

Heatherwood

Gracious Retirement Living

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

APRIL 2019

HEATHERWOOD STAFF

Managers.....CHRISTY & BRIAN EATON
Assistant Managers TBA
Executive Chef..... GERALDO CABRAL
Sous ChefJULIAN DUARTE
Maintenance JERRY DUPONT
Bus DriverDAVID 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

A Valentine's Party

The residents had a delicious dinner, chicken cordon bleu with potatoes and a beautiful salad with fruit and edible flowers. Dessert was beautiful as well. They then went into the activity room for some wonderful entertainment and valentine floats. We had made valentine heart-shaped sugar cookies with the chef that afternoon and ate them with a delightful smile. One of the staff members, Julie, made heart-shaped cupcakes for the party as well. The residents danced and had such a wonderful time at their party!





A Helping Hand From All In One Healthcare

Heatherwood would like to say a big Thank You to Joelle Webber and her staff from All In One for all they do. Not only do they provide care and assistance to many of our residents, but they always go above and beyond the call of duty to help the Heatherwood Family as a whole. With an office conveniently located in-house and members of staff always on-hand, they are a wonderful addition to our community. Donating raffle prizes, hosting celebrations and events, helping the Heatherwood staff when needed and providing advice and support are just a few of the things they have done for us recently.

We are very much looking forward to sharing the photographs next month of the St. Patrick's Day party, which Joelle has planned as this calendar goes to press, including Irish Step Dancing, games/prizes, drinks and treats. Watch this space!



Joelle the Boss Lady doing nursing checks.



Lauryn and Sabina. These girls are always so full of smiles!



Lauryn with her good friend, Joy, getting ready for dinner.



Allyson, All in One's full-time staff nurse



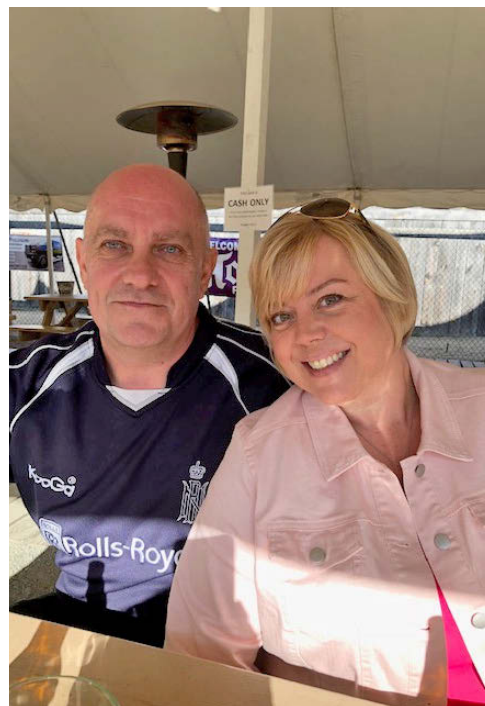
Welcome To Our New Managers

We are very pleased to welcome Christy and Brian Eaton as the new Manager Couple here at Heatherwood. Most of you will be familiar with them as they have been here for a while as the Assistants, but here is a little more background for you.

Christy has a degree in Behavioral Science with a concentration in Sociology. Her history includes working in schools with children with emotional disabilities, drug and alcohol counseling in both rehab and prison, managing group homes for adults with mental disabilities and as a wellness coordinator at an assisted living.

Brian is from Plymouth, England, and spent 19 years on Attack Submarines in the Royal Navy, where he travelled the world extensively and was awarded medals for operations in both Iraq and Afghanistan. He was then attached to NATO as a UK Submarine Escape and Rescue Communications Officer. When he retired from the Royal Navy after 24 years of service, he went into local government in the City of Westminster, London, England. As a Licensing Enforcement Officer, he managed the licenses of over a thousand bars, clubs, casinos and restaurants in Central London. He was also involved in the Grenfell Fire, Kingsway Fire and numerous hotel and business emergencies with Fire Brigade, Ambulance and Police as a Local Authority Liaison Officer.

