



180 Water Street  
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www.sarahsplace.org

July 25, 2024

Dear Friends:

Summer is flying by, and boy has it been a hot one! Keep drinking your water. It helps us keep cool, keep our bodies and minds working. Don't wait til you feel thirsty – 6-8 glasses a day to keep you happy & hydrated.

This month, Sarah's Place Too, our second location, celebrates our 14<sup>th</sup> Anniversary. **We will hold a Carnival Themed Anniversary Celebration on Wednesday, August 28<sup>th</sup> from 12-2** with some cool tunes from the lovely musicians, **Dove and Suzie**. All we need is you. **Please RSVP with Kelley or Kim if you can join us!**

Speaking of good times, we continue to visit area restaurants. If you are interested in going out, please bring in \$25 and our Activities Directors, Kelley and Laura, will put you on the list to go to one of our area restaurants.

We are so very fortunate that so many of you share your good experiences with others. Your kind words, your recommendations to family and friends, all translate to referrals and admissions. Thank you! If I had a dollar for every positive comment we have received over the years, Sarah's Place would never have to fundraise again! However, to ensure we are here today and all the tomorrows, we will continue to fundraise. We're grateful for your support. Here are opportunities for you to support Sarah's Place.

- Our longest running fundraiser: **23<sup>rd</sup> Annual Golf Tournament, Friday, September 20, 2024** at Bradford Country Club. **Benchmark Senior Living is our Tournament Sponsor**. Play a round, donate a gift, or sponsor a hole & make a BIG difference here at Sarah's Place – **thank you!** Visit our website [www.sarahsplace.org](http://www.sarahsplace.org) and click on the events page and see both of our fall events.
- **The Barker Family Halfway to St. Patrick's Day event will be held Sunday October 6<sup>th</sup> in memory of Joe Barker**. This too will be held at Bradford Country Club. Tickets are \$40. We will have traditional Irish Music, Irish Step Dancers and with great music, food, venue and lots of raffles, all we need is you!
- **Raffle Tickets for \$10** for a chance to win some cash prizes of **\$1000/500/250/150/100**. The drawing will be held as part of the ½ way to St. Patrick's Day on Oct. 6<sup>th</sup>. Ask any staff member for info. Good luck!

#### CAREGIVERS

Remember you are the MVP (most valuable person) to your loved one – take care of you!

- **SP's Support Group will be held Wednesday, August 7<sup>th</sup> at 11 am on the 7<sup>th</sup> Floor in Mission Towers.**
- **Age Span** is a resource for info and options, reached them at **978.683.7747** or toll free at **800.892.0890**

#### REMINDERS:

- 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 info we have, the better we care for you!
- Sarah's Place is blessed with an amazing team of committed and caring professionals. If there is something we can help with – please reach out to us. We are here to help.

Take care of yourselves,

Amy Anwyll, MSW  
Executive Director

*Founding Organizations*

*Bethany Community Services*

*Penacook Place*

*Haverhill YMCA*

Monday

Tuesday

Wednesday

Thursday

Friday

Sarah's Place Menu

August 2024



Milk is offered at all meals & snack times

Breakfast: Milk Juice, coffee & choice of toast, English muffin, cereal, raisin toast, fruit, cottage cheese or oatmeal.

		Pizza 1 Spinach Salad SP Fries Jello Snack: Bananas/yogurt		Stuffed Shells 2 Salad Broccoli Ice cream sandwich Snack: Yogurt & Fruit					
Meatloaf w/gravy 5 Mashed Potato Green beans/WG roll Fruit Cocktail Snack: WG Gold Fish		Chicken 6 & Broccoli Alfredo Caesar Salad Watermelon Snack: String cheese & clementines		Honey ginger Salmon 7 Pasta/mix veg Salad Peaches Snack: PB & crackers		Turkey Tips 8 Pasta Salad Fruit <u>Sugar Cookies</u> Snack: PB & crackers		Meatball Subs 9 Tater Tots Spinach Salad Pudding Snack: Goldfish & Fruit	
Tuna on whole wheat 12 SP Fries Salad Ice cream Snack: Hummus/pita		Baked Haddock 13 Rice Pilaf Cole Slaw WG Roll Jello Snack: Clementines		Beef Stew 14 Potato/carrot/turnip Whole Grain Roll Pudding Snack: Yogurt		American Chop Suey 15 Salad/Broccoli Fruit Cocktail Snack: Fruit & crackers		Marinated Grill Chick 16 Pasta Salad Fruit <u>Apple Crisp</u> Snack: PB & crackers	
Baked Ham 19 Mashed Potato Carrots/ WG Roll Pears Snack: Yogurt		Grilled Turkey Tips 20 Rice/Grilled Vegetables <u>Bread Pudding</u> Snack: Grahams & PB		French Toast 21 Ham/hash browns Fresh Fruit cup Snack: Grahams & fruit		Spaghetti & Meatballs 22 Salad / Broccoli Garlic Bread Jello Snack: hummus/cracker		Cheeseburgers 23 Tots Lettuce/Tomato Watermelon Snack: PB & crackers	
Ravioli 26 Salad Broccoli <u>Jello Pie</u> Snack: Goldfish & Fruit		Italian Submarine 27 Potato Salad Fruit Jello Snack: Hummus/pita		Chicken 28 Caesar Salad/Fruit cup & Carnival Treats Snack: Grahams & PB		Chicken Parm 29 w/penne Salad/green beans Pudding Snack: WG Gold Fish		Shepard's Pie 30 Salad Whole grain Roll Pears Snack: Hummus & pita	

