

March 2020
Volume 24

**Celebrating
March**

**Women's History
Month**

**International
Black Women in
Jazz and the
Arts Month**

**World
Compliment Day**
March 1

**International
Women's Day**
March 8

Welllderly Week
March 16–22

St. Patrick's Day
March 17

**Tuskegee Airmen
Day**
March 22

**Make Up Your
Own Holiday Day**
March 26



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



What's happening at Sugar Hill

“March came in that winter
like the meekest and
mildest of lambs, bringing
days that were crisp and
golden and tingling...”

~ Lucy Maud Montgomery

Well spring is just around the corner and that certainly will be a welcomed sight. It is Maple Sugar season and for us also means mud season is here, yuck. There are so many great things happening at Sugar Hill this month, so be sure to read about them all and signup early.

We have two arts and crafts type classes being offered this month. The first is a watercolor tutorial class on painting a barn owl (see page 4). The class is in three parts and done through online video streaming with professional wildlife artist Paul Hopkinson. For further information please see Christina. The second class is a basket weaving class (see page 4). It is a fun and easy craft activity that anyone can do. Plus it makes a useful item or gift. We hope you will take advantage of these opportunities.

Resident David Warren will be giving a presentation on the Waweek Steamboats in the Maple Room on Thursday 19th at 2:00pm. Our Storyteller Dinner from January has been rescheduled with Andy Davis on Thursday March 26th at 5:00pm.

We have two wonderful dining out opportunities to restaurants this month, lunch at NH best pizza THOP and dinner at Ciao Pasta. We have trips going to the Living Shores Aquarium, Hood Museum, You're Fired Ceramics Studio, NH Aviation Museum, and NH Telephone Museum. Read all about them in the following pages.

Please note that the Dakim Brain fitness Computer has moved to the Wellness Center on the 2nd floor. We hope you all have a happy and wonderful month of March.



Welcome New Residents

Robert Walterhouse
116 Sugar House

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, March 3rd @1:00pm – Barn Owl Watercolor Painting Class – Join us for a three-part tutorial paint class from professional wildlife artist Paul Hopkinson. This is a video tutorial and will be completed over three 1 ½ hour paint classes that will be held in the Maple Room. You will leave with a completed painting of a barn owl that you painted. A reference photo and outline to paint again if you wish, supply guide, 50 color half pan watercolor set, and a set of brushes are yours to keep. **The Signup deadline is February 20th and the cost is \$35.00 per person. Cost is nonrefundable once supplies are purchased.**

Thursday, March 5th @9:00am - 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, PetCo, NH Liquor Outlet, the Paper Store, Ulta Beauty, and many more. **The signup deadline is March 2nd and the cost is your shopping.**

Thursday, March 5th @5:00pm – Pub Night in the Lobby- Beer and Wine offered.

Friday, March 6th @9:00am – Living Shores Aquarium & Lunch at Delaney's Hole In the Wall - Moderate – Glen NH - Living Shores Aquarium, located at Story Land in Glen, NH is an indoor walk through adventure that allows discovery of wonders of the ocean year round. The aquarium includes over 32,000 sq. ft. of interactive tide pools, exhibits, and immersive activities. See otters, touch sting rays, interact with tropical birds and so much more. Delaney's Hole in the Wall Restaurant is an American staple plus a sushi menu provided in warm, rustic quarters with a buzzy sports tavern. They have also won many “Best of NH” awards. **Cost of this trip is \$20.00 per person plus your food and signup deadline is March 2nd.**

Tuesday, March 10th @9:00am – Men’s Breakfast in the Coffee Shop – Please note 10 people minimum signup required for this event to be held.

Wednesday, March 11th @11:00am – Dining out at THOP NH Best Pizzeria – Tilton NH – Easy - Award winning pizza restaurant in the lakes region of New Hampshire. It has won Best of NH awards for many years and is most notable known for being Best Pizza in NH. This is a 3rd generation family owned restaurant where you are always welcomed when you walk through the door and thanked before you leave. So join us for lunch! **Signup deadline is March 6th and the cost is your food.**

Thursday, March 12th @1:00pm - Basket Weaving Class – Have you ever wanted to learn how to weave a basket? Would you like to learn a simple age old skill that can apply to many things? Perhaps you would love to make some special homemade gifts for friends or family or learn a new hobby. Whatever the reason come join us in weaving a table basket together, it is a fun, simple craft, and at the end of the class you will have a beautiful and useful basket. This project will be broken down into two 1 hour classes held in the Maple Room. **Signup deadline is March 5th and the cost is \$32.00 per person. Cost is not refundable after supplies are purchased.**

Friday, March 13th @8:30am – Hood Museum & Lunch at Market Table – Hanover NH – Moderate – The Hood Museum of Art is a museum in Hanover, New Hampshire, United States. Dating back to 1772, the museum is owned and operated by Dartmouth College. The current building, designed by Charles Willard Moore and Chad Floyd, opened in the fall of 1985. It houses both permanent collections and visiting exhibitions. Market Table is a creative, seasonal American dishes & wine restaurant with a vibrant, rustic-modern setting with a patio. **Signup deadline is March 6th and the cost is your lunch.**

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.

