

### Rheana's Resident Care Corner

Hello Residents and Families. I just wanted to clarify some items regarding our upcoming Flu Clinic which will be held on Tuesday, November 12<sup>th</sup> at 9:00am.

- 1.) All residents who participate in the PACE program will be given their flu vaccinations by Summit
- 2.) All staff and non-PACE participating residents who would like to participate in our Flu Clinic should sign up at the front desk
- 3.) Covid boosters will also be offered at this time to all residents and staff. All residents and staff should sign up at the front desk to receive their covid boosters at our clinic.

### THANKSGIVING: A 'NEED TO KNOW'


Please let the Front Desk know by **Friday, November 22<sup>nd</sup>** if you plan to be away for our Thanksgiving Day meals. This will greatly help our Dining Services crew to plan and prepare appropriately for the holiday. Thank you!

### 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
Daniel Matte	Maintenance Director
Donna See	Activity Director
Sue Kelley	Resident Transitions Coordinator

### Touchstone Cognitive Health is Here!

**Touchstone Cognitive Health** is a lifestyle method designed to positively influence many aspects of daily life. It is not uncommon to experience symptoms of mild cognitive impairment as we age. The good news is, there are things that we can do, starting right this minute, that can help us proactively participate in our health and wellbeing. Touchstone involves evidence-based techniques that we can choose to implement to take a more active role in our day-to-day life. Exercising regularly, participating in mentally and socially stimulating activities and changing or improving our diet can make a big difference! Look for the Touchstone icon

 on our menus to guide you toward choosing meals that may help you to function and feel your best. And come give our variety of activity offerings a try, too! For more information, please see the insert in this newsletter or contact Donna See, Activity Director at [dsee@hwcommons.com](mailto:dsee@hwcommons.com) or 978-632-8292, ext 112.

### 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.

### Quote of the Month

"To fight fear, act. To increase fear-wait, put off, postpone."  
- David Joseph Schwartz



### Meetings

**Coffee with a Cop** 11/7-10:00am

**Food Committee** TBD

**Activity Meeting** 11/11-11:00am

**Coffee with Tom** 11/13-10:00am

**Resident Council Meeting** 11/20-2pm

### Educational Programs

**Health Talk: Depression** 11/11-2:00pm

### Medical Services

**NaviCare** office hours 11/5, 8:30am-10:30am

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

**Flu Clinic 11/12** - starting at 9:00am\*

### Upcoming Trips

11/5 **Voting:** 11:00am

11/12 **Shopping:** Wal-Mart 1:15pm

11/14 **Museum Festival of Trees:** 1:00pm

11/19 **Shopping:** Wal-Mart 1:15pm

### Special Events

**November Birthday Party with Ukulele J.** 11/4 - 2pm

**Music, Movement & Meditation with Nina** 11/5 & 11/26 - 2:00pm

**Festival of Trees Decorating** 11/6 - 2:00pm

**Veterans' Appreciation Ceremony** - 11/7 - 2:00pm

**Art Class with Linda & Ann** 11/13 - 1:30pm

**Service of Remembrance** 11/18 - 2:00pm

**Baking: Cranberry Bread** 11/25 - 2:00pm

**Entertainment by Dan Kirouac** 11/27 - 2:00pm

### Hey, Thanks!

\*To Denise, Andrea and Kathy for their amazing Campout event and raffles!

\*To Rachel for her donation of candy dishes and Halloween candy!

\*To Vicki Johnson and Don for their donation of Halloween treats for our residents!

**Welcome to HWC, Ivette, Companion and Sue & Ellen, Volunteers!**



**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](http://www.hwcommons.com)

## November 2024



*November is the month that reminds us to be thankful for the many positives in our lives. You, our wonderful residents, families and friends, are among those positives. Thank you for making our community the special place that it is!*



\* Sign up required

\*\* guests welcome (\$) cost to attend

# November 2024

\*Please note that all Activities are subject to change\*



Don't forget to turn your clocks back one hour Sunday Nov 3<sup>rd</sup>

**Events Around Town**  
**Gardner Museum: Festival of Trees**  
 November 8th – December 2<sup>nd</sup>  
 Wednesdays & Thursdays 1 pm – 4 pm, Fridays 1 pm – 7 pm, Saturdays & Sundays 10 am – 4 pm

**Heywood Library Book Club:**  
 Meets Weds Nov 20<sup>th</sup> 3:30.  
 November's book: *Intimacies* by Katie Kitamura



**Resident Birthdays**

Sherri S.	Nov. 6
Bob L.	Nov. 6
Sheila F.	Nov. 14
Carolyn G.	Nov. 18
Elizabeth R.	Nov. 25
Clara E.	Nov. 27
Sharon B.	Nov. 28

**1.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 11:15 Walking Club  
 2:00 Catholic Mass  
 3:00 Prayer Group  
 3:30 Social Hour  
 6:00 Friday Movie: Sweet November

**2.**  
 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 Documentary

**3.**  
 10:00 Rosary  
 11:00 Daily Word Puzzles  
 2:00 Bingo  
 3:30 Social Hour  
 5:45 Murdoch Mysteries  
 \*Activities After Hours Available 24/7 in the Lounge  
**Daylight Savings Time Ends**

**4.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 11:00 HWC Chorus  
 2:00 Birthday Party with Ukulele J.  
 3:30 Social Hour  
 6:00 Monday Miniseries: Leave it to Beaver

