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www.sarahsplace.org

May 24, 2023

Dear Friends,

Did you hear our amazing news? **Sarah's Place is one of 150 local nonprofits that will share in the \$30 million through the Cummings Foundation major annual grants program.** We were selected from 630 applicants. **We will receive \$225,000 over three years!** Yay team Sarah's Place!

Happy Memorial Day weekend! We will be closed on Monday, May 29th. As the unofficial start of summer, we will have a cook out on the Friday before and Tuesday after the holiday. Wearing red, white and blue is highly encouraged. Take a moment to attend a Memorial Day program, 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 encourage wearing red, white and blue on Flag Day, Wednesday, June 14th.

Tis the season to remind you to make sure you **drink plenty of water and wear your sunscreen.** Taking care of your body inside & out is important every day but especially in the summer when we are more prone to dehydration because of the heat. If you don't like AC, leave a sweater at the program.

Flag Day is Wednesday June 14th – don't forget to wear your red, white and blue!

I want to wish all the gentlemen a **Happy Father's Day, Sunday June 18th.** 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, even with the Cummings grant we still need to fundraise. I am reminding you that our biggest fundraiser is right around the corner. **Our 22nd Annual Golf Tournament** will be **Friday, September 22nd, 2023** 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 1st.** **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 join 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!

- **Age Span** (formerly Elder Services of the Merrimack Valley) is a wonderful resource for information and options, 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 any trips to the Doctor's Office or Emergency Room. The more info we have, the better we care for you!**

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

June 2023

Milk is offered at all meals.

Breakfast includes a choice of English muffin, raisin or wheat toast, cereal, oatmeal, fruit, juice, cocoa, coffee & tea.

Please make your server aware of any allergies

<p>Tuna Sandwich on WW 5 Mixed Greens Salad SP Fries Mandarin Oranges</p> <p>Snack: Yogurt</p>	<p>Salisbury Steak 6 Mashed Potato & Gravy Summer Squash Cornbread Pudding Pie</p> <p>Snack: Oranges</p>	<p>Chicken Salad 7 Baked Beans Potato Salad Pears</p> <p>Snack: Gold Fish</p>	<p>Meatloaf 1 Potato/Carrots Cornbread Peaches</p> <p>Snack: Cheese & Crackers</p>	<p>American Chop Suey 2 Mixed Greens Salad Broccoli Jello</p> <p>Snack: Graham Crackers</p>
<p>Roast Turkey 12 Potato/cranberry sauce Carrots/WG roll Apple Crisp</p> <p>Snack: Gold Fish</p>	<p>Turkey Sandwich 13 w/cranberry sauce Soup & Salad Pudding</p> <p>Snack: Crackers & cheese</p>	<p>Hamburger on WG roll 14 Potato Salad Mixed Greens Salad Flag Cake</p> <p>Snack: Gold Fish</p>	<p>Baked Haddock 8 Mashed Potato Coleslaw/WG Bread Pudding</p> <p>Snack: Cheese & Crackers</p>	<p>Spaghetti & MB 9 Salad/Spinach Garlic Bread Jello</p> <p>Snack: PB & Crackers</p>
<p>Roast Turkey 12 Potato/cranberry sauce Carrots/WG roll Apple Crisp</p> <p>Snack: Gold Fish</p>	<p>Turkey Sandwich 13 w/cranberry sauce Soup & Salad Pudding</p> <p>Snack: Crackers & cheese</p>	<p>Hamburger on WG roll 14 Potato Salad Mixed Greens Salad Flag Cake</p> <p>Snack: Gold Fish</p>	<p>Grilled Cheese 15 Tomato Soup Cucumber Slices Jello</p> <p>Snack: Bananas</p>	<p>Grilled Chicken 16 SP Fries & Coleslaw Ice cream</p> <p>Snack: Cheese & Crackers</p>
<p>Baked Haddock 19 Mashed Potato Coleslaw/WG Bread Peaches</p> <p>Snack: Apples & PB</p>	<p>Spaghetti & MB 20 Salad/Spinach Garlic Bread Jello</p> <p>Snack: PB & Crackers</p>	<p>Tuna Sandwich on WW 21 Mixed Greens Salad Soup Ice cream</p> <p>Snack: Yogurt</p>	<p>American Chop Suey 22 Mixed Greens Salad Broccoli Watermelon</p> <p>Snack: Graham Crackers</p>	<p>Meatloaf 23 Potato/Carrots Cornbread Jello Pie</p> <p>Snack: Graham Crackers</p>
<p>Stuffed Shells 26 Mixed Greens Salad Broccoli/Garlic Bread Jello</p> <p>Snack: Cheese & Crackers</p>	<p>Baked Chicken w/stuffing 27 Salad Mixed Vegetables Pudding</p> <p>Snack: Cheese Stix</p>	<p>Meatball Sub 28 Mixed Greens Salad Potato Salad Pears</p> <p>Snack: Grahams & PB</p>	<p>Roast Pork 29 Potato/Carrots Applesauce/Cornbread Strawberry shortcake</p> <p>Snack: Cheese & Crackers</p>	<p>Pulled Pork Sandwich 30 What cha got Soup/Salad Fresh Fruit</p> <p>Snack: Cheese Stix</p>

