

Heatherwood

Gracious Retirement Living

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

JUNE 2020 HEATHERWOOD STAFF

Managers.....CHRISTY & BRIAN EATON
Assistant Managers DANIEL MCGARR &
HAILY PINARD
Executive ChefGERALDO CABRAL
Sous Chef JULIAN DUARTE
Activity CoordinatorJARYD PALMER
Bus DriverDAVID LANGFORD
Head HousekeeperJULIE CHAMPOUX
Lead Housekeeper..... SUE GAUTHIER
Lead Housekeeper.....KIM RENAUD
Lead Housekeeper.....CARMON GARCIA

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

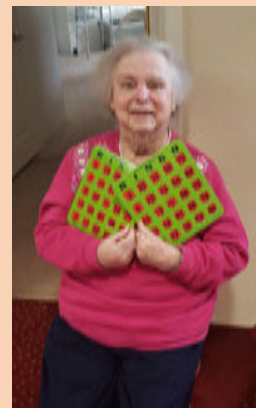
Wednesday, 11:30 a.m.:
Lunch Bunch/Special Outings

HAWTHORN
SENIOR LIVING

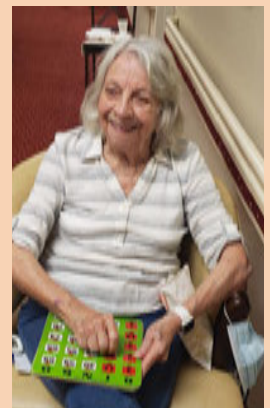
Hallway Bingo Continues to Impress!

What a turnout we continue to have for Hallway Bingo! We get about 10-15 players on the 2nd and 3rd floors. It is a great way to see and wave to your neighbors while we all practice social distancing.

Jaryd is slowly learning the ins and outs of calling a great Bingo game!



Joanne with a double cover-all!



Nancy!



The Sawyers (Bingo regulars)

(Continued on next page.)



Hallway Bingo Continues to Impress! *(Continued)*



Beautiful Rose G.



Danny (The Bingo Newbie!)



June Birthdays!

The June newsletter does not include the monthly activity calendar, which includes all June birthdays. We want to make sure to give a Happy Birthday shout-out to the following residents!

- **Ed Stoddard:** June 1
- **Grace McCullum:** June 3
- **Lilly Bennett:** June 20
- **John Burke:** June 22
- **Robin Vranicar:** June 29
- **Alba Valle:** June 29



Happy Anniversary!

Jerry and Martha White celebrate their 57th anniversary this month! I speak for all of us when I say Happy Anniversary, Jerry and Martha!



The Whites with their daughters, Julie and Ellen



All About Your Activity Coordinator!

Hello, Heatherwood Residents!

My name is Jaryd Palmer and I am the new Activity Coordinator here at Heatherwood. I am very excited to start my new adventure with all of you!

I come to you from the field of education; I have taught elementary and middle school for the past seven years here in Tewksbury and Methuen. I have plenty of experience with activities as I was an activity director for several summer programs over the past few years.

I currently live just a mile down the road in Tewksbury with my wife, Marie, and six kids (Emilie, 21; Adam, 19; Zach, 18; Sam, 15; Ethan, 13; and Max, 10). Home life is crazy right now with school being closed for the rest of the school year! In addition to the kids, we recently got a dog! Quintin, is a 1-year-old Siberian Husky who loves to spend time hiking through the woods and playing with his friends at the Chelmsford Dog Park!

In my down time I enjoy playing tennis with friends and golf with my family. I try to get out on the links twice a week during the spring and summer! I recently shot an 85! That was my best round yet. NASCAR and football are two sports that I really enjoy watching every Sunday (after church, of course)!

The theater has always held a special place in my heart. When I was about 10 years old my parents took me to the Boston Opera House for a showing of "The Phantom of the Opera" and wow ... I was blown away. Ever since that day my love for the Phantom has grown. I have seen Phantom on stage more than 10 times, multiple times on Broadway and various locations around the Northeast. I do enjoy other shows as well including: "Mama Mia," "Hamilton," "The Last Ship," and "Aladdin." Two of my sons, Ethan and Sam, starred in many middle school performances over the past five years. Ethan landed the star role as Aladdin!

On the side I enjoy DJing. I started DJing at the Ryan school here in Tewksbury for 5th and 6th grade dances. Over the years I have DJed weddings, birthday parties, graduations, anniversaries and many more casual events. I hope you all like to dance and sing karaoke because I plan to bring DJP here to Heatherwood! I enjoy music in my life, I would say the '60s are an all-time favorite for me. I have seen The Beach Boys, The Four Seasons, and Herman's Hermits in concert over the past few years. You will definitely hear me sing karaoke to many of my favorite '60s tunes!