Brian and Christy have two sons, Christopher and Cameron, and one cat, Sophie. They enjoy kayaking, travelling and movies.



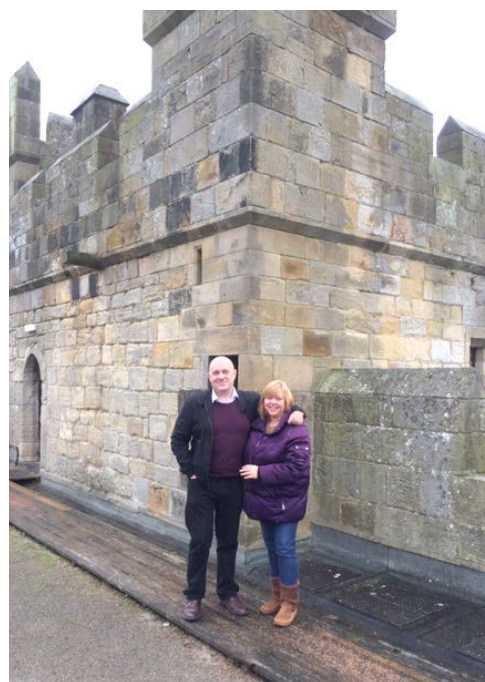
On a day out



Christy at the Ice Castles



Tower Bridge whilst visiting the Tower of London



Outside the Tower Room at Langley Castle in England where Christy accepted Brian's proposal of marriage

APRIL 2019












Birthdays

Louis Vallesio, 4th
Anita Mariotti, 6th
John Bedell, 7th
Joanne Gedaminsky, 13th
Lorraine Ganz, 22nd
Laura Scarpellini, 24th
Maureen Kelley, 25th
Margaret Nardone, 26th
Dorothy Irwin, 27th
Kaye Budrow, 27th

