



180 Water Street
Haverhill, MA 01830
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www.sarahsplace.org

May 28, 2024

Dear Friends,

I hope everyone had a moment to attend a Memorial Day program over the weekend, lest we ever forget to honor the Veterans who made the ultimate sacrifice for our country to ensure our freedom. We honor those departed and remain grateful for the Veterans who served honorably and were able to return to their families. We are very grateful to have many Veteran's attending Sarah's Place and we appreciate the VA who recognizes the importance and value of keeping those who serve healthy and active.

We appreciate your patience and understanding while we wait for the AC to be fixed at our Original location. Sarah's Place Too has been happy to host until it is fixed or the weather becomes cooler, whichever comes first. Speaking of the heat and summer, this is your reminder to make sure you **drink plenty of water and wear your sunscreen**. Taking care of your body inside & out is important every day especially in the summer when we are more prone to dehydration. If you don't like AC, leave a sweater at the program. Don't forget to wear your red, white and blue on Flag Day, Friday, June 14th.

We want to thank the kind folks at **Windrush Farms** for hosting us for the past 10 weeks, it was wonderful. We continue to look forward to starting other outings into the community. I want to wish all the gentlemen a **Happy Father's Day, Sunday June 16th**. We will celebrate with a Gentlemen's Day, mocktails and meatloaf. We want our guys to have stomachs and hearts that are full.

Please watch your mail for Satisfaction Surveys. They provide you an opportunity to give us feedback on what we are doing well and what we can improve on. I will thank you in advance for filling it out!

As a small non-profit business, we need to fundraise. I am reminding you that our biggest fundraiser is right around the corner. **Our 23rd Annual Golf Tournament** will be **Friday, September 20th, 2024** at Bradford Country Club. If you know a golfer or a business or friend who would like to participate or Sponsor – we would love to hear from them. There are lots of opportunities to help! **Play a round, donate a gift, sponsor a hole, volunteer your time & make a BIG difference at Sarah's Place!**

Right after our Golf Tournament, we are gearing up for our next event! **Save the Date: Sunday October 6th**. **The Barker Family Halfway to St. Patrick's Day event in memory of Joe Barker to benefit Sarah's Place** will also be held at Bradford Country Club. Ticket information and raffle chances will be coming soon. We will have great food, music and lots of raffle items. If you are unable to attend in person, you can purchase a chance to win some cash prizes! Good luck! More information to follow!

CAREGIVERS

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

- **Our Monthly Support Group will be 11 am Wednesday, June 5th – the 1st Wednesday** on the 7th floor of Mission Towers. Our evening meeting will be June 19th at 5 pm at SP Too.
- **Age Span** is a wonderful resource for info, they can be reached 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 trips to the Doctor's Office/ Emergency Room. The more info we have, the better we can care for you!**

Take care of yourselves,

Amy Anwyl, MSW
Executive Director

Founding Organizations

Bethany Community Services

Penacook Place

Haverhill YMCA

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| Tuna on whole wheat 3 SP Fries Salad Jello Snack: Hummus/pita | Pizza Day 4 Spinach Salad SP Fries Fruit Cocktail Snack: Bananas/yogurt | Stuffed Shells 5 Salad Broccoli <u> pudding Pie</u> Snack: Yogurt & Fruit | Chicken 6 & Broccoli Alfredo Caesar Salad Jello Snack: String cheese & clementines | Honey ginger Salmon 7 Pasta/mix veg Salad Peaches Snack: PB & crackers |
| American Chop Suey 10 Salad/Broccoli Fruit Cocktail Snack: Fruit & crackers | Marinated Grill Chick'n 11 Pasta Salad Fruit <u>Apple Crisp</u> Snack: PB & crackers | Beef Stew 12 Potato/carrot/turnip Whole Grain Roll Pudding Snack: Yogurt | Baked Haddock 13 Rice Pilaf Cole Slaw WG Roll Ice Cream Snack: Clementines | Meatloaf w/gravy 14 Mashed Potato Green beans/WG roll Fruit Cocktail Snack: WG Gold Fish |
| Cheeseburgers 17 Tots Lettuce/Tomato <u>Jello Pie</u> Snack: PB & crackers | Baked Ham 18 Garlic Mashed Potato Carrots / WW Roll Peaches Snack: Yogurt/fruit | Italian Submarine 19 Potato Salad Fruit Jello Snack: Hummus/pita | French Toast 20 Ham/hash browns Fresh Fruit cup Snack: Grahams & fruit | Spaghetti & Meatballs 21 Salad / Broccoli Garlic Bread Jello Snack: hummus/cracker |
| Shepard's Pie 24 Salad Whole grain Roll Pears Snack: Hummus & pita | Ravioli 25 Salad Broccoli Jello Snack: Grahams & PB | Grilled Turkey Tips 26 Rice/Grilled Vegetables Pudding Snack: WG Gold Fish | Quesadilla 27 Spanish Rice Salad <u>Pineapple cake</u> Snack: Fruit & crackers | Meatball Subs 28 Tater Tots Spinach Salad Fruit Cocktail Snack: Goldfish & Fruit |