Monday

Tuesday

Wednesday

Thursday

Friday

Monthly Sponsor: **G's Texas Southern Flare**



# August 2024

Sarah's Place Adult Day Health Center

<p>5</p> <p>10 Chicken Toss / Dice 21 11 Making Words 1:30 Chair Exercise 2p Table Games 3p Concentration</p>	<p>6</p> <p>10 Bingo 11 Trampoline Ball 1:30 Moving to Music 2p Beads / Art 3p The Name Game</p>	<p>7</p> <p>10 Monster Darts 11 Up in the Air 1:30 Fitness Bands 2p Fun on the Patio 3p Letter Dice</p>	<p>8</p> <p>Lighthouse Day 10 Baseball / <b>Cooking</b> 11 Jumbles / Hangman 1:30 Exercise 2p Craft ( Lighthouse ) 3p Chit Chat</p>	<p>9</p> <p>Ice Cream Sandwich Day 10 Horseshoes 11 Hangman / Rebus 1:30 Fitness Bands 2p Name 5 Things 3p Cards</p>
<p>12</p> <p>10 Bingo 11 Horseshoes / Ringer 1:30 Fitness Bands 2p Beads / Table Games 3p The Name Game</p>	<p>13</p> <p>10 Chicken Toss 11 Flower Bean Bag 1:30 Chair Exercise 2p Floor Darts 3p Zoom In's</p>	<p>14</p> <p>10 Ball Bounce 10:30 Dove &amp; Suzi 1:30 Exercise 2p Craft 3p Race to 100</p>	<p>15</p> <p>10 Bowling / Baseball 11 Sports Trivia 1:30 Chair Exercise 2p Summer Dice 3p Cards</p>	<p>16</p> <p>10 Skee-ball / <b>Cooking</b> 11 Rebus / Jumbles 1:30 Weight Training 2p Patio Fun 3p Question Ball</p>
<p>19</p> <p>10 Pizza Game / Dice 21 11 Word Games 1:30 Fitness Fun 2p Monster Darts 3p Conversation Ball</p>	<p>20</p> <p>10 Craft / Word Search 11 Hangman / <b>Cooking</b> 1:30 Moving to Music 2p Summer Dice 3p Reminiscing</p>	<p>Senior Citizen Day 21</p> <p>10 Bean Bag Toss 11 Flying Chickens 1:30 Fitness Class 2p Games on the Patio 3p Headbands / Fishing Game</p>	<p>22</p> <p>10 Bingo 11 Horseshoes 1:30 Chair Exercise 2p Letter Dice 3p Table Games / Art</p>	<p>23</p> <p>10 Patio Games 11 Trivia / Word Games 1:30 Moving to Music 2p Trampoline Toss 3p Art / Board Games</p>
<p>26</p> <p>10 Trampoline Ball / <b>Cooking</b> 11 Making Words 1:30 Exercise Class 2p Games on the Patio 3p Getting to know You</p>	<p>27</p> <p>10 Skee-ball 1030 <b>Bob McKenna</b> 1130 Rebus / Jumbles 1:30 Weight Training 2p Table Games 3p Chit Chat</p>	<p>28</p> <p>10 Floor Darts / Pizza Game 11 Letter Dice 1:30 Chair Exercise 2p Ball Bounce 3p Zoom In's</p>	<p>29</p> <p>10 Patio Games 11 Word Games 1:30 Chair Exercise 2p Making the Band 3p Race to 100</p>	<p>Beach Day 30</p> <p>10 Craft ( Beach ) 11 Trivia 1:30 Fitness Bands 2p Bingo 3p Name 5 Things</p>

