

May 2019
Volume 14



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



**Celebrating
May**

**Physical Fitness
& Sports Month**

**Older Americans
Month**

**Meditation
Month**

**Be Kind to
Animals Week
May 5-11**

**Teacher Day
May 7**

**Mother's Day
May 12**

**Nylon Stockings
Day
May 15**

**Memorial Day:
U.S.
May 27**

**Paper Clip Day
May 29**

What's happening at Sugar Hill

Spring is in full swing and may it bring you a light heart, calm mind, and a determined motivation for living a happy, active, healthy life.

First, let us take a moment to give a pat on the back and 3 cheers to all of our community members who have taken the Dakim challenge and are working hard to preserve and protect their brain health. You are AWESOME! Keep up the good work. If you are not registered to be a Dakim user, what are you waiting for? It is easy, fun, and very beneficial, it only takes 20 minutes 3 times a week. See Christina to get started on your Brain Fitness Journey.

We are also pleased to offer a new light exercise class on Wednesdays at 11:30 am in the Maple Room. It is called Relax, Relieve, Rejuvenate and it focuses on complete body health. It is a combination of light stretching, relaxation and

deep breathing, and improving your body's fascia to help reduce pain. Check out the insert in this month's gazette for all the details.

We are also very lucky to have a guest presentation from Eric R. Fossum the world-renowned Dartmouth Professor, former NASA employee, award-winning inventor of the digital photo sensor. He is what took us from a film camera to the ability to have captured an instant image with your phone, tablet, or computer. We hope you will all join us for this wonderful opportunity and extend a warm welcome to Eric on May 20th at 1:00 pm in the Maple Room.

We have so many more wonderful and unique opportunities this month for you to enjoy so please read all about them on the trips and events page and check your calendars! Have a wonderful month of May 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 May 1st @1:00 pm – Cyber Seniors with Brewster Academy – Need help figuring out how to use your smart phone or iPad? Maybe you would like some extra computer help? Or maybe you would like to know how to use email, Facebook, Instagram, the students from Brewster are here to help. Join them in the coffee shop and they will help you out.

Thursday May 2nd @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 30th and the cost is your shopping.**

Friday May 3rd @8:00 am – Trip to Peabody Essex Museum in Salem – Moderate – Join us for a wonderful day at a marvelous art museum. You will have complete control over your visit where you can take in exhibits such as Nature’s Nation: American Art and Environment, The Pod, Wild Designs, Double Happiness: Celebration in Chinese Art, on top of the extensive tradition and maritime art collections. You could also choose to visit the Yin Yu tang Chinese House. There is truly something for everyone’s taste at Peabody. You will dine at your leisure at the Museum Café on site. **The signup deadline is May 1st and the cost of this trip is \$18.00 per person plus your food.**

Tuesday May 7th @1:30pm – Origami Garland Class pt. 1 in the coffee shop

Friday May 10th @8:30am – Trip to Squam Lake Science Center in Holderness and lunch at Walter’s Basin – Hard – Join us for an outside adventure full of wildlife at the Science Center. Open meadows, mature forests, and marsh boardwalks connect interactive natural exhibits where native animals reside: black bears, mountain lions, raptors, river otters, bobcats, and more. Spend a day - take a self-guided tour of the animal exhibit trail and hiking trails, enjoy a Squam Lake Cruise, take in the beauty of Kirkwood Gardens, and shop naturally in the Howling Coyote Gift Shop. *Please note this is an indoor and outdoor museum, so dress for the weather* **Signup deadline is May 6th and the cost is \$17.00 per person plus your food.**

Tuesday May 14th @9:00 am – Men’s Breakfast in the Coffee Shop

Wednesday May 15th @9:00am – Shopping at the Mall of NH – Easy - Join us for shopping at the Mall of NH. Explore your favorite shops like Lindt Chocolates, Macy’s Christopher Banks, Sears, JC Penny, Walking Company, Famous Footwear, Eastern Mountain sports, Old Navy, Lands’ End, GNC and many more. With over 80 stores to shop at there is something for everyone and this indoor mall offers plenty of places to stop, sit and relax as well. **Signup deadline is May 10th and the cost is your shopping and 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.

Friday, May 17th @9:00 am – Trip to Canterbury Shaker Village in Canterbury – Moderate – Join us for this open-air adventure and self-guided tour of this picturesque place. Canterbury Shaker Village offers a variety of educational and engaging experiences in one of the most picturesque settings in northern New England. Admission to the Village includes access to self-guided exhibit buildings, craft demonstration shops, guided tours, family activities, herbal and vegetable gardens, unique shopping, simple cafe fare, and breathtaking scenery. You will dine at your leisure at the Museum Café on site. *Please note that not all areas are handicap accessible, this is an indoor and outdoor museum, so dress for the weather.* **Signup deadline is May 13th and the cost is \$19.00 per person plus your food.**

Monday, May 20th @1:00 pm – Eric R. Fossum Presentation in the Maple Room – Ever wonder how we got from taking pictures with a film camera to being able to capture an image instantly with a phone? Well, would you believe that the person who invented that technology lives in NH? Eric Fossum, a Queen Elizabeth Prize Laureate, Professor at Dartmouth College is the inventor of the CMOS active pixel image sensor. The thing that allows you to capture an image without film. Eric has worked for NASA and has been featured on NH Chronicle, he had an exhibit in the Smithsonian, and is an avid supporter of Camp Invention. We are very lucky to have him come and give a presentation to us on his invention of the digital photo sensor, so we hope to see you all there.

Wednesday, May 22nd @4:00 pm – Dining Out at Angelina’s in Concord – Easy – join us for a taste of Italy in this renowned restaurant in Concord. It has been referred to as being like you are in Old World Italy for the best comfort food you can get. **Signup deadline is May 17th and the cost is your food.**

Friday, May 24th @9:00 am – Trip to Strawberry Banke Museum – Moderate - Strawberry Banke Museum, in the heart of historic downtown Portsmouth, New Hampshire, is an authentic 10-acre outdoor history museum dedicated to bringing 300+ years of American history in the same waterfront neighborhood to life. The Museum is a place for you to explore eight heritage gardens, 32 historic buildings, traditional crafts, preservation programs, hands-on activities, stories told by costumed role-players and the changing exhibits that offer hours of fun and discovery. The Museum's restored buildings and open space invite visitors to immerse themselves in the past, using objects from the museum's collection of 30,000 artifacts, and the histories of the families who lived and worked in the Puddle Dock neighborhood. You will dine at your leisure at the Museum Café on site. *Please note that not all areas are handicap accessible, this is an indoor and outdoor museum, so dress for the weather.* **Signup deadline is May 17th and the cost is \$20.00 per person plus your food.**

Monday, May 27th @11:00 am – Memorial Day Ceremony in the Maple Room

Thursday, May 30th @9:00 am – NH Veteran’s Cemetery Memorial Day Service Trip in Boscawen – Easy – Join us as we attend the NH Veteran’s Cemetery Memorial Day Service. This is truly a wonderful tribute to our Military service men and women. *We will not be stopping for food on this trip and will be back on campus around 1:30 pm, there is no cost to attend, this is an outdoor event rain or shine so please dress appropriately and be prepared to sit outside for 1 ½ to 2 hours. There is limited space on this trip.* **Signup deadline is May 22nd.**

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.

5/9 Normandie Mindheim



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 then lines, and not blocking through traffic. This is very important to insure everyone's safety. Thank you for you cooperation and understanding.



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 May 21st, 2019 @9:30am.