

**AT TAYLOR COMMUNITY,
"YOU ARE AS WELCOME
AS THE FLOWERS IN MAY."**

— CHARLES MACKLIN

At Taylor, outdoor activities are scheduled to kick-off during the month of May! There are numerous events planned in Wolfeboro and Laconia, which will allow residents to get outside, spend time with friends, enjoy the fresh air, and have fun. To learn more about the happenings on our campuses during the month of May, please refer to the Laconia and Wolfeboro sections of Vol. 291 of *The Taylor Gazette*.



The Taylor Resident Project Advisory Committee is flourishing and wants to hear from you!

The Taylor Resident Project Advisory Committee is here to help facilitate ideas, both big and small, in which residents would like considered as additions to our campuses. We have found that some of the best ideas often come from residents and have produced amenities on our campuses such as the Pavilion and the grills in Laconia. The grills (as pictured above) will be put into the stone frames for resident use within the next few weeks and will be operational throughout the warmer months.

Any type of proposal is welcomed and will be considered. Once an idea is formally presented the group will review the ideas presented during our monthly meeting and prioritize the ones they want to move forward with. Since the last announcement about this committee in a recent Taylor Messenger, we have already seen an influx in ideas. Thank you to all who have contributed and provided ideas to the group!

Currently, the committee includes Russ Cooper, Resident Trustee, Frank Judge, Chair of the TRA, Linda MacGuffie, and Steve Siegel, as well as Michael Flaherty, our President and CEO, and Kirk Beswick, our VP of Facilities. This group reports back to the TRA during its monthly meeting and updates committee members of projects being considered. Presently, we are looking to create a similar type of committee in Wolfeboro as part of their chapter of the TRA, so that residents can have the same ability and collaboration to bring ideas forward on that side of the lake, too.

If you need a form, they can be found on the Resident Section of our website, on Touchtown, or a hard copy can be picked up at the Sugar House. Please send completed forms to Sharon Ryba at sryba@taylorcommunity.org.



**Resident Town Hall Meetings
May, 2022**

Laconia Resident Town Hall
Monday, May 9th at 11:00 a.m. in the Tree Rooms of the Woodside Building

Wolfeboro Resident Town Hall
Tuesday, May 17th at 10:00 a.m. in the Maple Room of the Sugar House

RSVP via the Touchtown Community App in Events or with Brenda by calling (603) 366-1226 or emailing her at bkean@taylorcommunity.org.

As always, please feel free to submit any questions in advance to townhall@taylorcommunity.org or call Sharon Ryba at (603) 366-1411 to submit a question via phone.

Additionally, all Town Hall Meetings will now be available for viewing on Touchtown.

We look forward to seeing you there!

**Sunday Social and Birthday Celebration on the Taylor Laconia Campus
Sunday, May 29th
Woodside, 4:30 p.m.**

The Sunday Social and Birthday celebrations will be held on Sunday, May 29th in the Woodside Building. As usual, guests attending the social are encouraged to bring an appetizer or item of food to share with the group, or a monetary donation. The Social will begin at 4:30 p.m. and is hosted by Sally Reeder. Following this event, Betty Dunkling will be hosting the birthday event beginning at 5 p.m. The birthday celebration will be celebrating everyone who has a birthday during the month of May! Residents from both Laconia and Wolfeboro are welcome to attend.



In Memoriam

Donald Foudriat
Dec. 9, 1925 – April 21, 2022.

John “Thomas” McBreen
Feb. 12, 1937 – April 13, 2022.

Frank Dudman
Dec. 13, 1932 – April 8, 2022.

Marjorie Wiebe
Nov. 21, 1929 – April 5, 2022.

Pat Glenn
Aug. 21, 1933 – March 31, 2022.



**Celebrating Helen Tarmy –
Retirement Reception
Thursday, June 2nd
Elm Room at Woodside, 10:00 a.m.**

After 12 years of service to Taylor Community, Helen Tarmy is retiring. Please join us in celebrating Helen on Thursday, June 2nd at 10:00 a.m. at Woodside.



Caregiver Support Group Meeting



A number of residents find themselves becoming full-time caregivers for their loved ones in their homes. This responsibility is an awesome one, and comes with any number of challenges.

To support these caregivers, we offer a Caregivers Support Group, which meets for an hour weekly. During this time, the group comes together to consider a specific aspect of caregiving, and discuss the various challenges and successes different members wish to share. This group is open to all Taylor Community residents who wish to participate. New residents from any of our three campus locations are always welcome to join this group.

This group meets every Tuesday at 11:00 a.m. in the Birch Room at the Woodside Building on our Taylor Laconia campus. If you have any questions about this group, please feel free to reach out to Hank Offinger, MSW by calling (603) 366-1207 or email hoffinger@taylorcommunity.org.

Taylor Community Welcomes New Hires



Phil King – Phil has joined our Facilities Department. He comes to us with an associate degree in Electrical Systems Installation and Maintenance. Phil enjoys ice fishing in the winter and hiking during the summer months.

Cheryl Barnes – Cheryl is an RN and joins us with an extensive and impressive background in the field. Cheryl was awarded the Nurse Leader of the New England Region award in 2018. She previously raised miniature horses, chickens, rabbits, and goats. She has two Ragdoll reserve cats. In her free time, Cheryl enjoys making jewelry and selling at craft fairs.

Mary (Meg) Miller – Meg is an RN with a B.S. degree in Administration. She has worked in the nursing field for over 35 years. She lives with her husband, of 37 years and is a master gardener/natural resource steward with UNH extension.

Katrina Lavigne – Katrina has joined our Housekeeping Department. She has two dogs named Bandit and Jackson, and has two beautiful daughters, ages 11 and 7. In her free time, Katrina likes to listen to any type of music, go on walks, and enjoy the fresh air.

Welcome to Taylor, we're so happy you're here!



Technical Help for Computer/Printers

Shannen Edson is available to help residents with computer/printer issues. Cost for this service is \$45/hour and will be billed in 15 minute increments.

By appointment only. Please call (603) 366-1223 or email sedson@taylorcommunity.org



Mother's Day takes place on Sunday, May 8th in 2022, and is a time to celebrate everything that our moms mean to us. Mother's are an important part of each person's life, and Mother's Day provides an occasion to let this wonderful woman know just how greatly she is appreciated. There are so many ways to show love and gratitude, whether it's a brunch, a day together as a family, or even just receiving a card or call, these acts of appreciation go a long way.

For so many, mother's act as not only a trusted confidant but also as a best friends and support system no matter how far away their child has landed. That said, a mother's love is a beautiful thing that can't be captured in just one word so, instead, we have gathered quotes from residents and staff that highlight what being a mother means to them.

"The most satisfying part of being a mother is, for me, having watched our four children grow from being infants through childhood, adolescence (we all survived!) and young adulthood into the competent, caring, accomplished adults that they are today. Now, they are our friends, as well as our kids. And none of this would have happened without Al, the best parenting partner I could possibly have."

–Alexis Dorf, Taylor Resident

"My mother was fun, funny, told wonderful stories, and had great 'sayings.' Even some of my friends still quote my mother. My mom died 14 years ago and I still want to pick up the phone and tell her a funny story or saying. I am so glad she was my mom."

–Nan Baker, Taylor Resident

*"A Mother's heart is filled with love,
Always there for you,
Blessed by God above."*

–Helen Swasey, Taylor Resident

"My proudest accomplishments in life are my two children and my love for them is immeasurable."

–Brenda Kean, Taylor Staff

"I am thankful that I had my mom as a role model of what a perfect mom is – not that I could ever be compared to her. But, I like to think that I've given it my all."

–Paula Glaude, Taylor Staff

"When I think about a quote that speaks to me and how it feels to be a mother, the following phrase always comes to mind..."

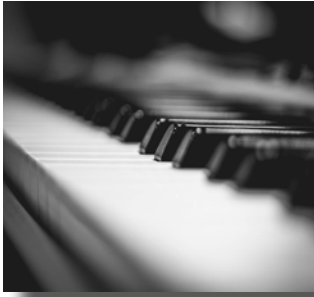
"I will love you forever, I will like you for always, as long as I am living, my baby you will be." It is from the book "I will love you forever".

This was my favorite book tp I read to my son and sobbed every time!

–Heather Joubert, Taylor Staff

"I think of my mom and the word I would use to sum her up would be "selfless." Once I became a mother, I understood how it can be possible to give so much of yourself in this sweet endeavor that is motherhood. It is the best thing in the world."

–Caralyn Russell, Taylor Staff



**An update from Gretchen Gandini –
Director of Community Outreach and Development**

**BANK OF NEW HAMPSHIRE SUPPORTS TAYLOR COMMUNITY
MUSIC SERIES**

Bank of New Hampshire recently made a generous \$30,000 donation to Taylor Community to become the presenting sponsor for the 2022 Taylor Community Music Series. This donation has also made possible the purchase of a new piano for an expanded concert series in Wolfeboro. Since 2013, Bank of New Hampshire has helped provide free monthly concerts with high caliber musicians for the enjoyment of both Taylor residents and the greater community.

“We are grateful for Bank of New Hampshire’s continued partnership,” said Michael Flaherty, Taylor Community’s President & CEO. “As a local bank with local roots and ownership, they have a unique understanding of the people and businesses they serve. With limited opportunities for live musical entertainment throughout the COVID-19 pandemic, the opportunity to now host an expanded concert series in Laconia and Wolfeboro was really special. This has stood as a true testament to Bank of New Hampshire’s commitment in supporting the arts in the greater Lakes Region.”

As a nonprofit organization, Taylor Community depends upon ongoing philanthropic support to provide this exceptional music series. If you would like to make a donation in support of the 2022 Taylor Community Music Series, please contact Gretchen at 366-1482 or ggandini@taylorcommunity.org.

**SAVE THE DATE – NH GIVES
Tuesday & Wednesday, June 7th - 8th**

NH GIVES – an initiative of the NH Center for Nonprofits – is a powerful, statewide 24-hour online fundraising event that is designed to build community, connect donors to local nonprofits and generate excitement about the nonprofit sector. Save the date and stay tuned for more information about this special 24-hour online fundraising event.



COMMUNITY CHALLENGE SHUFFLE

**Kick-off Date: Wednesday, April 27th
This runs every Wednesday through June 8th**

The weekly Patrick’s Pub Shuffle to support the Greater Lakes Region Children’s Auction begins on Wednesday, April 27th and continues every Wednesday evening through June 8th.

If you’d like to join your fellow Taylor Community friends for some great fun, exercise, and camaraderie at Patrick’s Pub, please do! The best part is that funds raised from the Community Challenge Shuffle give children and families in need a helping hand.

For more information about the Community Challenge Shuffle, please contact Gretchen Gandini at ggandini@taylorcommunity.org, or resident Team Captains Allan Clemow and John Larson.



Teacher Appreciation Week, May 2022

Celebrating Sugar Hill Residents – Peter and Jody Graham

Jody and Peter Graham were called to the profession of teaching from a young age. For Jody, she remembers playing school with her sisters and knew that her future would be within the field of education. Similarly, Peter Graham also knew that he wanted to spend his life working with youth from the experiences he had with his coaches growing up.

“I had a great high school coach that I loved in basketball and baseball, so it was through their mentorship that I knew that I wanted to be a coach,” said Peter.

This desire to become a coach and mentor other individuals was solidified as Peter’s calling during his years in college, as during his time at Plymouth State University he had the opportunity to play under one of the school’s most famous coaches, John Foley. It was then that he solidified his desire to enter education and coaching was indeed his life calling.

Both Jody and Peter went to Plymouth State University for their Bachelor’s Degrees, and then Peter went on to Salem State for his Masters and the University of Amherst, MA for his Doctorate degree. Jody and Peter, both found themselves in the classroom after receiving their degrees and stated that they immediately found the job fulfilling.

For Jody, she saw the classroom as not only a place where students became prepared for the workforce, but also a space that her students felt heard and supported. “I made sure that I never criticized any child, I made sure to praise many parts of him or her,” said Jody.

Jody taught business education and, at one point in the high school setting, she also taught business math and accounting. While she had a mix of both boys and girls in her classes over the years, she noted that she typically taught girls who were learning shorthand and typing skills.

“I tested my students to make sure that they were ready for the workforce. I wanted them to be fully prepared for a job when they graduated. My students always worked very hard because they wanted a future,” said Jody.

For Jody, she from knew first-hand experience that an understanding of the workplace was a necessity to be successful, as she had worked as an executive secretary for seven years entering teaching. Thus, it was Jody’s goal to bring the workplace experience to the classroom. To simulate what the workforce would be like, Jody created a workplace environment in the school itself to help her students see what a real world office would be like. Girls in her class were assigned as a secretary for any teacher who was in need of assistance with typing. Looking back, Jody noted that in many regards she had created an internship experience before they had become a standard practice for students.

“I wanted my students to have strong English skills, too. So, I made sure to guide them with that and the partnership with other teachers helped, as well. It’s wonderful to see how far women have come from the days of typing to now being business executives,” said Jody.

Peter also made a profound impact on the youth he worked with, as well as the teachers. Observant by nature, after many years in the educational setting Peter noticed a startling trend. He had discovered that the best teachers eventually capped out on what they were able to make for a salary. Thus, more often than not they would transition into an administrative roles solely for a pay increase.

Peter and Jody Graham cont.



While this was understandable, Peter noticed that this was leaving students without the best in the field to teach them. However, in the public school systems there was very little he could do to fix the systematic problems with wages, which every district he'd worked within seemed to face. It was only when Peter took a role at The Benjamin School, a private school located in West Palm Beach, Florida, that he finally had the financial backing to create a solution for this systematic problem.