I look forward to working with all of you. Please do not hesitate to reach out with activities or events that you want to incorporate into our program!



Jaryd and Marie



Jaryd as the Phantom



Quin's first day with the family



Cruising the Caribbean

Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan’s last name isn’t Hall.
2. Calvin, whose last name isn’t Reynolds, didn’t catch the smallest fish.
3. The man who caught the 8-pound fish didn’t catch the walleye.
4. Mr. White didn’t catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris
Louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington, D.C.
NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
- San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
- Monterey Bay Aquarium, Monterey, Calif.
MontereyBayAquarium.org/animals/live-cams

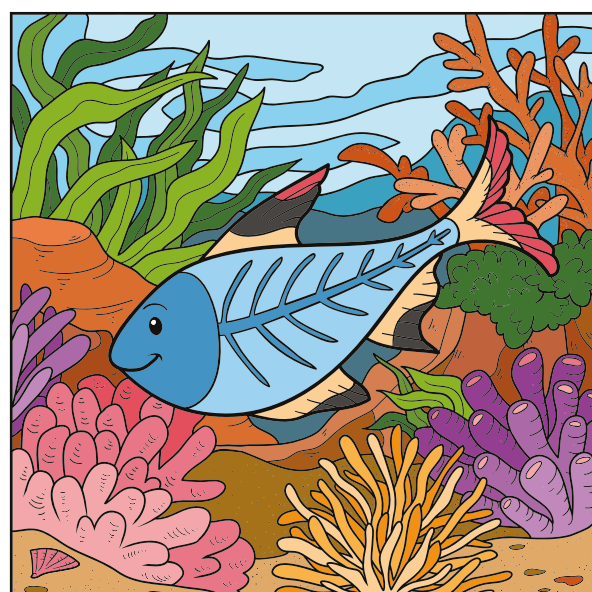
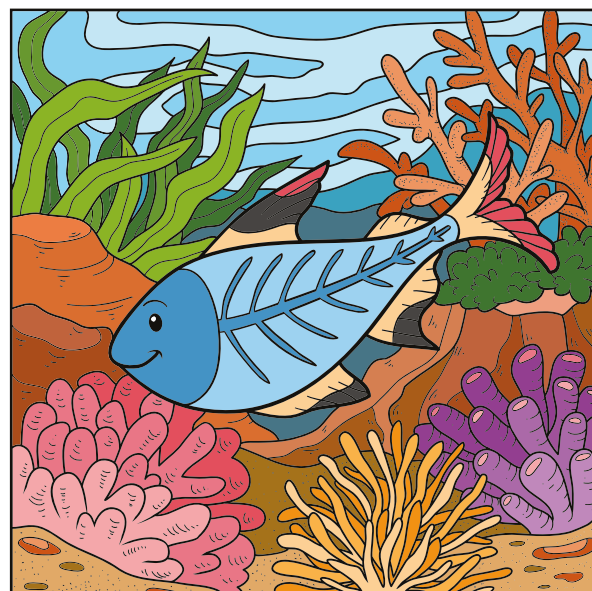
Summertime Snicker

Q: What holds the sun up in the sky?

A: Sunbeams!

Double Take

Fish around and find 10 differences in these two pictures.



Sudoku

The object of the game is to fill all the black squares with the correct numbers. Each row, column and 3x3 subsection must include all digits 1 through 9 in any order.

	2		1					5
	6	7	2				1	
				5	9			7
		2			1			
3	1			2			7	4
			9			3		
6			4	9				
	4				2	1	8	
2					7		3	

TV Dads

Match the father figure character to the TV show he appeared in.

Fictional Father

1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

TV Show

- A. “Father Knows Best”
- B. “Home Improvement”
- C. “Good Times”
- D. “Family Matters”
- E. “My Three Sons”
- F. “Happy Days”
- G. “The Courtship of Eddie’s Father”

Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

DAD

- ___ Took action
- ___ A cube with dots

TIE

GOLF

- ___ Wide chasm
- ___ Sea-loving bird
- ___ Bovine patriarch

BALL

FISH

- ___ A tightly closed hand
- ___ Tiny water droplets
- ___ Chewing gum flavor
- ___ Two cups
- ___ Sewing accessories

FINS

Puzzle Solutions

Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

TV Dads

1. B; 2. C; 3. G; 4. E; 5. D; 6. F; 7. A

Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

9	3	4	7	1	5	8	6	2
6	8	1	2	9	3	5	7	4
2	5	7	8	6	4	1	3	9
1	2	3	5	4	6	9	7	8
4	7	5	9	2	8	6	1	3
8	6	9	1	3	7	2	5	4
7	4	2	6	5	9	3	8	1
3	1	6	4	8	2	7	9	5
5	9	8	3	7	1	4	2	6





Lure 'Em In

Open up an angler's tackle box, and there's likely to be a few fishing lures inside. An alternative to live bait, lures come in a variety of styles.

