



**August 2019**  
Volume 17

**Celebrating**  
**August**

**Read a Romance**  
**Novel Month**

**American Artists**  
**Appreciation**  
**Month**

**International**  
**Clown Week**  
*August 1-7*

**Sandcastle Day**  
*August 3*

**Bowling Day**  
*August 10*

**International**  
**Left Handers**  
**Day**  
*August 13*

**International**  
**Geocaching Day**  
*August 17*

**Bow Tie Day**  
*August 28*

## What's Happening at Sugar Hill

Snap! Just like that, it's August and summer is in full swing.

We have many things planned for the month of August and we hope you will take part in them all. Our Thai Scholar Students are coming to an end so don't miss out on a chance to spend some time with these amazing students, they will be here on Wednesday's at 1:30 pm until August 14th.

We are going to Weeks State Park Museum, the home of Senator John Wingate Weeks. He was a State representative, secretary of war, and senator, but most notably a conservationist. He is most remembered for his passing of the Weeks Act of 1911, creating the national forests in the eastern United States. We will tour his home and take in this unique museum at the top of Mt. Prospect as well as the views of the Presidential Mountain Range. We will follow that up with lunch at the historic Mt. Grand View Hotel.

Ted Scheu will be here on August 8<sup>th</sup> at 2:00pm sharing his poetry. Our Annual "Lobster Bake" is this month on the 15th. This is an outdoor party that starts at 5:00 pm. Dining Service does not start until 5:30 – 6:15 served buffet style. This is an open seating, buffet style, and casual event. There

is also limited space available so signup early. This is a residents only, no guest event. As always if you wish to have more than one lobster, you can, however, it is an additional charge and you need to let the kitchen know in advance.

We also will be going on a whale watching adventure. This will be a 4-5 hour boat ride and will require standing, stairs, and balance at different times. There are also no guarantees on seeing whales, however in the very unlikely event that we do not see anything the company offers a voucher to return at a different time. The Granite State Whale Watch Company has a very good track record for sighting whales.

There are lots of other events and trips to take in this month. From musical concert by Bob McCarthy in the Maple Room to Cannon Mountain Tramway, Ice Cream and Bocce Socials and great Dining opportunities. Please read all about them and post your calendars so you don't miss out.

Enjoy the last full month of official summer weather. Remember to stay hydrated and keep active both physically and mentally. Have a great August 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.

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**Friday, August 2nd @8: 00 am – Perkin’s Cove & Marginal Way - Moderate - One** of Ogunquit’s best-known treasures is the Marginal Way. If you’re looking for the chance to really commune with the salt air along the Ogunquit waterfront, here’s the perfect venue. The Marginal Way is a much-loved, fully paved public footpath hugging the Atlantic; one of the few oceanfront pedestrian thoroughfares of its kind in New England. And it’s been a fixture of Ogunquit since 1925 when Josiah Chase, Jr. donated its core land to the town. We will be picking a lunch spot along the way. This is an outdoor walking trip, you need to be able to walk distances and be outside in the weather to do this trip. **The cost of this trip is your food and shopping and the signup deadline is July 26th.**

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**Tuesday, August 6th @8:00 am – Weeks State Park and Mt. View Grand Hotel – Moderate - John** Wingate Weeks Historic Site's Mt. Prospect estate was built at the direction of John Wingate Weeks, leading conservationist, U.S. congressman, U.S. senator, and Secretary of War under Presidents Harding and Coolidge. The 446-acre Mt. Prospect estate was given to the state of New Hampshire in 1941 by John Weeks' children, Katherine Weeks Davidge and Sinclair Weeks. Set at the very top of Mt. Prospect in Lancaster, New Hampshire, the house and grounds provide a 360-degree panorama of mountain splendor, including the Presidential Range of the White Mountains, the Green Mountains of Vermont, the Kilkenny Range, the Percy Peaks, and the upper Connecticut River Valley. Visitors can climb the old stone fire tower for even better mountain views. The John Wingate Weeks House Museum at Weeks State Park also hosts a special exhibit dedicated to the USS John W. Weeks (DD-701), an Allen M. Sumner-class destroyer, and the men who served aboard this special ship. You must be able to do stairs in order to view the whole museum and the fire tower. The Mountain View Grand Resort & Spa – formerly called the Mountain View House – is a historic grand hotel that is over 150 years old. **The cost of this trip is \$5.00 plus your food and the signup deadline is July 31st.**

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**Thursday August 8<sup>th</sup> @2:00pm – Ted Scheu Poetry Reading in the Maple Room**

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**Friday, August 9th @8:30 am - Portland City & Lighthouse Tour – Moderate -** Visitors to Portland can easily miss some of Maine's most stunning sights since you really need a car to explore the scenic coastline. Avoid the headache of arranging your own transportation, or renting a car, on this guided tour of Portland's must-see sights. Stop in downtown Portland, and visit three lighthouses, including Portland Head Light—a historic lighthouse perched on the rocky coast. We will be having lunch at Dimillo’s floating restaurant. **The cost of this trip is \$30 plus your food and the signup deadline is August 2nd.**

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**Tuesday, August 13th @9:00 am – Men’s Breakfast in the Coffee Shop**

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**Wednesday August 14<sup>th</sup> @4:00pm – Bocce Social –** Limited space signup deadline August 9<sup>th</sup>.