After 5 years of working at the Benjamin School, Peter created an award that would help keep teachers in the classroom called the "Master Teacher Award." This award was based on the caliber of excellence a teacher brought to the classroom, as well as how they positively impacted students' lives. Those who were selected for the award automatically received a raise of up to \$80,000 and that would increase each year.

"With this award, teachers were now able to do what they loved without having to move into administration. Instead, they'd be compelled to do what they love and keep teaching," he said.

Actions like this and steps to reform and improve the educational system he worked in were common for Peter. For him, teaching, coaching, and advocating for both teachers and students was more than just a job – it was a life calling. Whether it was helping provide extra guidance and support to the athletes he coached, or encouraging youth who were into the arts, Peter placed an importance on making sure every child felt important and heard.

"I didn't want to do lunches with the board members, in fact, I'd always preferred having lunches with the kids and be present in their lives. So, I'd always eat with them whenever I could," said Peter.

He also tried his hardest to support every student's dream in whatever capacity he was able to provide. One such way was by writing a handwritten note to students who participated in the school plays to commend them on their performance and encourage them to keep pursuing their passion. While Peter was known for his sports background as an athletic administrator and coach at the school, he also valued the arts and music, too. Giving students encouragement in whatever avenue their passions were in was essential to how Peter led as both an educator, principal, and administrator. However, what Peter didn't realize at the time, was that these acts of kindness meant more to the students and the families than he'd realized. In fact, they meant so much to the community of students he served that an award was created in both his and Jody's honor.

Due to the financial crash in 2008, the Benjamin School was unable to keep the Master Teacher Award in place, as they didn't have the resources for it to continue. While this saddened Jody and Peter, they understood why the decision was made. However, just a few years later they were invited to an event that held a surprise announcement they never could have imagined. When they retired a family unbeknownst to them decided to create an award every year in their name. This new award would provide two teachers selected each year with an award of \$25,000, tax-free. This monetary award is presented to the teacher at the end of the year and continues to this day.

"It amazed me that this is what they were doing and continue to do," said Peter.

Peter then went on to note that the generous donation was made by a former student's grandmother, who had seen how much Peter's handwritten notes had meant to her granddaughter after every play she performed in. This small act by Peter had started a ripple effect, which eventually that back came full-circle years later in an incredibly profound way.

Please see the blog on the Taylor website for more information about Peter's background as an educator and coach, including photos of the school he used to work at, additional awards in his name, and quotes regarding how much teaching has meant to him.



Celebrating Taylor Resident Rod Dyer – Recipient of the Nixon-Zachos Award for 2022

The Nixon-Zachos Award was created to honor the memory of David Nixon and Kimon Zachos, two New Hampshire attorneys who were leaders in the law and in their community. Both were active members of the New Hampshire Bar Foundation and the Bar Association; however, some of their most important contributions were to their communities generally. Through their work, they emphasized the important roles of lawyers – including shaping the law, serving in the state legislature, and working to ensure that we remain in a society in which all stand equal before the law.

As recipient of this year's award, Rod Dyer, a resident residing on the Laconia campus, has been noted as, "A role model for younger attorneys and community-minded individuals."

Rod received his JD from Boston University and has been an active member of both the Belknap County Bar Association (Past President, 1977-1979) and the New Hampshire Bar Association. As an attorney, Rod has made a difference in the lives of countless individuals, as well as the community at large. Through his legal expertise, Rod assisted many companies with business and corporate representation, and commercial transactions. He was also known for his willingness to assist clients with Estate Planning and Probate Administration.

Outside of his role in law, Rod has been a community-centered figure and has exemplified what Nixon and Zachos stood for as attorneys. Rod has been instrumental in the real estate and condominium development in central New Hampshire for more than thirty-five years. From 2005 to 2011, he served as Chairman of Laconia Savings Bank (that has since changed its name to Bank of New Hampshire), which is the largest independent bank in the state. He has also been an active member of the Lakes Region community. He served two terms as Mayor of Laconia and served as Chair of the Laconia School Board.

Other notable distinctions include being the co-founder of the Lakes Business Group and of the Lakes Region Community Health and Hospice. He is a member of the Laconia/Gilford Economic Development Authority and was the Gilford Representative on the Joint Board of Commissioners of the Lakes Region Business Park. In 2017, the Gilford Town Report was dedicated to Rod by the Town of Gilford.

Thank you, Rod, for your life-long commitment to your community and for your outstanding work in the field of law. We congratulate you on this well-deserved award!

Thank you Taylor Community Volunteers!

As part of Volunteer Appreciation Month, resident volunteers gathered together to celebrate the many ways that our residents give back to Taylor Community and the community at large.

This event was hosted by Charlotte Leavitt, our Volunteer Coordinator at Taylor. Thank you, Charlotte, for putting in countless hours to ensure that our volunteer program stays active and strong. Without your efforts we would not have such a robust, vibrant and dedicated volunteer base on our campuses. Additionally, we wish to extend a HUGE thank you to the many residents who volunteer at Taylor.

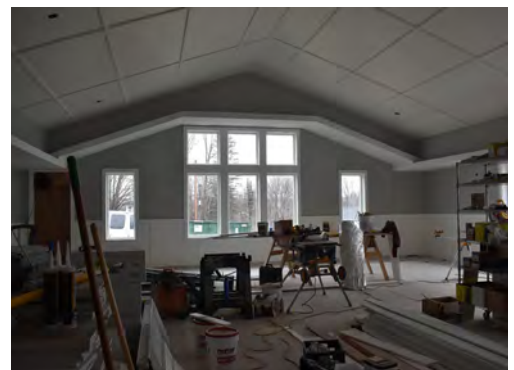
We appreciate your efforts and deeply thank you!



Update on the Recreation and Aquatics Center on the Back Bay Campus

Since the April, 2022 edition of *The Taylor Gazette*, there has been significant progress made to the Recreation and Aquatics Center on the Back Bay campus. Light fixtures have been added, painting is nearing completion, the two-sided fireplace has been installed into the stonework fireplace frame, and flooring is about to start. The next steps for the pool include filling it with water, which is expected to take place sometime in the weeks to come.

Stay tuned next month more photos of the building and the progress being made!



Taylor residents are a talented bunch and LOVE to take part in art projects whenever they can! Last month, our residents enjoyed participating in Easter Egg Decoupage projects, which produced some beautiful eggs. And, as always, these events were filled with lots of laughter!



The photos above feature residents from both our Laconai and Wolfeboro campuses who participated in the egg decorating event! Thank you to all who joined for this fun and creative activity!

Updated Wellness and Fitness Classes

Laconia Class Schedule

Monday:

9:00 a.m. Strength and Stretch
 9:00 a.m. Tai Chi for Balance (Wet Craft Room)
 10:00 a.m. Balance Class
 10:00 a.m. Functional Strength (Wet Craft Room)
 11:00 a.m. Strength and Stretch
 1:00 p.m. April-Fit Dance Class

Tuesday

9:00 a.m. Strength and Stretch
 10:00 a.m. Chair Yoga
 10:30 a.m. Tai Chi
 11:00 a.m. Strength and Stretch
 2:00 p.m. Low Impact Cardio Fit

Wednesday:

9:00 a.m. Strength and Stretch
 9:00 a.m. Tai Chi for Balance (Wet Craft Room)
 10:00 a.m. Balance Class
 10:00 a.m. Functional Strength (Wet Craft Room)
 11:00 a.m. Strength and Stretch
 1:30 p.m. Mat Yoga (Wet Craft Room)

Thursday:

9:00 a.m. Strength and Stretch
 10:00 a.m. Chair Yoga
 10:30 a.m. Tai Chi
 11:00 a.m. Strength and Stretch

Fridays:

9:00 a.m. Strength and Stretch
 10:00 a.m. Low Impact Cardio Fit
 11:00 a.m. Strength and Stretch
 11:00 a.m. Mat Yoga (Maple Room)

*The April-Fit Dance Class is a 30 minute low impact aerobic dance class focused on cardiovascular conditioning, balance, and strength.



Aquatic Fitness Class Schedule Laconia Campus

Tuesday and Thursday:

9:00 to 9:45 a.m.

Wolfeboro Class Schedule

Monday, Wednesday, Friday:

9:00 a.m. Strength and Stretch
 11:00 a.m. Chair Yoga

Tuesday and Thursday:

9:00 a.m. Strength and Stretch
 11:00 a.m. Balance Class



Pickleball at the Meredith Community Center on Mondays from Noon - 2:00 p.m.

Starting on Monday, May 2nd, we will be adding an additional six-weeks at the Meredith Community Center. If you have an interest in joining this event, please sign-up on Touchtown or contact Heather Joubert at hjoubert@taylorcommunity.org

Please note that the Meredith Community Center is closed on Monday, May 30th for Memorial Day. Therefore, our six-weeks will end on Monday, June 13th.

“Is 30 Minutes a Day of Exercise Enough?”

New York Times article, written by Gretchen Reynolds

The New York Times

For anyone interested in the relationship between exercise and living longer, one of the most pressing questions is how much we really need to stay healthy. Is 30 minutes a day enough? Can we get by with less? Do we have to exercise all in one session, or can we spread it throughout the day? And when we’re talking about exercise, does it have to be hard to count?

For years, exercise scientists tried to quantify the ideal “dose” of exercise for most people. They finally reached a broad consensus in 2008 with the Physical Activity Guidelines for Americans, which were updated in 2018 after an extensive review of the available science about movement, sitting, and health. In both versions, the guidelines advised anyone who was physically able to accumulate 150 minutes of moderate exercise every week, and half as much if it is intense.

But what’s the best way to space out those weekly minutes? And what does “moderate” mean? Here’s what some of the leading researchers in exercise science had to say about step counts, stairwells, weekend warriors, greater longevity and why the healthiest step we can take is the one that gets us off the couch.

According to the Gretchen Reynolds’ article in *The New York Times*, there are four steps that one can be taking to stay healthy. These include:

1. Aim for the 150-minute Sweet Spot.
2. Consider Exercise Snacks.
3. Count Your Steps.
4. Consider More.

To learn about what these four steps entail, please refer to the full article, provided on the Taylor Wellness page listed on the Taylor Resident Website or visit <https://www.nytimes.com/2022/04/06/well/move/30-minutes-exercise.html>.

Additionally, the Wellness Department would like to thank Taylor resident Alexis Dorf for sending along this article!



Taylor Miller Joins the Taylor Wellness Team

Please extend a warm welcome to our newest Taylor Wellness Team member, Taylor Miller. Taylor is the new Fitness and Aquatic Coordinator for our Wolfeboro campuses.

In Taylor’s words, “I live in Northfield and have been a resident of the Lakes Region my whole life. I have two cats, George and Tiny Tim. When I’m not working, I enjoy working out and running, especially trail running and hiking. I tried sky diving for the first-time last summer and can’t wait to go again!

I have worked in a health care setting for the last 12 years and have worked here at Taylor for almost eight. I am very passionate about fitness and wellness, so I am extremely excited to expand my knowledge and share it with others!”

When you see Taylor, please welcome her to the Wellness Team and say hello! She is excited to get to know more residents and help continue on their wellness and fitness journeys!

May Training Exercises and Stretches with Russ Jones

Resistance Training of the Month: Hamstring Curl

- 1) Face a sturdy, somewhat immovable object, which will support your leaning weight.
- 2) Make your stance shoulder width, with feet parallel to one another.
- 3) Keeping your knees side by side, curl your left heel toward your left glute.
- 4) When you reach the range of motion termination point, hold, and gently contract your hamstring for 3-5 seconds.
- 5) Following the 3-5 second hold, place your left foot back onto the floor.
- 6) Repeat until your form deteriorates and then switch legs.



If you would like to learn additional resistance training exercises or stretches, please contact Russ Jones at rjones@taylorcommunity.org or stop by the Wellness Office.

Taylor Community Bocce Ball League Kick-Off Event **Tuesday, May 17th** **Woodside Pavilion, Laconia Campus** **BBQ begins at noon followed by the first game at 1:00 p.m.**

Are you ready for the third annual Taylor Community Laconia Bocce Ball League? Come and enjoy the first game of the season with a celebratory BBQ put on by Glendale Dining.

The BBQ portion of the event will begin at noon under the Woodside Pavilion. The first game of the day will begin at 1:00 p.m. (weather-permitting).

If you would like to come to the BBQ, please register with Glendale at (603) 366-1481.



The question remains:
 Who will be crowned the winner of the Bocce Ball League tournament this season?
 Only time will tell!



Spring Activity Ideas Provided by the Taylor Wellness Team

Spring is finally here! The sun is shining, the weather is warm, the birds are singing, and the world is in full bloom. Springtime is a fresh start. It is a time of growth and new beginnings. Why not start your spring off with a new spring activity? Let's go over a few potential ideas.

Take up gardening: Gardening can be a fantastic way to stay strong and help with your mobility. What better way to find great produce than your own backyard? When it comes to homegrown produce, you truly can't beat that type of freshness.



Bird watching: For those who are animal lovers, bird watching may be the perfect activity for you. There is nothing like being out in nature, and breathing in the fresh air. Walking through the woods while seeking out your favorite birds will help increase your endurance, supply your body with some Vitamin-D, and increase your lung capacity, too. And let's not forget that bird watching also increases mental alertness. Most birds casually fly around 20-30 miles-per-hour, however, the Peregrine Falcon can swoop an astonishing 240 miles-per-hour! So, to put it simply, you must have a quick eye and mental alertness when it comes to bird watching.

