

February 2019  
Volume 12



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



## Celebrating February

**Mend a Broken  
Heart Month**

**Library Lovers  
Month**

**Bubble Gum  
Day  
February 1**

**Groundhog Day  
February 2**

**Celebration of  
Love Week  
February 10–16**

**Valentine's Day  
February 14**

**Love Your Pet  
Day  
February 20**

**Tooth Fairy Day  
February 28**

## Once Upon a Time

Bam! Just like that we are 1 month into the new year and the heart of the winter. We hope the new year is treating you all very well.

Winter is here and we have a feeling despite what the groundhog has to say, we will have 6 more weeks of this wintery weather. With that in mind we would like to share some tips with all of you that will help all of us stay healthy.

- **Stay hydrated;** water is best in this department, you should try and drink at least 6 /8oz glasses a day. This is the number one reason older people get sick and it can lead to many problems. Remember if you feel thirsty you are already dehydrated.
- **Wash your hands;** in today's day and age we rely heavily on instant hand sanitizers and wipes. Though the work in a pinch, they don't kill the norovirus bacteria, and they don't replace a good old fashion, soap and water, hand washing. The best way to keep the flu away is WASH YOUR HANDS.

**Stay away;** if you are not feeling well, have a cough, running a fever, or generally feel under the weather, stay away from others. Nothing

- spreads germs and flu faster than people who are sick being in a crowd or communal environment. So if you are not feeling 100% please avoid socials, community areas and the dining room to help prevent the spread of germs.
- **Stay active,** regular exercise and an active lifestyle keeps your immune system at its healthiest. The easiest way to do this is go for a walk. Inside or out, it doesn't matter, so long as you do it.

Remember to cover your cough and eat an orange for vitamin C. Stay healthy everyone!

A friendly reminder about carports at the Sugar House. There are a limited number of carports available at the Sugar House for rent. They are \$55.00 a month to use and if you are interested please see Gina.

There are many great social opportunity's, activities, and trips this month so please be sure to read the trips and events page as well as check your activity calendars so that you don't miss any of these wonderful events. Happy Valentine's Day from all of us here at Sugar Hill and of course don't forget to cheer for your team in the Super Bowl.

LET'S GO PATRIOTS!

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.

**Friday February 1<sup>st</sup> @2:00pm – Patriots Super Bowl Social** – Join us in the lobby for S'mores, Hot Cocoa, and Patriot Team Spirit! Come dressed in your Patriots Team gear and enjoy the company of fellow fans as we get ready for the Super Bowl on Sunday and the “Blitz for 6”.

**Wednesday February 6<sup>th</sup> @1:30 pm – Origami Crane and Fish Class – Coffee Shop** - Come and enjoy some fun and fellowship learning how to fold the iconic Paper Crane and also learn how to fold an origami fish. **Signup deadline is February 4<sup>th</sup>.**

**Thursday February 7<sup>th</sup> @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 January 7<sup>th</sup> and the cost is your shopping.**

**Thursday February 7<sup>th</sup> @5:00pm – Chinese New Year Pub Night** - Join us for our Chinese New Year Celebration and Pub Night where there is fun to be had by all. We will be serving drinks from 5:00 pm – 6:00 pm where we will have last call. Dining Room will open at 5:30 pm for open seating and great Chinese food. There are lot of fun activities and treats that await you as well as Entertainment provided to you by Rick King. **Signup deadline is February 5<sup>th</sup>.**

**Tuesday February 12<sup>th</sup> @9:00 am – Men’s Breakfast in the Coffee Shop**

**Wednesday February 13<sup>th</sup> @11:00 am – Dining out at Lion’s Den in Gilford – Easy** - Lyon’s Den serves exceptional Traditional American cooking, alongside lake views in a refined yet cozy setting with a fireplace & bar. Truly a wonderful dining experience at any time. **The Cost of this trip is your lunch, signup deadline is February 8<sup>th</sup>.**

**Thursday February 14<sup>th</sup> @4:30 pm – Valentines Cocktails** – Join us before your dinner reservation for Valentines Cocktails in the Lobby.

**Saturday February 16<sup>th</sup> @10:00am – Remick Museum Ice Harvest Festival – Hard** – This is an **Outdoor** trip to Remick Museum’s Ice Harvest. This will be a 1 ½ to 2 hour outside presentation on the Water by Remick Museum. If you need an assisted walking device such as a cane or walker this is not a trip for you. As you need to be able to walk and stand for an extended time period as well as be able to be outside for the entire time. **The cost of this trip is \$10.00 plus your food and the signup deadline is February 12<sup>th</sup>.**

**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 February 19<sup>th</sup> @1:00 pm – Hope House Presentation in the Maple Room –** Join us as Jeanne Burns from the Wolfeboro Hope House gives us a presentation on this wonderful charity and the ways we can help and get involved.

**Wednesday February 20<sup>th</sup> @2:30 pm – Ice Castles Tour and Dinner at Woodstock Brewery – Moderate -** Ice Castles is an award-winning frozen attraction located in six cities across North America. The experience is built using hundreds of thousands of icicles hand-placed by professional ice artists. The castles include breathtaking LED-lit sculptures, frozen thrones, ice-carved tunnels, slides, fountains and much more. This is an **Outdoor** tour of the Ice Castles. You will need to be dressed for the weather and be able to be outside for 1 hour in the conditions. You will need to be able to walk and stand on a snow packed surface with good balance. If you require an assisted walking device this is not a recommended trip for you. **Tickets are non-refundable after purchase, but can be rescheduled. Cost for this trip is \$17.00 plus your food and the sign up deadline is February 12<sup>th</sup>.**

**Thursday February 21<sup>st</sup> @5:00 pm – Storyteller Dinner with Sue McPhee -** Join us for dinner in the Dining Room followed by special guest Master storyteller Sue McPhee. Sue McPhee, Storyteller, Actress, Massage Therapist, workshop leader and former college professor, has been in love with the power of story since she began to read. As a child she literally devoured books, magazines, plays, anything she could get her hands on. The library was her go-to place. As an adult she has been practicing in the intuitive, healing and performing arts for nearly forty years. Four-and-a-half of those years were spent in New York City helping infants and children with disabilities. A highlight of those years included a fifteen-day medical mission to Romania to teach the healing art of infant massage. Sue loves to write and story tell from these unique experiences and others. A veteran of stage, theater, improvisation, film, radio and television, Sue especially loves the power of true, personal stories and feels privileged to have had many adventures (as well as misadventures) from which to cultivate her favorites. So join us for good food, and sit back and enjoy a story or two. **Signup deadline is February 19<sup>th</sup> 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 February 26<sup>th</sup> @9:00 am – Ladies Breakfast in the Coffee Shop**



## 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.

2/3 Jo West  
2/10 Mort Smith  
2/12 Nancy Smith  
2/23 Marie Casaccio  
2/26 Helen Mako



## Friendly Reminder

### Sugar Hill Resident rules of Residency: Noise

No resident or guest shall make or allow any disturbing noises in or about their unit. All residents are asked to refrain from playing televisions or radios at loud levels. Residents should be particularly careful about noise levels between 9:00 pm – 8:00 am. Residents with hearing difficulty may wish to inquire about devices to provide hearing assistance. Adaptations can be made for the use of headphones.  
*Please be courteous to your fellow neighbors and adhere to the rules of residency.  
Thank you.*

## 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.



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 February 19<sup>th</sup>, 2018 @9:30am.