

### 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
Daniel Matte	Maintenance Director
Donna See	Activity Director
Sue Kelley	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** 10/3 - 10:00am

**Activity Meeting** 10/14 – 11:00am

**Resident Council** 10/16–2:00pm

**Coffee with Tom** 10/17–9:30am

### Educational Programs

**Travel Documentaries:** Saturdays at 5:45pm

10/1–**Rosh Hashana and Yom Kippur with Deb** @ 2:00pm

10/14 **Health Literacy** @ 2:00pm

### Medical Services

**Navicare Office Hours:** 10/1 - 8:30am–10:30am

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

### Upcoming Trips

10/8–**Wal Mart Shopping** @ 1:15pm

10/22–**Wal Mart Shopping** @ 1:15pm

10/23–**Lunch @ Duguay's** @ 11:15am

### Special Events

10/7 - 2:00 **Fall Baking** @ 2:00pm

10/9 -**Fall Camping with Denise and Kathy** @ 6:00pm

10/15 **Birthday Party with Bob Jordan** @ 2:00pm

10/28 **Halloween Craft** @ 2:00pm

10/29 **Music & Movement with Nina** @ 2:00pm

10/30 **Entertainment by the Westminster Strummers** @ 2:00pm

10/31 **Halloween Party with the Williams Brothers** @ 2:00pm

### Hey, Thanks!

To all who donated items for our Peanut Auction!

To everyone who participated in the papa Gino's fundraiser for the Alzheimer's Association - together we raised \$140.95!

To Andrea Stebbins for her donation of fall tree decorations!

To Rachel for her donation of new 300-piece jigsaw puzzles!

Welcome to HWC Rochelle, Ashley & Ave, Housekeeping & Marie & Grace, Companions!



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 2024



The leaves are beginning to color and those of you who love the fall will enjoy the crisp evenings and colorful days. We can now look forward to a bunch of holidays, starting with Halloween. As covid and other illnesses seem to like this time of year, I want to remind all of you to use care to protect yourselves. Hand washing, masks if you're worried about covid, and care in visitations are the key to a healthy community. Remind your friends and families not to visit if they are experiencing any symptoms. Our flu clinic is going to be on November 12<sup>th</sup> from 9am to 11pm. Chair City Pharmacy will be offering this service again this year, and the new covid vaccination will be available as well. Any residents on the PACE program will be getting their flu shots from Summit. But you can still get the covid vaccine at our clinic. We will have the paperwork for you to complete at the front desk; you will need to sign up in advance. If you receive your vaccinations from your PCP, please let us know.

Donna is working on some special things for the holiday season, and I look forward to spending this special time of the year with all of you. Thank you!

- 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 Tuesday, November 12<sup>th</sup> and is open to all residents who do NOT participate in PACE, as well as all staff. PACE participants will be offered the flu vaccination through Summit. Covid boosters will also be offered to all residents and staff. Please sign up at the front desk to participate. 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 2024