Hiking/walking group: Hiking or walking is a sure way to better your cardiovascular health, but it also helps with balance and strength in your legs, too. In addition to the physical benefits, an important additional aspect of walking and hiking is the togetherness it often brings. While these activities can be done alone, often they are more enjoyable when experienced amongst friends. Spending time with others during these activities sometimes gets overlooked but is, nevertheless, important. If hiking is something that you are interested in, please contact any member of the Taylor Wellness Team!



**The Indoor Cornhole League has been a huge success this season!
We have seen lots of participants, healthy competition, and even more fun!**



Contact the Wellness Team to see how they can assist you in reaching your individual goals!

Heather Joubert, Wellness Director: hjoubert@taylorcommunity.org or (603) 366-1206

Russ Jones, Fitness and Aquatic Coordinator: rjones@taylorcommunity.org

Ethan White, Health and Fitness Instructor: ewhite@taylorcommunity.org

All members of the Wellness Team are ACE certified personal trainers.

Wellness
Office

(603)366-1405



Taylor Community extends a heartfelt thank you to the many brave men and women who have given the ultimate sacrifice for our country. This is a day where in which we remember the brave individuals who gave their lives so that we could remain safe and free.

“This is the day we pay homage to all those who didn’t come home. This is not Veterans Day, it’s not a celebration, it is a day of solemn contemplation over the cost of freedom.” – Tamra Bolton

“The legacy of heroes — the memory of a great name, and the inheritance of a great example.” – Benjamin Disraeli



Touchtown Movies and Documentaries

Touchtown Movies

Begin at 6:30 p.m.

Matilda

Friday, May 6th
Run Time - 2hr 2mins

Ozzie

Saturday, May 7th
Run Time 1hr 31mins

School of Life

Friday, May 13th
Run Time 1hr 51mins

About Hope

Saturday, May 14th
Run Time -1hr 32mins

Henry’s Crime

Friday, May 20th
Run Time 1hr 47mins

The Notorious Landlady

Saturday, May 21st
Run Time 2hr 2mins

Leave her to Heaven 1945

Friday, May 27th
Run Time 1hr 50mins.

The Groom Wore Spurs (with Ginger Rogers)

Saturday, May 28th
Run Time 1hr 21mins

Touchtown Documentaries

Begin at 6:30 p.m.

Yellowstone

Tuesday, May 3rd
Run Time 44mins

30 Years of National Geographic Specials

Tuesday, May 10th
Run Time 1hr 36mins

Life of Rare Panda - NatGeo

Tuesday, May 17th
Run Time 47mins

Vicious Beauties - The Secret World of the Jellyfish

Tuesday, May 24th
Run Time - 44 mins

Nurses Appreciation - May 2022

Taylor Community extends a heartfelt thank you to the many amazing nurses who work on our campuses. Thank you for helping us all get through the COVID-19 crisis, for always showing such kindness and compassion, and for working each day to keep us healthy and safe.

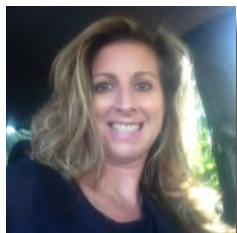
The first week of May is dedicated to nurses appreciation and, here at Taylor, we are excited to recognize both the active nurses who currently work at Taylor, as well as our wonderful residents who have retired from careers in nursing.

We look forward to seeing staff and residents at our nursing celebration on the Taylor Laconia campus on Wednesday, May 25th at 11:00 a.m. in the Fireside Dining Room of the Woodside Building.



Stay tuned for more highlights on our incredible nurses, which will be featured in the June, 2022 Edition of *The Taylor Gazette*. This will feature photos from the nursing event, spotlights on our nurses, and lots more!

Taylor Community Welcomes Paula Stewart, Human Resources Generalist



Paula joins Taylor Community as a Human Resources Generalist. She received her Bachelors in Business Administration from the University of Maine, Orono and has worked in various service industry and roles in Human Resources since her graduation.

Originally from Maine, Paula moved to New Hampshire 10 years ago, which is where she met her husband. They have been married 5 years and live in Gilford, NH. Paula has a 16-year-old son who attends Gilford High School, a dog named Little Po, and a cat named Speedy, all of whom round out her amazing family.

Her previous roles have included retail management for over 20 years and then she transitioned into a role at the NH Veteran’s Home for two and half years before coming to Taylor. Outside of her job, Paula enjoys “motor” activities, such as snowmobiling, boating, jet skiing, and NASCAR.

Please join us in welcoming Paula to Team Taylor!



Taylor’s Assisted Living residents have had an exciting month of April, which included numerous trips around different parts of New Hampshire. Residents enjoyed a delicious meal at Polly’s Pancake Parlor and also ventured to Meredith for a beautiful day by the lake!

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Taylor Community • Nonprofit since 1907



Contact us to learn more about all the things that make Taylor Community such a unique and exceptional place to live. For more information including rates, floor plans, and available options, please call (603) 366-1400, or simply use the online form available on our website, www.taylorcommunity.org.



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LACONIA NEWS AND EVENTS

MAY 2022



For upcoming May, 2022 programming and events, please see the inside of The Laconia Section of *The Taylor Gazette*, Volume 291.

Taylor hosted its first Ladies Brunch during the month of April, which was a huge hit! The morning included a delicious meal, as well as friendship and lots of laughter.

The event was made possible by the coordination of many ladies at Taylor, but we wish to give a special thanks to one lady in particular, Beryl Charlton (pictured in yellow), who warmly shared her life story. Video from the event can be viewed on our website.



**Woodside
Bistro**

(603) 366-1481



**Bistro Hours:
Monday – Friday
11:30 a.m. to 1:30 p.m.**

Don't forget to take advantage of our Friday Grab and Go Special. This month we are offering Bistro Grab and Go Entrees: Buy One Entrée, and get any other item for half price. It's a great way to stock up for the weekend!

**Oasis Pub Night
Friday, May 6th
Woodside, 4:30 p.m.**

It is Cinco de Mayo time again and we are celebrating, even if we are a day late. You should be aware that we will be offering a specialty drink during this upcoming Pub Night, which will be available in addition to our normal beer, wine, and soft drink offerings. (You know what we mean.) So, come early and stay late. The Bistro will be offering their wonderful 'Pub Grub' menu and we all look forward to our usual fun and fellowship with a few extra flourishes as we meet and greet each other over a friendly libation.



-Your Oasis Pub
Crew

**Environmental Stewardship
Committee Message**

Spearheaded by the Environmental Stewardship Committee, "Rock-It" is a new initiative that was created ahead of Earth Day. During her walks around the Laconia campus, Paula Chambers has begun picking up various newsletters that should be in the newspaper tubes, but which now litter the ground. To keep our campuses beautiful, the committee urges residents to put a rock in their mailbox tube, which will help hold the newsletters in place. Thank you!

**Men's Breakfast
Wednesday, May 4th
Woodside, 7:15 a.m.**



It is time again for our monthly Men's Breakfast, which will be held on Wednesday, May 4th in the Woodside Elm Room. Coffee will be ready about 7:15 a.m., with food available around 7:30 a.m., and the speaker will present at 8:00 a.m.

This month, our speaker will be Laconia Water Department's Superintendent Ben Crawford, talking about the operations/workings of what else – The Water Department. Whether it might be the installation, maintenance, or repairing of the water lines; fluoridation and other water treatment procedures; pumping to and storage in the tanks next to Taylor; or anything else water-related, Ben is the person in charge of making sure everything is operating as it should.

To make a reservation, you now have the option of registering through Touchtown, calling me at (603) 524-7131 and leaving a message if I'm not there, or e-mailing me at jelarson234@yahoo.com with "Breakfast" in the subject line so that I won't delete it as spam.

Please register for this breakfast by 6:00 p.m. on Monday, May 2nd.

I look forward to hearing from you and seeing you there.

Thanks,

John Larson

New Resident Move-Ins

Donald Sorrie
4/4
Ledges

Ed Selig
4/21
Woodside

Rena Fitts
4/24
Woodside

Alfreda Weinbrecht
4/26
Woodside



*We are so happy
you are here!*

Genealogy Interest Group
Wednesday, May 11th
Woodside Elm Room, 2:00 p.m.



The Taylor Community Genealogy Interest Group will hold its monthly gathering on Wednesday, May 11th at 2:00 p.m. in the Elm Room at Woodside.

Our friends Kate and Mike Lancor from Old Friends Genealogy will be returning to Taylor to share their approach to building family trees on Ancestry.com and then utilizing DNA test results to confirm their genealogy research findings. The presentation will also include a discussion on how we can share our ancestry-based family trees with selected friends and family.

Although not mandatory, pre-registration via Touchtown or by calling Ron Baker at (603) 524-9345, is requested to assure sufficient handout material.

As always, there will be time for sharing experiences and discussion of other genealogy related topics. Regardless of level of experience, all are welcome to come and learn about methods, resources, and experiences from the group.

For more information, please call Ron Baker at (603) 524-9345.



Summer Sunday BBO
Sunday, June 5th
Woodside Pavilion, noon

The annual Summer Sunday BBQ's have been scheduled to start on Sunday, June 5th at noon. This event will be held every three weeks until the cold wind of October.

As in the past, the routine consists of coming to the Pavilion (rather than the big white tent of bygone days) and joining in on the fun.

Here are the particulars:

- Bring your meat or vegetables to be grilled (we have the grillers).
- Bring something to share (salad, casserole, dessert, chips, dips, etc.).
- Bring your drinks and supplies (paper plates, utensils, mugs, etc.).
- Maybe bring a lawn chair if you wish to eat out on the lawn.

We will have condiments and some extra eating supplies. Please mark your calendars with this upcoming event. We plan to hold this BBQ rain or shine. For this event we are not asking for reservations, as everyone is welcome to attend. We hope to see lots of you there to enjoy great food and wonderful company with friends.

Celebration of Weddings Event
Wednesday, June 1st
Woodside, *Time to be announced*



We will again be celebrating the beautiful union of marriage during our annual Celebration of Weddings event on Wednesday, June 1st. This event is meant to bring special memories to mind of this very important day in your lives. If you would like to have your wedding photo added to our slide show, please contact Brenda Kean at bkean@taylorcommunity.org or stop by her office so that she can scan it. We look forward to seeing you there.

Programming and Events - Laconia

RSVP required via Touchtown App, or to Brenda at bkean@taylorcommunity.org or (603) 366-1226.

BOOK GROUP – “Shoeless Joe” by W.P. Kinsella

Monday, May 2nd

Woodside Fireside Room, 10:00 a.m.



“Shoeless Joe” is a 1982 magical realism novel by Canadian author W. P. Kinsella. This story became better known following its 1989 film adaptation, “Field of Dreams.” The novel was expanded from Kinsella’s short story, “Shoeless Joe Jackson Comes to Iowa,” which was first published as part of his 1980 collection of the same name.



LECTURE SERIES – Adair Mulligan presents “A Walk Back in Time: The Secrets of Cellar Holes”

Monday, May 2nd

Woodside, 6:30 p.m.

Northern New England is full of reminders of the past. From stone walls to old foundations, to a century-old lilac struggling to survive as the forest reclaims a once-sunny dooryard, there are numerous reminders of past lives scattered throughout the state. In this program, Adair Mulligan will explore the rich story behind such abandoned places and explain how one town has set out to create an inventory of its cellar holes and piece together the clues left behind on the landscape. This project is aimed at helping landowners know what to do if they have such archeological sites on their land, as well as help stimulate interest in the town’s past and future.

Adair Mulligan is author of “The Gunstock Parish – A History of Gilford, New Hampshire,” and has also contributed to several publications, including “Proud to Live Here in the Connecticut River Valley of Vermont and New Hampshire,” “Where the Great River Rises: An Atlas of the Upper Connecticut River,” and “Beyond the Notches: Stories of Place in New Hampshire’s North Country.” Adair also writes the quarterly Lyme Historian newsletter and is the author of several publications about Lyme’s past.

Presently, she is co-leading a project to survey the town’s many cellars’ holes. In her spare time, she works on her historic house in Lyme. Adair holds a master’s degree in Environmental Biology from Smith College and is the Executive Director of the Hanover Conservancy.

This event is made possible with funding support from the NH Humanities Council.



CRAFTING EVENT – Derby Hat Making

Tuesday, May 3rd

Woodside, Wet Craft Room, 1:00 p.m.

When it comes to the Kentucky Derby, hats are as popular as the horses! Hats have been a Kentucky Derby tradition since its debut in 1875, when Colonel Meriwether Clark Jr. decided to model the race after British horseracing, with strict dress codes for women and men – which, of course, included the unique accessory. Since then, the tradition of wearing trendy, elaborate, and unique hats has remained a staple of the Kentucky Derby.

While we could not plan a trip to the Kentucky Derby, we have planned a Kentucky Derby Party on our campus! Ahead of the party we will be making our own Derby Hats, which can be worn during race on Sunday, May 8th. Hats and supplies will be available, or you may bring your own.

Programming and Events - Laconia

RSVP required via Touchtown App, or to Brenda at bkean@taylorcommunity.org or (603) 366-1226.



Pontine Theater Presents – The Theatrical Performance

“Isle of Shoals”

Wednesday, May 4th

Woodside, 6:30 p.m.

During this theatrical performance, the Pontine Theatre explores the lore and legends of the Isles of Shoals, an archipelago off the coast of New Hampshire and Maine. The narrative features the writings of Celia Thaxter, who grew up at the Shoals, and one of the Isles’ most famous summer visitors, Nathaniel Hawthorne.

Through excerpts from Hawthorne’s “An American Notebook,” as well as reminiscences and local lore from Thaxter’s “Among the Isles of Shoals,” the Pontine Theater brings to life stories from the past. Throughout this performance, spectators will learn about the history of the early days on the islands, the wreck of the Sagunto, and the tale of the ghostly maiden said to guard Blackbeard’s pirate treasure. Also featured is a tale of the famous 1873 murder on Smuttynose, as recounted by Thaxter.