Tuesday, March 17th @5:00pm – St. Patrick’s Day Dinner in the Dining Room

Wednesday, March 18th @4:00pm – Dining out at Ciao Pasta – Northfield NH – Easy - Welcome to Ciao Pasta, where “designer dishes” are our specialty! Just pick your pasta, choose a sauce and add on the goods. You will enjoy selecting from over 10 sauces and pastas along with add-ons from Parmesan Crusted Veal, Cajun Salmon, Sausage and Meatballs, plus many more add-ons to choose from. We want to serenade you with the aroma of garlic and Italian herbs, a great atmosphere, making you feel like you’re transported to Tuscany. While you may enjoy these incredible authentic pasta creations, be sure to ask your server about our “Ciao Signature Specials” like potato-encrusted haddock, or herb roasted prime rib! Oh, don’t forget about the incredible desserts, like Red Velvet Cheesecake or Lemon Mascarpone Cake! **Signup deadline is March 13th and the cost is your food.**

Thursday, March 19th @2:00pm – David Warren “Wawbeek Steamboat Presentation” in the Maple Room

Friday, March 20th @10:00am – You’re Fired Ceramics & Lunch at Red Arrow Diner – Concord NH – Easy – Join us for lunch at the Red Arrow Diner, a 100 year old staple of NH. Voted as one of the top 10 best diners in the country by USA Today, you can’t beat the food here. Open 24/7 serving all the traditional diner comfort foods including breakfast all day there is something for everyone here. Keep your eyes peeled for a celebrities or two as they tend to flock to the diner. From Adam Sandler to Paul Newman, many have graced this local establishment. Then we will be heading to You’re Fired Ceramics to pick and paint a project at their ceramic studio. **Signup deadline is March 13th and the cost is you food and ceramic project.**

Tuesday, March 24th @9:00am – Ladies Breakfast in the Coffee Shop - Please note 10 people minimum signup required for this event to be held.

Thursday, March 26th @5:00pm – Storyteller Dinner with Andy Davis – Reschedule - Andy Davis tells stories with warmth, humor, and verve. He draws his material from life in New Hampshire, and from the folklore and human struggles of the wider world. He can tell a shaggy dog with the best of them and follow it up with a personal tale laden with meaning. 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 March 24th.**

Friday, March 27th @8:30am – Trip to the NH Aviation Museum – Londonderry NH – Moderate - The New Hampshire Aviation Museum welcomes everyone with an interest in learning more about New Hampshire's exciting aviation history. The Aviation Museum is New Hampshire's only working museum devoted to aviation history in the Granite State. Lunch will be at Backyard Brewery a bustling locale offering house made beers and eclectic American grub. **Cost of this trip is \$5.00 plus your food, signup deadline is March 20th.**

Tuesday, March 31st @8:30am – NH Telephone Museum & Lunch at Contoocook Covered Bridge Restaurant – Warner NH – Moderate - The New Hampshire Telephone Museum houses a tangible history of telecommunications which can be viewed via guided or self-guided tours. Our knowledgeable staff provides engaging commentary highlighting important moments in telephone history, such as the race to the patent office, the undertaker who invented the dial system, and much more. The Contoocook Covered Bridge Restaurant offers classy casual cuisine of the highest quality, American & international dishes. **Cost is \$6.00 per person plus your food, signup deadline is March 27th.**

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.

3/5 Dolores Stephens
 3/8 Barbara Just
 3/8 Rae Lynn Warren
 3/14 Mallory Stephens
 3/20 Virginia Spatola
 3/20 Ann Dingwell
 3/25 Diana Kerr



Barn Owl Watercolor Painting Class

Come and learn how to paint this beautiful owl! Read all about it in the trips and events section. Have a question please see Christina.



Dakim Brain Fitness

With regular and consistent use of the Dakim, it is scientifically proven to improve the two most important cognitive functions of your brain—memory (immediate and delayed) and language abilities — as users strengthen attention, focus, and concentration.

- Super easy to use and a workout only takes 20 mins.
- Each user has their own program made just for them.
- It is on campus so you don't have to go anywhere to do it.
- It helps preserve the most important thing you have, your BRAIN.
- Regular exercise (3-4 times a week) is all it takes to see the results.

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

Dakim Computer is located in the Wellness Center

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 eliminates waste. When you come to dinner you will be served what you signed up for. Lorrie has been making every effort to ensure 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.



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 March 17, 2020 @9:30am in the Maple Room.