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**Thursday, August 15th @5:00 pm – Lobster Bake under the Tent –** Space is limited so signup early. This is a residents only, no guests event. This is an outdoor party that starts at 5:00 pm. Dining Service does not start until 5:30 – 6:15 served buffet style. This is an open seating, buffet style, and casual event.

**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, August 16th @1: 00 pm – Bob McCarthy Music performance in the Maple Room.**

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**Thursday, August 22nd @5:00 pm – Music & Dining at Castle in the Clouds – Easy –**

Join us for dinner and live music as you watch the sunset over Lake Winnepesaukee from our beautiful outdoor terrace! Come with your dinner partners and an appetite for classic American fare with unique twists. **Signup deadline is August 1<sup>st</sup> and the cost is \$10.00 per person plus your food.**

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**Friday, August 23rd @8: 30 am – Cannon Mt. Tramway and Lunch at Woodstock Brewery –**

**Moderate** - An 80-passenger cable car brings visitors to the 4,080-foot summit of Cannon Mountain in under ten minutes. On a clear day, you can see the mountains of four states and Canada! At the summit, you'll find spectacular scenic walking paths, a 360-degree observation deck, a cafe, bar, and restrooms. **The cost of this trip is your food and the signup deadline is August 16th.**

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**Tuesday, August 27th @9:00 am – Ladies Breakfast in the Coffee Shop**

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**Wednesday August 28<sup>th</sup> @1:00pm – Ice Cream Social in the Lobby**

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**Wednesday, August 28th @4: 00 pm – Dining out at the Italian Farm House in Plymouth – Easy -**

The Italian Farmhouse in Plymouth, N.H. is a proud member of the Common Man family, and serves delicious Italian food in a quaint. Specializing in American-Italian fare, start off your meal with a selection from their antipasti menus, such as Fresh Mussels or Fried Calamari. Try their Verde Salad in between courses, and then delve into one of their hearty main dishes, like Farmhouse Scampi or Cioppino! Don't forget dessert! Try an authentic Tiramisu followed by a steaming Cappuccino or Espresso. **The cost of this trip is your food and the signup deadline is August 23rd.**

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**Friday, August 30th @12: 00 pm – Granite State Whale Watching Trip – Moderate -**

Since all whale watchers are 'guests' visiting the natural environment of these animals, we consider every whale watch a true expedition rather than a sightseeing excursion. Thus, your whale watch boarding pass is not an admission to a show, but rather an opportunity to observe wild animals which, on a worldwide basis, are quite rare. Whether we sight these marvelous creatures is entirely up to the whales; the probability is quite excellent--we have a 99% sighting record. On the rare occasion that we do not sight any whales or dolphins, a free pass good for one year will be issued. We are very fortunate to be located central to Jeffreys Ledge where cold, nutrient-rich waters support a large variety of sea life, including zooplankton, krill, sand lance, herring, and mackerel, all of which are favorite foods for the whales. During the past several years, Jeffreys has hosted the largest population of whales on the New England coast. We have a chance of encountering 40-ton Humpback Whales, 70 ft. Finback Whales, Minke Whales, and highly endangered Right Whales. Other species sighted include Atlantic White Sided Dolphins, Harbor Porpoises, Pilot Whales, Harbor Seals, Sharks, Tuna and Ocean Sunfish. This is a 2-3 hour boat trip and we will stop for a quick bite to eat after returning to port. **The cost of this trip is \$30.00 plus your food and the signup deadline is August 23<sup>rd</sup>.**

## 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.

|      |                 |
|------|-----------------|
| 8/1  | Janine Brothers |
| 8/4  | Arthur Fitts    |
| 8/5  | Ben Ciolfi      |
| 8/7  | Dick Wasson     |
| 8/11 | Arthur Mindhiem |
| 8/12 | Florence Lavoie |
| 8/15 | Richard Harris  |
| 8/15 | Ramona Lockhart |
| 8/17 | Ginny Fortier   |
| 8/24 | Prue Fitts      |
| 8/29 | Richard Stacey  |
| 8/31 | Ben Lavoie      |



### 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. Now a registered user? No problem contact Christina and start your Brain Fitness Journey today!



### Message from the Library Committee.

We'd like to thank those of you who choose to donate books for our reading pleasure. How fortunate we all are to be able to pick out a book, keep it as long as we want, and return without overdue charges! Because of your generosity though we now are running out of space. However the good news is that we are now in the process of expanding our shelves to accommodate the overstock. (Thank you Glen and Wayne!) Until this expansion is complete we ask that you limit your gift to one hard cover book, and no paperbacks at this time please.

When all is completed we hope to designate 2 shelves for paperbacks — one for fiction and one for non-fiction.

We are also hoping to have a featured section for local authors—Sugar Hill residents as well as others from the Wolfeboro and New Hampshire area.

To help us purge we are dating when books are returned to trace how often they are read. Please let us know if you have any questions or suggestions.

Thank you. Janine Brothers, Prue Fitts, Jane Hall and Ginny Fortier



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 August 20, 2019 @9:30am in the Maple Room.