Crankbait: Also called cranks or plugs, these popular lures are made of plastic or wood and look like bait such as small fish or frogs. An attached piece, or lip, on the lure controls how it moves in the water. Cranks usually have multiple hooks.

Jigs: A hook with a weighted metal head that allows it to sink, this type of lure is made for jigging, a style of fishing where the rod is lifted and lowered back down repeatedly, creating a dancing movement to attract fish. To make it more appealing, the lure's hook can be adorned with feathers, a fake worm, or live bait.

Spinnerbait: These lures have small oval blades that spin like a propeller when pulled through the water. Usually sporting a fringed "skirt" made of strands of rubber or animal hair, a spinner's horizontal movements are irresistible to fish such as bass, perch and pike.

Spoons: One of the oldest lures used was a common utensil—a spoon with its handle removed. Modern spoons are simply curved metal lures with a hook. The curved shape makes the lure wobble side to side, resembling injured bait to hungry fish.

Flies: To make these lures used for fly fishing, anglers tie fur, feathers or thread around a fishhook so that it resembles an insect or crustacean. Because of the skill involved, tying flies is considered an art.

There are many local finishing holes located around Tewksbury including: the Shawsheen River, Merrimack River, Silver Lake, Long Pond, and Strong Water Brook.



Grateful to Have You As My Dad

From the earliest that I remember,
From when I was first aware,
Through all the years come hail or shine,
You've always showed you care.

You not only taught me the everyday things,
Like washing my hands and tying a shoe,
But also to deal with what life brings;
You've shaped my values and world view.

You've been there whenever I needed,
You've helped in many a way,
Whether fixing something broken,
Or knowing just what to say.

I always know I can count on you,
That's a matter of fact.
For that and countless other things,
I love you to the moon and back.

Most of all, I'm grateful,
And my heart is truly glad,
That today and every single day,
I have you as my Dad.

Happy Father's Day to all of our dads!





Flag Day 2020

The history of Flag Day 2020 dates back to June 14, 1777, when British symbols of the Grand Union flag were replaced with a new design featuring 13 white stars in a circle on a field of blue and 13 red and white stripes (one for each state) by the Continental Congress. The number of stars increased as the new states entered the Union, but the number of stripes stopped at 15 and was later returned to 13.



In June 1886 Bernard Cigrand made his first public proposal for the annual observance of the birth of the flag. Cigrand's efforts to ensure a national observance of Flag Day finally came when President Woodrow Wilson issued a proclamation calling for a nationwide observance of the event on June 14, 1916.

However, Flag Day did not become official until August 1949, when President Harry Truman signed the legislation and proclaimed June 14th as Flag Day. In 1966, Congress also requested that the president issue annually a proclamation designating the week in which June 14th occurs as National Flag Week.

Traditionally, Flag Day is viewed as a time of honor. The flag of the United States represents freedom and has been an enduring symbol of the country's ideals since its early days; therefore, people (across the United States) use this day to reflect on the foundations of the nation's freedom. They also remember their loyalty to the nation, reaffirm their belief in liberty and justice, and observe the nation's unity.

People and organizations may display the American flag at homes and public buildings. Other popular ways of observing Flag Day include: flag-raising ceremonies and services, school quizzes and essay competitions about the American flag, musical salutes and street parades. The president is requested to issue each year a proclamation to call on government officials in the USA to display the flag of the United States on all government buildings on Flag Day and to urge US residents to observe Flag Day.



Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world's most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century. When first imported to the U.S. in the 1800s, the banana was considered an exotic food and eaten with a knife and fork.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger, and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure. The mineral also improves muscle function and boosts energy, and that's why many athletes eat a banana during competition and after workouts.

In the U.S., bananas are grown in Hawaii and Florida, but most of the nation's supply comes from Central and South America.





1624 Main Street
Tewksbury, MA 01876



When the world
is staying apart,
we are coming
together.



978-851-2063

