


Mind Diet and Alternate Meals – You Have a Choice!

Residents - If you find the main dinner or supper meal is not your favorite or if you feel it doesn't fit your special dietary needs, you may choose to fill out an alternate meal request at the table in the Lounge across from the shuffleboard table. Any staff member would be happy to assist with the alternate ordering process. To assist the kitchen with meal planning and prep, all alternate orders must be received prior to 10:30am and may be submitted well in advance. Looking to maximize and maintain your cognitive health? Choose items on our menus with the Touchstone icon . These meals are based on the MIND diet, which is designed to reduce the risk of dementia and loss of brain function as we age. Why not give them a try? For more information on the MIND diet, go to <https://www.healthline.com/nutrition/mind-diet>

Digital Cameras and Cereal Boxes Wanted

The Activities Department is in need of 12 – 14 empty cereal boxes and 6 easy-to-use digital cameras (gently used is fine) for some upcoming resident projects. Please contact Donna at ext 112 if you can help.

Did You Know...?

Based on a recent in-house study, your neighbors who attend our exercise class regularly are **22% less likely to suffer a fall** than those who don't! Plus, if you attend regularly, you'll automatically be entered to win our monthly raffle prize. Why not come give it a try? Class meets Monday – Saturday at 10:30 in the Media Room. We'll see you there!

Our Staff

Tom McMullen	Executive Director
Kristy Livingston	Assistant Executive Director
Rheana Rodriguez	Resident Service Manager
Daniel Matte	Maintenance Director
John Germano	Executive Chef
Joe Raymond	Business Office Manager
Donna See	Activity Director
Sue Kelley	Interim Resident Transitions Coordinator

Quote of the Month

“Spring shows what God can do with a drab and dirty world.” -Virgil A. Kraft

Meetings

Coffee with a Cop 3/7 – 10:00am

Activities 3/11 – 11:00am

Food Committee 3/14 – 1:30pm

Newcomers 3/20 11:00am

Coffee with Tom 3/14 – 2:00pm

Resident Council 3/20 – 2:00pm

Educational Programs

Police Academy – Wednesdays 3/6 &

3/13 @ 6:00pm

Travel with Rick Steves: Saturdays at

5:45pm

3/18 - Health Talk: Sleep & Aging- 2:00pm

Medical Services

NaviCare office hours 3/5 – 8:30 –

10:30am

Trans Care Podiatry appointments

TBD, starting at 9:00am

Upcoming Trips

3/5 Shopping: Wal-Mart @ 1:15pm

3/12 Shopping: Wal-Mart @ 1:15pm

3/25 Shopping: Wal Mart @ 1:15pm

Special Events

3/4 – Stories from the Studebaker –
2:00pm

3/7 – Baking: Bear and Irish Soda
Breads – 2:00pm

3/11 – Shaving Cream Easter Egg
Coloring – 2:00pm

3/14 – St. Patrick's Day Coffee with
Tom – 2:00pm

3/18 – Entertainment by The Irish
Dancers – 3:00pm

3/21 – Spring Peanut Auction –
2:00pm

3/26 – Birthday Party with Dan
Kirouac – 2:00pm

3/27 – Easter Bingo – 2:00pm

3/28 – Music, Movement &
Meditation with Nina – 2:00pm

Hey, Thanks!

Christy Hunt for her donation of sheet cakes for residents and staff in honor of Noni's birthday!

Thank you to Christy & Jim Hunt and Randy & Carmella Lucius for their generous donation to our Resident Council's Activity Fund! To Judy Smart for her donation of Easter Eggs for resident fun!



**Heywood
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THE HAPPENINGS

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March 2024



Happy St. Patrick's Day! This is a favorite time of the year for me. We get to anticipate the coming spring, with another New England winter fading behind us. St. Patrick's Day is a great time to celebrate this passage. We are planning to bake some Irish Soda bread and beer bread as a Resident Council fundraiser. To add, we are getting the Irish step dancers back! They will be performing on the 18th. I will be having my monthly coffee with residents a little before St. Pat's Day, on Thursday March 14th. Maybe you can bring a joke to share? Spring is knocking at the door and we are going to have some fun. Don't forget- we are all Irish for that day!

It is still a bit early to think we are done with winter. So far it has been very manageable, but March can be tough. Please remember the parking process for snow. All cars should be parked in the middle of the lot until after the first plow; we then move the cars to the Pine Street side. Maintenance is happy to move your car for you. If you have visitors during a snow storm, please ask them to inform the front desk of their car type and remind them not to park in front of the building, even just for a few minutes. The space near our entrance needs to stay clear to allow easy access for emergency vehicles, just in case. Your help is appreciated!

Another month and we will be seeing flowers and robins! Until then, stay safe!

- Tom



Safety First – We Need Your Help!

Family and Friends, when you visit your loved one in his or her apartment, please be sure to take note of any unsafe furniture that your loved one may be using. While we are unable to assist with fixing or replacing a resident's personal items, we appreciate your help with ensuring that the furniture your loved one is using is sturdy and safe. Your help with attention to this detail will go a long way toward preventing a fall or other potentially harmful accident. Thank you for doing your part to keep your loved one safe in his or her home!

