

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



March 2019

Volume 13

**Celebrating
March**

**Irish-American
Heritage Month**

Optimism Month

**Celebrate Your
Name Week
March 3–9**

**Mardi Gras
March 5**

**International
Women's Day
March 8**

**Pi Day
March 14**

**St. Patrick's Day
March 17**

**Make Up Your
Own Holiday Day
March 26**



What's happening at Sugar Hill?

Can you believe it is March already? Well it is and it's time to come out of our winter hibernation and get out there and live revived and not retired.

We have all heard that exercising is the best way to keep us healthy along with eating healthy, but there is research coming out every day about improving your health and maintaining your health for longer regardless of your age. So check out these tips on keeping yourself healthy, mentally sharp, mobile, and independent for a long time.

- **Keep a daily routine and stick to it.** One of the first things we tend to lose once we retire is our daily routine. We trade getting up and motivated for sleeping in and losing purpose. Studies show that people who maintain a daily routine and trade work life for actively pursuing hobbies, have better mental and physical health and stronger immune systems. So join a group, go on a trip, or try a new hobby this month.

Engage your brain in new ways so you don't lose it. Did you know that one of the best ways to keep your brain, and memory healthy is to use it, work it, and exercise it, in

new ways? The easiest ways to do this is play a game, do a puzzle, grab some friends and throw some trivia questions around or reminisce and sing. You don't have to be an expert or even good at any of these things to get the health benefits. So grab a friend and play a card or board game, sing with friends, or come have some fun at the trivia social.

- **Move it so you don't lose it.** We have all heard this, but there is no better advice or more scientifically proven fact, that if you don't get up and move your body you are going to lose the ability to move. You don't have to climb Mt. Washington or run a 4 minute mile, you just need to work your muscles and move your body for 1 hour a day. The best part is you can do that so many ways, take a yoga or exercise class, dance, go walking, or go on a trip where you can not only move your body, but work your brain at the same time.

We hope you consider these tips and revive your zest for living a long and healthy life. Don't forget to read all about the many opportunities for you to revive your healthy life here at Sugar Hill here in the Gazette.

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.

Wednesday March 6th @1:30pm – Origami Mobile Class pt. 1 – Coffee Shop- Join us for this two part class to create a beautiful Origami Wind Mobile. In this first class you will learn to fold the Cranes, Fish, or Butterfly's for your Mobile. As well as learn to fold the base of it. **Signup deadline is March 4th.**

Thursday March 7th @9:00 am - 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, the Paper Store, Ulta Beauty, and many more. **Signup deadline is March 4th and the cost is your shopping.**

Tuesday March 12th @9:00 am – Men's Breakfast in the Coffee Shop

Wednesday March 13th @11:30 am – Dining Out at Jake's Seafood in Ossipee- Easy – Join us for lunch at Jake's seafood in Ossipee. Jake's seafood and Grill in West Ossipee, NH, was established in 1994 and is known far and wide for its well-earned reputation for New England's Finest Seafood. **Signup deadline is March 11th and the cost is your food.**

Thursday March 14th @5:00 pm – St. Patrick's Pub Night Party – Join us for some St. Patty's Fun and Irish Food at our pub night. Come dressed in your "Green Best" and take your chance at winning some prizes playing our Leprechaun Games. We hope to see you all there. **Signup deadline is March 12th.**

Friday March 15th @9:00 am – Millyard Museum, See Science Center, and Lunch at Puritan Backroom in Manchester – Moderate - Join us for a tour of these museums followed by lunch at the Puritan Backroom. Operated by the Manchester Historic Association, the Millyard Museum is housed in Mill No. 3 at the corner of Commercial and Pleasant Streets in the historic Amoskeag Millyard. The Museum features the permanent exhibit, woven in Time: 11,000 Years at Amoskeag Falls, that tells the story of Manchester and the people who have lived and worked here. The story starts with the native peoples who fished at Amoskeag Falls 11,000 years ago and continues with displays on the area's early farmers and lumbermen, and the beginnings of industry in the area. The SEE Science Center was dedicated in April of 1986 and has been engaging visitors of all ages in the pursuit of science discovery ever since. **Signup deadline is March 12th and the cost is \$15.00 per person plus your food.**

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.