Pontine Theatre’s artistic directors, Marguerite Mathews, and Greg Gathers, bring these stories to life onstage through storytelling, shadow puppetry, and tabletop toy theatre. Pontine Theatre is a two-person ensemble that has been presenting innovative original productions for the past thirty years throughout NH, ME, VT, MA and performs in the historic 1845 Plains Schoolhouse in Portsmouth.

Kentucky Derby Party Saturday, May 7th Woodside Theater, 5:30 p.m.



Join us as we watch the Kentucky Derby! Attendees are encouraged to wear your best Derby attire, as there will be a best hat prize awarded. You are also welcome to bring along a dessert to share with the group or a favorite Derby beverage.

As part of the Derby tradition, you will have the opportunity to select the winning horse and enter your pick into the running. The cost to participate in the winning horse opportunity is \$5/per entry (multiple entries can be made.)

Please be sure to make your reservations via Touchtown or with Brenda at bkean@taylorcommunity.org as seating is limited. Our host for this event is Taylor resident Barb Larsen.

MUSIC SERIES EVENT - Meadowlark Trio Sunday, May 8th Woodside, 3:00 p.m

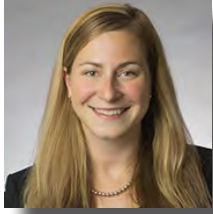


Join us for a fantastic musical performance with the Meadowlark Trio featuring Janny Jou, violin; Hyun-Ji Kwon, cello; and April Sun, piano. The Meadowlark Trio performed at Taylor Community last November and received rave reviews. We are excited to welcome back this talented group for another afternoon of music and entertainment. A full list of musical programming and the artist’s biographies can be found in the program, which will be provided at the start of the event.

Our Music Series is made possible with the support from The Bank of New Hampshire. **This program is sponsored by Kit Peterson.**

Programming and Events - Laconia

RSVP required via Touchtown App, or to Brenda at bkean@taylorcommunity.org or (603) 366-1226.



LECTURE SERIES – Jane Oneil presents Heroes and Homecomings: Norman Rockwell and World War II Monday, May 9th Woodside, 6:30 p.m.

Norman Rockwell is one of America's most beloved illustrators. During his career, Rockwell was known for his use of humor in his work; however, he also created dozens of images related to the second World War. This program explores how Norman Rockwell's work departs from earlier artistic interpretations of American conflicts, and also considers how and why he chose specific wartime themes to present to the millions of readers of The Saturday Evening Post.

Jane Oneil is an independent scholar and holds a master's in Art History from Boston University and a master's in Art in Education from Harvard University. Jane is a New Hampshire native and has worked at some of the State's most esteemed cultural institutions, including the League of New Hampshire Craftsmen, where she served as Executive Director, and the Currier Museum of Art, where she held the role of Senior Educator. Jane has also taught at the college level for more than a decade, most recently at the NH Institute of Art.



Taylor Community Activity Fair Wednesday, May 11th Woodside, 11:00 a.m. - 1:00 p.m.

Taylor's annual Activity Fair is a chance for residents to learn about the various groups and clubs on our campuses. Do you want to find a new hobby? Do you have an interest you would like to share with others? If so, this is one of the best opportunities to get involved with all that goes on at Taylor. This event provides residents with an opportunity to share information about existing programs, activities, services, or causes. Residents are also encouraged to use this event as a platform to form new groups and clubs with other residents who have common interests.



LECTURE SERIES - Zoom Lecture with Dr. Michael Cross Monday, May 16th Woodside Theater, 11:00 a.m.

What you see is what you get... or is it? During this presentation, Dr. Michael Cross will unveil how our brain perceives the world around us and why illusions are good at fooling us. This event will be streamed to the Woodside Theater for the group to join and will also be available via Zoom for at-home participation.

For those who choose to join in remotely, the link for the Zoom meeting is provided below, as well as the Meeting ID and Passcode.

<https://us06web.zoom.us/j/87923917017?pwd=N2VLbzhJcDl0Q0FtMnRJYnZxaERw-Zz09>

Meeting ID: 879 2391 7017
Passcode: 918410



Programming and Events - Laconia

RSVP required via Touchtown App, or to Brenda at bkean@taylorcommunity.org or (603) 366-1226.



MUSIC SERIES EVENT - The Heather Pierson Jazz Trio

Monday, May 16th
Woodside, 6:30 p.m.

Heather Pierson is back by popular demand with more of her original music. Heather is a pianist, singer/songwriter, and performer. She is best known for her bell tone vocals and equal parts New Orleans Oscar-Brubeck jazz piano leanings. The last time the Heather Pierson Jazz Trio performed at Taylor Community, Heather introduced many of her original songs, which everyone notably enjoyed!

When asked what everyone would like to hear during her next visit, the overwhelming consensus from our Taylor residents was that they would like more of her originals! This wish has been gladly granted by the Heather Pierson Jazz Trio. During this performance, Heather, along with her musical partners Shawn Nadeau on bass and Craig Bryan on drums, will perform a rich variety of her own originals, as well as jazz and blues standards, and unique re-workings of familiar American music.

May Musical featuring “Rent”

Tuesday, May 17th
Woodside Theater, 1:00 p.m.



In New York City’s gritty East Village, a group of bohemians struggle to live and pay their rent. “Measuring their lives in love,” these starving artists strive for success and acceptance while enduring the obstacles of poverty, illness, and the AIDS epidemic. This presentation is a high-definition filming of the current Broadway musical. Run Time 2hr 32mins.



Musical Performance presented by “Taylor Tunes”

Wednesday, May 18th
Woodside, 2:00 p.m.

After a hiatus due to the pandemic, we are excited to announce that our wonderful musical performers living at Taylor are back and ready to put on a show! Now calling themselves the “Taylor Tunes,” residents Nancy Cladel, Barb Larsen, Charlotte Leavitt, Kit Peterson, and Sylvia Quackenbush will be presenting another piano concert for your listening enjoyment. This concert will include selections by Brahms, Debussy, Chopin, Grieg, and Rodgers and Hammerstein. There will also be some lighter compositions by lesser-known composers that we know you will enjoy. There may be a duet or two, and possibly three of them playing a piece called, “Three’s a Crowd Rag.”

MUSIC SERIES EVENT – Performance by Pianist Wil Ogmundson

Wednesday, May 18th
Woodside, 6:30 p.m.



Wil Ogmundson will be joining us again for another performance, which is sure to be as entertaining as the rest. Always a crowd pleaser, you don’t want to miss this very talented and award-winning composer, lyricist, and classically trained pianist. Wil has been traveling and performing world-wide and has graced our community with performances numerous times before.

This is a private performance for Taylor Community residents only.

Programming and Events - Laconia

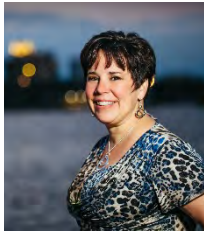
RSVP required via Touchtown App, or to Brenda at bkean@taylorcommunity.org or (603) 366-1226.

MUSIC SERIES EVENT - Portsmouth Brass Quintet

Sunday, May 22nd
Woodside, 3:00 p.m.



The Portsmouth Brass Quintet (PBQ) comprises key brass players from the Portsmouth Symphony Orchestra. Players include Adam Gallant, trumpet; David Shepherd, trumpet; Sue Williams, horn; Brandon Newbould, tenor trombone; and Jim Griswold, bass trombone. The ensemble was founded by Adam Gallant in the Fall of 2016 and is dedicated to performing brass chamber music at the highest level.



MUSICAL PERFORMANCE - H-BOM (Harmonious Blend of Music)

Monday, May 23rd
Woodside, 6:30 p.m.

The performance presented by Harmonious Blend of Music, "H-BOM," is not to be missed! This event features an outstanding lineup of great musicians including Diane Blue on Vocals and Harmonica, Ricky King Russell on Guitar, Eddie Scheer on Percussion and Vocals, Alizon Lissance on Keys and Vocals, and Mario Perett on Sax.

Nurses Recognition Luncheon

Wednesday, May 25th
Woodside, 11:00 a.m.



National Nurses Week begins each year on May 6th and ends on Florence Nightingale's birthday, May 12th. We have many nursing professionals among us at Taylor including both staff and residents, and we are excited to recognize you!

Each year, we host a luncheon in honor of our nurses and prepare a slideshow, which typically includes nursing school photos. Nurses who would like their photo included in the slideshow are welcome to bring them to Brenda Kean to be scanned or can send them electronically to bkean@taylorcommunity.org.



Opera Performance – "La Boheme" by Giacomo Puccini

Thursday, May 26th
Woodside Theater, 7:00 p.m.

Vittorio Grigolo is the poor poet Rodolfo who falls head over heels for his neighbor, the seamstress Mimi, sung by the radiant Kristine Opolais. While Kristine's performance is notably outstanding in this recording, she was originally not scheduled to take the stage for this show. In fact, it was the morning of the performance that she received a call asking her to substitute for Anita Harding, who had become sick during the night! She agreed to take Anita's place even after having sung Madame Butterfly the night before. Although it was a monumental task to perform two incredibly demanding roles within 18 hours, she did it flawlessly.

This performance also features Susanna Phillips as the flirtatious Musetta, Massimo Cavaletti as her sweetheart Marcello, Patrick Carfizzi as Schaunard, and Oren Gradus as Colline to complete the ensemble. Stefano Ranzani conducts this performance.

As always, you are welcomed to bring wine if desired to make this "evening at the Opera" most authentic. Run Time 1hr 42mins.

Resident Trips - Laconia Campus

RSVP required via Touchtown App, or to Brenda at bkean@taylorcommunity.org or (603) 366-1226.



Canterbury Shaker Village

Friday, May 6th

The bus will begin picking up residents on the Laconia Campus at 9:45 a.m.

During the trip to the Canterbury Shaker Village, residents will be led by a seasoned tour guide who will take them on a “Shakers Stories” tour. This tour will include a walk around the historic grounds and inside some authentic buildings – the oldest of which dates to 1792. Over the span of this 90-minute tour, residents will get an overview of how the Shakers journeyed from being a misunderstood and persecuted people to becoming one of the most intriguing and successful religious communities in our nation’s history. The tour will also explore how the Shaker vision of “Heaven on Earth” reflects their communal life, religious practices, equality for all (including genders), pacifism, simplicity, and innovative contributions to American history and culture.

Admission for this docent-led tour is \$20 per person. The group will bring along a picnic lunch for this event. The menu for this lunch will be provided on Touchtown.

Judy Collins Performance at The Colonial Theater in Laconia

Thursday, May 12th

The bus will begin picking up residents at 6:45 p.m.

The performance will begin at 8:00 p.m.



Judy Collins has been an American singer-songwriter and musician for more than seven decades. She is an Academy Award-nominated documentary director and a Grammy Award-winning artist. She is known for her eclectic tastes in the material she records and presents performances that range from folk and country show tunes to pop music and rock n’ roll. Judy is also recognized for her social activism and for the clarity of her voice.

Please email Brenda Kean at bkean@taylorcommunity.org to order tickets for this event. Ticket pricing for this performance varies based upon the location of the seat. For pricing information or to order tickets, please contact Brenda Kean at bkean@taylorcommunity.org or call (603) 366-1226.



Mt. Kearsarge Indian Museum

Friday, May 13th

The bus will begin picking residents up in Laconia at 8:30 a.m.

A respect for the earth and all living things is central to the Native American way of life and is reflected throughout Mt. Kearsarge Indian Museum. This museum is situated on 12.5 acres and is just one-mile up Kearsarge Mountain Road in Warner, NH. Outdoors you will find the Medicine Wood Trail, the Betsy Janeway Arboretum, and an activity area with a spectacular view of the Mink Hills.

Inside the museum, the exhibits on display allow visitors to travel through time and space. The exhibits showcase artifacts and information on Native Americans from pre-historic to contemporary from every corner of the North American continent. A unique feature of this museum is that the artifacts and exhibits are frequently being added to and changed, which offers visitors a new experience each time they go.

Admission to the museum is \$8 per person. Following the tour, our group will enjoy a picnic lunch at Rollins State Park. The menu selections will be provided on Touchtown.

Resident Trips - Laconia Campus

RSVP required via Touchtown App, or to Brenda at bkean@taylorcommunity.org or (603) 366-1226.



Ashley Meeken Performance featuring Broadway Then and Now Sunday, May 15th

The Colonial Theater in Laconia, 3:00 p.m.

The bus will begin picking up residents on the Laconia Campus at 2:00 p.m.

Please Note: Ticket sales are closed for this event.

Ashley enchants with timeless and modern Broadway classics. The proposed selections for the event include the following: Anything Goes, I'll Know (Guys and Dolls), Always True to You (Kiss me Kate), Maybe This Time (Cabaret), If My Friends Could See Me Now (Sweet Charity), The Greatest Showman, I Don't Know How to Love Him (Jesus Christ Superstar), She Used to Be Mine (Waitress), I Feel the Earth Move (The Carole King Musical), Defying Gravity (Wicked)...and more!

Strawberry Banke Trip (Portsmouth, New Hampshire)

Thursday, May 19th

The bus will begin picking up residents on the Laconia campus at 8:15 a.m.



Strawberry Banke is a 10-acre outdoor living history museum located in the South End historic district of Portsmouth, NH. Originally settled by Europeans, Strawberry Banke is the oldest neighborhood in New Hampshire. While many of New Hampshire's earliest neighborhoods have been lost over the years, this area has been preserved in the present-day city of Portsmouth.

Admission is \$19.50 per person. Following our visit and tour, participants will picnic in Prescott Park. Menu selections will be provided, or you can bring your own.



