

April 2019

Volume 14



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



**Celebrating
April**

**Global
Astronomy
Month**

**Jazz
Appreciation
Month**

**Golden Rule
Week
April 1-7**

**No Housework
Day
April 7**

**Barbershop
Quartet Day
April 11**

**Scrabble Day
April 13**

**Easter
April 21**

**Hug an
Australian Day
April 26**

What's happening at Sugar Hill

Hurray spring is in the air! The weather is getting better and the flowers are starting to bloom.

There is lots of things happening here this month and we hope that you will take advantage of all the opportunity's to get out and shake off the winter blues with your fellow community members. Read all about these trips and events and mark your calendars here in the gazette.

A few items of business to attend to, first be sure to extend a warm welcome our new residents Janet Thomas in 103, Diana Kerr in 112, Barbara Just in 100, and Audrey Gehan in 111. Welcome to Sugar Hill we hope you enjoy your new home. Second; the community garden plot sign up is in the lobby, please remember to sign up, and when signing up please remember it is one spot per co-op stockholder. If after May 1st there are still available spaces then you may sign up for a second space. Lastly, please remember that if you are coming to the Sugar House for longer than a 30 minute stay please park out back at the bridge entrance. Also please remember to not block the flow of traffic at the front entrance.

We are very excited and pleased to announce that Dakim Brain Fitness is coming soon to Sugar Hill. This is great

news and is a giant step forward in providing preventative and proactive brain health options for you here at Sugar Hill. The Dakim is a scientific clinically proven program that works the six cognitive domain areas of your brain. With regular and consistent use of the Dakim, it is scientifically proven to improve the two most important cognitive functions of your brain—memory (immediate and delayed) and language abilities — as users strengthen attention, focus, and concentration. The best parts of Dakim are:

- Super easy to use and a workout only takes 20 mins.
- Each user has their own program made just for them.
- It is on campus so you don't have to go anywhere to do it.
- It helps preserve the most important thing you have, your BRAIN.
- Regular exercise (3-4 times a week) is all it takes to see the results.

So please make every effort to attend our launch party on April 11th at 1:00pm in the Maple Room to learn about, ask questions, see a demonstration, and register to be a user of Dakim Brain Fitness. Happy April 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 office and by the sign up deadline. Please refer to the Trips and Events Policy.

Wednesday April 3rd @11:00 am – NH Music Fellowship Folk Artist TJ Wheelar Concert – Join us in the Maple Room for a wonderful performance by TJ Wheelar. TJ's music is original but his music is steeped in musical styles that go back hundreds of years. TJ transports audiences of all ages to times and places where their imaginations can vividly and vicariously experience the rich history and soul connections of blues & jazz power. We hope you will all enjoy this great opportunity.

Wednesday April 3rd @1:30pm – Origami Lantern Class pt. 1 – Join us as we learn to fold a beautiful 3D paper lantern. Easy to learn and easy to fold with a beautiful result. Class is free and all materials are supplied. **Signup deadline is April 2nd.**

Thursday April 4th @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 April 2nd and the cost is your shopping.**

Thursday April 4th @5:00 pm – Pub Night

Friday April 5th @9:30 am – Trip to view the Tablescapes in Wolfeboro- Easy - Need a touch of creative inspiration? Come and view the gorgeous works of local businesses, and individuals who are participating in the 4th Annual Tablescapes here in Wolfeboro. The Governor Wentworth Arts Council is pleased to announce the spring arts fundraiser, a community-wide event. Tablescapes is a chance for local Wolfeboro area businesses, organizations and artists to create a table-top setting that is imaginative, playful, out-of-the-box, wondrous and fun. The goal is to raise funds to bring arts programming to schools and libraries and promote the arts in the community. **Signup deadline is April 3rd and the cost is \$8.00 per person.**

Tuesday April 9th @9:00 am – Men's Breakfast – Coffee Shop

Thursday April 11th @1:00 pm – Dakim Brain Fitness Launch Party – Join us for an informational presentation and demonstration about the Dakim Brain Fitness program. The Dakim is a peer-reviewed clinical trial, that has shown that it significantly improves memory and language abilities — the two most important cognitive functions. It is specifically geared for your age group with the goal of keeping your brain healthy and help keep your mind sharp. Dozens of medical research studies conducted over the past two decades have concluded that participation in sustained rigorous cognitive activity can have a significant impact on long-term cognitive performance. Which is very important in fighting the progression of diseases like Dementia, Alzheimer's, and age related memory loss. So come and learn about the benefits, see how it works, and sign up as a user. Get your questions answered, and most importantly start your journey to preserve your brain health and function.