Tuesday March 19th @9:30 am – Residents Meeting in the Maple Room

Thursday March 21st @5:00 pm – Storyteller Dinner with Brendan Smith - Join us for dinner in the Dining Room followed by special guest Brendan Smith. Born and raised on Long Island, NY Brendan found himself unexpectedly moving to central NH in 1985. Over the next ten years, he worked hard at adjusting to life here. From learning to rake his roof, to buying firewood for the first time, to trying to fit into the social setting of a morning at the dump, he found that these, and many more adjustments, would not be very easy for a Flatlander. Since 1995, Brendan has been recounting these humorous adventures as well as his take on life in general every week on the pages of The Weirs Times with his F.O.O.L. (Flatlander's Observations on Life) In New Hampshire column. Brendan has also written two books “The Best Of A F.O.O.L” and “I Only Did It For The Socks and Other Tales of Aging” **Signup deadline is March 19th and the cost is \$5.00 per person plus your meal. The presentation is 1 hour long and will start at 6:00 pm.**

Friday March 22nd @9:30 am – Chef Forum in the Coffee Shop

Tuesday March 26th @9:00 am – Ladies Breakfast in the Coffee Shop

Wednesday March 27th @1:30pm – Origami Mobile Class pt. 2 – Coffee Shop- Join us for this two part class to create a beautiful Origami Wind Mobile. In this second class you will learn how to assemble your mobile.

Friday March 29th @9:00am – Currier Museum Trip in Manchester – Moderate - The Currier Museum of Art is an art museum in Manchester, New Hampshire, in the United States. It features European and American paintings, decorative arts, photographs and sculpture. Currently on special exhibit Ethan Murrow: Hauling and Ubuhle Women: Beadwork and the Art of Independence. We will be having lunch at the Museum Café. **Signup deadline is March 25th the cost is \$14.00 plus your food.**



**Remember to turn your
clocks ahead on March 10th
for daylight savings time.**

Helping out the Kitchen Staff

With staffing cut backs, scheduling changes, and in effort to insure the highest quality, attention to detail, and trying to be the most accommodating we can, we ask that any changes being made to dining reservations or to go orders be made before 2:00 pm the day of the order. Our chefs are very busy with both the prepping of assisted living and the preparation of our food for dining services and interruptions and changes deplete their time. 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.

- 3/4 Thomas Newton
- 3/5 Dodie Stephens
- 3/7 Diane Cocci
- 3/14 Mallory Stephens
- 3/20 Anne Dingwell
- 3/20 Virginia Spatola
- 3/21 James Spatola



Dining Takeout Orders & Reservations

When you are placing a takeout order or making a reservation 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 and make sure you put your name in the dining signup sheet.
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.
4. Please indicate your entrée choice at the time of sign up. **This is very important for cost control and staying on budget.**

Examples:

Sugar Hill Take Out Dining

Please have your order slip in and be sure to sign up in the reservation book no later than 48 hours prior to the meal. Only 1 meal order per slip, if placing multiple orders please fill out a separate slip for each meal.

Name: SMITH
 Date: 2/22/19
 Pickup Time: 5:00 pm
 Soup: Chef Choice
 Salad: Dressing: House
 Entrée: Mixed Grill
 Portion size: sm. ___ reg.
 Dessert: Pie
 Notes: Gluten Allergy

Sugar Hill Take Out Dining

Please have your order slip in and be sure to sign up in the reservation book no later than 48 hours prior to the meal. Only 1 meal order per slip, if placing multiple orders please fill out a separate slip for each meal.

Name: SMITH
 Date: 2/22/19
 Pickup Time: 5:00 pm
 Soup: Tomato
 Salad: Dressing: Ranch
 Entrée: Beef
 Portion size: sm. ___ reg.
 Dessert: Ice cream FOM
 Notes: Please no rice

Sugar House Dining Pickup Orders	Day: Monday
Please pick up dinners at 5:00 pm.	Date: January 7 th , 20

	Name:	Entrée Choice
1	SMITH	1
2	Smith	2

5:15 pm

	Name:	Entrée
1	Smith	1
2	Smith	2
3	Rush	1
4	Door	2



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 March 19th, 2018 @9:30am.