DINING OUT - Dinner at The Breeze

Wednesday, May 25th

The bus will begin picking up residents on the Laconia Campus at 4:30 p.m.

Formerly the Lyons Den, The Breeze is owned and operated by the folks at Ellacoya Barn & Grille. We are excited to visit this beautiful spot for a new dining experience.

Shopping Trip at the NH Department of Corrections Retail Store

Thursday, May 26th

The bus will begin picking up residents on the Laconia Campus at 9:00 a.m.

The NH Department of Corrections Retail Showroom, located in Concord, NH, sells a wide array of inmate-made products from New Hampshire Correctional Industries and the Hobbycraft recreation program. Customers who visit the store can purchase items such as furniture, baskets, jewelry, wooden game boards, artwork, and crafts. Customers can also place special orders for custom-made furniture and other projects.

Following the stop at the Retail Store, the group will dine at The Red Blazer.



Resident Trips - Laconia Campus

RSVP required via Touchtown App, or to Brenda at bkean@taylorcommunity.org or (603) 366-1226.



Performance featuring The Jersey Tenors

Saturday, May 28th

Interlakes Theater in Meredith, New Hampshire

The bus will begin picking up residents on the Laconia Campus at 6:15 p.m.

The show begins at 7:30 p.m.

The Jersey Tenors is the newest Opera/Rock mash-up sensation! They are known for creating an explosive blend of the most iconic Opera classics alongside Rock ‘n Roll industry greats such as Queen, Journey, Elton John, and Bill Joel. As per their name, the group also brings in the notable sounds of some of Jersey’s finest performers including Frankie Valli and The Four Seasons, Frank Sinatra, Bon Jovi, Bruce Springsteen, Kool and the Gang, and even Whitney Houston!

Tickets are \$40 per person. Please contact Brenda Kean to reserve a ticket at bkean@taylorcommunity.org.

Movies in the Woodside Theater • Showings at 7:00 p.m.



Friday, May 6th – This is a Robbery: The World’s Biggest Art Heist – In 1990, two men dressed as cops con their way into a Boston Museum and steal a fortune in art. This documentary, released in 2021, takes a deep dive into this daring and notorious crime.

Run Time 56mins.



Friday, May 13th – Julia – This movie highlights the incredible story of legendary cookbook author and TV superstar Julia Child. While Julia faced adversity and challenges as a woman in the culinary industry, she persevered and eventually became an icon in the industry.

Conquering the male-dominated culinary world, Julia revolutionized the way we think about food, chefs, and pop culture. **Run Time 1hr 34mins.**



Saturday, May 14th – Glory Road – The inspiring, true story of the first all-black college basketball team. **Run Time 1hr 57mins.**



Friday, May 20th – Small Town Southern Man featuring Alan Jackson – Small Town Southern Man featuring Alan Jackson is a newly-released feature length documentary. This film takes viewers on a most improbable journey, as Jackson scales the absolute heights of the music world and, despite enormous challenges, manages to stay at the top.

Run Time 1hr 29mins.



Saturday, May 21st – Under the Tuscan Sun featuring Diane Lane – San Francisco writer Frances Mayes (Diane Lane) travels to Italy and impulsively buys an aging, but very charming, villa. While unsure of what is to come next, she quickly finds herself immersed in a life-changing adventure. **Run Time 1hr 52mins.**



Friday, May 27th – Shatner in Space – Fantasy collides with reality when Star Trek icon William Shatner boards a real-life spaceship and becomes the oldest civilian to travel to the cosmos. This film details the events before this life-changing flight and the growing friendship between Shatner and Blue Origin Founder Jeff Bezos. **Run time 1hr.**



Saturday, May 28th – Open Range featuring Robert Duvall and Kevin Costner – Cattle herdsman (Robert Duvall, Kevin Costner) unite to battle a ruthless rancher and his henchmen in 1882. **Run Time 2hr 18mins.**

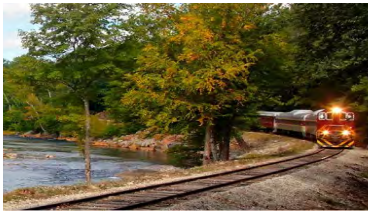
Please Note: For all movies, please RSVP via the Touchtown App., contact Brenda Kean directly at bkean@taylorcommunity.org or call (603) 366-1226.

If you would like to learn how to operate the projection equipment in the Woodside Theater, please give Brenda a call at (603) 366-1226. She's happy to set up an instructional meeting.



PRE-ORDER TICKETS FOR UPCOMING EVENTS

To order tickets or reserve a spot for an upcoming event, please contact Brenda Kean at bkean@taylorcommunity.org or call her at (603) 366-1226.



EVENT - Hobo Railroad Fall Foliage Tour **Monday, October 10th** **Estimated Campus Departure Time is 9:15 a.m.**

This popular 4-hour Fall Foliage Special departs out of Meredith Station at 11:00 a.m. and proceeds north up and over Ashland Summit. Tickets are \$75.95. Please note that seats are limited, and a waitlist has been established.

Concert in the Clouds Performance

1964 – The Beatles Tribute Band
Saturday, July 16th

**The bus will be picking up residents on the
Laconia Campus beginning at 5:45 p.m.
Show runs from 7:30 p.m. - 10:00 p.m.**



“1964” focuses on the quintessential moment in history when The Beatles played before a LIVE audience. For those who never saw The Beatles live and have always wanted to know what it must have been like, this is as close as anyone could possibly get to feeling the magic! Tickets are \$55.00 per person (10 tickets have been reserved.)



Michael Cavanaugh & Band

Saturday, August 20th
Concert in the Clouds

**The bus will be picking up residents on the
Laconia Campus at 5:45 p.m.
Show runs from 7:30 p.m - 10:00 p.m.**

Michael Cavanaugh is the new voice of the American Rock & Roll Songbook. A charismatic performer and musician, Cavanaugh was made famous for his piano/lead vocals in the Broadway musical *Movin' Out*. Handpicked by Billy Joel to star in *Movin' Out*, Cavanaugh evokes a style rivaling the Piano Man. He appeared in the show for 3 years with over 1,200 performances and received multiple accolades. The show culminated in 2003 with both Grammy and Tony award nominations.

Tickets \$55 per person. (10 tickets reserved)

PRE-ORDER TICKETS CONT.

This Summer at Winnepesaukee Playhouse



Performance – Private Lives
Tuesday, June 21st at 2:00 p.m.

Old sparks are reignited when exes Elyot and Amanda end up in adjacent rooms at the same hotel. The problem? They are both on their honeymoon... with other people! Their insatiable feelings for each other return as they momentarily forget that their fiery personalities drove them apart in the first place. A beloved 1930 hit comedy by the master of English repartee that's oozing with wit and sophistication! Tickets are \$39.00.

Performance – The Mousetrap by Agatha Christie
Thursday, July 21st at 2:00 p.m.



A group of strangers are trapped in a snowy, countryside guesthouse. A murderer is on the loose and may be among them! Will they be found before any more murders are committed? The suspense has kept audiences on the edge of their seats for as long as Queen Elizabeth II has been on the throne! Tickets are \$39.00 per person.

Performance – Murder for Two
Thursday, September 29th at 2:00 p.m.



Murder for Two brings to life the perfect blend of music, mayhem, and murder! In this hilarious, fast-paced musical, two performers play 13 roles—not to mention the piano—in a witty and winking homage to old-fashioned murder mysteries. The New York Times calls it, “INGENIOUS! A snazzy double-act that spins out a comic mystery animated by funny, deftly turned songs.” Tickets are \$39.00 per person.

May Birthdays for Laconia and Taylor Connection

5/2	Doris	Wentworth	Taylor Home
5/2	Tom	Amlicke	Woodside
5/3	John	Miller	Ledges
5/5	Curtis	Endee	Woodside
5/8	Don	Sorrie	Ledges
5/8	Dick	Groux	Ledgeview
5/9	Janet	Cooke	Ledges
5/9	Marge	Anderson	Ledges
5/10	Michael	Gorey	Taylor Home
5/11	George	Tyler	Woodside
5/13	Florence	Merrill	Taylor Home
5/16	Jane	Cleary	Ledgeview
5/18	Patricia	Barker	Ledges
5/18	Gene	Kopf	Woodside
5/20	Dana	Armstrong	Ledges
5/20	Jeanne	Petta	Taylor Home

5/20	Patty	King	Ledges
5/20	Ed	Kryger	Ledges
5/21	Patty	Cash	Ledges
5/26	Evy	Chapman	Ledges
5/27	Margee	Balassone	Taylor Home
5/28	Ellen	Littlefield	Taylor Connection
5/28	Pat	Weeks	Ledgeview
5/28	Theresa	Kelleher	Woodside
5/29	Leo	Sanfacon	Taylor Connection
5/30	Janet	Paddleford	Taylor Connection
5/31	Doug	Engelsen	Taylor Connection
5/31	Margery	Steady	Ledgeview





WOODSIDE BISTRO



Woodside Bistro Contact Info

Jennifer Lutzen, General Manager, 366-1231

jlutzen@taylorcommunity.org

Greg Demers, Executive Chef, 366-1481

gdemers@glendalediningservices.com

Woodside Bistro Hours

11:30am - 1:30pm

Tuesday & Thursday Night Dinners

Call the Bistro to make your reservations or make your reservation on Touch Town



BISTRO DINNER May Menu

Served with Soup or Salad

Please ask about our specials every Tuesday & Thursday

Baked Vegetable Fritters

Oven baked lentil, quinoa, chickpeas, carrots,
Bell peppers & cauliflower, mixed with Indian spice.
Served with lemon, olive oil greens & basmati rice

\$18.95

Chicken Cordon Bleu

Chicken breast filled with smoked ham and swiss cheese.
Breaded, fried, sliced and topped with a volute sauce.
Rice pilaf & seasonal vegetables

\$21.95

Haddock Provencal

Fresh pan seared fillets with fresh roma tomatoes, kalamata
Olives, capers, fresh herbs & white wine. Served with
Creamy parmesan risotto & seasonal vegetables

\$23.95

Braised Short Ribs

Boneless beef short ribs
With garlic mashed potatoes & seasonal vegetables

\$26.95

May Social

Hors d'oeuvres

Shrimp & Avocado Canapes

Whipped port cheese with crackers or grilled bread

Appetizer

Spinach & parmesan stuffed mushrooms (2per)

Entrées

Chicken Polo

Chicken breast topped with broccoli florets
& sherry cream sauce

Stuffed Haddock

Fresh Atlantic fillets topped with a lobster
& cracker stuffing.
Topped with a lobster tarragon broth

Ancient Grain Cakes

Pan fried farro, quinoa & wheatberries with bell
Peppers, spices & egg

Sides

Oven roasted asparagus

French baked yukon gold potatoes with sour cream

Dessert

Small bite dessert plate

\$30 Per Person

GRAB & GO

We'll do the cooking; you do the re-heating.

Bistro Grab and Go Entrees:

Buy One Entrée, get any other item for half price.

Great Way to Stock up for the Weekend!



happy **MOTHER'S** day



MOTHER'S DAY MENU

Appetizer

Shrimp cocktail cups

Entrées

Scottish Eggs Benedict

Smoked salmon and hollandaise

Sliced Beef Tenderloin

with Bordelaise sauce

Chicken Divan

A casserole of broccoli and diced chicken

Baked in a cheddar cheese sauce

Accompaniments

Potato Lyonnaise

Sliced potatoes baked with butter and onion

Spring Vegetable Medley

Assorted Mini Desserts

\$30 per person

Please reserve your table by May 1st, 2022



May 2022



Men's Breakfast
5/4

Pub Night 5/6



Mother's Day
Brunch 5/8

Bistro Breakfast
5/27



TRA Social 5/21



Recurring Campus Events • Laconia

RSVP is required for most events and may be made via Touchtown in Events, or with Brenda Kean at (603) 366-1226 or bkean@taylorcommunity.org unless otherwise noted.

The Bistro is open for lunch Monday – Friday from 11:30 a.m. - 1:30 p.m. and for dinner on Tuesday and Thursday evenings from 4:30 p.m. - 8:30 p.m. RSVP in advance for dinner via Touchtown or at (603) 366-1481.

MONDAYS:

Quilting Group with Gail Dyer – 8:00 a.m. - 1:00 p.m., Woodside
Women's Billiards – 1:00 p.m. - 2:00 p.m., Woodside

TUESDAYS:

Prescription & NH Liquor Store Pickup Services – Please call Hank Offinger at (603) 366-1207 by 5:00 p.m. on Monday to put in a request for this service.

Resident Cracker Barrel – 10:00 a.m., Woodside

Shopping Bus – 10:00 a.m. departure-time. Call (603)-366-1234.

Prayer Shawl Group – 2nd Tuesday of the month, Noon - 1:30 p.m., Woodside

Non-fasting Blood Draws – 1:00 p.m., WS Wellness Office

Blood Pressure Clinic – Tuesdays, 2:00 p.m. - 3:00 p.m., WS Wellness

WEDNESDAYS:

Men's Breakfast – First Wednesday of the month, 7:30 a.m., Elm Room, Woodside Building. Call John Larson at (603) 524-7131 or email jelarson234@yahoo.com to RSVP.

Golf Club – Wednesdays at 9:30 a.m.

Cribbage – Wednesdays at 10:00 a.m. in the Card Room, Woodside

Grocery Shopping Services • Ledges, WS & Ledgeview. Please call Hank Offinger at (603) 366-1207 by 5:00 p.m. on Monday to put in a request for this service.

THURSDAYS:

Writing Group – 10:00 a.m., Woodside

Grocery Shopping Services • Taylor Home Shopping Bus – 10:00 a.m. departure. Call (603) 366-1234.

