

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



**June 2019**  
Volume 15

**Celebrating  
June**

**Beautiful in Your  
Skin Month**

**Soul Food Month**

**Lemonade Days**  
*June 1–9*

**World Bicycle  
Day**  
*June 3*

**Banana Split  
Days**  
*June 7–8*

**Roller Coaster  
Day**  
*June 13*

**Father's Day**  
*June 16*

**World Music Day**  
*June 21*

**Social Media Day**  
*June 30*



## What's happening at Sugar Hill

We hope everyone has enjoyed to spring season and is ready to jump into summer!

We have so many opportunities for you to get out and enjoy all life has to offer this month so please read all about our upcoming events, parties, trips and social gatherings and mark your calendars.

Do you know about the Back Bay Exercise class known as Over the Sugar Hill Gang? Well if not let us fill you in, whether you are a regular of this class or are thinking of trying it, here is what you should know about it:

### Back Bay Exercise Class

This class is a great whole body workout for all active seniors. It is a 45 minute class set to upbeat music and is held on Tuesdays and Thursdays from 11:00am to 11:45am in the Maple Room. The workout is considered to be moderately difficult. Each class begins with a warm up, then we may use resistive exercises, dumbbells, as well as your own body weight to help strengthen the arms, stomach, and legs. The cardio portion consists of a fast paced series of wall push-ups, squats, and running in place. Each class ends with a cool down and exercises geared to test and challenge your balance like standing on one foot for a certain

amount of time. Everyone is encouraged to go at their own pace. Modifications may be recommended to modify exercises based on the participant's level. Receiving exercise clearance from your doctor is highly recommended prior to joining the class or starting any exercise routine. **If you are not feeling well or have any major health issues please see your provider before starting this exercise program.**

Starting Thursday, June 5 all current members will need to renew their emergency contact form/health questionnaire. If you are interested in joining the class please stop by at the end of any class to meet the instructors and fill out the forms. Please feel free to stop by and watch a class if you are unsure if it is the right fit for you. The class is a fun atmosphere, filled with wonderful people, and a great way to keep moving and stay active.

If you have any additional questions about this class please stop by at the end of a class to speak with the instructors.

We hope to see you at one of the many social opportunities this month and that you get outside and take advantage of the beautiful weather, gorgeous views, and great community we live in. Happy Summer 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.

**Tuesday June 4<sup>th</sup> @4:00pm – Annual Meeting – in the Maple Room.**

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**Thursday June 6<sup>th</sup> @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, the Paper Store, Ulta Beauty, and many more. **Signup deadline is June 3<sup>rd</sup> and the cost is your shopping.**

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**Thursday June 6<sup>th</sup> @5:00pm – Pub Night**

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**Friday June 7<sup>th</sup> @9:00am - Lupine Festival scenic tour with lunch at Polly's Pancakes – Moderate** - In June, folks from far and near will flock to the fields of Lupine Festival in Sugar Hill, New Hampshire. Come admire, photograph, and walk through this amazingly brilliant field of lupines – literally thousands of lupines. It's a rolling sea of vibrant purples, pinks, blues and whites. We will have lunch at the famous Polly's Pancake Parlor. **The cost of this trip is your food. Signup deadline is June 4<sup>th</sup>.**

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**Tuesday June 11<sup>th</sup> @ 9:00am – Men's Breakfast** - in the Coffee Shop

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**Tuesday June 11<sup>th</sup> @6:30pm – Wright Museum Lecture “Water For Troops” by Dolores Stephens – Easy** - Transportation for this event will be offered, pickup from the lobby of the Sugar House and you should be ready for pickup at 6:15pm. **Cost is \$8.00 per person and you will purchase your own ticket at the door. Signup deadline is June 7<sup>th</sup>.**

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**Thursday June 13<sup>th</sup> @12:30 pm – Winnepesaukee Play House “On Golden Pond” – Easy** – Revisiting a modern classic: Forty years after On Golden Pond was first published in 1979, the play is still making ripples as new generations and audiences experience the powerful story and compelling characters. The fond memories of three generations of familiar characters and their complex relationships will be given new depth and insight as the masterful hand of author and Academy Award winner Ernest Thompson directs this new production of On Golden Pond. **Signup deadline is June 5<sup>th</sup> and the cost is \$22.00 per person and tickets are non- refundable after purchase.**

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**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.

