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[www.sarahsplace.org](http://www.sarahsplace.org)

February 26, 2024

Dear Friends:

Thank you for reading! You can tell spring is about to be sprung, we have all felt the changes in the air. The 50 degree days that follow the 25 also help! Spring reminds me that better things are always around the corner! March is bringing lots of good things: Our March on to Support Calendar Drawing will be live on Facebook starting Friday 3/1. We turn back the clocks on March 10<sup>th</sup>, St. Patrick's Day will be celebrated on Monday 3/18, and the first day of Spring 3/19 will mark longer days and warmer weather.

As a non-profit, we are ALWAYS fundraising. **Our March on to Support Sarah's Place is here to help.** There's still time to purchase a **\$20 March Calendar!** Providing you 31 chances to win! Yes! I did say 31 chances! More than a chance to win cash daily - you have four chances to \$50 scratch tickets! Woohoo!! **Participants will draw the winners Monday through Friday at 10:30 am on Facebook live – so tune in!**

Sarah's Place was recently notified that **Windrush Farm in North Andover**, [www.windrushfarm.org](http://www.windrushfarm.org) will be offering our participants a full grant to receive education and tours at their Horse Farm. We will be able to bring participants to visit Windrush Farm. They will witness horse grooming and behavior and learn more about these beautiful animals. This will be a multi-week program so we will be able to rotate in lots of our folks. What an amazing opportunity for Sarah's Place. We love to bring the community into Sarah's Place and it will be even more fun to bring our folks out to the farm. We look forward to starting this in April.

**Please be sure to update the Nurse about any and all changes in Medications or any trips to the Doctor's Office or Emergency Room. The more information we have, the better we can care for you!**

**Advance NOTICE: SP Original turns 24 on Wednesday, April 3<sup>rd</sup>. Can you say OPEN HOUSE!**

#### MARCH SPECIAL EVENTS

#### Monthly Activity Sponsor: Memory of Harry "Joe" Barker

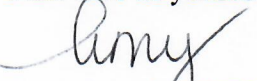
**Friday, March 1<sup>st</sup> our Facebook Live will announce daily winners! Tune in at 10:30 Monday – Friday! Good Luck! Wear Green St. Patrick's Day Friday and Monday, March 15<sup>th</sup> and 19<sup>th</sup>! We will enjoy live entertainment every week in March aided by the support of the Mary Lambropoulos Entertainment Series.**

#### CAREGIVERS

**Remember to take time to care for yourself. You and your loved one depend on you!**

- Take a moment to reach out to Sarah's Place so we can check in with you too. Sharing your concerns or troubles lightens your load – we are here to help and you matter to us!
- **Support Groups: We added another Support Group: Daytime: 1<sup>st</sup> Wednesday of the month at 11 am on the 7<sup>th</sup> Floor of the Mission Towers building, the other is the 3<sup>rd</sup> Wednesday at 5pm at SP Too.**
- **Age Span** is a wonderful resource for information and options and they have a list of area support groups, they can be reached at 978.683.7747 or toll free at 800.892.0890

Take care of yourselves,

  
Amy Anwyl, MSW  
Executive Director

#### Founding Organizations

*Bethany Community Services*

*Penacook Place*

*Haverhill YMCA*



Monday

Tuesday

Wednesday

Thursday

Friday



# March 2024

## Sarah's Place Menu

Milk is offered at all meals and snack times.  
Breakfast Menu:  
Milk Juice, coffee and a choice of toast, English muffin, cereal, raisin toast, fruit, cottage cheese or oatmeal.