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.

Friday April 12th @9:00 am – Trip to Hood Museum in Hanover with Lunch at King Arthur Flour Café - Moderate - the Hood museum of art at Dartmouth enables and cultivates transformative encounters with works of artistic and cultural significance to advance critical thinking and enrich people's lives. We will be having lunch at King Arthur Flour Company Campus and Café. **Cost is your Food and signup deadline is April 8th.**

Wednesday April 17th @11:30 am – Dining Out at Lyons 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 April 12th.**

Friday April 19th @ 9:00 am – Trip to Fun Spot for Bowling Meredith – Moderate – Join us for a fun filled day of Bowling. You can choose to Bowl 10 pin or Candle Pin and enjoy some friendly fun with your fellow community members. Take in some old fashion arcade games if you wish as well. **Cost is \$15.00 per person plus you food and signup deadline is April 15th.**

Sunday April 21st @12:30pm – Easter Brunch

Tuesday April 23rd @9:00 am – Ladies Breakfast – Coffee Shop

Tuesday April 23rd @1:00 pm – Paint the Town Lakeside Painting Class – Think you can't paint? Don't have any artistic talent? That doesn't matter, Sue will walk you step by step through the process of painting this beautiful picture. Everyone CAN do it and the best part is in just a short time you will have a great canvas painting to take home and show off. All supplies are provided and you will leave with a painting. **Cost is \$30.00 and the signup deadline is April 19th.**

Tuesday April 30th @9:00 am – Trip to Stockbridge, Norman Rockwell Museum, and Hancock Shaker Village – Moderate – Join us for a mini vacation to beautiful Stockbridge MA. It is the setting of the famous Norman Rockwell painting, as well as his home and museum. We will be staying at the historic Red Lion Inn. Visiting the Norman Rockwell Museum and Hancock Shaker Village. You will be able to also enjoy the lovely and unique main street of Stockbridge. **We will leave on April 30th and return on May 2nd the cost of this trip is \$222 per person plus your food and shopping. Signup deadline is April 9th and you need to come and personally make your reservations with Christina.**



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.

- 4/3 Eugene Blabey
 4/8 Vinnie Plough
 4/14 Mary Lou O'Rourke
 4/15 Warren Pond
 4/27 Al Beaulieu



Community Garden Plots

Now that the weather is changing we can start thinking about getting ready to start gardening again. The community garden plot sign up is in the lobby. There is a limit to one space per co-op stockholder. If as of May 1st, there are open spaces left, residents will be allowed to sign up for a second space. Please remember that we have many residents who would like the opportunity to have a garden and we need to be considerate of everyone. Thank you for your understanding and cooperation.



Wellness Gym Rules

Please remember that there is **No food or Drink** allowed in the Wellness Gym other than water. Water should not be consumed while on the machines, to protect the electronic components from damage. Also remember that after using a piece of equipment you need to disinfect and wipe it down thoroughly with the cleaner and towels provided. This is for your safety and protection as well as the equipment. Thank you for your cooperation and understanding.



Friendly Reminder

Please remember that if you are going on a trip, coming up for an event, or are going to be here at the Sugar House for longer than 30 minutes, you should be parking **behind the building** at the bridge entrance. The only exception for this is after 4:00 pm if you are coming up for a dinner reservation. Also please remember that the front entrance is also the emergency entrance to the building and it is imperative that it remains open and clear for emergency vehicles to pass. Therefore please make sure that when parking out front you are parked within a designated spot, in between the lines, and not blocking through traffic. This is very important to insure everyone's safety. Thank you for your cooperation and understanding.



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 April 16th, 2019 @9:30am.