

Sugar Hill Retirement Community
News, Events, and Activities.



September 2019

Volume 18

**Celebrating
September**

Happy Cat Month

Sewing Month

**International
Enthusiasm Week**
September 1-7

Labor Day (U.S.)
September 2

**International
Day of Democracy**
September 15

**World
Alzheimer's Day**
September 21

Love Note Day
September 27

World Heart Day
September 29



What's Happening at Sugar Hill

Crisp mornings are starting and Autumn color is coming, hello September.

It is hard to believe that Labor Day has already arrived and that we will have to start thinking about sweater weather again but alas, that is the truth. So let's enjoy the last of the beautiful weather and go on some adventures and have some fun.

Our Bocce social this month is on September 4th. This is a signup only event with a limit of 12 people. All who signup must play, we will be providing refreshments.

September 5th is our Oktoberfest pub night party, join us for great food, trivia, games, door prizes and fun. Wear your best Oktoberfest outfit and win a prize. This is an open seating event, party starts at 5:00 pm and dining room opens at 5:30 pm. Hope to see you all there.

We have many new residents so please extend a warm welcome to them all. One of our new residents, Mary Ellen Boudman has decided to share her love, knowledge, and skill of art with all of you. Starting Wednesday September 11th at 1:00 pm she will be starting an "Art to Share" group in the coffee shop. Mary Ellen has been involve with art and her career was an art teacher, and wishes to share her talents with all of you. Whether or not you have drawn before that doesn't matter, Mary Ellen says everyone can do it. She is going to be giving pastel drawing instruction, for free, to all who wish to come. She hopes you will join her for some fun, friendship, and creative expressions.

There is so many opportunities for fun and entertainment this month we hope you take part in them all.

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 September 4th @4:00pm - Bocce Social – Moderate - Grab a partner and join us for some Bocce. Don't know how to play? That is ok we will teach you. We will supply drinks and appetizers you come ready to play and have a good time. All residents who sign up must play! **There is limit of 12 spaces for this event so signup early all you need to bring is yourself. Signup deadline is August 30th.**

Thursday September 5th @5:00 pm – Octoberfest Pub Night - We are having a celebration of Octoberfest! We will be serving beer and shandy's. There will be door prizes and a special prize for the person who shows up dressed in the best "Octoberfest Outfit". Fun to be had by all! Bar opens at 5:00pm and dining room opens at 5:30. **Signup deadline is September 3rd.**

Friday September 6th @9:30 am - Squam Lake Science Center Lake Cruise and Lunch at Walters Basin - Easy - Learn about the natural history of the lake, the wildlife that makes Squam so special, and the people who have enjoyed these lakes for over 5,000 years. View locations where the movie On Golden Pond was filmed. Watch for Common Loons, Bald Eagles, and other wildlife. Follow that up with lunch at the iconic Walter's Basin. **Cost is \$25.00 per person plus the cost of your food. Signup deadline is August 30th.**

Tuesday September 10th @9:00am – Men's Breakfast in the Coffee Shop

Wednesday September 11th @10:00am – Dining at the Covered Bridge Farm Table – Easy - Overlooking the scenic Pemigewasset River and Historic Blair Covered Bridge, is open for Lunch, Dinner and Sunday Brunch. A unique menu featuring "Fresh Fusion." A Farm to Table attitude infused with Asian, French and Italian cuisines as well as traditional selections and old favorites. The Covered Bridge Farm Table offers a relaxed comfortable atmosphere and friendly service. **Signup deadline is September 5th and the cost is your food.**

Friday September 13th @9:00am – Trip to the Sea Coast Science Center – Moderate - Get up close and personal with the fascinating creatures that live just outside our doors. Learn about whales and other marine mammals of the Gulf of Maine and about the work we do to protect them. Discover the wonders of our Blue Planet and how you can help protect it. We will be having Lunch at BG's Boat House. **Signup deadline is September 6th and the cost is \$8.00 plus your food.**

Wednesday September 18th @8:30am – Trip to the Flume Gorge and Picnic Lunch – Hard - The Flume is a natural gorge extending 800 feet at the base of Mount Liberty. The walls of Conway granite rise to a height of 70 to 90 feet and are 12 to 20 feet apart. A trip into the Flume begins and ends at the Flume Visitor's Center. Guests can choose to walk through just the Gorge or do a two mile loop. The walk includes uphill walking and many stairs. The boardwalk allows you to look closely at the growth of flowers, ferns and mosses found here. We will have a picnic lunch and enjoy the beautiful nature around us. **Signup deadline is September 13th and the cost is \$20.00 per person.**

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.

