

Heatherwood

Gracious Retirement Living

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

SEPTEMBER 2020 HEATHERWOOD STAFF

Managers.....JEREMY & TAMMY RODRIGUEZ
Assistant Managers DANIEL MCGARR
& HAILY PINARD
Executive Chef.....GERALDO CABRAL
Sous ChefCHRIS JANSEN
Activity CoordinatorJARYD PALMER
MaintenanceCARLOS RODRIGUEZ
Head HousekeepersJULIE CHAMPOUX,
SUE GAUTHIER, KIM RENAUD,
CARMON GARCIA, IZZY PITCHER

TRANSPORTATION

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

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

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

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

HAWTHORN
SENIOR LIVING

Karaoke Cookout

Heatherwood residents were treated to a cookout on the back patio in early August! Heatherwood Managers, Jeremy and Tammy, served as hosts and MCs of the night. Our Activity Coordinator, Jaryd, was grill master for the event and our wonderful Junior Servers helped deliver all meals. The night was far from over after dinner was served! Many residents and staff participated in our outdoor karaoke party that featured music from all genres!



Bill



Jaryd



Carol & Bill



Carolyn

(Photos continued inside.)



Karaoke Cookout (Continued)



Becky



Rose



Linda



Denise



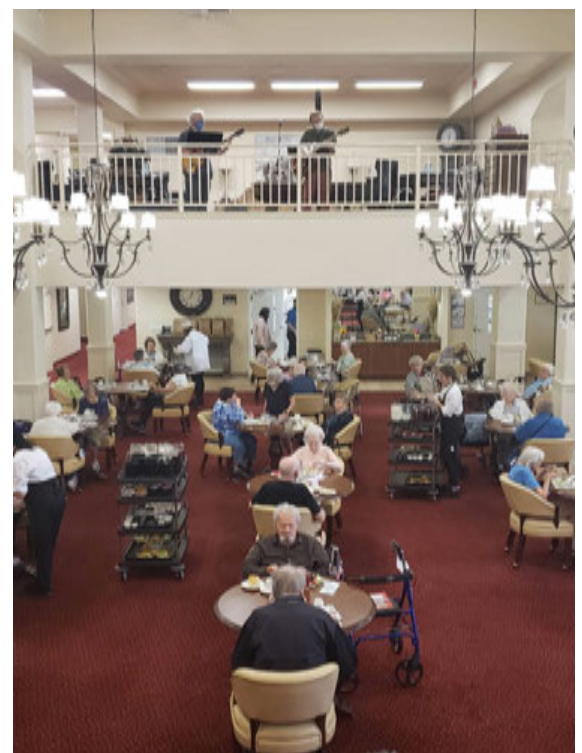
Shelia & Nancy



Bill

The Workman's Duo

On Friday, August 7th, we welcomed The Workman's Duo to perform during our dinner service. The Workman's Duo played many instrumental classic songs that brought some great atmosphere to our dining room! We are looking forward to inviting The Workman's Duo back to Heatherwood!





Happy 65th Anniversary Marvin and Paula

65 Years!

Celebrating

780 months of Togetherness

3,391 weeks of Happiness

23,742 days of Friendship

569,808 hours of Joy

34,188,480 minutes of Love

2,051,308,800 seconds of

Wonderful Memories

One Amazing Couple

Three Beautiful Children

Four Wonderful Grandchildren

Marvin and Paula

September 4, 1955

Heatherwood residents and staff congratulate
Marvin and Paula on their 65 years of marriage!



Marvin and Paula on their wedding day!

Dried Fruits for a Wellness Boost

Bite-sized servings packed with flavor, dried fruits can be a sweet addition to a nutritious diet. When you're hankering for a snack, reach for one of these popular options:



Apricots — This orange, velvety fruit related to the peach is rich in vitamins A, C and E, which promote healthy vision, benefit your skin, and can help strengthen immunity. Apricots' high calcium and iron content aids in maintaining strong bones and good circulation.

Dates — Although they taste very sweet, dates have a low glycemic index, making them a nourishing nibble for those watching their blood sugar levels. Full of fiber and iron, these sticky dried fruits are featured in baked goods, as well as rice and lentil dishes.

Prunes — Like dates, prunes, which are dried plums, are a sweet, filling snack that won't cause blood sugar levels to spike. Prunes are good sources of vitamins A and K, as well as fiber, potassium and boron, a mineral that supports bone health.

Figs — Grown on certain species of ficus trees, figs have more fiber than any other fruit. Their high levels of fatty acids, antioxidants and prebiotics can help lower cholesterol, prevent disease and improve digestion.