Monday

Tuesday

Wednesday

Thursday

Friday

Monthly Sponsor

G's Texas Southern Flare



# August 2024

## Sarah's Place Too



<p>10 Bowling /Bean Bag 11 Word Games 1:30 Exercise Class 2p Patio Games 3p Question Ball</p>	<p>10 Charade Ball 11 Hangman / Rebus 1:30 Fitness Bands 2p Name 5 Things 3p Dice Game/Puzzles</p>			
<p>10 <b>Craft w/Kathy</b> 11 Making Words 1:30 Chair Exercise 2p Playing in the Band 3p Concentration</p>	<p>10 Bingo 11 Trampoline Ball 1:30 Moving to Music 2p Beads /Art 3p The Name Game</p>	<p>10 Monster Darts 11 Volleyball 1:30 Fitness Bands 2p Fun on the Patio 3p Letter Dice</p>	<p><b>Nat'l lighthouse day</b> 10 Summer Craft/<b>Cooking</b> 11 Jumbles / Hangman 1:30 Exercise 2p Egg Crate Challenge 3p Chit Chat</p>	<p>10 Rubber Ring Toss 11:30 Word Games 1:30 Exercise Class 2p Ball Bounce 3p Uno/LCR</p>
<p>10 <b>Craft w/Kathy</b> 11 Horseshoes / Ringer 1:30 Fitness Bands 2p Beads / Table Games 3p The Name Game</p>	<p>10 Word Jumbles 11 <b>Music with Bob</b> 1:30 Chair Exercise 2p Floor Darts 3p Zoom In's</p>	<p>10 Ball Bounce 10:30 Crossword 1:30 Exercise 2p Skee-ball 3p Race to 100</p>	<p>10 Golf/Word Search 11 Sports Trivia 1:30 Chair Exercise 2p Butterfly Game 3p Volleyball</p>	<p><b>Nat'l Tell a Joke Day</b> 10 Floor Darts/<b>Cooking</b> 11 Favorite Joke/Riddle 1:30 Weight Training 2p Minute to win it 3p Question Ball</p>
<p>10 Dice Game (21) 11 Word Games 1:30 Fitness Fun 2p Monster Darts 3p Conversation Ball</p>	<p>10 <b>Craft w/Kathy</b> 11 Hangman / <b>Cooking</b> 1:30 Moving to Music 2p Summer Dice/45's 3p Reminiscing</p>	<p><b>Senior Citizens Day</b> 10 Bean Bag Toss 11 Pokeno 1:30 Fitness Class 2p Trivia on the Patio 3p Headbands /Fishing Game</p>	<p>10 What's in the Bag 11 <b>Music w/Kenny Briereley</b> 1:30 Chair Exercise 2p Letter Dice/Kings 3p Table Games /Art</p>	<p>10 Letter Dice on the Patio 11 Basketball 1:30 Moving to Music 2p Trampoline Toss 3p Art/ Board Games</p>
<p>10 <b>Craft /Kathy</b> 11 MakingWords/<b>Cooking</b> 1:30 Exercise Class 2p Games on the Patio 3p Getting to know You</p>	<p>10 Bingo 11 Rebus /Jumbles 1:30 Weight Training 2p Corn Hole 3p Boggle/Puzzles</p>	<p><b>Happy Anniversary!!</b> 10 Fishing Game 11 Music Trivia 12 <b>Music with Dove</b> 2p and <b>Suzie</b> 3p Zoom In's</p>	<p>10 Patio Games 11 Skee-ball 1:30 Chair Exercise 2p Making the Band 3p Race to 100</p>	<p><b>Nat'l Beach Day</b> 10 Beach Word Jumbles 11 Trivia 1:30 Fitness Bands 2p Dice Game/Boggle 3p Head Bands</p>

Sarah's Place Adult Day Health [www.sarahsplace.org](http://www.sarahsplace.org)  
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**Sarah's Place celebrates 14 years of Sarah's Place Too (lower location).  
Wednesday, August 28<sup>th</sup> 12- 2pm Music, Food and you!**

**Save the Dates:**

**Friday, September 20<sup>th</sup>**

**Sarah's Place Golf Tournament**

**Sunday, October 6<sup>th</sup>**

**Barker Family Halfway to St. Patrick's Day**

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

Join us Wednesday, August 7<sup>th</sup> from 11 am -12 pm Mission Towers 7<sup>th</sup> Floor.

August's Activity Sponsor: **G's Texas Southern Flare**

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