

January 2019

Volume 11

**Celebrating
January**

**Braille Literacy
Month**

Soup Month

**Fruitcake Toss
Day
January 3**

**Cuddle Up Day
January 6**

**Make Your Dream
Come True Day
January 13**

**Popcorn Day
January 19**

**Martin Luther
King Jr. Day
January 21**

**Australia Day
January 28
(observed)**



**Sugar Hill Retirement
Community News, Events, and
Activities.**



What's New at Sugar Hill

Happy New Year! We hope all of you and your family had a wonderful and safe holiday season and are ready to start the New Year with enthusiasm.

With winter upon us and the temps colder please be sure to bundle up, wash your hands often, stay hydrated, and keep yourself moving, as this is the best way to keep yourself healthy. Also if you are feeling under the weather, please be considerate, and limit your time around others to help prevent the spread of germs.

Some new things to talk about starting this month, **Community Game Time on Wednesdays** is open to everyone. Come join your peers in the coffee shop and play cards or a board game. It is ok if you don't know how to play we will teach you. This is a great way to meet new people, work your brain to keep it healthy, and have a GOOD time. So hope to see you on Wednesdays at 11:00 am.

Billiards is an open group for folks who like to play pool. Anyone can come and join in and there is always someone to help you learn how to play if you don't know how. This group meets Mondays, Wednesdays, and Fridays at 10:30 am in the Billiards Room.

In the Media Room:

There is a Ken Burns Documentary series on the Roosevelts on Fridays at 2:00 pm starting on the 4th and a new PBS series "Call the Midwife" starting on the 8th, which is about the evolution of women's healthcare in England.

We are having a **New Resident Cocktail Reception on January 22nd at 4:30 pm.** Come meet our new community members and get to know one another. We hope everyone will attend.

Our big event this month is the **Storyteller's Dinner on January 17th at 5:00 pm.** Master Storyteller Papa Joe will be here, for his first visit, to share his humorous folk tales and stories. He travels the continent sharing his wonderful talent, delighting audiences wherever he goes. This event will be held in the Sugar House Dining room and will cost \$5.00 per person plus your dinner. Guest are welcome but space is limited so signup early.

We hope that you take advantage of all the great opportunities offered to you this month. Again Happy New Year, start on those resolutions, and join in on your community events. Happy January everyone.

Trips and events have to be signed up for, ahead of time and have a sign up deadline. Each description will let you know the sign up deadline, the cost if any, and a brief indicator of what kind of trip it is. If it requires the purchase of tickets beforehand, you must cancel prior to the deadline or you will be charged for the ticket purchased for you. Most cancellations 48 hours prior to the trip will not result in a charge. If you are bringing a guest with you on a trip they must be signed up prior and cannot take a space away from another resident. Payment for trips need to be made to Jen and by the sign up deadline. Please refer to the Trips and Events Policy.

Thursday January 3rd @11:30am – Mary Poppins Returns at the Gilford Cinema – Easy - Join us for an afternoon matinee at the Gilford Cinema showing Mary Poppins. The film is set in 1930s depression-era London (the time period of the original novels) and is drawn from the wealth of material in PL Travers' additional seven books. In the story, Michael and Jane are now grown up, with Michael, his three children and their housekeeper, Ellen, living on Cherry Tree Lane. After Michael suffers a personal loss, the enigmatic nanny Mary Poppins re-enters the lives of the Banks family, and, along with the optimistic street lamplighter Jack uses her unique magical skills to help the family rediscover the joy and wonder missing in their lives. Mary Poppins also introduces the children to a new assortment of colorful and whimsical characters, including her eccentric cousin, Topsy. Starring Emily Blunt, Lin Manuel Miranda, and many other familiar faces. Cost for this trip is \$7.00 per person plus the cost of your food. Signup deadline is January 1st.

Friday January 4th @3:00 pm – Rich Araldi Musical Performance in the Maple Room – Please join us for a unique and wonderful musical performance by Rich Araldi the vibraphonist. Styles range from jazz and popular standards from the 30's, 40's and 50's to more contemporary standards as well as gospel and holiday music. We hope to see you all there to partake in this wonderful opportunity.