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Resident Birthdays</b></p> <p>Joanne L. Oct. 4 Martha H. Oct. 6 Wally P. Oct. 18 Kitty G. Oct. 23</p> 		<p><b>1.</b></p> <p>8:30 – 10:30 Navicare Office Hours 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Holy Communion 2:00 Rosh Hashana and Yom Kippur with Deb 3:30 Social Hour 5:45 Tuesday Series: 24 6:00 Scrabble Club</p>	<p><b>2.</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:30 Friday Movie Replay 2:00 Bingo \$ 3:30 Social Hour 5:45 Wednesday Series: 24 <b>Rosh Hashana Begins</b></p>	<p><b>3.</b></p> <p>10:00 Coffee with a Cop 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Entertainment by Heather Marie 3:30 Social Hour 6:00 Left, Right, Center</p>	<p><b>4.</b></p> <p>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: The Little Princess</p>	<p><b>5.</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Walk to Library Falconry Program 1:15 Brain Games 2:00 Wii Bowling 3:30 Social Hour 5:45 Travel Documentary</p>
<p><b>6.</b></p> <p>10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sunday Series: Murdoch Mysteries</p>	<p><b>7.</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 HWC Chorus 2:00 Baking: Pumpkin Bread 3:30 Social Hour 6:00 Leave it to Beaver</p>	<p><b>8.</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Holy Communion 1:15 Shopping: Wal Mart* 1:30 Friday Movie Replay 3:30 Social Hour 5:45 Tuesday Series: 24 6:00 Scrabble Club</p>	<p><b>9.</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Entertainment by Andy Ross 3:30 Social Hour 5:45 Wednesday Series: 24 6:00 Campout with Denise &amp; Kathy</p>	<p><b>10.</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Photovoice* (5-A) 3:30 Social Hour 6:00 Bingo \$</p>	<p><b>11.</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Virtual Catholic Mass 2:30 Prayer Group &amp; Music with Evelyn, Gabriel &amp; Elizabeth 3:30 Social Hour 6:00 Friday Movie: The Addams Family <b>Yom Kippur Begins</b></p>	<p><b>12.</b></p> <p>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</p>
<p><b>13.</b></p> <p>10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sunday Series Murdoch Mysteries</p>	<p><b>14. Columbus Day</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Activity Meeting 1:00 Kraft with Kris 2:00 Health Literacy 3:30 Social Hour 6:00 Leave it to Beaver</p>	<p><b>15.</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Holy Communion 2:00 Birthday Party with Bob Jordan 3:30 Social Hour 5:45 Tuesday Series: 24 6:00 Scrabble Club</p>	<p><b>16.</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Resident Council 2:30 Music by Forrest 3:30 Social Hour 5:45 Wednesday Series: 24 6:00 Farkle</p>	<p><b>17.</b></p> <p>9:30 Coffee with Tom 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:30 Friday Movie Replay 2:00 Photovoice* (5-B) 3:30 Social Hour 6:00 Bingo \$</p>	<p><b>18.</b></p> <p>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: Hocus Pocus</p>	<p><b>19.</b></p> <p>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</p>
<p><b>20.</b></p> <p>10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sunday Series: Murdoch Mysteries</p>	<p><b>21.</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 HWC Chorus 2:00 Pass to Your Neighbor 3:30 Social Hour 6:00 Leave it to Beaver</p>	<p><b>22.</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Holy Communion 1:15 Shopping: Wal Mart* 1:30 Friday Movie Replay 3:30 Social Hour 5:45 Tuesday Series: 24 6:00 Scrabble Club</p>	<p><b>23.</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Lunch at Duguay's*\$ 2:00 Bingo \$ 3:30 Social Hour 5:45 Wednesday Series: 24 6:00 Left, Right, Center</p>	<p><b>24.</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club Walk to Library Birthday Bash 2:00 Ping Pong for Prizes 3:30 Social Hour 6:00 Beanbag Toss</p>	<p><b>25.</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Virtual Catholic Mass 2:30 Prayer Group &amp; Music with Evelyn, Gabriel &amp; Elizabeth 3:30 Social Hour 6:00 Friday Movie: Young Frankenstein</p>	<p><b>26.</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:15 Brain Games 2:00 Wii Bowling 3:30 Social Hour 5:45 Travel Documentary</p>
<p><b>27.</b></p> <p>10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sunday Series: Murdoch Mysteries</p>	<p><b>28.</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:30 Friday Movie Replay 2:00 Halloween Crafts 3:30 Social Hour 6:00 Leave it to Beaver</p>	<p><b>29.</b></p> <p>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</p>	<p><b>30.</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Entertainment by the Westminster Strummers 3:30 Social Hour 5:45 Wednesday Series: 24 6:00 Bingo \$</p>	<p><b>31. Halloween</b></p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Halloween Party with the Williams Brothers 3:30 Social Hour 6:00 Wii Bowling</p>	<p><b>Heywood Library:</b> 10/2 @6pm: Art of Critical Thinking 10/5 @ 11am: Falconry Program 10/9 @ 6pm: Library History Talk 10/12 @11am – Fall Paper Flower Wreath Adult Craft: Registration Required 10/16 @ 6pm: Fall Garland Craft 10/24 9am – 6pm: Cupcakes and Library Birthday Bash 10/30 @ 6pm: Fringe Book Club: Cujo 10/31 @ 6:30: Evening of the Occult</p>	<p><b>Events Around Town</b></p> <p><b>Heywood Library Book Club:</b> Meets the last Weds of the month at 3:30. October's book: <b>Rebecca</b> by Daphne du Maurier</p> <p><b>Semi-Annual Library Book Sale:</b> Friday 9/29, 9:00am-4:30pm &amp; Saturday 9/30, 9:00am-4:00pm</p>