

February 2020
Volume 23



Sugar Hill Retirement Community
News, Events, and Activities.



Celebrating
February

Library Lovers
Month

Mend a Broken
Heart Month

Black History
Month

Groundhog Day
February 2

Westminster Dog
Show
February 10–11

Valentine's Day
February 14

Presidents' Day:
U.S.
February 17

Mardi Gras
February 25

Leap Year Day
February 29

What's happening at Sugar Hill

"Away in a meadow all covered with snow, the little old groundhog looks for his shadow. The clouds in the sky determine our fate. If winter will leave us early or late."

~Don Halley

We may all be hoping for an early spring announcement from the groundhog, time will tell if winter is winding down or gearing up. Happy February everyone.

We have many wonderful opportunities to beat the "winter blues" this month. Please be sure to read all about them and mark your calendars.

There will be a signup sheet on the bulletin board for voting transportation on February 11th, space is limited so signup early. If you are not a registered voter please make sure you have all of your identification with you or you cannot register.



Ice Castles are open! We will be offering a trip to see the award-winning frozen attraction of the Ice Castles in Woodstock NH. This is a truly spectacular sight to see and you don't want to miss it.

Baby its Cold Outside!

At any time, the parking areas, driveways and paths can be slippery, despite being salted and sanded...please always use caution when walking outside-even when the sun is shining the thawing of snow leads to water and ice buildup on all of these surfaces!

After snow storms please do not park in the roadways or in front of Sugar House – until the plows have done their jobs clearing these areas

Welcome New Residents

Liz Benson

1/16 – Overlook Drive

Sheldon and Priscilla Jones

2/6 – Sugar House

We are happy you're here!

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, February 5th @10:30am – Escape Room Challenge & Lunch at Beefside – Concord – Moderate - An escape room, also known as an escape game, is a game in which a team of players cooperatively discover clues, solve puzzles, and accomplish tasks in one or more rooms to progress and accomplish a specific goal in a limited amount of time. The goal is often to escape from the site of the game. The room is full of technology and has lots of exciting and interesting puzzles for you and your group to solve. If you have never done an escape room this is the perfect place to start. We will start with lunch at Beefside a casual restaurant specializing in roast beef, fish & hickory-smoked BBQ. **The Cost of this trip is \$25.00 per person plus your food, signup deadline is February 1st.**

Thursday, February 6th @9: 00 am - Shopping at Walmart and the Ridge Market Place in Rochester – Moderate - We are replacing our regularly scheduled in a 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. **The signup deadline is February 3rd and the cost is your shopping.**

Thursday, February 6th @5: 00 pm – Pub Night / Chinese New Year Theme

Friday, February 7th @9: 00 am – NH Historical Society Museum & Lunch at the Barley House – Concord – Moderate - Since 1823 the New Hampshire Historical Society has been preserving our state's past and telling its stories to each generation. Nowhere will you find a more extensive collection of archives and objects related to New Hampshire's history. The Barley House is located in historic downtown Concord, NH across from the gold dome of the statehouse. They are Concord's go-to for delicious food, friendly service and a wide selection of fresh craft beer. **The Cost of this trip is \$7.00 per person plus your food, signup deadline is February 3rd.**

Tuesday, February 11th @9: 00 am – Men's Breakfast in the Coffee Shop

Tuesday, February 11th @3: 00 pm - Ice Castles Tour and Dinner at The Common Man –Lincoln - Moderate - Ice Castles is an award-winning frozen attraction. The experience is built using hundreds of thousands of icicles hand-placed by professional ice artists. The castles include LED-lit sculptures, frozen thrones, ice-carved tunnels, slides, fountains and much more. This is an outdoor tour of the Ice Castles. **You will need to be dressed for the weather and be able to be outside for 1 hour in the conditions. You will need to be able to walk and stand on a snow-packed surface with a good balance. If you require an assisted walking device this is not a recommended trip for you. Tickets are non-refundable after purchase but can be rescheduled. The cost for this trip is \$17.00 plus your food and the signup deadline is January 31st.**

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.