Tuesday January 8th @9:00am - Men's Breakfast – Coffee Shop

Tuesday January 8th @ 1:00pm – Author John Tuohey Book Discussion “But Few Are Chosen” – Coffee Shop –...But Few Are Chosen is the story of three boys coming of age in the mid-1950's. Growing up in working class Irish Catholic neighborhoods in the Northeastern United States, they are desperate to escape lives of loneliness, petty crime, and violence. At the age of thirteen, ready to enter high school they each come to the same life changing, and possibly life-saving decision—to enter a seminary and begin their journeys toward the priesthood. The book chronicles Mike, John, and Ollie's fears, frustrations, hopes, and dreams while they proceed on their unusual path to adulthood via St. John's Atonement Seminary in Montour Falls, New York. There, the three meet, eventually become lifelong friends, and begin the transition to being successful and contributing members of society. Lives that would undoubtedly have ended poorly are turned around in the structured, orderly, caring, and predictable life of the seminary. For the first time the boys come to realize that life is more than just raised voices and clenched fists. Led by priests on the faculty they learn responsibility, restraint, patience, and concern for others. They develop determination without aggression, and apply their new-found abilities to study, sports, and relationships.

Trip Endurance Level

Easy: This is a trip that has only light walking, no stairs, and no uneven terrain and offers resting areas in-between.

Moderate: This is a trip where there is walking, possibly uneven terrain or stairs. It might require some long intervals of standing.

Hard: This is a trip where there is a lot of walking without many resting spots and uneven terrain or stairs, or long intervals of standing and requires good balance and endurance.

Thursday January 10th @9:00am – Shopping at Walmart and the Ridge Market Place in Rochester – Moderate - We are replacing our regularly scheduled in town shopping trip with a shopping trip to Walmart in Rochester. This will also provide you the opportunity to shop at Hobby Lobby, Pet Co, NH Liquor Outlet, Ulta, and many more. We will also be eating at Eastern Paradise. Signup deadline is January 7th and the cost is your shopping and your food.

Thursday January 17th @11:30am – Skylight Dining Room Transportation – Easy – We will be providing transportation to the Skylight Dining room for their Lunch Buffet. This is a cash only restaurant. Signup deadline is January 14th and the cost is \$6.50.

Thursday January 17th @5:00pm – Storyteller Dinner with Papa Joe – Join us for dinner in the **Dining Room** followed by special guest Master storyteller Papa Joe. In the tradition of the itinerant storyteller, Papa Joe travels the continent collecting tales and inviting folks of all ages to Step into a Story. From Cow Head, Newfoundland to Austin, Texas; from the beaches in Florida to the mountains in Washington State. What makes him so special is his love of good stories. His passion for telling. His devotion to his audiences. So join us for good food, and sit back and enjoy a story or two. Signup deadline is January 15th and the cost is \$5.00 per person plus your meal. The presentation is 1 hour long and will start at 6:00 pm.

Tuesday January 22nd @9:00am – Ladies Breakfast – Coffee Shop

Tuesday January 22nd @4:30pm – New Resident Cocktail Reception – Join us in the Lobby for cocktails and get to know our new neighbors and Community Members. This is not associated with dinner so you do not have to be attending dinner that night to come.

Wednesday January 23rd @1:30pm – Origami Flower Class – Join Christina in the Coffee Shop For an Origami Flower class. Signup deadline is January 18th and the class is free.

Winter Snow Removal & Parking

Please remember to bring in all garden hoses, shut off your outside water faucets and remove all décor and planters from your walkways. All objects that will impede the removal of snow should be put away as snow is here. Also please remember that during and after storms you should be parking in the back of the Sugar House and using the bridge entrance, not parking in front of the Sugar House or the Maple Room entrance. Thank you for your cooperation.

HAPPY BIRTHDAY

Please join us in wishing our fellow community members a very Happy Birthday! From all of us here at Sugar Hill Retirement Community.

1/1	Helen Black
1/1	Bill Cronin
1/7	John Shepard
1/10	Pat Roberts
1/11	Jean Hawkins
1/11	Rebecca DeLuca
1/22	Marge Clark

Dining No Shows – Dining Walk-Ins

Unfortunately, we are noticing that some residents are failing to pick up take-out orders or show up for reserved dinners or showing up without a reservation. This has a direct financial impact for Sugar Hill and our residents in many areas; proper staffing, preparation of food, cost of food and waste of food. If you show up **without a reservation** we will try to accommodate you – keeping in mind that we cannot guarantee your choice of entrée – or where you can sit or who you can sit with.

Our Rules of Residency states the following regarding cancellations:

Cancellations: *Residents are asked to call and cancel their reservations when it becomes necessary to change their plans. Residents who cancel reservations without providing notice will be charged for those meals.*

Dining Takeout Orders – A message from Chef Tim

When you are placing a takeout order for dining please remember:

1. Order 48 hours prior to the meal service
2. Fill the out an individual order form for each meal/person – please do not combine orders on one slip.
3. Fill out the order form completely with all your information on it. If there is an item you do not want simply put the word NO on the slip.



Please make every effort to attend the monthly Resident's Meeting. Important information is discussed and you need to be in the know. Next meeting is on Tuesday January 15th, 2018 @9:30am.