Woodcarvers Group – 9:00 a.m. - 11:00 a.m., Woodside

FRIDAYS:

Le Cercle Francais de Laconia – 10:00 a.m., WS Fireside Room

Mexican Train – 2:00 p.m., Woodside Fireside Room

Oasis Pub Night – 4:30 p.m. in Woodside. First Friday of the month.

SATURDAYS:

Scrabble Group – 1:00 p.m., Woodside Game Room.

SUNDAYS:

Sunday Social – 4:30 p.m., Woodside.
Held the last Sunday of every month.

Birthday Celebration – 5:00 p.m., Woodside. Held the last Sunday of every month directly after the Sunday Social.

Dial-A-Ride Reservations

To make a reservation with Dial-A-Ride please call (603) 366-1234. Please be sure to make all transportation arrangements at least 24 hours in advance. Thank you!

Touchtown Programming Information

For a full list of Touchtown Programming please refer to the Touchtown app for the full calendar of events for May, or refer to Brenda Kean directly for more information at bkean@taylorcommunity.org.

Town Hall Reminder

The next Resident Town Hall will be held on Monday, May 9th at 11:00 a.m. in the Woodside Elm Room. RSVP via Touchtown App or to Brenda at (603) 366-1226. As always, questions can be submitted in advance to townhall@taylorcommunity.org.



Contact us to learn more about all the things that make Taylor Community such a unique and exceptional place to live. For more information including rates, floor plans, and available options, please call (603) 366-1400 or simply use our form on our website at www.taylorcommunity.org.

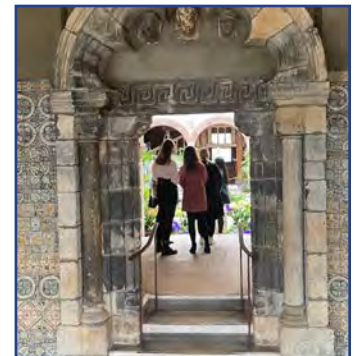
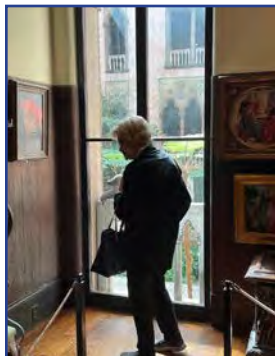
WOLFEBORO NEWS AND EVENTS

MAY 2022

The month of April was filled with socials, activities, lectures, and events, and the month of May is set to be no different. Some of the highlights of April included the Easter holiday, a trip to Boston, as well as a social night that was held in the new Bistro, which is located in the Sugar House on the Sugar Hill campus. For photos of the social night at the Bistro, please see Page 3. of the Wolfeboro section. Additionally, the latest photos of the Recreation and Aquatics Center on the Back Bay campus can be viewed on Page 9. of The Main Section.



Wolfeboro residents celebrated Easter with a fantastic brunch, which was provided by Glendale Dining. Wearing bunny ears and big smiles as accessories to go along with their lovely outfits, it was apparent that all who attended enjoyed the holiday!



Residents enjoyed a trip to Boston, MA to visit the Isabella Gardener Museum. They had the opportunity to view the exhibits, as well as the beautiful gardens that adorn the grounds.



Staff Spotlight – Camille Kennedy, Administrator at Sugar Hill

Camille Kennedy is no stranger to the clinical environment. In fact, she has spent more than 40 years in the nursing industry helping those in need. So, when it came time to appointing a new Administrator for the license of Sugar Hill's Assisted Living operations, appointing Camille was an easy decision.

For Camille, being in the healthcare field was something she had always dreamed of. Both her mom and her aunts were nurses, so she had been surrounded by professionals in the field for as long as she could remember. Her entry into the senior living nursing field, however, did not come until recently, as for the last 33 years she was focused on psychiatric nursing.

After 27 years at Concord Hospital, Camille retired from her role as the Director of Psychiatric and Mental Health in April, 2020. During her brief stint of retirement, she took several months off to golf and take time to evaluate what she wanted to do next.

"I needed to do something, and I needed a change, something that was fulfilling but less stressful than I was doing previously," said Camille.

Reflecting on her previous roles, Camille stated that the common thread with them all was that they were very intense. She spent a year on two house bills that focused on improving mental health services in the State, and set up new protocols within the healthcare facilities she worked at to make them safer and better equipped for patients. Camille shared that she always has a passion for mental health and supporting it, so for much of her career that is where her efforts were focused.

As Camille continued searching for her next journey as a nurse, she came across Taylor Community and felt that this line of work would be the perfect fit. She joined Taylor a few months before Sugar Hill joined the family and spent her first year transitioning back into the workforce. She spent a few days working each week, which included assisting with fit testing, staff competencies, Covid testing, and assisting Anne with staffing. Then, once Sugar Hill was acquired her role at Taylor quickly began to change, as she was then asked if she'd like to be the administrator of the Assisted Living facility, to which she responded, "Of course, I'm up for the challenge."

Camille shared that she is grateful to Taylor for this opportunity and for being a part of the culture that Taylor provides and strives to have.

"Taylor has a culture that I haven't seen in many years," said Camille. "There was a culture like this years ago, but things have changed a lot. But the true emphasis is really on the quality of care for the residents as well as the teamwork amongst staff, which translate into how we care for our residents."

Being part of a team that is centered around providing quality care for the residents is one of the reasons Camille loves her job at Taylor.

"What I see daily, from housekeeping to dietary to nursing and facilities, is that everything is really person centered. This focus, in turn, helps provide the best experience for all residents to help them be engaged, stay comfortable and smile. Taylor focuses on taking care of the residents and I love being here, I really do. It's been a nice change for me. I feel incredibly supported by everyone here, they are always willing to be there for the staff, too. It's special working for a place where whatever we need, Taylor is able to provide."

Winners of the Sugar Hill Walking Challenge!

Congratulations to David Barnes of our Sugar Hill campus for winning the two-week Sugar Hill walking challenge. David walked a whopping 37.19 miles and as a prize for his efforts received a gift card to the Pavilion Restaurant!

Great job, David, and congratulations!

Also, a big kudos to our runner-ups, Rae Lynn and Dave Warren.

Rae Lynn walked 17.9 miles and Dave walked 19.8 miles!



Wolfeboro residents gather together for a New Resident Social at the Sugar House!



Wolfeboro Announcements:

Please note that Cracker Barrel Meetings are now being held **EVERY** Thursday at 10:00 a.m. in the Sugar House Dining Room. If you are unable to join us at the Cracker Barrel meetings, but have input or suggestions for activities, events, or speakers you would like to see on the calendar, please e-mail those suggestions to Caralyn Russell at crussell@taylorcommunity.org.

Calling all residents: Do you love golf, pickleball, quilting, hiking or any other hobby in particular? Please reach out Caralyn Russell as we are hoping to get a few new clubs off the ground for folks that have similar interests!

Programming and Events - Wolfeboro

RSVP required via Touchtown App, or to Caralyn at crussell@taylorcommunity.org or (603) 569-8485.



Baby Animals at Sugar Hill with Chestnut Meadow Farm

Tuesday, May 3rd

Sugar Hill Front Lawn, 10:00 a.m.

Come meet some of the new baby animals from Chestnut Meadow Farm! There will be coffee, pastries, and lots of oohing and aahing at the sweet new animals that spring has welcomed!

Afternoon Matinee: Phantom of the Opera Presenting the Royal Albert Hall

25th Anniversary Celebration Performance

Tuesday, May 3rd

Sugar House Media Room, 2:00 p.m.



In celebration of the 25th Anniversary of Andrew Lloyd Webber's, "The Phantom of the Opera," director Cameron Mackintosh produced a unique and spectacular staging of the musical on a scale, which had never been seen before.

During the showing, popcorn, snacks, and drinks will be served. Run time is 2h 40m.



Lecture: John Keslar's Carving Crafts

Wednesday, May 4th

Sugar House Maple Room, 2:00 p.m.

Taylor Community Facilities Supervisor John Keslar will share his process and some of his recent burning and carving projects. With projects big and small, his attention to detail and talent is incredible!

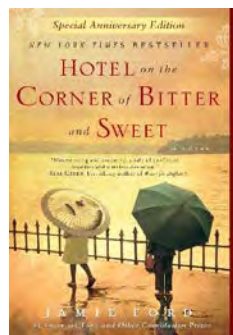
Cinco de Mayo Happy Hour

Thursday, May 5th

Lobby/Bistro of Sugar House, 4:00 p.m.



Come enjoy a nice cold cerveza or better yet, a margarita, and mix and mingle with your neighborhood friends for a Cinco de Mayo-themed happy hour!



Book Club with Joyce Davis:

"The Hotel on the Corner of Bitter & Sweet"

Monday, May 9th

Sugar Hill Library, 11:00 a.m.

Resident Joyce Davis is hosting a book club meeting to discuss the novel, "The Hotel on the Corner of Bitter & Sweet" by author Jamie Ford. This discussion is being held ahead of an upcoming lecture presentation by the author, which will take place at the Wright Museum of World War II on Tuesday, May 17th from 6 p.m. - 8 p.m. See the upcoming trips section for additional details.

Programming and Events - Wolfeboro

RSVP required via Touchtown App, or to Caralyn at crussell@taylorcommunity.org or (603) 569-8485.

Stock Club Meeting Tuesday, May 10th Sugar Hill Maple Room, 2:00 p.m.



All are welcome!



Musical performance presented by The Home Folks Tuesday, May 10th Sugar House Maple Room, 3:00 p.m.

The Home Folks have been playing music together as a group for over 20 years. Their style is a mix of bluegrass, country, gospel, traditional fiddle tunes, and old-time music. As the name of their group suggests, The Home Folks sing and harmonize with songs about home and family, which speak to the soul.

The group includes two couples, the Muzzey's (Harold and Diana) and the Whittemore's (Mark and Vicki). Diana sings lead and plays the stand-up bass. Harold plays instrumental leads and backs up the group with a fiddle, banjo, and mandolin. Vicki sings harmony, plays clarinet, and keeps rhythm with an assortment of instruments. Mark sings and plays guitar. Come clap your hands, tap your feet and sing along with the Home Folks!

Paint & Sip Night with Doodlin' Di Wednesday, May 11th Sugar House Maple Room, 5:00 p.m.



Join us for a fun evening at Sugar Hill for a Paint & Sip class led by "Doodlin' Di." This is a beginner-level canvas painting class, so all are invited to join regardless of your artistic abilities. A light dinner will be served during this event.

The cost is \$30 per person, which includes all supplies and dinner (menu to be announced). The sign-up deadline for this event is Wednesday, May 4th.



Musical Event: Myanna Monday, May 16th Sugar House Maple Room, 7:00 p.m.

Sugar Hill is excited to welcome Myanna! Known as one of the hottest and most soulful saxophonists in Massachusetts, Myanna plays music that mixes jazz improvisation with funky rhythms, expressive playing, and catchy tunes.

Whether the song is an original or a cover tune, her music is always colorful and infectious. As a frequent and loved guest on our Laconia campus, Myanna is known to be a consistent crowd pleasure and an engaging performer. This is a performance not to be missed!

Programming and Events - Wolfeboro

RSVP required via Touchtown App, or to Caralyn at crussell@taylorcommunity.org or (603) 569-8485.



Chasing Your Ancestors: Family Surprises and Secrets Uncovered

Presented by Old Friends Genealogy

Wednesday, May 18th

Sugar House Maple Room, 2:00 p.m.

Have you ever wanted to discover where your immigrant ancestors lived before coming to the U.S.? Has your family history been “lost in time”? Knowing where your ancestors lived, why and when they left their homelands, how they earned a living, family surprises and secrets, are all part of your very own family legacy.

During this program, Kate and Mike Lancor will explain how to find key U.S. records (censuses, military, birth, death, family history, newspaper articles, and obituaries), which will allow you to “chase” your ancestors back in time.

In the past, extensive information about a family’s history could only be accessed in libraries or archives. Therefore, the process was much more difficult and time-consuming. However, through technological advancements, websites provide individuals with easy access to a treasure trove of U.S. and international records, which can be viewed from the comfort of your own home. Websites such as Ancestry.com allow individuals to easily discover information about their past using both historical records and genetic genealogy. While the thought of using DNA to trace a family line once seemed like a far-fetched idea, it now is being regularly used to help individuals find their long-lost relatives.

The Lancor’s will also highlight some of the unexpected surprises and secrets they have uncovered while searching for their own ancestral lines. This duo has followed clients’ ancestors back to Europe, the UK, Scandinavia, South America, Canada, and Ireland, and they are always eager to uncover more!



Afternoon Matinee featuring the Musical Mamma Mia!

Monday, May 23rd

Sugar House Media Room, 2:00 p.m.

Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter’s wedding with the help of two old friends. Meanwhile, Sophie, her daughter, who is the spirited bride, has a plan. She secretly invites three men from her mother’s past in hope of meeting her real father and having him escort her down the aisle on her big day.

During this movie, popcorn, snacks, and drinks will be served. Run time is 1h 48m.

Lecture: NH Historical Society presents:

Immigration in the Granite State

Thursday, May 26th

2:00 p.m. in the Sugar House Media Room

This program explores immigration to New Hampshire during the “Great Wave” period, which took place between 1840 and 1920. During this lecture, presenters will highlight why immigrants came to the United States, explain what the immigrant experience in New Hampshire was like, and explore the many ways that immigrants have enriched the Granite State. This lecture is presented by the New Hampshire Historical Society.



Programming and Events - Wolfeboro

RSVP required via Touchtown App, or to Caralyn at crussell@taylorcommunity.org or (603) 569-8485.



