

September 28, 2023

Dear Friends:

Happy Fall Y'all! With flu/COVID rates rising, it's time to protect yourself. **FLU SHOT CLINIC - Thursday, October 5th**. It will be the Flu shot only, we don't have the COVID booster. We do have COVID tests, so let us know if you need them. We will test for COVID if someone is showing any symptoms. Our folks are at a higher risk, so we want to be sure that we are doing everything to keep everyone healthy. Let us know if you receive your flu shot outside of Sarah's Place.

October is upon us which means it's time for the **Barker Family Halfway to St. Patrick's Day. Please join us on Sunday, October 1st from 1-5 at Bradford Country Club.** Participants can attend free when accompanied by a loved one, just let me know you will be attending. **This event is in memory of Joe Barker** to benefit Sarah's Place. Tickets are \$40 and can be purchased in advance or at the door. Great food, live traditional Irish Music, Irish Step Dancers, Bagpipes, lots of raffle and auction items- hope to see you there! If you can't make the event pick up a **Raffle Tickets for \$10** for a chance to **\$1000/500/250/150/100. Winners drawn at the event.** Any ? ask Amy/Heidi.

I am delighted to report that Sarah's Place had a very successful 22nd Annual Golf Tournament on Friday, September 22nd. The weather was great and so was the outcome, I believe we raised over \$17,000! Thank you to all who joined us, played, volunteered, supported, donated, and sponsored! This event would not have been a success without the support of many businesses and families in the community. We are incredibly grateful for our Tournament Sponsor, **Benchmark Senior Living, this is the 2nd year in a row.** Luncheon Sponsor: **Fantini Baking Company.** Front 9 Sponsor: **Christina Manikas in memory of Despina Manikas.** Longest Drive: **Pentucket Bank** and At the Turn Sponsor: **Lewis Financial Services.** Cart Sponsor: **G's Texas Southern Flare** Scorecard Sponsor: **Haverhill Bank** and Breakfast Sponsor: **Bethany Community Services.** I extend my appreciation to our participants & family members who give in honor or in memory of loved one. **We accomplish great things with your support!**

SPECIAL EVENTS/UPDATES

Halfway to St. Patrick's Fundraiser Sunday 1-5 pm October 1st. Flu Shot Thursday, October 5th
Sarah's Place is **OPEN on Columbus Day, Monday, October 9th.**
If you have received your FLU shot at your Doctor's or local pharmacy - Please notify the nurses.

CAREGIVERS

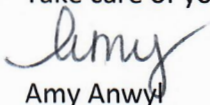
Remember you are the MVP (most valuable person) to your loved one – take care of you!

- **Sarah's Place will offer a monthly support group starting on the 2nd Wednesday of the month from 5 – 6 pm at our Sarah's Place Too (lower level) location. The date in October is 10/11.**
- **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**
- **Rest Stop Ranch** has a **Memory Café, the 2nd Saturday from 10 am to Noon. Reservations at 978.887.3202.**