Raisins — These dehydrated grapes contain potassium and iron, which are linked to lowering blood pressure and inflammation. Sprinkle them in cereal and salads, bake them in cookies and bread, or add them to trail mix. They're also a flavorful ingredient in a variety of savory recipes.



SEPT 2020

Birthdays

Rita Croteau, 5th
Patricia Bailey, 6th
Della Tallent, 9th
Loretta Haley, 10th
Bob Peterson, 14th
Mary Slattery, 17th
Nancy Griffith, 20th
Joe Keumurian, 25th
Myron Tower, 26th
Becky Bergeron, 29th



Anniversaries

Paula and Marvin
Harris, 9/4/2019

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

Activity schedule is
subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:00 Tap Dancing for Beginners, AR 10:30 Heatherwood Dollar Store 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:30 Heatherwood Derby (Horse Race), AT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	2	3	4	5
			10:00 Mind, Music & Movement, EX 2:00 Movie Matinee, MT 2:00 Chair Volleyball, EX 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	10:00 National US Bowling League Day 10:30 Heatherwood Dollar Store 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:30 Bean Bag Baseball, AT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	10:00 Mind, Music & Movement, EX 2:00 Movie Matinee, MT 2:00 The Creative Corner with Haily, AR 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	2:00 Poker, AR 2:00 Movie Matinee, MT 7:00 Rosary, CH
6	LABOR DAY 7	8	9	10	PATRIOT DAY 11	12
2:00 Card Games, BR 2:00 Poker, AR 2:00 Movie Matinee, MT 2:00 UNO Game, BI 7:00 Rosary, CH	10:00 Mind, Music & Movement, EX 11:00 Jumbo Crosswords, AR 2:00 Movie Matinee, MT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	10:00 National Ants on a Log Day 10:00 Tap Dancing for Beginners, AR 10:30 Heatherwood Dollar Store Resident Meeting, AR 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:30 Ants on a Log Social, AR 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	10:00 Mind, Music & Movement, EX 2:00 Movie Matinee, MT 2:00 Chair Volleyball, EX 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	10:30 Heatherwood Dollar Store 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:30 Bean Bag Baseball, AT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	10:00 National Milkshake Day 10:00 Mind, Music & Movement, EX 11:00 Chocolate Milkshake Social, AR 2:00 Movie Matinee, MT 2:00 The Creative Corner with Haily, AR 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	2:00 Poker, AR 2:00 Movie Matinee, MT 7:00 Rosary, CH
13	14	15	16	17	18	19
National Grandparents Day 2:00 Card Games, BR 2:00 Poker, AR 2:00 Movie Matinee, MT 2:00 UNO Game, BI 7:00 Rosary, CH	10:00 Red Carpet Meeting, CH 10:00 Mind, Music & Movement, EX 11:00 Jumbo Crosswords, AR 2:00 Movie Matinee, MT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	10:00 Tap Dancing for Beginners, AR 10:30 Heatherwood Dollar Store 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:30 Heatherwood Derby (Horse Race), AT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	10:00 National Guacamole Day 10:00 Mind, Music & Movement, EX 2:00 Movie Matinee, MT 2:00 Chair Volleyball, EX 2:30 Chips & Dip Social, AR 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	10:30 Heatherwood Dollar Store 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:30 Bean Bag Baseball, AT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	ROSH HASHANAH BEGINS AT SUNSET 18 10:00 Mind, Music & Movement, EX 2:00 Movie Matinee, MT 2:00 The Creative Corner with Haily, AR 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	2:00 Poker, AR 2:00 Movie Matinee, MT 7:00 Rosary, CH
20	21	AUTUMN BEGINS 22	23	24	25	26
2:00 Card Games, BR 2:00 Poker, AR 2:00 Movie Matinee, MT 2:00 UNO Game, BI 7:00 Rosary, CH	10:00 Mind, Music & Movement, EX 11:00 Jumbo Crosswords, AR 2:00 Movie Matinee, MT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	10:00 National Ice Cream Cone Day 10:00 Tap Dancing for Beginners, AR 10:30 Heatherwood Dollar Store 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:30 Drumstick Social (Ice Cream Cone) 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	10:00 Mind, Music & Movement, EX 2:00 Movie Matinee, MT 2:00 Chair Volleyball, EX 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	10:30 Heatherwood Dollar Store 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:30 Bean Bag Baseball, AT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	10:00 Mind, Music & Movement, EX 2:00 Movie Matinee, MT 2:00 The Creative Corner with Haily, AR 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	2:00 Poker, AR 2:00 Movie Matinee, MT 7:00 Rosary, CH
YOM KIPPUR BEGINS AT SUNSET 27	28	29	30			
2:00 Card Games, BR 2:00 Poker, AR 2:00 Movie Matinee, MT 2:00 UNO Game, BI 7:00 Rosary, CH	10:00 Mind, Music & Movement, EX 11:00 Jumbo Crosswords, AR 2:00 Movie Matinee, MT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	10:00 National Coffee Day 10:00 Tap Dancing for Beginners, AR 11:00 Wii Bowling League, AR 11:00 Dunkin Donuts Coffee Social, AR 2:00 Movie Matinee, MT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	10:00 Mind, Music & Movement, EX 2:00 Movie Matinee, MT 2:00 Chair Volleyball, EX 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH			



