass at St. William's, Lobby** 9:30 Morning Exercise, AR 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, FP **11:00 Lunch Bunch, Lobby** 11:30 Singalong, LIB 2:00 Movie Matinee, MT **2:00 Uno & Rummikub, AR** **2:00 Chair Volleyball, AR** **3:30 What's in a Word, BI** **4:00 Bingo, AR**	**28** 9:30 Morning Exercise, AR 10:00 Close-Knit Friends, FP **10:00 Rogers Hearing, CH** **10:00 Faith Group with Carol, CH** **11:00 Wii Bowling League, AR** **11:30 LRC, BI** 2:00 Movie Matinee, MT **2:00 Cribbage, BR** **3:00 What's in a Word, AR** **4:00 Bingo, AR**	**29** 9:30 Morning Exercise, AR 10:00 Close-Knit Friends, FP **2:00 Cribbage, BR** 2:00 Movie Matinee, MT **2:00 Mah-jongg, BR** **2:00 Uno & Rummikub, AR** **2:00 The Rockoholics, AT** **3:00 You Be the Judge, AR** **3:30 Monthly Birthdays, AR**	**30** 9:30 Walking Club, AT 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, FP **10:00 Brian's English Tea, LIB** **10:30 Donut Social, AR** 11:30 Singalong, LIB **2:00 Poker, AR** 2:00 Movie Theatre, MT **2:00 Chair Volleyball, AR** **4:00 Bingo, AR**
31 9:30 Walking Club, AT 10:00 Adult Coloring with Marie, AR 11:30 Singalong, LIB **11:30 LRC, BI** **2:00 Poker, AR** 2:00 Movie Theatre, MT **2:00 Uno Card Game, BI** 2:00 Church Service/ Nondenominational **4:00 Bingo, AR**						

France

Bubble Break — so funny!

Bob and Bill being silly in France

Happy cupcakes for French dessert

Becky and Rachel visiting the Eiffel Tower

Mary trying her hand at painting Van Gogh's "Starry Night"

The first morning, the residents had coffee talk with French Phrases 101 and lots of French pastries in a bistro. We put on our running shoes and went to visit the Eiffel Tower to work off some of the pastries. Some climbed and some just chose to walk around the tower and marvel at the beauty of it all. We all then went to learn the history of champagne bubbly. A bubble break, bubble breathing and meditation. Oh, how much fun! We ventured on to learn all about French perfumes. We were able to sample some and also make some perfume. We were also able to make body butter with aromatherapy oils — it was very interesting. All went on to have a champagne toast and learn about French cheese. We tasted an abundance of cheeses, lots of fun! On to studying some of the great painters of France. The residents painted "Starry Night" by Van Gogh with the help of another artist named Gail. She helped all the residents until they completed their own paintings. We then went to a French restaurant to learn how to make French onion soup. Those are just some of the activities and sites the residents experienced.

Sheryl Faye Returns to Heatherwood

Sheryl Faye returned to Heatherwood as the residents enjoy her presentations of historical women. Sheryl is an educator and studied drama as well. She impersonates people like Helen Keller, Eleanor Roosevelt, Anne Frank, etc. The residents appreciate her sense of history and enjoy her immensely. She just performed Abigail Adams for the residents in which they thoroughly enjoyed her.

Sheryl Faye portraying Abigail Adams

Italy

Some of the highlights of the trip were learning all about fashion and following up with a fashion show. Learning how to speak some French and taking in a movie on the Eiffel Tower and the Louvre. Learning facts on Rome, Italy, all about the architecture, art, and sculptures. The Colosseum, Pantheon, Vatican and the Sistine Chapel. We went on to learn how to make Italian sauce at a delicious Italian restaurant. The residents learned facts about Italy. One in particular regarding the three volcanoes and one in particular was Vesuvius, the volcano that devastated Pompeii. Lots of history and beauty surrounded us all. We went on to see the House of Shells that was originally owned by Alfonso Rinaldi and then given to his daughter. The residents had a wonderful Italian feast before embarking on the train headed for home.

Setting up for Fun Facts of Italy

Al and Dottie taking the cheese test and drinking the red wine

The residents really enjoyed Fun Facts of Italy.

The ladies making beautiful flowers

The Birthdays of the Month Celebration

The residents seem to be enjoying their birthdays more and more as the birthday months are celebrated. We had seven birthdays to celebrate this month with lots of cake and fun!

The birthday cake for January

Here at Heatherwood, we celebrated seven birthdays of the month.

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EQUAL HOUSING OPPORTUNITY