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

“A sense of humor is a major defense against minor troubles.”
—Mignon McLaughlin

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Morning Exercise, AR 1 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, LIB 2:00 Movie Matinee, MT 2:00 Uno & Rummikub, AR 2:00 Chair Volleyball, EX 4:00 Bingo, AR	9:00 Blood Pressure Check, BI 2 9:30 Morning Exercise, AR 10:00 Close-Knit Friends, LIB 11:00 Wii Bowling League, AR 2:00 Cribbage, BR 2:00 Movie Matinee, MT 4:00 Bingo, AR	8:45 Catholic Mass at St. William's, Lobby 3 9:30 Morning Exercise, AR 10:00 Adult Coloring with Marie, AR 11:00 Lunch Bunch, Lobby 2:00 Movie Matinee, MT 2:00 Uno & Rummikub, AR 2:00 Chair Volleyball, EX 2:00 Assisting Hands Nurse Checks, AR 4:00 Bingo, AR	9:30 Morning Exercise, AR 4 10:00 Eucharistic Prayer Service, CH 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:00 Cribbage, BR 4:00 Bingo, AR 	9:30 Morning Exercise, AR 5 10:30 Line Dancing with Heather, AR 2:00 Mah-jongg, BR 2:00 Cribbage, BR 2:00 Movie Matinee, MT 2:00 Uno & Rummikub, AR 4:00 Bingo, AR	9:30 Walking Club, AT 6 2:00 Poker, AR 2:00 Movie Theatre, MT 2:00 Chair Volleyball, EX 4:00 Bingo, AR 
9:30 Walking Club, AT 2:00 Card Games, BR 2:00 Poker, AR 2:00 Movie Theatre, MT 2:00 Uno Card Game, BI 4:00 Bingo, AR 	9:30 Morning Exercise, AR 8 10:00 Red Carpet Meeting, CH 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, LIB 10:30 Yoga with Joan, EX 11:00 Precious Moments, CH 2:00 Chair Volleyball, AR 2:00 Movie Matinee, MT 2:00 Uno & Rummikub, AR 4:00 Bingo, AR	9:30 Morning Exercise, AR 9 10:00 Close-Knit Friends, LIB 11:00 Wii Bowling League, AR 2:00 Cribbage, BR 2:00 Movie Matinee, MT 2:00 Resident Meeting, AR 4:00 Bingo, AR	8:45 Catholic Mass at St. William's, Lobby 10 9:30 Morning Exercise, AR 11:00 Lunch Bunch, Lobby 2:00 Movie Matinee, MT 2:00 Uno & Rummikub, AR 2:00 Chair Volleyball, EX 4:00 Bingo, AR	9:30 Morning Exercise, AR 11 10:00 Faith Group with Carol, CH 10:00 Close-Knit Friends, LIB 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:00 Cribbage, BR 4:00 Bingo, AR	9:30 Morning Exercise, AR 12 10:00 Close-Knit Friends, LIB 2:00 Mah-jongg, BR 2:00 Cribbage, BR 2:00 Movie Matinee, MT 2:00 Uno & Rummikub, AR 4:00 Bingo, AR	9:30 Walking Club, AT 13 10:00 Close-Knit Friends, LIB 11:00 Christy's Crafts, AR 2:00 Poker, AR 2:00 Chair Volleyball, EX 2:00 Movie Theatre, MT 4:00 Bingo, AR 
PALM SUNDAY 14 9:30 Walking Club, AT 11:00 Precious Moments, CH 2:00 Card Games, BR 2:00 Poker, AR 2:00 Movie Theatre, MT 2:00 Uno Card Game, BI 2:00 English Tea Party, BI 4:00 Bingo, AR	9:30 Morning Exercise, AR 15 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, LIB 2:00 Chair Volleyball, AR 2:00 Movie Matinee, MT 2:00 Uno & Rummikub, AR 4:00 Bingo, AR	9:30 Morning Exercise, AR 16 10:00 Close-Knit Friends, LIB 11:00 Wii Bowling League, AR 2:00 Cribbage, BR 2:00 Movie Matinee, MT 4:00 Bingo, AR	8:45 Catholic Mass at St. William's, Lobby 17 9:30 Morning Exercise, AR 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, LIB 11:00 Lunch Bunch, Lobby 2:00 Movie Matinee, MT 2:00 Uno & Rummikub, AR 2:00 Chair Volleyball, EX 4:00 Bingo, AR	9:30 Morning Exercise, AR 18 10:00 Eucharistic Prayer Service, CH 10:00 Close-Knit Friends, LIB 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:00 Cribbage, BR 4:00 Bingo, AR	GOOD FRIDAY PASSOVER BEGINS AT SUNSET 19 9:30 Morning Exercise, AR 10:00 Close-Knit Friends, LIB 10:30 Line Dancing with Heather, AR 2:00 Mah-jongg, BR 2:00 Cribbage, BR 2:00 Movie Matinee, MT 2:00 Uno & Rummikub, AR 4:00 Bingo, AR	9:30 Walking Club, AT 20 10:00 Close-Knit Friends, LIB 2:00 Poker, AR 2:00 Chair Volleyball, EX 2:00 Movie Theatre, MT 2:00 Chair Easter Egg Hunt, AR 4:00 Bingo, AR
EASTER 21 9:30 Walking Club, AT 2:00 Card Games, BR 2:00 Poker, AR 2:00 Movie Theatre, MT 2:00 Uno Card Game, BI 2:00 Christy's Crafts, AR 4:00 Bingo, AR	EARTH DAY 22 9:30 Morning Exercise, AR 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, LIB 10:30 Yoga with Joan, EX 11:00 Precious Moments, CH 2:00 Chair Volleyball, AR 2:00 Movie Matinee, MT 2:00 Uno & Rummikub, AR 	9:30 Morning Exercise, AR 23 10:00 Close-Knit Friends, LIB 11:00 Wii Bowling League, AR 2:00 Cribbage, BR 2:00 Movie Matinee, MT 4:00 Bingo, AR	8:45 Catholic Mass at St. William's, Lobby 24 9:30 Morning Exercise, AR 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, LIB 11:00 Lunch Bunch, Lobby 2:00 Movie Matinee, MT 2:00 Uno & Rummikub, AR 2:00 Chair Volleyball, EX 	9:30 Morning Exercise, AR 25 10:00 Faith Group with Carol, CH 10:00 Rogers Hearing, CH 10:00 Close-Knit Friends, LIB 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:00 Cribbage, BR 3:00 Sheryl Faye Does Helen Keller, AT 	9:30 Morning Exercise, AR 26 10:00 Close-Knit Friends, LIB 2:00 Mah-jongg, BR 2:00 Cribbage, BR 2:00 Movie Matinee, MT 2:00 Uno & Rummikub, AR 2:00 Rockaholics, AR 3:30 Monthly Birthday Party, AR 	9:30 Walking Club, AT 27 10:00 Close-Knit Friends, LIB 2:00 Poker, AR 2:00 Movie Theatre, MT 2:00 Chair Volleyball, EX 4:00 Bingo, AR 
9:30 Walking Club, AT 28 11:00 Precious Moments, CH 2:00 Card Games, BR 2:00 Poker, AR 2:00 Movie Theatre, MT 2:00 Uno Card Game, BI 2:00 English Tea Party, BI 4:00 Bingo, AR	9:30 Morning Exercise, AR 29 10:00 Adult Coloring with Marie, AR 10:00 Close-Knit Friends, LIB 2:00 Movie Matinee, MT 2:00 Uno & Rummikub, AR 2:00 Chair Volleyball, EX 3:00 Swinging Seniors, AR 4:00 Bingo, AR	9:30 Morning Exercise, AR 30 10:00 Close-Knit Friends, LIB 11:00 Wii Bowling League, AR 2:00 Cribbage, BR 2:00 Movie Matinee, MT 4:00 Bingo, AR				