Monday

Tuesday

Wednesday

Thursday

Friday



Sarah's Place Adult Day Health Center

June 2023

Monthly Activities Sponsor:

Susan & Michael Nutter

<p style="text-align: right; font-weight: bold;">5</p> <p>10 Bingo / Cards 11 Men's group w/ Rich 1:30 Chair Exercise 2p Ring Toss / Monster Darts 3p What's in the Hat</p>	<p style="text-align: right; font-weight: bold;">6</p> <p>10 Putting practice/ Cook'n 11 Hangman / Jumbles 1:30 Weight Training 2p Yellow Brick Road 3p Would you rather!</p>	<p style="text-align: right; font-weight: bold;">7</p> <p>10 Art w/ Gail / Table Games 11 Jumbles / Trivia 1:30 Exercise 2p Smelling Game</p>	<p style="text-align: right; font-weight: bold;">8</p> <p>10 Puffy Paint Craft 11 Word Games 1:30 Moving to Music 2p Ring Toss 3p Headbands</p>	<p style="text-align: right; font-weight: bold;">9</p> <p>10 Flying Chickens/ Darts 11 Songbirds Dove & Suzi 1:30 Fitness Bands 2p Table Dice Game / Visit w/Cutie 3p Chit Chat</p>
<p style="text-align: right; font-weight: bold;">12</p> <p>10 Veggie Toss /Floor Darts/ Cooking 11 Family Feud 1:30 Weight Training 2p Table Games 3p Would you Rather</p>	<p style="text-align: right; font-weight: bold;">13</p> <p>10 Bowling / Baseball 11 Music w/ Dan & Chuck 1:30 Moving to Music 2p Skeeball / Floor Darts 3p Reminiscing</p>	<p style="text-align: right; font-weight: bold;">14</p> <p style="text-align: center; font-weight: bold;">Flag Day</p> <p>10 Patriotic Bottles 11 Flag Day Trivia / Hangman 1:30 Fitness Bands 2p Games on the Patio 3p What's in the bag</p>	<p style="text-align: right; font-weight: bold;">15</p> <p>10 Craft Painting Pots 11 Flower Hangman 1:30 Chair Exercise 2p Art w/ Gail 3p Zoom In's</p>	<p style="text-align: right; font-weight: bold;">16</p> <p>10 Trampoline Ball 11 Special Father's Day Men's group w/ Rich 1:30 Chair Exercise 2p Patio Fun Visit w/Cutie 3p Question Ball</p>
<p style="text-align: right; font-weight: bold;">19</p> <p>10 Yellow Brick Road 11 Ball Bounce 1:30 Exercise 2p Ring Toss 3p Zoom In's</p>	<p style="text-align: right; font-weight: bold;">20</p> <p>10 Craft 11 Horseshoes / Bumble Bee Toss 1:30 Chair Exercise 2p Pizza / Chicken Toss 3p Cards</p>	<p style="text-align: right; font-weight: bold;">21</p> <p>10 Basketball 10:30 CMR w/ Dolores 11 Word Games / Trivia 1:30 Fitness Bands 2p Art w/ Gail 3p Chit Chat</p>	<p style="text-align: right; font-weight: bold;">22</p> <p>10 Floor Darts / Bean Bag 11 Men's group w Rich 1:30 Weight Training 2p Beads / Coloring 3p Would you Rather!</p>	<p style="text-align: right; font-weight: bold;">23</p> <p>10 Bingo / LCR 11 Cooking / Skeeball 1:30 Exercise 2p Trampoline Ball / Visit w/ Cutie 3p Headbands</p>
<p style="text-align: right; font-weight: bold;">26</p> <p>10 Craft 11 Making Words / Rebus 1:30 Chair Exercise 2p Games on the Patio 3p What's the Object !!!</p>	<p style="text-align: right; font-weight: bold;">27</p> <p>10 Ringer / Bowling 11 Men's group w/ Rich 1:30 Fitness Bands 2p Letter Dice 3p Conversation Ball</p>	<p style="text-align: right; font-weight: bold;">28</p> <p>10 Horseshoes / Wall Ball 11 Jumbles / Hangman 1:30 Moving to Music 2p Table Games 3p Smelling Game</p>	<p style="text-align: right; font-weight: bold;">29</p> <p>10 Bingo / LCR 11 Monster Darts or Cooking 1:30 Weight Training 2p Sing a long 3p Headbands</p>	<p style="text-align: right; font-weight: bold;">30</p> <p>10 Trampoline Ball 11 Bingo / Uno 1:30 Exercise 2p Pop Trivia on the Patio visit w/ Cutie 3p Concentration</p>

