

TRIPS FLIER – SEPTEMBER 2015

UNLESS OTHERWISE STATED DATE SIGN-UP CAN BEGIN: TUESDAY SEPTEMBER 8th
To sign up for trips call 366-1234.

Please note: There is a \$10 fee charged for cancellations within 72 hours of the trip.
Non-residents pay a \$10 fee for going on Taylor Community trips.

The trips have descriptors – **Easy, Moderate, and Independent** – indicating the degree of mobility [walking, standing, stepping, etc.] required in order to safely participate and enjoy the trip. If a trip requires pre-paid tickets or entry fees, you cannot be reimbursed if you cancel from the trip OR if Taylor needs to cancel the trip due to weather conditions that make driving unsafe.

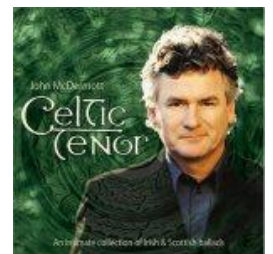
Please Note: All pick-up times are an approximation as circumstances may arise that could alter times by a few minutes.

Friday – September 4 – Perkins Cove and the Marginal Way [Easy to Moderate – optional walking] While at Perkins Cove you will be on your own to explore all the shops or you can just sit and enjoy the view. You can walk the entire length of the Marginal Way or just part of it. Enjoy lunch at one of the restaurants with ocean views. This trip was advertised as an early sign-up and there is currently a wait list. **The bus will begin picking up residents on the Laconia Campus at 8:00 AM. The bus will stop in Alton Bay between 8:45 AM and 9:00 AM.**



Tuesday to Wednesday – September 8 & 9 – Trapp Family Lodge in Stowe, Vermont [Easy] The Trapp Family Lodge has world-wide recognition as the perfect Vermont destination. Situated on 2,500 acres, the lodge features Austrian-inspired architecture and European-style accommodations. Run by Sam vonn Trapp, son of Johannes vonn Trapp, the lodge offers superb views, old world comfort and impeccable service. Added to that, it's the 50th Anniversary of "The Sound of Music." **This trip was advertised as an early sign-up and reservations have been made. The bus will begin picking up residents at their respective homes on the Laconia campus at Noon.**

Friday – September 11 – Laconia's Putnam Fund Program presents Irish Tenor John McDermott [Easy] John Charles McDermott is a Scottish-Canadian tenor best known for his rendering of the song "Danny Boy." This program is free, and "first-come first-serve." Doors at the Sacred Heart Church open at 6:00 PM for the 7:00 PM performance. **The bus will begin picking up residents on the Laconia campus at 5:45 PM.**



Saturday – September 19 – Lunch at Wentworth by the Sea followed by a stop at the Portsmouth Athenaeum [Easy] The SALT Kitchen and Bar is a combination of historic charm with contemporary luster. The menu offers prime ingredients fresh from the sea and garden as well as house-made pasta, freshly baked breads, and prime cuts of meat. The restaurant opens at 11:00 AM. The Portsmouth Athenaeum is a non-profit library and museum containing over 40,000 volumes and an archive of manuscripts, photographs, objects and other material relating to local history. There is a special exhibit "Embellishments: Constructing Victorian Detail." See Victorian design and techniques up close with garments from the UNH Irma Bowen Textile Collection. The Athenaeum is handicapped accessible and opens at 1:00 PM. **The bus will begin picking up residents on the Laconia campus at 9:30 AM and will stop in Alton Bay at approximately 10:10 AM.**

Monday – September 21 – Board the bus to Concord and enjoy supper at the Longhorn Steakhouse on Loudon Road [Easy] This restaurant is not just for steak lovers as the menu offers chef-inspired selections of chicken, salmon, shrimp, ribs, burgers, sandwiches, soups and salads. **The bus will begin picking up residents on the Laconia campus at 5:00 PM.**



Friday – September 25 – Currier Museum of Art Special Exhibit: *Witness to History: James Nachtwey – Afghanistan, Ground Zero and Iraq* [Easy to Moderate – level walking area throughout the museum] On September 11, 2001 award-winning photojournalist James Nachtwey stood with his camera a short distance from New York City's Twin Towers. Many of those images, along with pictures taken in Afghanistan before and after 9/11 and in Iraq are the focus of *Witness to History*. **Admission is \$10.00 and Museum staff asks**

that you bring the exact cash amount as they do not make change. Enjoy a leisurely lunch in the Winter Garden Cafe and stop at the Museum Gift Shop before heading home. Leave room for dessert as the bus will stop at Jordan's Ice Cream before returning home. **The bus will begin picking up residents on the Laconia campus at 9:45 AM and will make a convenience stop at the Concord Bus Station at approximately 10:30 AM.**

September is Healthy Aging Month

Here are nine ways to improve your health:

1. Get moving! Exercising on a regular basis helps to maintain a healthy body and brain. Aim for 30 minutes, 4-5 times per week.
2. Stay social. Take a class, volunteer, play games, see old friends and make new ones.
3. "Bulk up" your fiber by eating beans and other high fiber foods for digestive and heart health.
4. Add some spice to your life. Adding herbs and spices when you cook can enhance your meals if certain medications dull your taste buds.
5. Stay balanced by practicing yoga, T'ai Chi or by taking a balance class to improve agility and preventing falls.
6. Take a hike! Brisk daily walks can bolster both your heart and lungs.
7. Sleep well. Talk to a sleep specialist if you don't sleep soundly through the night. Not getting the right amount of sleep can affect your entire body and your brain.
8. Beat the blues. If you've been down in the dumps for a while, see your doctor as depression can be treated.
9. Don't forget! To aid your memory, make lists, follow routines, slow down and organize your day.