Fun with Dana and Phineas

We were amazed and amused all at once when Magician and Ventriloquist Dana Perkins performed for us. His act included magic and puppets. The residents had a wonderful time enjoying this multi-faceted and interactive show. Dana was born in Portland, Maine, and did his very first show in junior high school! Our newest potential resident, "Phineas," was by far the most popular attraction.



Dana's Show



Nancy with Phineas



Bill making new friends.



*Yana and Nancy giving
Phineas the tour.*



Crafts With Christy

Many of our residents are very creative and love to work with their hands. For the last few months, Christy has hosted a crafts session on select Saturdays, and many wonderful items have been fashioned. Lots of these can be seen decorating the residents' doors throughout the building. Projects so far have included giant snow globes, snowflake door hangers, Valentine's Day door hangers, decorated jewelry pots and candy cane laurels. Christy starts with a general idea and some materials, then the projects unfold from everyone's imagination.



Dottie and Cynthia with their completed snow globes



Dora, Lorraine, Joan and Shirley looking rightly proud of their designs.

April, an Egg-ceptional Month

With eggs being such a predominant part of Easter, here are some facts to consider when munching down on the chocolate variety!

10 Eggs-traordinary Facts on Eggs

1. Worldwide, around 1.2 trillion eggs are produced for eating every year. The average person on Earth consumes 173 eggs a year.
2. Forty percent of the world's eggs are consumed in China.
3. The Guinness World Record for omelet making is held by Howard Helmer, who made 427 omelets in 30 minutes.
4. The average hen lays between 250 and 270 eggs a year, but some lay more than 300.
5. According to research published in 2008, male dinosaurs were sometimes responsible for sitting on eggs until they hatched.
6. Egg yolks are one of the few foods that are a naturally good source of Vitamin D.
7. The world record for eating hard-boiled eggs is 65 in 6 min 40 sec, by Sonya Thomas in 2003. She would have eaten more, but they ran out of eggs.
8. This year's World Hard-Boiled Egg Eating Championship is due to be held at Radcliff, Kentucky, with a prize fund of \$3,000.
9. The brown or white color of an eggshell is purely dependent on the breed of the hen.
10. "A hen is only an egg's way of making another egg," (Life and Habit by Samuel Butler 1835-1902).

Eggs of all kinds will feature in many of our activities this month including word games, puzzles and a special "Chair Easter Egg Hunt."



Eggciting



I'd love to see the chickens that would hatch from these!



Eggspensive



1624 Main Street
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SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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