Milk is offered at all meals and snack times.

June 2024

Sarah's Place Menu

Breakfast Menu: Milk
 Juice, coffee and a choice of toast,
 English muffin, cereal,
 raisin toast, fruit,
 cottage cheese or oatmeal



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 3 10 Monster Darts 11 Hangman / Question Ball 1:30 Fitness Bands 2p Patio Games 3p Chit Chat | National Cheese Day 4 10 Bingo 11 Cheese Word Games & Trivia 1:30 Moving to Music 2p Beads / Art 3p Letter Dice | 5 10 Skeeball / Cooking 11 Ring Toss / Trivia 1:30 Chair Exercise 2p Table Dice 3p Cards / Board Games | 6 10 Floor Darts / Horseshoes 11 Hangman / Trivia 1:30 Exercise 2p Trampoline Ball 3p Zoom In's | 7 10 Musical Bingo w/ Ray & Jan 11 Word Games 1:30 Exercise Class 2p Craft 3p Reminiscing |
| 10 10 Bingo 11 Ball Bounce 1:30 Weight Training 2p Skeeball / Veggie Toss 3p Headbands | National Picnic Day 11 10 Bean Bag / Cooking 11 Sandwich Game 1:30 Fitness Bands 2p Craft 3p Question Ball | 12 10 Target Practice 11 CMR 1:30 Moving to Music 2p Letter Dice on the Patio 3p Name 5 Things | 13 10 Bowling / Trampoline Ball 11 Word Games 1:30 Chair Exercise 2p Floor Darts 3p Fishing Game | Flag Day 14 10 Horseshoes /Ringer 11Father's Day Men's Group 1:30 Chair Exercise 2p Flag Day Craft 3p Chit Chat |
| 17 10 Floor Darts / Cooking 11 Making Words 1:30 Chair Exercise 2p Bowling 3p Reminiscing | 18 10 Ring Toss / Ball Bounce 11 Hangman / Trivia 1:30 Moving to Music 2p Horseshoes 3p Zoom In's | 19 10 Craft 11 Jumbles / Jokes 1:30 Fitness Bands 2p Beads / Art 3p Table Games | 20 10 Bingo 11 Letter Dice 1:30 Weight Training 2p Skeeball 3p The Name Game | 21 10 Flying Chickens / Bean Bag 11 Music w/ Ken Brierley 1:30 Exercise 2p Conversation Ball 3p Table Green Dice |
| 24 10 Skeeball / Bean Bag 11 Baseball / Ringer 1:30 Moving to Music 2p Letter Dice 3p Cards / Fishing | 25 10 Horseshoes / Darts 11 Dove & Suzi 1:30 Exercise Class 2p Patio Games 3p Headbands | 26 10 Bingo / Word Search 11 Word Games / Trivia 1:30 Chair Exercise 2p Fun on the patio 3p Chit Chat | Pineapple Day 27 10 Pineapple Craft Cooking 11 Making Words / Rebus 1:30 Fitness Bands 2p Pizza Game 3p Question Ball | 28 10 Monster Darts 11 Letter Dice 1:30 Fitness Bands 2p Patio Games 3p Name 5 Things |