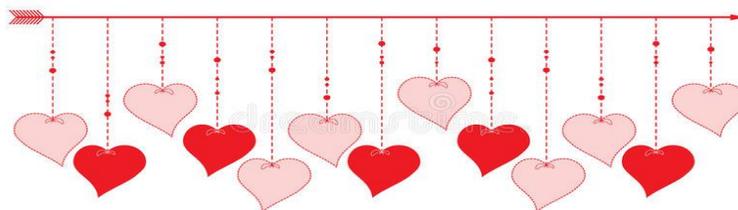
Hard: This is a trip where there is a lot of walking without many resting spots and uneven terrain or stairs, or long intervals of standing and requires good balance and endurance.

Friday, February 14th - Valentine's Day Dinner in the Dining Room**Tuesday, February 18th @9:30am – Residents Meeting in the Maple Room**

Wednesday, February 19th @11: 00 am – Ichiban Japanese Steakhouse & Sushi Bar – Concord – Easy – Ichiban has it all, it is a family-owned restaurant serving traditional Japanese Cuisine with an American Flare! From tempura, sushi, sashimi, udon, bento boxes, and Hibachi offerings there is something for everyone at this restaurant. Sit at the Hibachi and watch a display of culinary skill as your chef prepares your food right before your eyes. **The cost of this trip is your food and the signup deadline is February 14th.**

Thursday, February 20th @5: 00 pm – Storyteller Dinner with Ed Fayle - Master storyteller Ed Fayle, a Mount Washington Valley favorite, is coming to Sugar Hill to share his talent with us. Ed Fayle has built his reputation as a whimsical and charming entertainer, delighting family audiences by spinning marvelous tales. We hope you join us for this great opportunity, dinner and a story or two. **The cost is \$5.00 per person plus your dinner fee, signup deadline is February 18th.**

Friday, February 21st @8:30am – The Butterfly Place – Westford MA - Moderate - See New England butterflies and tropical species from all over the world. Walk along a winding pathway. Observe butterflies sipping from flowers, basking in the sunshine and flying freely in a natural habitat. Enjoy our koi fish and quail birds that live among the butterflies. Visit the “show and tell bench” where a staff member is always available to answer your questions and help make your visit fun. See eggs, caterpillars or other interesting creatures up close. **The cost of this trip is \$11.00 plus your food and the signup deadline is February 14th.**

Tuesday, February 25th @9: 00 am – Ladies Breakfast in the Coffee Shop**Friday, February 28th @9:30am – Chef Forum in the Coffee Shop**

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.

2/3	Jo West
2/10	Morton Smith
2/12	Nancy Smith
2/18	Sandi Paczkowski
2/23	Marie Casaccio
2/26	Helen Mako

Dining Signup Reminder

Please be sure that you choose your entrée when you sign up for dinner. This ensures that we prep the entrée's accordingly and cuts down on waste. When you come to dinner you will be served what you signed up for. Lorrie has been making every effort to insure that all diners have chosen an entrée and that all to go slips are filled out properly. This is very important for the efficiency, cost control and ease of service.



Staff Update – Dawn Jesus, Sous Chef

We are very pleased to announce that Dawn Jesus has accepted the position of Sous Chef. Dawn has been a part of the Dietary team since March of 2018. She lives in Ossipee with her husband and three children. We are very lucky to have Dawn in this position, and look forward to her scrumptious meals!

Valentine's Day Dinner

Valentine's Day dinner will be a plated and served meal as opposed to a buffet this year. Chef Siobhan and her team will be serving a very special meal this evening. We will have sign ups and a very special menu out early.

Welcome New Staff

David Kelleher – Kitchen Assistant
Kaylin White- Housekeeper
Tanya Tallard – Wait Staff

Welcome to the Sugar Hill Family!

In Memoriam

*Don Achorn
Jean Hawkins
Nina Swift*



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 February 18, 2020 @9:30am in the Maple Room.