

A Note from the Front Desk

Hello HWC Families! Please consider the size & weight of packages when you have them shipped to your loved one. If the resident cannot pick up the item from the front desk themselves, there will likely be a delay in their receipt of the item as we may not have someone on staff immediately available to deliver packages. If the resident needs a new piece of furniture that requires assembly, consider having these items shipped to you so that you can deliver and assemble the item at a time that is convenient for you. We do not have storage space for furniture items to be held on the premises until family is able to come in and set up the new furniture. Please also make your own disposal arrangements when discarding any unwanted furniture, as we are not able to dispose of these bulky items.

Donations: Please & Thank You

As large as our building is, our storage space is limited. With that in mind, while we appreciate all offers of donations, unfortunately we cannot always accept. If you have an item or two to offer, please do not just leave them in our common areas – please check with Tom for prior approval. We will happily take what we can use and may offer suggestions for all other items. It is the responsibility of residents and family to dispose of all used personal belongings, including mattresses and furniture. Thank you for your support and understanding.

Our Staff

Tom McMullen	Executive Director
Kristy Livingston	Assistant Executive Director
Rheana Rodriguez	Resident Service Manager
Joe Raymond	Business Office Manager
John Germano	Executive Chef
David Vaughan	Maintenance Director
Donna See	Activity Director
Kathleen Hickey	Resident Transitions Coordinator

GFA Federal Credit Union

On-Site Banking offered on the 2nd Thursday of each month. GFA is located in the Conference Room on the 1st floor. Please contact the front desk if you are planning to meet with GFA Federal Credit Union.

Quote of the Month

“While I take inspiration from the past, like most Americans, I live for the future.” - Ronald Reagan

Meetings

Coffee with a Cop 10/5 - 10:00am

Resident Council 10/11 – 2:00pm

Activity Meeting 10/16 – 11:15am

Coffee with Tom 10/18 – 10:00am

Food Committee 10/19 – 1:30pm

Educational Programs

10/9 **Stroke Awareness** @ 2:00pm

10/12 **Nutrition & Aging** @ 2:00pm

10/20 **TV Guide: A History** @ 2:00pm

10/26 **Fire Safety** @ 2:00pm

Medical Services

Navicare Office Hours: 10/10 & 10/24, 8:30 am–10:30am

Trans Care Podiatry appointments TBD, starting at 9:00am

Upcoming Trips

10/3 – **Wal Mart Shopping** @ 1:15pm

10/4 – **Lunch @ Duguay's** @ 11:15am

10/24 – **Wal Mart Shopping** @ 1:15pm

Special Events

2:00 Fall Baking - 10/5 @ 2:00pm

2:00 Halloween Craft – Sock Ghosts

10/16 @ 2:00pm

2:00 Birthday Party with Dan Kirouac

– 10/17 @ 2:00pm

Halloween Party with Bob Jordan

– 10/31 @ 2:00pm

Hey, Thanks!

To all who donated items for our Peanut Auction!

To the family of Tom M. for their donation of a karaoke machine!

To Don B. for his donations of candy for the staff!

Welcome to HWC, Amanda and Dave, Housekeepers and Beth, Companion!



Heywood
Wakefield
COMMONS

An Assisted Living Residence

A New Place to Call Home
in a Community that Cares



THE HAPPENINGS

50 Pine Street | Gardner, MA 01440 | 978-632-8292 | www.hwcommons.com



October 2023



The leaves are getting color and those of you who love the Fall will enjoy the crisp evenings and colorful days of the season. Our annual flu clinic will be held on Wednesday, November 8th. If you haven't done so already, touch base with Kathleen to complete the vaccine registration form to sign up. If you receive or have already received your flu shot, please notify us. Summit will let us know if they provide our residents on PACE with a flu shot.

As we are all hearing on the news, covid cases have been increasing. Our approach to dealing with this is, and has to be, very dynamic, as situations change all the time. Please, do not visit if you are not feeling well or have been exposed to an illness that could infect our community. Let's not let up on the actions that can keep us safe here. Masks are a choice; hand hygiene and physical distancing can prevent spread. We have truly had our endurance tested throughout the past three plus years and you have all been amazing!

We have some new faces in our community. Please join me in extending a big welcome to all of our new residents!

- Tom

Rheana's Resident Care Corner

With cold and flu season upon us, I'd like to remind all residents and visitors to do your part to keep yourselves and our community healthy. Please remember to wash your hands frequently with soap and water and use hand sanitizer often, especially when entering the building and our common areas. Residents, if you are not feeling well, notify staff and stay home to help prevent "sharing" your illness with others. Friends and family, if you are not feeling well, please postpone your visit. One more way to minimize your risk of illness is to get your flu vaccine. Our annual Flu Clinic will be held on Wednesday, November 8th. The Clinic is open to all Residents and Staff. Please sign up at the front desk to participate. At this time, covid boosters will not be offered. Residents should contact their doctor for further direction regarding covid boosters. By doing all we can to keep ourselves and others healthy, we'll be doing our best to keep our community healthy as a whole. Thank you for pitching in!