**5. Election Day**  
 8:30 – 10:30 Navicare Office Hours  
 10:30 Exercise  
 11:00 Voting\*  
 11:00 Daily Word Puzzles  
 1:15 Holy Communion  
 2:00 Music & Movement with Nina  
 3:30 Social Hour  
 5:45 Tuesday Series: 24  
 6:00 Scrabble Club

**6.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 2:00 Festival of Trees Decorating  
 3:30 Social Hour  
 5:45 Wednesday Series: 24  
 6:00 Bingo \$

**7.**  
 10:00 Coffee with a Cop  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 11:15 Walking Club  
 2:00 Veteran's Ceremony  
 3:30 Social Hour  
 6:00 Wii Bowling

**8.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 11:15 Walking Club  
 2:00 Virtual Catholic Mass  
 2:30 Prayer Group & Music with Evelyn, Gabriel & Elizabeth  
 3:30 Social Hour  
 6:00 Friday Movie: The Best Years of Our Lives

**9.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 11:00 Who Am I?  
 1:15 Brain Games  
 2:00 Wii Bowling  
 3:30 Social Hour  
 5:45 Travel Documentary

**10.**  
 10:00 Rosary  
 11:00 Daily Word Puzzles  
 2:00 Bingo  
 3:30 Social Hour  
 5:45 Murdoch Mysteries  
 \*Activities After Hours Available 24/7 in the Lounge

**11. Veterans Day**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 11:00 Activity Meeting  
 12:00 Veterans Dinner  
 1:00 Krafting with Kris  
 2:00 Health Talk: Depression  
 3:30 Social Hour  
 6:00 Monday Miniseries: Leave it to Beaver

**12.**  
 9:00 – 11:00 Flu Clinic  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 11:15 Walking Club  
 1:15 Holy Communion  
 1:15 Wal Mart Shopping\*  
 1:30 Friday Movie Re-Play  
 3:30 Social Hour  
 5:45 Tuesday Series: 24  
 6:00 Scrabble Club

**13.**  
 10:00 Coffee with Tom  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 1:30 Watercolor Holiday Card Art Class with Linda & Ann\*  
 3:30 Social Hour  
 5:45 Wednesday Series: 24  
 6:00 Farkle

**14.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 11:15 Walking Club  
 1:00 Festival of Trees\*\$  
 2:00 Entertainment by Bob Jordan  
 3:30 Social Hour  
 6:00 Bingo \$

**15.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 11:15 Walking Club  
 2:00 Virtual Catholic Mass  
 2:30 Prayer Group  
 3:30 Social Hour  
 6:00 Friday Movie: You've Got Mail

**16.**  
 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 Documentary

**17.**  
 10:00 Rosary  
 11:00 Daily Word Puzzles  
 2:00 Bingo  
 3:30 Social Hour  
 5:45 Murdoch Mysteries  
 \*Activities After Hours Available 24/7 in the Lounge

**18.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 11:00 HWC Chorus  
 2:00 Service of Remembrance  
 3:30 Social Hour  
 6:00 Monday Miniseries: Leave it to Beaver

**19.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 11:15 Walking Club  
 1:15 Holy Communion  
 1:15 Wal Mart Shopping\*  
 1:30 Friday Movie Re-Play  
 3:30 Social Hour  
 5:45 Tuesday Series: 24  
 6:00 Scrabble Club

**20.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 2:00 Resident Council  
 3:30 Social Hour  
 5:45 Wednesday Series: 24  
 6:00 Bingo \$

**21.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 11:15 Walking Club  
 1:30 Friday Movie Special  
 2:00 Photovoice  
 3:30 Social Hour  
 6:00 Wii Bowling

**22.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 11:15 Walking Club  
 2:00 Virtual Catholic Mass  
 2:30 Prayer Group & Music with Evelyn, Gabriel & Elizabeth  
 3:30 Social Hour  
 6:00 Friday Movie: Planes, Trains & Automobiles

**23.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 1:15 Brain Games  
 2:00 Wii Bowling  
 3:30 Social Hour  
 5:45 Travel Documentary

**24.**  
 10:00 Rosary  
 11:00 Daily Word Puzzles  
 2:00 Bingo  
 3:30 Social Hour  
 5:45 Murdoch Mysteries  
 \*Activities After Hours Available 24/7 in the Lounge

**25.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 2:00 Baking: Cranberry Bread  
 3:30 Social Hour  
 6:00 Monday Miniseries: Leave it to Beaver

**26.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 11:15 Walking Club  
 1:15 Holy Communion  
 2:00 Music, Movement and Meditation with Nina  
 3:30 Social Hour  
 5:45 Tuesday Series: 24  
 6:00 Scrabble Club

**27.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 2:00 Entertainment by Dan Kirouac  
 3:30 Social Hour  
 5:45 Wednesday Series: 24  
 6:00 Farkle

**28.**  
  
 Football in the Lounge  
 Holiday Movies in the Living Room all day

**29.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 11:15 Walking Club  
 1:00 Fall Un-Decorating  
 2:00 Virtual Catholic Mass  
 2:30 Prayer Group  
 3:30 Social Hour  
 6:00 Friday Movie: Miracle on 34<sup>th</sup> Street

**30.**  
 10:30 Exercise  
 11:00 Daily Word Puzzles  
 11:15 Walking Club  
 1:15 Brain Games  
 2:00 Entertainment by Gary Landgren  
 3:30 Social Hour  
 5:45 Travel Documentary