Afternoon Matinee: Digital POPS! Concert featuring Classic Broadway Presented by the Portland Symphony Orchestra Tuesday, May 31st Sugar House Media Room, 2:00 p.m.

During this viewing, you can sing along with Broadway’s own Lisa Vroman and Doug LaBrecque during this Digital POPS performance. The performance features numerous unforgettable songs from the “Golden Age” of musical theatre and beyond.

During this event popcorn, snacks, and drinks will be served.

Resident Trips - Wolfeboro Campuses

RSVP required via Touchtown App, or to Caralyn at crussell@taylorcommunity.org or 603-569-8485.

Ladies Luncheon & High Tea The Silver Fountain Inn and Tea Parlor Friday, May 6th The bus will depart Sugar Hill at 10:45 a.m. followed by pickup at Back Bay



Built in 1871, the Silver Fountain Inn is a beautifully maintained three-story Victorian Bed & Breakfast Inn, located in historic downtown Dover, NH. Home to the Williams family for nearly a century, its elegant design remains an excellent example of the post-Civil War era. Relax and enjoy a wonderful Luncheon and High Tea. From soups and salads to quiches and sandwiches, to the fancy 3-tiered “Duchess” featuring delectable mini-sandwiches, scones with Devonshire cream and lemon curd, there is much to be enjoyed!



Judy Collins at the Colonial Theater Thursday, May 12th The bus will depart Sugar Hill at 6:30 p.m. followed by pickup at Back Bay

The Colonial Theater will welcome Judy Collins on Thursday, May 12th at 8:00 p.m. Judy Collins has long inspired audiences with sublime vocals, boldly vulnerable songwriting, personal life triumphs, and a firm commitment to social activism. In the 1960s, she evoked both the idealism and steely determination of a generation united against social and environmental injustices.

Please call Caralyn Russell to purchase a ticket. Tickets are \$55 per person and are non-refundable once purchased.

Resident Trips - Wolfeboro Campuses

RSVP required via Touchtown App, or to Caralyn at crussell@taylorcommunity.org or 603-569-8485.



Settlers' Green Outlet Village North Conway, New Hampshire

Friday, May 13th

**The bus will depart Sugar Hill at 9:00 a.m.
followed by pickup at Back Bay**

Settlers' Green Outlet Village has been a landmark shopping experience in North Conway since its opening in 1988 and is home to 70 unique outlet stores.

Across the road from the Settlers' Green Outlet Village is another shopping plaza called Settlers' Crossing. This plaza is anchored by the L.L. Bean Outlet Store and includes Clarks Bostonian, Walgreens, Starbucks, Black Cap Grille, and REI Co-op, which offers their first-ever outdoor experience center. After a day of shopping the group will be dining out at the Black Cap Grille, which is located just two minutes away from the Outlet Village.

Lecture with author Jamie Ford

Presenting on his novel "Hotel on the Corner of Bitter and Sweet"

Tuesday, May 17th

The Wright Museum of WWII, Wolfeboro

**The bus will depart Sugar Hill at 6:00 p.m. followed by pickup at Back Bay
The program begins at 7:00 p.m.**

Jamie Ford's novel, "The Hotel on the Corner of Bitter and Sweet," explores the age-old conflicts between father and son. His eloquent and best-selling book depicts the beauty and the sadness of what happened to Japanese Americans in the Seattle area during World War II. Through his depictions he shares what Japanese Americans faced during the "Internment," as well as the depths and longing of a first love that was everlasting.

Ford is the great-grandson of Min Chung, who immigrated from Kaiping, China to San Francisco in 1865, where he adopted the western name "Ford." Jamie's debut novel, "Hotel on the Corner of Bitter and Sweet," spent two years on the New York Times bestseller list and won the Asian/Pacific American Award for Literature.



This discussion will be moderated by Dr. Monica Chiu, Professor of English at the University of New Hampshire. Dr. Chiu specializes in Asian American studies, with a current focus on Asian/American graphic narratives. She is specifically interested in the ramifications of the internment of Japanese Americans and its lack of coverage in mainstream secondary and post-secondary curriculum. A former Fulbright Scholar at the University of Hong Kong, Chiu served as UNH's interim Vice President for Community, Equity, and Diversity from June, 2018 to December, 2019.

This program is free of charge and has been made possible by a grant from the NH Humanities Council.

Resident Trips - Wolfeboro Campuses

RSVP required via Touchtown App, or to Caralyn at crussell@taylorcommunity.org or 603-569-8485.



Victoria Mansion Guided Tour, (Portland, ME)

Friday, May 20th

The bus will depart Sugar Hill at 8:45 a.m.
followed by pickup at Back Bay

Also known as the Morse-Libby House, the Victoria Mansion was built between 1858 and 1860 as a summer home for Ruggles Sylvester Morse and his wife, Olive. They were both originally from Maine, but Morse made his fortune in New Orleans, where he operated luxury hotels. This spectacular summer home was designed by the architect Henry Austin of New Haven, Connecticut and it is widely considered one of the finest examples of the Italian Villa style in America. Join us on this guided tour of this historical landmark. Lunch to follow at DeMillo's On The Water.

“Lunch Bunch” Outing – Anatolia Mediterranean Restaurant

Located in Somersworth, NH

Tuesday, May 24th

The bus will depart Sugar Hill at 11:00 a.m.
followed by pickup at Back Bay.

Join us for an outing to this unique Mediterranean restaurant, which opened in Somersworth, New Hampshire in 2021. Mediterranean/Turkish food is a fusion of many different cultures, or a “collage of different cuisines,” so to speak. Today’s Mediterranean cuisine is a fusion of Turkic, Ottoman, Greek, Persian, Arabic, Lebanese, and Armenian cooking, which can be defined as a true and unique Mediterranean dining experience.

This restaurant is known for offering exceptionally fresh and locally sourced produce and meats, which are purchased directly from New Hampshire farms. Anatolia’s is committed to buying local ingredients whenever possible, which not only enhances the culinary experience at their restaurant, but also supports the local economy in a very special way.



Woodman Museum

Located in Dover, NH

Friday, May 27th

The bus will depart Sugar Hill at 9:00 a.m. followed by pickup at Back Bay

The Woodman, founded in 1916, is a traditional early 20th-century style natural science, history, and art museum with exhibits for all ages. The campus is home to four buildings, which include the Woodman House (1818), the Hale House (1813), the William Damm Garrison (1675), and the Keefe House (1825). The museum’s collection includes hundreds of colonial artifacts; a comprehensive mineral, shell and fossil gallery; mounted animal specimens; fine art and furniture; an extensive collection of militaria; local history objects; and much more. Join us for this self-guided tour followed by lunch at La Festa Brick & Brew Pizzeria.

EARLY RESERVATIONS REQUIRED FOR THIS JUNE TRIP

Mt. Washington Auto Road Guided Tour Friday, June 17th

Time of bus departure to be announced in the June Gazette.

This two-hour guided tour offers a unique opportunity to learn the true nature and history of Mount Washington and the historical Auto Road.

The guided tour includes:

- A curated mountain experience with knowledgeable and dedicated tour guides who are ambassadors of Mt. Washington.
- A discussion of the unique history, flora, and fauna of Mt. Washington.
- Time for guests to take pictures.
- Time for guests to enjoy the summit.

Cost is \$42.50 per person. Space is limited on this tour due to size of the tour van, so please RSVP directly to Caralyn Russell as soon as possible if you are interested in joining! Please note that this event will not be posted on Touchtown.

There will be a picnic lunch at an additional cost. More details to come!



Recurring Campus Events - Wolfeboro Campuses

RSVP via Touchtown App, or to Caralyn at crussell@taylorcommunity.org or (603) 569-8485.



Let's Laugh Together!

Every Monday

3:00 p.m. in the Sugar Hill Media Room

Join us for comedy, storytelling, and sharing jokes. Bring jokes to share or come to listen. Life is better when you're laughing...together!

Sugar Hill Knitting Circle

Meets Every Wednesday

2:00 p.m. in the Sugar House Dining Room



What is a knitting circle? A knitting circle is an open, informal, and mutually supportive group of people who:

- Want to learn to knit
- Already know how to knit and want to improve their skills
- Need help or encouragement with stalled projects
- Just like the fun of knitting together with others.

If you may be interested in joining the Sugar Hill Knitting Circle, bring your projects and questions and hear a little about one resident's experience in over twenty years of participation in four different knitting circles spanning four states, and many countries around the world.

We are hopeful that this circle will continue to meet, knit, get help and inspiration, share ideas, and share friendship. People who crochet or partake in other small handcrafts are also welcome!

Recurring Campus Events - Wolfeboro Campuses

RSVP via Touchtown App, or to Caralyn at crussell@taylorcommunity.org or (603) 569-8485.



Music for Fun! Every Thursday 3:00 p.m. in the Maple Room

Come by the Maple Room and let's see what we can make happen!
Prepare to be laid back, relaxed, open, and ready for fun with music. Bring a drink for happy hour if you would like. Nancy Glowacki loves music, instruments, rhythm, beats, lyrics, singing, playing, listening, learning, harmony, variety, writing songs, open mic, recording, humor, memories, new ideas, inclusivity, and bringing people together for all of the above!

This group will be facilitated by Nancy, so please call her with any questions at (828) 606-5201.

Billiards Games Every Monday, Wednesday and Friday Sugar House Pool Room, 10:00 a.m.



Ping Pong Games Mondays at 3:30 p.m. Thursdays at 3:00 p.m. Sugar House Maple Room



Bridge Group Every Saturday Sugar House Dining Room, 1:30 p.m.

This resident-run group is looking to add a few more players to the group.
All are welcome.



May Birthdays for Wolfeboro Residents

5/4	Donna	Adams	Sugar Hill
5/8	Marilyn	Bunting	Sugar Hill
5/9	Normandie	Mindheim	Sugar Hill
5/12	Marion	Walters	Sugar Hill
5/19	Martha	Crawford	Back Bay
5/23	Lynne	Moughty	Sugar Hill
5/25	Margaret	Barnes	Sugar Hill
5/29	Nancy	Maher	Back Bay



Recurring Campus Events • Wolfeboro

RSVP is required for most events and may be made via Touchtown in Events, or with Caralyn at (603) 569-8485 or crussell@taylorcommunity.org unless otherwise noted.

Dining at Sugar Hill

The Sugar House Dining Room is open for in-person reservations or pick-up at the Sugar House from Tuesday through Saturday evenings. Please call (603) 569-8485 or stop by the main desk at least 24 hours in advance to place your order.

Menus for the following week will be distributed every Friday.

MONDAYS:

Billiards Games, 10:00 a.m., Pool Room
Let's Laugh Together – 3:00 p.m., Sugar Hill Media Room
Ping Pong Games, 3:30 p.m., Maple Room

TUESDAYS:

Shopping Bus — 9:45 a.m., Sugar Hill; 10:00 a.m., Back Bay

WEDNESDAYS:

Billiards Games — 10:00 a.m., Pool Room

Shopping Services Day

Please contact Gina at (603) 569-8485 or via email at gcolantuono@taylorcommunity.org no later than noon on Tuesday, leaving your list in your newspaper tube by 4:00 p.m. Tuesday. Shopping will be done at Hannaford in Alton or Gilford. \$10 charge per errand will be added to your next statement, along with the cost of your purchases.

Back Bay: Care Management Nurse Visits

Care Management nurses, Anne Ulman, RN and Julie Anne Van Dyne, RN will be leading Blood Pressure clinics every Wednesday from 2:00 p.m. -3:00 p.m., in the Community House.

For more information, please contact:

aulman@taylorcommunity.org or
(603) 569-8485 X240

THURSDAYS:

Shopping Bus — 9:45 a.m., Sugar Hill; 10:00 a.m. Back Bay
Cracker Barrel Coffee Hours — Every Thursday at 10:00 a.m., Sugar Hill
Ping Pong Games — 10:00 a.m., Maple Room
Music is For Fun! – 3:00 p.m., Maple Room

FRIDAYS:

Billiards Games —10:00 a.m., Pool Room

Meeting Reminders • Wolfeboro

Resident Town Hall

Tuesday, May 17th at 10:00 a.m., Sugar Hill Maple Room
RSVP via Touchtown App or to Caralyn at (603) 569-8485.

Dial-A-Ride Reservations

Please contact Gina Colantuono at (603) 569-8485 or gcolantuono@taylorcommunity.org.