Sarah's Place Adult Day Health Center

June 2024



Activity Sponsor: **Lewis Financial Services**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| <p style="text-align: right;">3</p> 10 Craft w/Kathy 11 Hangman / Question Ball 1:30 Fitness Bands 2p Patio Games 3p Chit Chat | <p style="text-align: right;">4 National Cheese Day</p> 10 Pizza Game 11 Dove and Suzie 1:30 Moving to Music 2 Beads/ 3p Letter Dice | <p style="text-align: right;">5</p> 10 Bingo/ Cooking 11 Crosswords on the Patio 1:30 Chair Exercise 2p Table Dice 3p Cards/ Board Games | <p style="text-align: right;">6</p> 10 Floor Darts/ Horseshoes 11 Hangman /Trivia 1:30 Exercise w/Sherry 2p Trampoline Ball 3p Zoom In's | <p style="text-align: right;">7</p> 10 Pokeno 11 Minute to win it (Solo cups) 1:30 Exercise Class 2p The Name Game 3p Reminiscing |
| <p style="text-align: right;">10</p> 10 Horseshoes /Cornhole 11 Ball Bounce 1:30 Weight Training 2p Word Connect 3p Headbands | <p style="text-align: right;">11</p> 10 Craft w/Kathy Cooking 11 Family Feud/Artwork 1:30 Fitness Bands 2p Fishing Game 3p Patio Trivia | <p style="text-align: right;">12</p> 10 Egg Crate Challenge 11 Rebus Puzzles 1:30 Moving to Music 2p Basketball 3p Name 5 Things | <p style="text-align: right;">13</p> 10 Trampoline Ball 11 Word Games 1:30 Chair Exercise 2p Yellow Brick Road 3p Wheel of Fortune | <p style="text-align: right;">14</p> Flag Day 10 Patriotic Trivia 11 Music w/Kenny Breirley 1:30 Chair Exercise 2p Flag Craft 3p Question Ball |
| <p style="text-align: right;">17</p> 10 Craft w/Kathy / Cooking 11 Making Words 1:30 Chair Exercise 2p Bowling 3p Reminiscing | <p style="text-align: right;">18</p> Int'l Picnic Day 10 Ball Bounce 11 Hangman /Trivia 1:30 Chair exercise w/Sherry 2p Letter Dice/Puzzle 3p Zoom In's | <p style="text-align: right;">19</p> 10 Musical Bingo 11 Jumbles / Jokes 1:30 Fitness Bands 2p Beads /Art 3p Table Games | <p style="text-align: right;">20</p> 10 Bingo 11 Letter Dice 1:30 Weight Training 2 The Name Game 3p Race to 100 | <p style="text-align: right;">21</p> 10 Basketball / Bean Bag 11 Butterfly Game 1:30 Exercise 2p Conversation Ball 3p Boggle/Puzzles |
| <p style="text-align: right;">24</p> 10 Sunflower Toss 11CMR 1:30 Moving to Music 2p Table Games 3p Cards/Trouble | <p style="text-align: right;">25</p> 10 Craft w/Kelley 11 Butterfly Game 1:30 Exercise Class 2p Uno/LCR 3p What's in the Bag | <p style="text-align: right;">26</p> 10 Bingo / Word Search 11 Word Games / Trivia 1:30 Chair Exercise 2p Fun on the patio 3p Chit Chat | <p style="text-align: right;">27</p> Int'l Pineapple Day 10 Puffy Paint (Pineapple) Cooking 11 Making Words/ Rebus 1:30 Fitness Bands 2p Kings/Dice Game 3p Question Ball | <p style="text-align: right;">28</p> 10 Skeeball 11 Letter Dice 1:30 Fitness Bands 2p Golf/w Kelley 3p Headbands |

Sarah's Place Too

June 2024

Activity Sponsor: **Lewis Financial Services**



Sarah's Place Adult Day Health www.sarahsplace.org
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Sunday, June 16th is Father's Day. We wish all the Gentleman a wonderful day.

Save the Dates:

Friday, September 22nd
Sunday, October 6th

Sarah's Place Golf Tournament
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, June 5th from 11 am -12 pm Mission Towers 7th Floor.

Join us Wednesday, June 19th at 5 pm at Sarah's Place Too.

June's Activity Sponsor: **Lewis Financial Services**

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180 Water Street
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