Thursday September 19th @2:00pm – Deborrah Windham Concert in the Maple Room - As seen on ABC Chicago, FOX and NBC, contemporary pianist/composer Deborrah Wyndham has given over 3,500 performances nation-wide. With this history and the recent release of her first CD recording of all original instrumental piano music entitled “The Beginning”, she has established herself as one of the most accomplished and inventive composers on the piano music scene today. Her original works reflect a unique, contemporary style all her own that lies in the realm somewhere between classical and jazz

Friday September 20th @9:00am – Trip to the Highland Games – Moderate - The New Hampshire Highland Games & Festival (NHHG&F) is one of the largest and most diverse Highland Games held in North America and the largest cultural event. This celebration of Scottish heritage is held the third Friday, Saturday, and Sunday of September each year at Loon Mountain Resort in the White Mountains of New Hampshire. Enjoy music, dancing, food, history, sheep dog demonstrations, and of course the Highland games. **Signup deadline is September 13th and the cost of the trip is \$20.00 per person plus your food.**

Monday September 23rd @9:00am – Apple Picking at Apple Hill Orchard & Lunch at Red Arrow Diner – Moderate – Join us for a fall classic and enjoy apple picking from over 15 variety of apples. Red Arrow Diner is the proud recipient of the 2019 Business of the Year by Business New Hampshire Magazine. Red Arrow has all of your home cooked, made from scratch, comfort and classic foods you love at great prices. **Signup deadline is September 20th and the cost is your picking and your food.**

Tuesday September 24th @9:00am – Ladies Breakfast in the Coffee Shop

Wednesday September 25th @4:00pm – Dining out at Hobbs Tavern – Easy - An idyllic countryside tavern and brew house offering warmth, history, classic comfort food, and handcrafted beer at the foot of the New Hampshire White Mountains. **Signup deadline is September 20th and cost is your food.**

Thursday September 26th @9:00am – Rocks Estate & Lonesome Woods Trip – Moderate - The Rocks in Bethlehem, New Hampshire is the North Country Conservation & Education Center for the Society for the Protection of New Hampshire Forests. Known as a popular NH Christmas tree farm, the 1,400-acre property offers much more. Beyond the neat rows of Christmas trees lined by perfect stone walls lies a world of history, wildlife, and experiential learning. The property is open to visitors year-round, and we will do a self-guided tours and light hike. Lonesome Woods is a second generation antique and apothecary shop located in the White Mountains of Bethlehem New Hampshire. We will pick a restaurant once we are there. **Signup deadline is September 20th and the cost for this trip is your food.**

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.

9/2	Jane Hall
9/4	Janice Putney
9/9	Joan Garnsey
9/9	Andrea Newton
9/14	Doug Brothers
9/21	Kathy Roberts
9/25	Yvonne Lackey
9/26	Eva Madden



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!



Trip Reminders

With so many new residents and great trip opportunities, we want to take a moment and remind you of things you need to know when signing up to go on a trip with us.

- Trip signup sheets are across from the mailboxes. They list the trip date, signup deadline, and cost. Please only place and remove your name.
- Tickets are non-refundable after purchase.
- You can bring guests with you on any trip so long as they do not take a space way from another resident.
- The time listed on the sheet is the departure time. You need to be in the lobby at least 10 minutes before that time. If you wish to be picked up at your cottage, you need to contact Christina before the day of the trip and make arrangements for pickup. If we are picking you up at your cottage you need to be ready for pickup at least 20 minutes before the departure time. Please be courteous of this, so that everyone can be allotted the most amount of time at our destination.
- If you require food or drinks while on a trip, please make sure that you bring them with you, as well as any medications may need. The bus has bottled water for all long distance trips for your convenience.

Thank you for your cooperation and now go signup for a fun adventure.



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 September 17, 2019 @9:30am in the Maple Room.



The West Oxford Agricultural Society (presenters of the Fryeburg Fair) was incorporated on June 3, 1851. Originally nine Maine towns were included, with six New Hampshire towns added in 1888. After moving from town to town for the first few years, a permanent fair site was purchased in Fryeburg. After nearly 30 years it moved to its present location, north of town, with the purchase of 26 acres for \$133. The first fair was held there in October 1885. During the next 100 plus years it has expanded to 200 acres and includes 100 permanent buildings, with over 3,000 camping sites. Currently, about 300,000 attend the fair annually.

DAILY ENTERTAINMENT

Fryeburg Fair is pleased to present over 200 of Maine's most talented musicians and entertainers throughout the Fair week. Performances are ongoing in five different locations, the Waterwheel Park by the Front Gate, Christmas Tree Park next to the Pulling Ring, Hayseed Theater by the Orange Gate, and the Draft Horse Park by the Llama Barn. Entertainment brochures are available at each gate and the information booth.

TUESDAY, OCTOBER 1 - Senior Citizens Day (65 and over - gate free)
Must have ID

Pick up for this trip will be in the **lobby only** at 8:00 am. We will be making a quick pit stop in Conway and you should arrive at the fair between 9:30 - 9:45 am. There are plenty of places to sit and relax as well as enjoy free entertainment. The fair grounds are flat and the grandstands have handicap accessibility. There is all kinds of food and treats to take part in as well. This is a self-guided tour of the fair, you chose what you want to see and how you want to see it. You will be picked up at the orange gate at 3:00 pm and will proceed home. You should arrive back at Sugar Hill between 4:00 -4:30 pm. **Signup deadline for this trip is September 26th and the cost is \$12.00 (if under 65) plus your food.**