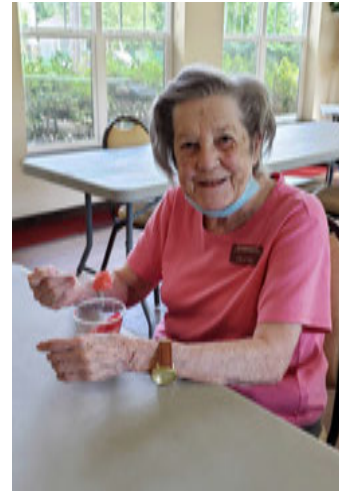
Mind, Music and Movement

Our morning exercise program run by Heatherwood resident, Jackie C., is one of our most popular activities! Jackie averages eight residents per class and is always inviting new residents to attend. If you would like to attend, please sign up on the activity wall. Class is run on Monday, Wednesday and Friday mornings, at 10 a.m. Don't forget about our Tuesday morning Tap Dancing Class run in the Activity Room.



Watermelon Social

There is nothing better than a nice, cold, juicy piece of watermelon on a hot summer day. Heatherwood residents celebrated National Watermelon Day on Monday, August 3rd.





Find Joy Through Journaling

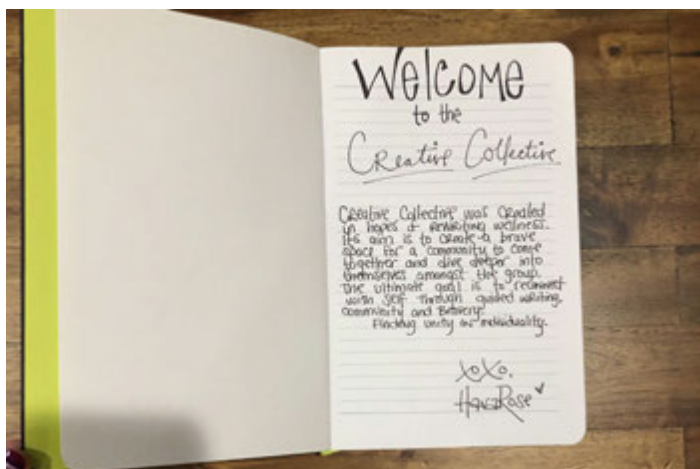
Keeping a journal is a practice dating back thousands of years. In addition to preserving memories, journaling can help improve your life in other ways.

Ease stress: Writing down things that make you worried, angry or sad helps you to release those emotions, reducing anxiety and stress. Some people keep a gratitude journal and record reasons they are thankful, which can foster a healthy, happy perspective on life.

Solve problems: When you're not sure how you feel about something that's bothering you, try journaling about it. Writing uses your left brain, allowing your right brain to free itself from mental blocks and find a clearer understanding of the situation.

Improve relationships: It's normal to become irritated or upset with the people in our lives, but it's usually unwise to express it and pick a fight over every conflict. A journal is a private, safe place to vent frustrations.

Set goals: By writing in a journal every day, you can get to know yourself better and find out what's most important to you. This helps you focus on specific goals, and you can use your journal to track your progress as you move toward achieving them.



The Creative Corner

The Creative Corner with Haily and Dolly continues to make fun crafts! While Haily helps each resident create their own little work of art, Dolly is there to cheer everybody on! One of the group's favorite crafts so far was this wall hanging picture which they created using only a canvas, some fabric, and mod podge. The creative corner is every Friday, at 2 p.m., in the Activity Room. Everyone is welcome to sign up!



The cheerleader, Dolly!



Lorraine



Rose



Marie



Betty & Nancy



1624 Main Street
Tewksbury, MA 01876



Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.



978-851-2063