**Tuna on a whole grain roll**  
**SP Fries/Soup**  
**Clementines**

1

**Snack: PB & crackers**

<b>Baked Ham</b> 4 <b>Garlic Mashed Potato</b> <b>Carrots / WW Roll</b> <b>Snack: Grahams &amp; fruit</b>	<b>Stir Fry Chicken</b> 5 <b>Rice &amp; veggies/roll</b> <b>Pudding</b> <b>Snack: Hummus/pita</b>	<b>Flap Jacks</b> 6 <b>Hashbrowns/Ham</b> <b>Fresh Fruit Cup</b> <b>Peaches</b> <b>Snack: Fruit &amp; crackers</b>	<b>Beef Stew</b> 7 <b>Potato/carrot/turnip</b> <b>Garlic Bread</b> <b><u>Apple Crisp</u></b> <b>Snack: Yogurt &amp; Fruit</b>	<b>Honey ginger Salmon</b> 8 <b>Roast Potato/mix veg</b> <b>Whole Wheat Roll</b> <b>Jello</b> <b>Snack: Hummus &amp; Pita</b>
<b>American Chop Suey</b> 11 <b>Salad/Broccoli</b> <b>Fruit Cocktail</b> <b>Snack: Fruit &amp; crackers</b>	<b>Baked Stuffed Chicken</b> 12 <b>Breast w/gravy</b> <b>Mashed Pot/Grn Beans</b> <b><u>Cookies</u></b> <b>Snack: Grahams &amp; fruit</b>	<b>Pizza</b> 13 <b>Spinach Salad</b> <b>SP Fries</b> <b>Fruit Cocktail</b> <b>Snack: Bananas</b>	<b>Italian Subs</b> 14 <b>Potato Chips</b> <b>Spinach Salad w/fruit</b> <b>Pi</b> <b>Snack: WG Gold Fish</b>	<b>Grilled Cheese</b> 15 <b>Soup/Salad</b> <b>Fresh Fruit</b> <b>Snack: Apples &amp; PB</b>
<b>Corned Beef &amp; Cabbage</b> 18 <b>Turnip/Pot/Carrots</b> <b>Roll</b> <b>Irish Cream</b> <b>Snack: Clementines</b>	<b>Baked Chicken</b> 19 <b>w/gravy/roll</b> <b>Mashed Pot/Grn Beans</b> <b>Peaches</b> <b>Snack: Grahams &amp; fruit</b>	<b>Ravioli</b> 20 <b>Spinach Salad w/fruit</b> <b>Jello</b> <b>Snack: WG Gold Fish</b>	<b>Chicken &amp; Beef Taco</b> 21 <b>Lettuce/Tomatoes</b> <b>Red beans &amp; rice</b> <b>Pineapple</b> <b>Snack: Grahams &amp; fruit</b>	<b>Pasta Primavera</b> 22 <b>Chickpea Salad</b> <b><u>Grapenut pudding</u></b> <b>Snack: WG Gold Fish</b>
<b>Meatball Subs</b> 25 <b>Tater Tots</b> <b>Spinach Salad</b> <b><u>Pudding Pie</u></b> <b>Snack: Fruit &amp; crackers</b>	<b>Roast Turkey &amp; gravy</b> 26 <b>Mashed Potato</b> <b>Carrots/WG roll</b> <b>Pears</b> <b>Snack: Hummus &amp; pita</b>	<b>Chicken Parm</b> 27 <b>w/penne</b> <b>Salad/green beans</b> <b>Peaches</b> <b>Snack: Goldfish &amp; Fruit</b>	<b>Turkey Pot Pie</b> 28 <b>Peas/carrots/potato &amp;</b> <b>gravy/whole grain roll</b> <b>Jello</b> <b>Snack: PB &amp; crackers</b>	<b>Baked Haddock</b> 29 <b>Rice Pilaf</b> <b>Cole Slaw WG Roll</b> <b>Ice Cream</b> <b>Snack: Clementines</b>



Monday

Tuesday

Wednesday

Thursday

Friday



# March 2024

## Sarahs Place Adult Day Health

Monthly Activity Sponsor:

**Remembering  
Harry "Joe" Barker  
born on  
St. Patrick's Day**

10 Yellow Brick Road  
11 Word Games  
1:30 Chair Exercise  
2p Target Practice  
3p Question Ball  
**Share a Smile Day!**