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**Friday June 14<sup>th</sup> @4:30pm – Dining out at Granite Restaurant in Concord – Easy**  
-A popular dining and socializing spot among Concord locals, our award-winning Granite Restaurant & Bar is a beautifully styled, modern eatery. Their talented culinary team brings creative sensibility to a sleek dining space enhanced with contemporary spirit and warm service. Using locally sourced ingredients at every opportunity, Chef Daniel Dionne infuses New American cuisine with French, Mediterranean and Asian influences. **Signup deadline is June 11<sup>th</sup> and the cost is your food.**

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**Tuesday June 18<sup>th</sup> @7:15 am – Celia Thaxter Trip**

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**Tuesday June 18<sup>th</sup> @9:30am – Residents meeting - in the Maple Room**

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**Thursday June 20<sup>th</sup> @5:00pm – Summer Kickoff Party –** Join us for our Summer Kickoff Party under the tent! Come and enjoy a Country Picnic with us, party starts at 5:00pm, dinner service starts at 5:30 – 6:15 with a buffet style. **This is an open seating, buffet event. Signup deadline is June 18<sup>th</sup> and the cost is \$23.50 per person.**

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**Friday June 21<sup>st</sup> @9:00am - Sand Masters Sandcastle Competition - Moderate -** Let's go check out the sand master sandcastle competition at Hampton beach and enjoy some Oceanside adventure. We will pick a restaurant as a group on the way. **Signup deadline is June 14<sup>th</sup> and the cost is your shopping and food.**

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**Tuesday June 25<sup>th</sup> @9:00am – Ladies Breakfast – in the Coffee Shop**

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**Thursday June 27<sup>th</sup> @5:00pm – Music & Dining at Castle in the Clouds – Easy –** Join us for dinner and live music as you watch the sun set over Lake Winnepesaukee from our beautiful outdoor terrace! Come with your dinner partners, your dancing shoes, and an appetite for classic American fare with unique twists. We were awarded “Best Music Nights in NH” in 2018 by NH Magazine! **Signup deadline is June 14<sup>th</sup> and the cost is \$10.00 per person plus your food.**

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**Friday June 28<sup>th</sup> @9:30am – Chef Forum - in the Coffee Shop**

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## Proxy Vote

Please fill out and return your proxy vote to the Administration Office before the Annual meeting on June 4, 2019, even if you are attending in person we would like to insure a majority of proxies before the meeting – you can always withdraw your proxy at the meeting.



## IMPORTANT

### Absolutely no residents in the kitchen!

It is becoming a habit and routine that residents are interrupting the kitchen staff by knocking and opening the kitchen doors trying to have a conversation with the kitchen staff, as well as entering the kitchen to have a conversation with the kitchen staff. This cannot happen as it is a safety and contamination issue as well as it disrupts service and production. If you need to speak with the kitchen you may use the courtesy phone above the reservation book at the entrance of the dining room and call ext.230 and a kitchen staff member will pick up your call. Please do not knock on the kitchen door, open the kitchen door, or enter the kitchen. If you have questions regarding your reservations please speak with someone in the admin office first.

## 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.

- 6/3 **Chris Achorn**
- 6/5 **Mark Lackey**
- 6/9 **Janet Romaine**
- 6/10 **Kathy Pond**
- 6/12 **Nina Swift**
- 6/13 **Patty Osmond**
- 6/22 **Muriel Graham**



### Dakim Brain Fitness

Way to go Sugar Hill Community. You have hit the ground running in pursuit of keeping your mind sharp! Keep up the great work and it will pay off in more than one way. **Each resident who meets the 3 sessions a week goal for the month of May will be entered to win a gift certificate to a local shop.** Now a registered user? No problem contact Christina and start your Brain Fitness Journey today!



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 June 18<sup>th</sup>, 2019 @9:30am in the Maple Room.