Monday

Tuesday

Wednesday

Thursday

Friday

 <p style="text-align: center;">Sarah's Place Too <i>June 2023</i></p>				
<p>Monthly Activities Sponsor:</p>		<p>Susan and Michael Nutter</p>		
			<p>10 Art w/Gail 11 Word Games 1:30 Fitness Bands 2p Egg Crate Challenge 3p Chit Chat</p>	<p>1 2</p> <p>10 Sunflower Toss 11 Family Feud 1:30 Weight Training 2p Letter Dice/Puzzles 3p Reminiscing</p>
<p>5</p> <p>10 Craft w/Kathy 11 Men's group w/ Rich 1:30 Chair Exercise 2p Ring Toss / Monster Darts 3p What's in the Hat</p>	<p>6</p> <p>10 Cooking/Dice Game 11 Hangman / Jumbles 1:30 Weight Training 2p Yellow Brick Road 3p Would you rather!</p>	<p>7</p> <p>10 Headbands/ Visit w/Cutie 11 Comedy Mask Review 1:30 Exercise 2p Art w/Gail/Puzzles 3 Dominos</p>	<p>8</p> <p>10 Bingo 11 Word Games 1:30 Moving to Music 2p Rubber Ring toss 3p Headbands</p>	<p>9</p> <p>10 Bingo/Word Connect 11 Rebus Puzzles 1:30 Fitness Bands 2p Fishing Game 3p Chit Chat</p>
<p>12</p> <p>10 /Sunflower Toss / Cooking 11 Family Feud 1:30 Weight Training 2p Table Games 3p Would you Rather</p>	<p>13</p> <p>10 Bowling / Baseball 11 Sand Art/ UNO 1:30 Moving to Music 2p Headbands / Floor Darts 3p Reminiscing</p>	<p>14</p> <p>Flag Day 10 Cutie visit/Flag Trivia 11 Dan & Chuck sing 1:30 Chair Exercise 2p Flag Day Trivia 3p Zoom In's</p>	<p>15</p> <p>10 Art w/ Gail or Hangman 11 Butterfly Game 1:30 Fitness Bands 2p Patio Time 3p What's in the bag!!</p>	<p>16</p> <p>10 Father's Day fun w/ Rich 11 Beads/Bowling 1:30 Chair Exercise 2p Patio Fun 3p Question Ball</p>
<p>19</p> <p>10 Spring Bottles 11 Ball Bounce 1:30 Exercise 2p Ring Toss 3p Zoom In's</p>	<p>20</p> <p>10 Bingo/Artwork 11 Sunflower Toss 1:30 Chair Exercise 2p Yahtzee/Spring Dice 3p What's in the bag!!</p>	<p>21</p> <p>10 Art w/ Gail/Basketball 11 Visit w/Cutie 1:30 Fitness Bands 2p Egg Crate Challenge 3p Chit Chat</p>	<p>22</p> <p>10 Mens Group w/Rich 11 Dove and Suzie 1:30 Weight Training 2p Golfing w/Kelley 3p Would you Rather!</p>	<p>23</p> <p>10 Bingo /Fishing 11 Cooking /Pizza Game 1:30 Exercise 2p Trampoline Ball 3p I spy/Uno</p>
<p>26</p> <p>10 Craft w/Kathy 11 Making Words / Rebus 1:30 Chair Exercise 2p LRC/Dominos 3p What's the Object !!!</p>	<p>27</p> <p>10 Mens Group w/Rich 11 Fishing/Bowling 1:30 Fitness Bands 2p Party on the Patio 3p Conversation Ball</p>	<p>28</p> <p>10 Horseshoes 11 Visit w/Cutie 1:30 Moving to Music 2p Charade Ball head Band 3p Smelling Game</p>	<p>29</p> <p>10 Bingo / LCR 11 Monster Darts or Cooking 1:30 Weight Training 2p Uno/ 45's 3p Headbands</p>	<p>30</p> <p>10 Trampoline Ball 11 Spring Trivia/Games 1:30 Exercise 2p Spring Dice Game 3p Concentration</p>

Sarah's Place Adult Day Health www.sarahsplace.org

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Sunday June 18th is Father's Day
We wish all the Gentleman a wonderful day

Save the Dates:
Friday, September 22nd
Sarah's Place 22nd Annual Golf Tournament

Sunday October 1st
Barker Family Halfway to St. Patrick's Day Fundraiser,

June's Activity Sponsor is
Susan and Michael Nutter

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