Welcome to Heywood Wakefield Commons!

Daniel Matte, Maintenance Director
Emily, Housekeeper
Valerie, Marie & Vivianne,
Companions



* Sign up required		** guests welcome (\$ cost to attend		*Please note that all Activities are subject to change*		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Don't forget to set your clocks ahead 1 hour on Sunday, March 10 – Daylight Savings Time Begins 	Resident Birthdays Jeanne R. March 17 Ann H. March 18 Lisette Q. March 24 Helen R. March 27 Norman R. March 28 Celia R. March 29		<div>Events Around Gardner</div> Theatre at the Mount: <i>The Music Man</i> Performances: February 23, 24, March 1 & 2 at 7:30pm, March 3 at 2PM Tickets \$26, Matinee Sold Out		1. 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Neighborly Visits 2:00 Catholic Mass 3:00 Prayer Group 3:30 Social Hour 6:00 Friday Movie: Leap Year	2. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Manicures* 1:15 Brain Games 2:00 Wii Bowling 3:30 Social Hour 5:45 Travel with Rick Steves: Ireland & Scotland
3. 10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sunday Movie: A River Runs Through It	4. 10:30 Exercise 11:00 Daily Word Puzzles 11:00 HWC Chorus 2:00 Stories from the Studebaker with Todd Goodwin 3:30 Social Hour 6:00 Monday Miniseries: I Love Lucy	5. 8:30 - 10:30 Navicare Office Hours 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Shopping: Wal Mart* 1:30 Friday Movie Replay 3:30 Social Hour 6:00 Scrabble Club	6. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Manicures* 2:00 Cribbage 3:30 Social Hour 6:00 Police Academy*	7. 10:00 Coffee with a Cop 10:30 Exercise 11:15 Walking Club 11:00 Daily Word Puzzles 2:00 Baking: Beer Bread & Irish Soda Bread 3:30 Social Hour 6:00 Bingo \$	8. 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Neighborly Visits 2:00 Virtual Catholic Mass 2:30 Prayer Group 3:30 Social Hour 6:00 Friday Movie: Finding You	9. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Brain Games 2:00 Wii Bowling 3:30 Social Hour 5:45 Travel with Rick Steves: Ireland & Scotland
10. 10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sunday Movie: Autumn in New York Daylight Savings Time Begins	11. 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Activity Meeting 2:00 Shaving Cream Easter Egg Coloring 3:30 Social Hour 6:00 Monday Miniseries: I Love Lucy	12. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Shopping: Wal Mart* 1:30 Friday Movie Replay 3:30 Social Hour 6:00 Scrabble Club	13. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Manicures* 2:00 Bingo \$ 3:30 Social Hour Karaoke 6:00 Police Academy*	14. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 St. Patrick's Day "Coffee" with Tom 3:00 The Williams Brothers 3:30 Social Hour 6:00 Beanbag Toss	15. 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Neighborly Visits 2:00 Virtual Catholic Mass 2:30 Prayer Group 3:30 Social Hour 6:00 Friday Movie: Music & Lyrics	16. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Manicures* 1:15 Brain Games 2:00 Wii Bowling 3:30 Social Hour 5:45 Travel with Rick Steves: Ireland & Scotland
17. 10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sunday Movie: The Quiet Man St. Patrick's Day	18. 10:30 Exercise 11:00 Daily Word Puzzles 11:00 HWC Chorus 2:00 Health Talk: Sleep & Aging 3:00 Entertainment by the Irish Dancers 3:30 Social Hour 6:00 Monday Miniseries: I Love Lucy	19. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:30 Friday Movie Replay 2:00 Bingo \$ 3:30 Social Hour 6:00 Scrabble Club	20. 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Newcomers' Meeting 11:15 Manicures* 2:00 Resident Council 3:30 Social Hour 6:00 Farkle First Day of Spring	21. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Spring Peanut Auction 3:30 Social Hour 6:00 Putting Practice	22. 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Neighborly Visits 2:00 Virtual Catholic Mass 2:30 Prayer Group 3:30 Social Hour 6:00 Friday Movie: The Sound of Music	23. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Brain Games 2:00 Wii Bowling 3:30 Social Hour 5:45 Travel with Rick Steves: Britain & Ireland
24./31. 10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sunday Movie: Last Holiday (24) Christmas with the Kranks (31) Palm Sunday (24) / Easter (31)	25. 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Shopping: Wal Mart* 1:30 Friday Movie Replay 2:00 Card Crafting with Dee 3:30 Social Hour 6:00 Monday Miniseries: I Love Lucy	26. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Birthday Party with Dan Kirouac 3:30 Social Hour 6:00 Scrabble Club	27. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Manicures* 2:00 Easter Bingo \$ 3:30 Social Hour 6:00 Left, Right, Center	28. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Music & Movement with Nina 3:30 Social Hour 6:00 Horseshoes	29. 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Neighborly Visits 2:00 Virtual Catholic Mass 3:30 Social Hour 6:00 Friday Movie: Easter Parade Good Friday	30. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Manicures* 1:15 Brain Games 2:00 Wii Bowling 3:30 Social Hour 5:45 Travel with Rick Steves: Britain & Ireland