<p>4</p> <p>10 Skeeball 11 <b>Duane Sullivan</b> 1:30 Exercise 2p Table Games 3p Zoom In's <b>Marching to Music Day!</b></p>	<p>5</p> <p>10 Craft 11 Trampoline Toss 1:30 Moving to Music 2p Horseshoes / Dice 3p Headbands</p>	<p>6</p> <p>10 <b>Musical Bingo w/Jan&amp; Ray</b> 11 Making Words 1:30 Chair Exercise 2p Family Feud / Wall Ball 3p Name 5 Things</p>	<p>7</p> <p>10 Floor Darts/ <b>Cooking</b> 11 <b>Dove &amp; Suzie Songbirds</b> 1:30 Exercise w/ Sherry 2p Shamrock Dice / Art 3p Reminiscing</p>	<p>8</p> <p>10 Bingo / Word Search 11 Irish Hangman 1:30 Fitness Fun 2p Bowling / Bean Bag 3p Card Games</p>
<p>11</p> <p>10 Craft 11 Ball Bounce 1:30 Chair Exercise 2p Flying Chickens 3p Chit Chat</p>	<p>12</p> <p>10 Bowling / <b>Cooking</b> 11 Luck of the Irish Toss 1:30 Fitness Bands 2p St Patty's Dice 3p Word Game <b>Plant a Flower Day!</b></p>	<p>13</p> <p>10 Veggie Toss / Darts 11 Horseshoes / Trivia 1:30 Moving to Music 2p Table Games 3p Fishing Game</p>	<p>14</p> <p>10 Bingo / Word Search 11 Ring Toss / Hangman 1:30 Fun to be fit 2p Question Ball 3p Name 5 Things</p>	<p>15</p> <p>10 Floor Darts 11 <b>The Rockaholic's</b> 1:30 Chair Exercise 2p St Patty's Beads / Art 3p Letter Dice</p>
<p>18</p> <p>10 Pot of Gold 11 Making Words 1:30 Chair Exercise w/ Sherry 2p Spring Dice 3p Reminiscing</p>	<p>19</p> <p>10 Horseshoes/ Bean Bag 11<b>Comedy Mask Review</b> 1:30 Weight Training 2p Beads / Art 3p Zoom In's</p>	<p>20</p> <p>10 Bingo / Word Search 11 Yellow Brick Road 1:30 Exercise Class 2p Bowling / Bean Bag 3p Conversation Ball</p>	<p>21</p> <p>10 Easter Craft 11 Ball Bounce / Trivia 1:30 Fitness Bands 2p Skeeball / Letter Dice 3p I pad Games <b>Taco Day!</b></p>	<p>22</p> <p>10 Floor Darts/ <b>Cooking</b> 11 Chicken Toss / Rebus 1:30 Fun to be Fit 2p Bee in your Bonet 3p Question Ball</p>
<p>25</p> <p>10 Egg Toss/<b>Cooking</b> 11 Word Games 1:30 Fitness Bands 2p Yellow Brick Road 3p Games on the I pad</p>	<p>26</p> <p>10 Bingo / Cards 11 Horseshoes / Trivia 1:30 Chair Exercise 2p Floor Darts / Dice 3p Chit Chat <b>Wear a Hat Day!</b></p>	<p>27</p> <p>10 Skeeball / Dice 11 <b>Peter O'Malley</b> 1:30 Movement to Music 2p Table Games 3p What's in the Hat?</p>	<p>28</p> <p>10 Ring Toss 11 Easter Trivia 1:30 Weight Training 2p Table Games / Art 3p Concentration</p>	<p>29</p> <p>10 Color Easter Eggs 11Easter Hangman/Trivia 1:30 Exercise 2p Skeeball / Darts 3p Question Ball <b>National Mermaid Day!</b></p>