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
Executive Director

Founding Organizations

Bethany Community Services

Penacook Place

YMCA of the North Shore

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Alfredo with 2 Broccoli on penne Salad Peaches Snack: WG Gold Fish	Baked Haddock 3 Baked Potato Broccoli / WW Roll Pudding Snack: Fruit & crackers	Cheeseburger 4 Lettuce/Tomato/Onion Tater Tots Fruit Cocktail Snack: String Cheese	Beef Stew 5 Potato/carrot/turnip Garlic Bread Jello Pie Snack: Grahams & fruit	Stuffed Shells 6 Salad/Broccoli Garlic Bread Pears Snack: Oranges
Baked Ham 9 Garlic Mashed Potato Carrots / WW Roll Jello Snack: Fruit & crackers	Lasagna 10 Broccoli Salad Pears Snack: Grahams & fruit	Chicken Primavera 11 Penne Salad Grapenut Pudding Snack: Cheese/Crackers	Meatloaf 12 Potato & Gravy Carrots Whole grain Roll Jello Snack: Clementines	French Toast 13 Ham/hash browns Fresh Fruit cup Snack: Cheese/Crackers
American Chop Suey 16 Salad/Broccoli Fruit Cocktail Snack: Fruit & crackers	Roast Turkey 17 Stuffing/Potato & Gravy Carrots & WW Roll Bread pudding Snack: Grahams & fruit	Honey ginger Salmon 18 Roast Potato/mix veg Whole Wheat Roll Pudding Snack: Bananas	Chicken Parm w/penne 19 Salad Green Beans Jello Snack: String Cheese	Turkey Pot Pie 20 Peas/carrots/potato & gravy/whole grain roll Peaches Snack: Fruit & crackers
Tuna on a 23 whole grain roll SP Fries/Veg soup Clementines Snack: Yogurt/Fruit	Roast Pork 24 Potato & Gravy Carrots & WW Roll Jello Snack: Cheese/Crackers	Spaghetti & Meatballs 25 Wax beans Salad Pineapple Snack: String Cheese	Pork Pot Pie 26 Peas/carrots/potato & gravy/whole grain roll Peaches Snack: Hummus/pita	Baked Stuffed Chicken 27 Green Beans/Squash Whole Wheat Roll Pudding Pie Snack: Bananas
Baked Haddock 30 Rice/mixed vegetables WW Roll Cookies Snack: Fruit & crackers	Grilled Cheese 31 WW Bread Soup & Salad Fruit cup Snack: Fresh Fruit			