*Sign Up Required ** Guests Welcome (\$) Cost to Attend



October 2023



Please note that all activities are subject to change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1.</p> <p>10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 6:00 Jigsaw Puzzles 6:00 Activities After Hours</p>	<p>2.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Nickels 3:30 Social Hour 6:00 Monday Miniseries: I Love Lucy</p>	<p>3.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:15 Holy Communion 1:15 Shopping: Wal Mart* 1:30 Friday Movie Replay 3:30 Social Hour 6:00 Scrabble Club</p>	<p>4.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Lunch at Duguay's *\$ 2:00 Bingo \$ 3:30 Social Hour 6:00 Farkle Manicures by Appointment*</p>	<p>5.</p> <p>10:00 Coffee with a Cop 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Prayer Group 2:00 Baking: Oatmeal Raisin Cookies 3:30 Social Hour 6:00 Wii Bowling</p>	<p>6.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Catholic Mass 3:30 Social Hour 6:00 Friday Movie: The Book Club II</p>	<p>7.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Brain Games 2:00 Beanbag Toss 3:30 Social Hour 6:00 Discussion Group with Forrest</p>
<p>8.</p> <p>10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 6:00 Jigsaw Puzzles 6:00 Activities After Hours</p>	<p>9. Columbus Day</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 HWC Chorus 2:00 Health Talk: Stroke Awareness 3:30 Social Hour 6:00 Monday Miniseries: I Love Lucy</p>	<p>10.</p> <p>8:30 – 10:30 Navicare Office Hours 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Holy Communion 1:30 Friday Movie Replay 2:00 Bingo \$ 3:30 Social Hour 6:00 Scrabble Club Manicures by Appointment*</p>	<p>11.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Resident Council 3:30 Social Hour 6:00 Farkle</p> 	<p>12.</p> <p>10:00 GFA Banking* 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Prayer Group 2:00 Presentation: Nutrition and Aging 3:30 Social Hour 6:00 Wii Bowling</p>	<p>13.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Virtual Catholic Mass 3:30 Social Hour 6:00 Friday Movie: The Addams Family</p>	<p>14.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Manicures* 1:15 Brain Games 2:00 Beanbag Toss 3:30 Social Hour 6:00 Activities After Hours</p>
<p>15.</p> <p>10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 6:00 Jigsaw Puzzles 6:00 Activities After Hours</p>	<p>16.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Activity Meeting 2:00 Crafting – Sock Ghosts 3:30 Social Hour 6:00 Monday Miniseries: I Love Lucy</p>	<p>17.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:15 Holy Communion 2:00 Birthday Party with Dan Kirouac 3:30 Social Hour 6:00 Scrabble Club Manicures by Appointment*</p>	<p>18.</p> <p>10:00 Coffee with Tom 10:30 Exercise 11:00 Daily Word Puzzles 1:30 Friday Movie Replay 2:00 Bingo \$ 3:30 Social Hour 6:00 Farkle</p>	<p>19.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Prayer Group 2:00 Virtual Catholic Mass 2:30 Hangman 3:30 Social Hour 6:00 Wii Bowling</p>	<p>20.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Presentation by Mike Richard: TV Guide: A History 3:30 Social Hour 6:00 Friday Movie: Hocus Pocus</p>	<p>21.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Brain Games 2:00 Beanbag Toss 3:30 Social Hour 6:00 Activities After Hours</p>
<p>22.</p> <p>10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 6:00 Jigsaw Puzzles 6:00 Activities After Hours</p>	<p>23.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 HWC Chorus 2:00 Left, Right, Center 3:30 Social Hour 6:00 Monday Miniseries: I Love Lucy</p>	<p>24.</p> <p>8:30 – 10:30 Navicare Office Hours 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Holy Communion 1:15 Shopping: Wal Mart* 1:30 Friday Movie Replay 6:00 Scrabble Club</p>	<p>25.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Bingo \$ 3:30 Social Hour 6:00 Farkle Manicures by Appointment*</p>	<p>26.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Prayer Group 2:00 Fire Safety with Gardner FD OR Music with Forrest, TBD 3:30 Social Hour 6:00 Wii Bowling</p>	<p>27.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Virtual Catholic Mass 3:30 Social Hour 6:00 Friday Movie: Young Frankenstein</p>	<p>28.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Manicures* 1:15 Brain Games 2:00 Beanbag Toss 3:30 Social Hour 6:00 Activities After Hours</p>
<p>29.</p> <p>10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 6:00 Jigsaw Puzzles 6:00 Activities After Hours</p>	<p>30.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:30 Friday Movie Replay 2:00 Nickels 3:30 Social Hour 6:00 Monday Miniseries: I Love Lucy</p> 	<p>31.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:15 Holy Communion 2:00 Halloween Party with Bob Jordan 3:30 Social Hour 6:00 Scrabble Club Manicures by Appointment*</p>	<p>Events Around Town: Heywood Library Book Club: Meets the last Weds of the month at 4:30. October's book: <i>The Hour of the Witch</i> Semi-Annual Library Book Sale: Friday 9/29, 9:00am-4:30pm & Saturday 9/30, 9:00am-4:00pm</p>		<p>Resident Birthdays</p> <p>Joanne L. Oct. 4 Wally P. Oct. 18 Kitty G. Oct. 23</p>	