SUN	MON	TUE	WED	THUR	FRI	SAT
1 8:00 WS Quilting Group - Gail Dyer 10:00 FOCUSED BOOK GROUP - Shoeless Joe - W.P. Kinsella 1:00 WS Women's Billiards 6:30 LECTURE - The Secrets of Cellar Holes	2 10:00 WS CRACKER BARREL 11:00 WS Caregivers Support Group 1:00 CRAFT - Kentucky Derby Hats 4:30 DINNER AT THE BISTRO 6:30 TT DOC - Yellowstone	3 7:30 Men's Breakfast 10:00 GOLF GROUP 10:00 WS - Cribbage Group 1:00 Woodside Painting Group 6:30 Pontine Theater Presentation	4 <i>Cinco de Mayo</i> 9:00 WS Woodcarving Group 10:00 Taylor Writing Group 10:00 WS Sew Sisters Sewing Group 3:00 WS Taylor Community Chorus Rehearsal 4:30 DINNER AT THE BISTRO	5 9:45 RESIDENT TRIP - Canterbury Shaker Village 10:00 WS - Le Cercle Francais de Laconia 10:00 WS Quilting Group - Anne Dustin 12:30 WS PING PONG 1:00 WS PING PONG 1:00 WS Ping Pong 1:30 WS PING PONG 2:00 WS Mexican Train 2:00 WS Rummikub 4:30 Oasis Pub Night 6:30 TT MOVIE - Matilda 7:00 MOVIE - This is a Robbery	6 9:30 WS Hand & Foot Card Games 1:00 WS Scrabble Group 5:30 Kentucky Derby Event 6:30 TT MOVIE - Ozzie	7
8 <i>Mother's Day</i> 3:00 MUSIC SERIES - Meadowlark Trio	9 8:00 WS Quilting Group - Gail Dyer 11:00 WS Resident Town Hall 1:00 WS Women's Billiards 6:30 LECTURE - Heroes & Homecomings	10 10:00 WS CRACKER BARREL 11:00 WS Caregivers Support Group 12:00 WS Prayer Shawl Group 4:30 DINNER AT THE BISTRO 6:30 TT DOC - 30 Yrs Nat Geo Specials	11 10:00 GOLF GROUP 10:00 WS - Cribbage Group 11:00 Activity Fair 1:00 Woodside Painting Group 2:00 WS Genealogy with Ron Baker	12 9:00 WS Woodcarving Group 10:00 Taylor Writing Group 10:00 WS Sew Sisters Sewing Group 4:30 DINNER AT THE BISTRO 6:45 Judy Collins at Colonial Theater	13 8:30 TRIP - Mt. Kearsarge Indian Museum 10:00 WS - Le Cercle Francais de Laconia 12:30 WS PING PONG 1:00 WS PING PONG 1:00 WS Ping Pong 1:30 WS PING PONG 2:00 WS Mexican Train 2:00 WS Rummikub 6:30 TT MOVIE - School of Life 7:00 MOVIE - Julia	14 9:30 WS Hand & Foot Card Games 1:00 WS Scrabble Group 6:30 TT MOVIE - About Hope 7:00 MOVIE - Glory Road
15 2:00 RESIDENT TRIP - Then and Now Colonial	16 8:00 WS Quilting Group - Gail Dyer 11:00 LECTURE - Zoom Lecture with Dr. Michael Cross 1:00 WS Women's Billiards 2:30 Current Events Discussion Group 6:30 MUSIC SERIES - Heather Pierson Jazz Trio	17 10:00 WS CRACKER BARREL 11:00 WS Caregivers Support Group 1:00 MUSICAL - Rent 4:30 DINNER AT THE BISTRO 6:30 TT DOC - Rare Panda	18 10:00 GOLF GROUP 10:00 WS - Cribbage Group 1:00 Woodside Painting Group 2:00 MUSICAL PERFORMANCE - Taylor Tunes 6:30 MUSIC SERIES - Will Ogmundson	19 8:15 TRIP - Strawberry Banke 9:00 WS Woodcarving Group 10:00 Taylor Writing Group 10:00 WS Sew Sisters Sewing Group 3:00 WS Taylor Community Chorus Rehearsal 4:30 DINNER AT THE BISTRO	20 10:00 WS - Le Cercle Francais de Laconia 10:00 WS Quilting Group - Anne Dustin 12:30 WS PING PONG 1:00 WS PING PONG 1:00 WS Ping Pong 1:30 WS PING PONG 2:00 WS Mexican Train 2:00 WS Rummikub 6:30 TT MOVIE - Henry's Crime 7:00 MOVIE - Alan Jackson	21 9:30 WS Hand & Foot Card Games 1:00 WS Scrabble Group 6:30 TT MOVIE - The Notorious Landlady 7:00 MOVIE - Under Tuscan Sun
22 3:00 MUSIC SERIES - Portsmouth Brass Quintet	23 8:00 WS Quilting Group - Gail Dyer 1:00 WS Women's Billiards 6:30 MUSIC SERIES - HBOM	24 10:00 WS CRACKER BARREL 11:00 WS Caregivers Support Group 4:30 DINNER AT THE BISTRO 6:30 TT DOC - Vicious Beauties	25 10:00 GOLF GROUP 10:00 WS - Cribbage Group 11:00 EVENT - Nurse Luncheon 1:00 Woodside Painting Group 4:30 DINING OUT - The Breeze	26 9:00 TRIP - NH Dept of Corrections 9:00 WS Woodcarving Group 10:00 Taylor Writing Group 10:00 WS Sew Sisters Sewing Group 4:30 DINNER AT THE BISTRO 7:00 MAY OPERA - La Boheme	27 10:00 WS - Le Cercle Francais de Laconia 12:30 WS PING PONG 1:00 WS PING PONG 1:00 WS Ping Pong 1:30 WS PING PONG 2:00 WS Mexican Train 2:00 WS Rummikub 6:30 TT MOVIE - Leave Her to Heaven 7:00 MOVIE - Shatner	28 9:30 WS Hand & Foot Card Games 1:00 WS Scrabble Group 6:15 RESIDENT TRIP - The Jersey Tenors 6:30 TT MOVIE - The Groom Wore Spurs 7:00 MOVIE - Open Range
29 4:30 WS SUNDAY SOCIAL	30 <i>Memorial Day</i> 8:00 WS Quilting Group - Gail Dyer 1:00 WS Women's Billiards	31 10:00 WS CRACKER BARREL 11:00 WS Caregivers Support Group 4:30 DINNER AT THE BISTRO				

May 2022

Programming Calendar Laconia



SUN	MON	TUE	WED	THUR	FRI	SAT
1 9:00 Strength and Stretch 9:00 Tai Chi for Balance 10:00 Balance 10:00 Functional Strength 11:00 Strength and Stretch 12:00 Pickleball- Meredith Park and Rec 1:30 March-Fit Dance Class 4:00 Pick-up Shuffleboard	2	3 9:00 Aqua Flow 9:00 Strength and Stretch 10:00 Chair Yoga 10:30 Tai Chi 11:00 Strength and Stretch 2:00 Low Impact Cardio Fit	4 9:00 Strength and Stretch 9:00 Tai Chi for Balance 10:00 Balance 10:00 Functional Strength 10:00 GOLF GROUP 11:00 Strength and Stretch 1:30 Mat Yoga 4:00 Pick-up Corn hole	5 Cinco de Mayo 9:00 Aqua Flow 10:00 Chair Yoga 10:30 Tai Chi 11:00 Strength and Stretch	6 9:00 Strength and Stretch 10:00 Low Impact Cardio Fit 11:00 Mat Yoga 11:00 Strength and Stretch	7
Mother's Day 8 9:00 Strength and Stretch 9:00 Tai Chi for Balance 10:00 Balance 10:00 Functional Strength 11:00 Strength and Stretch 12:00 Pickleball- Meredith Park and Rec 1:30 March-Fit Dance Class 4:00 Pick-up Shuffleboard 6:30 LECTURE - Heroes & Homecomings	9	10 9:00 Aqua Flow 9:00 Strength and Stretch 10:00 Chair Yoga 10:30 Tai Chi 11:00 Strength and Stretch 2:00 Low Impact Cardio Fit	11 9:00 Strength and Stretch 9:00 Tai Chi for Balance 10:00 Balance 10:00 Functional Strength 10:00 GOLF GROUP 11:00 Strength and Stretch 1:30 Mat Yoga 4:00 Pick-up Corn hole	12 9:00 Aqua Flow 10:00 Chair Yoga 10:30 Tai Chi 11:00 Strength and Stretch	13 9:00 Strength and Stretch 10:00 Low Impact Cardio Fit 11:00 Mat Yoga 11:00 Strength and Stretch	14
15 9:00 Strength and Stretch 9:00 Tai Chi for Balance 10:00 Balance 10:00 Functional Strength 11:00 Strength and Stretch 12:00 Pickleball- Meredith Park and Rec 1:30 March-Fit Dance Class 4:00 Pick-up Shuffleboard	16	17 9:00 Aqua Flow 9:00 Strength and Stretch 10:00 Chair Yoga 10:30 Tai Chi 11:00 Strength and Stretch 2:00 Low Impact Cardio Fit	18 9:00 Strength and Stretch 9:00 Tai Chi for Balance 10:00 Balance 10:00 Functional Strength 10:00 GOLF GROUP 11:00 Strength and Stretch 1:30 Mat Yoga 4:00 Pick-up Corn hole	19 9:00 Aqua Flow 10:00 Chair Yoga 10:30 Tai Chi 11:00 Strength and Stretch	20 9:00 Strength and Stretch 10:00 Low Impact Cardio Fit 11:00 Mat Yoga 11:00 Strength and Stretch	21
22 9:00 Strength and Stretch 9:00 Tai Chi for Balance 10:00 Balance 10:00 Functional Strength 11:00 Strength and Stretch 12:00 Pickleball- Meredith Park and Rec 1:30 March-Fit Dance Class 4:00 Pick-up Shuffleboard	23	24 9:00 Aqua Flow 9:00 Strength and Stretch 10:00 Chair Yoga 10:30 Tai Chi 11:00 Strength and Stretch 2:00 Low Impact Cardio Fit	25 9:00 Strength and Stretch 9:00 Tai Chi for Balance 10:00 Balance 10:00 Functional Strength 10:00 GOLF GROUP 11:00 Strength and Stretch 1:30 Mat Yoga 4:00 Pick-up Corn hole	26 9:00 Aqua Flow 10:00 Chair Yoga 10:30 Tai Chi 11:00 Strength and Stretch	27 9:00 Strength and Stretch 10:00 Low Impact Cardio Fit 11:00 Mat Yoga 11:00 Strength and Stretch	28
29 Memorial Day 9:00 Strength and Stretch 9:00 Tai Chi for Balance 10:00 Balance 10:00 Functional Strength 11:00 Strength and Stretch 12:00 Pickleball- Meredith Park and Rec 1:30 March-Fit Dance Class 4:00 Pick-up Shuffleboard	30	31 9:00 Aqua Flow 9:00 Strength and Stretch 10:00 Chair Yoga 10:30 Tai Chi 11:00 Strength and Stretch 2:00 Low Impact Cardio Fit				

May 2022

Wellness Calendar Laconia



SUN	MON	TUE	WED	THUR	FRI	SAT	
	1 10:00 Billiards 3:00 Let's Laugh Together! 3:30 Table Tennis	2	3 10:00 Baby Animals at Sugar Hill 2:00 Afternoon Matinee: Phantom of the Opera	4 10:00 Billiards 2:00 Knitting Group 2:00 Lecture: John Keslar's Carving Crafts	5 Cinco de Mayo 10:00 Cracker Barrel Programming Meeting 3:00 Music for fun! Let's do it! 3:30 Table Tennis 4:00 Cinco de Mayo Happy Hour	6 10:00 Billiards 10:45 Ladies Luncheon at Silver Fountain Inn & Tea Parlor	7 1:30 Bridge Group
Mother's Day	8 10:00 Billiards 11:00 Book Club 3:00 Let's Laugh Together! 3:30 Table Tennis 6:30 LECTURE - Heroes & Homecomings 11:00 Book Club Meeting: On the Corner of Bitter & Sweet	9	10 10:00 Melvin Village Community Church Service 2:00 Stock Club 3:00 Musical Performance: Home Folks	11 10:00 Billiards 2:00 Knitting Group 5:00 Paint & Sip with Doodlin' Di	12 10:00 Cracker Barrel Programming Meeting 3:00 Music for fun! Let's do it! 3:30 Table Tennis 8:00 Judy Collins at the Colonial Theatre	13 10:00 Billiards	14 1:30 Bridge Group
	15 10:00 Billiards 3:00 Let's Laugh Together! 3:30 Table Tennis 7:00 Musical performance: Myanna	16	17 9:00 Cooperative Board Meeting 10:00 Town Hall Meeting 6:00 Lecture with author Jamie Ford	18 10:00 Billiards 2:00 Knitting Group 2:00 Lecture: Chasing your Ancestors	19 10:00 Cracker Barrel Programming Meeting 3:00 Music for fun! Let's do it! 3:30 Table Tennis	20 10:00 Billiards	21 1:30 Bridge Group
	22 10:00 Billiards 2:00 Afternoon Matinee: Mamma Mia! 3:00 Let's Laugh Together! 3:30 Table Tennis	23	24 8:45 Victoria Mansion Guided Tour 11:00 Lunch Bunch - Anatolia Mediterranean Restaurant	25 10:00 Billiards 2:00 Knitting Group	26 10:00 Cracker Barrel Programming Meeting 2:00 Lecture: NH History Society presents - Immigration in the Granite State 3:00 Music for fun! Let's do it! 3:30 Table Tennis	27 9:00 Trip to Woodman Museum 10:00 Billiards	28 1:30 Bridge Group
	29 Memorial Day 10:00 Billiards 3:00 Let's Laugh Together! 3:30 Table Tennis	30	31 2:00 Afternoon Matinee: PSO Digital Classical Broadway Concert				

May 2022

Programming Calendar Wolfeboro



SUN	MON	TUE	WED	THUR	FRI	SAT	
	1 10:00 SH Strength and Stretch	2	3	4 10:00 SH Strength and Stretch	5 Cinco de Mayo	6 10:00 SH Strength and Stretch	7
Mother's Day	8 10:00 SH Strength and Stretch 6:30 LECTURE - Heroes & Homecomings	9	10	11 10:00 SH Strength and Stretch	12	13 10:00 SH Strength and Stretch	14
	15 10:00 SH Strength and Stretch	16	17	18 10:00 SH Strength and Stretch	19	20 10:00 SH Strength and Stretch	21
	22 10:00 SH Strength and Stretch	23	24	25 10:00 SH Strength and Stretch	26	27 10:00 SH Strength and Stretch	28
	29 Memorial Day 10:00 SH Strength and Stretch	30	31				

May 2022

Wellness Calendar Wolfeboro