Monday	Tuesday	Wednesday	Thursday	Friday
 <h1>March 2024</h1> <p>Sarabs Place Too</p>				<b>Share a Smile Day!! 1</b> 10 Sunflower Toss 11 Word Games 1:30 Chair Exercise 2p Target Practice 3p Name 5 Things
<b>Monthly Activity Sponsor:</b>  <b>Remembering Harry "Joe" Barker born on St. Patrick's Day</b>				
<b>Marching to Music Day! 4</b> 10 Duane Sullivan 11 Word Jumbles 1:30 Exercise 2p Table Games 3p Zoom In's	5 10 Craft/w Kathy 11 Trampoline Toss 1:30 Moving to Music 2p Horseshoes / Dice 3p Headbands	6 10 Egg Crate Challenge 11 Making Words 1:30 Weight Training 2p Yahtzee/Dominos 3p Sing-along	7 10 Floor Darts/Cooking 11 1:30 Chair exercise w/Sherry 2 Leprechaun Dice Game 3p Reminiscing	<b>National Cereal Day 8</b> 10 Bingo / Word Search 11 What cereals do u like 1:30 Fitness Fun 2p Bowling/Boggle 3p Card Games
11 10 Craft/Kathy 11 Ball Bounce 1:30 Fitness Fun 2p (21) -Table Game 3p Boggles/Puzzles	<b>Plant a Flower Day 12</b> 10 Bowling /Cooking 11 Solo Cup/Flower Trivia 1:30 Chair Exercise w/Sherry 2p Dice Game 3p Word Game	13 10 Bocce/Art 11 Horseshoes/Trivia 1:30 Chair Exercise w/ Sherry 2p Letter Dice 3p Fishing Game	<b>Nat. Potato Chip Day 14</b> 10 Musical Bingo w/Jan& Ray 11 Ring Toss / Hangman 1:30 Moving to Music 2p Question Ball 3p Name 5 Things	<b>Wear your Green 15</b> 10 Irish I loved crafts 11 Head Bands/ Irish Hangman 1:30 Weight Training 2p LCR/Puzzles/ Art 3p Letter Dice
<b>Wear your Green 18</b> 10 Craft/Kathy 11 Luck of the Irish Toss 1:30 Fitness fun 2p Spring Dice 3p Reminiscing	<b>Hat Day! 19</b> 10 The Rockaholic's 11 Trivia / Word Games 1:30 Weight Training 2p Word Connect/Art 3p Zoom In's	<b>National Ravioli Day 20</b> 10 Bingo/ Word Search 11 Question/Charade Ball 1:30 Chair Exercise 2p Bowling/Bean Bag 3p Conversation Ball	<b>Taco Day 21</b> 10 Yellow Brick Road 11Dove & Suzie Songbirds 1:30 Fitness Bands 2p Kings in Corner/Letter Dice 3p Wheel of Fortune	22 10 Easter Craft/ Cooking 11 Mexico Jumbles/Trivia 1:30 Movement to music 2p Question Ball 3p Word Connect
25 10 Egg Toss/ Cooking 11 Word Games 1:30 Fitness Bands 2p Basketball 3p Race to 21	26 10 Craft/Kathy 11 Bingo 1:30 Chair Exercise 2p Floor Darts / Dice 3p Chit Chat	27 10 Peter O'Malley 11 Music Trivia 1:30 Fitness Fun 2p Checkers/Dice Game 3p What's in the Hat?	28 10 Ring Toss 11 Easter Trivia 1:30 Weight Training 2p Table Games / Art 3p Concentration	<b>National Mermaid Day 29</b> 10 Color Easter Eggs 11EasterHangman / Trivia 1:30 Chair Exercise w/ Sherry 2p Horseshoes / Beanbag 3p Uno/Puzzles



**Sarah's Place Adult Day Health** [www.sarahsplace.org](http://www.sarahsplace.org)  
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### **Feeling Lucky?**

**Purchase a March on to Support Sarah's Place Calendar**  
**\$20 for 31 chances to win! Drawing streamed live on Facebook**  
**Win \$200 on Joe Barker's Birthday – St. Patrick's Day**  
**First drawing is Friday, March 1<sup>st</sup> at 10:30**

**To care for someone else, you must care for yourself.**

**A support group provides an opportunity for you to share your thoughts, receive support and recommendations in a supportive environment.**

**[Join us Wednesday, February 21<sup>st</sup> at 5pm at SP Too.](#)**

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#### **Founding Organizations**

**Bethany Community Service**

**Penacook Place**

**Haverhill YMCA**