Monday	Tuesday	Wednesday	Thursday	Friday
2 10 Art w/Gail 11 Skee-ball / Trivia 1:30 Fitness Bands 2p Ring the Witch 3p Chit Chat	3 10 Bingo 11 Letter Dice 1:30 Chair Exercise 2p Monster Darts 3p Hidden Pictures	4 10 Horseshoes 11 Fall Trivia / Words 1:30 Exercise 2p Halloween Dice Game 3p Question Ball	5 FLU SHOT CLINIC 10 Trampoline Ball 11 Hangman / Cooking 1:30 Moving to Music 2p Art w/ Gail 3p Reminiscing	6 10 Craft 11 Word Games 1:30 Weight Training 2p Family Feud 3p Headbands
9 10 Pumpkin Toss 11 Trivia 1:30 Chair Exercise 2p Floor Darts / Skee-ball 3p Race to 100	10 10 Craft 11 Chicken Toss 1:30 Moving to Music 2p Halloween Dice Game 3p Conversation Ball	11 10 Art w/ Gail 11 Spooky Hangman/ Cooking 1:30 Fitness Bands 2p Craft 3p Table Games	12 10 Bingo 11 Halloween Jumbles 1:30 Chair Exercise 2p What's in the box 3p Jokes	13 10 Ring the witch 11 Monster Darts 1:30 Exercise 2p Ghost Bowling 3p Question Ball
16 10 Halloween Wall Ball 11 Pop Trivia / Jumbles 1:30 Exercise 2p Monster Darts 3p Headbands	17 10 Haunted Lights 11 Ring the witch / Cooking 1:30 Fitness Bands 2p Ghost Bowling 3p Reminiscing	18 10 Bingo 11 Making Words 1:30 Moving to Music 2p Craft 3p Zoom In's	19 10 Chicken Toss / Dice 11 Halloween Trivia 1:30 Chair Exercise 2p Ghost Bean Bag 3p Headbands	20 10 Skee-ball / Floor Darts 11 Dove & Suzi 1:30 Exercise 2p Table Games 3p Everybody knows Trivia
23 10 Craft 11 Haunted Hangman 1:30 Weight Training 2p Race to 100 3p Halloween Coloring	24 10 Bingo 11 Peter O'Malley 1:30 Chair Exercise 2p Horseshoes 3p Chit Chat	25 10 Trampoline Ball 11 Ring the Witch / Trivia 1:30 Fitness Bands 2p Floor Darts	26 10 Pumpkin Toss 11 Ghost Bowling 1:30 Moving to Music 2p Halloween Dice Game 3p Question Ball	27 10 Haunted Horseshoes 11 Salem Ma. Trivia / Cooking 1:30 Chair Exercise 2p Monster Darts 3p Zoom In's
30 10 Bingo 11 Yellow Brick Road / Cooking 1:30 Fitness Bands 2p Art w/ Gail 3p Reminiscing	31 10 Halloween Party 11 Doughnut Contest Spooky Hangman 1:30 Exercise 2p Halloween Jingo 3p Spooky Stories	 <p>October 2023 Sarah's Place Adult Day Health Center</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
2 10 Craft w/Kathy 11 Basketball 1:30 Fitness Bands 2p Ring the Witch 3p Chit Chat	3 10 Ring Toss/Nails 11 Pokeno/ Games 1:30 Chair Exercise 2p Monster Darts 3p Hidden Pictures	4 10 Horseshoes 11 Wheel of Fortune 1:30 Exercise 2p Halloween Dice Game 3p Question Ball	FLU SHOT CLINIC 5 10 Art w/Gail/Head bands 11 Haunted hangmen/ Cooking 1:30 Moving to Music 2p Art w/ Gail 3p Reminiscing	6 10 Bingo 11 Word Games 1:30 Weight Training 2p Family Feud 3p Headbands
9 10 Craft w/Kelley 11 Trivia 1:30 Chair Exercise 2p Floor Darts /Race to 21 3p Race to 100	10 10 Halloween Pong 11 Dove and Suzie 1:30 Moving to Music 2p Halloween Dice Game 3p Conversation Ball	11 10 Pizza Game/ Cooking 11 Men's Group 1:30 Fitness Bands 2p Art w/Gail 3p Table Games	12 10 Bingo/Puzzles 11 Halloween Jumbles 1:30 Chair Exercise 2p Boggle/LCR 3p Jokes	13 10 Ring the witch 11 Monster Darts 1:30 Exercise 2p Ghost Bowling 3p Question Ball
16 10 Craft w/Kathy 11 Pop Trivia /Word Jumbles 1:30 Exercise 2p Egg Crate Challenge 3p Headbands	17 10 Haunted Lights 11 Ring the witch/ TV trivia/ Cooking 1:30 Fitness Bands 2p Ghost Bowling 3p Reminiscing	18 10 Bingo 11 Making Words 1:30 Moving to Music 2p Skee-ball 3p Zoom In's	19 10 Putting w/Kelley 11 Halloween Trivia 1:30 Chair Exercise 2p Kings/Letter Dice 3p Name 5 Things	20 10 Yellow Brick Road 11 Word Connect 1:30 Exercise 2p Dominos/UNO 3p Everybody knows
23 10 Craft w/Kathy 11 Haunted Hangman 1:30 Weight Training 2p Charade Ball 3p Halloween Coloring	24 10 Peter OMalley 11 Rubber Ring Toss 1:30 Chair Exercise 2p Horseshoes 3p Chit Chat	25 10 Bingo 11 Dice Game 21 1:30 Fitness Bands 2p Floor Darts 3 What's in the Bag	26 10 Pumpkin Toss 11 Men's Group 1:30 Moving to Music 2p Halloween Dice Game 3p Question Ball	27 10 Haunted Horseshoes 11 Salem Ma. Trivia/ Cooking 1:30 Chair Exercise 2p Monster Darts 3p Zoom In's
30 10 Bingo 11 Sunflower Toss/ Cooking 1:30 Fitness Bands 2p Horseshoes 3p Reminiscing	31 Halloween Party 10 Craft w/Kathy 11 Doughnut Contest Spooky Hangman 1:30 Exercise 2p Halloween Jingo 3p Spooky Stories			

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

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Sunday October 1st 1-5 pm

Barker Family Halfway to St. Patrick's Day Fundraiser

Enjoy an afternoon of Irish fare, music and great friends!

Bradford Country Club

Want to win up \$1000, \$500, \$250, \$150 or \$100

Ask a staff member about buying a raffle ticket for \$10! Drawing 10/1

FLU SHOT CLINIC – THURSDAY OCTOBER 5TH

Please let the Nurse know you are interested in receiving your shot.

Sarah's Place Adult Day Health

180 Water Street

Haverhill, MA 01830

Founding Organizations

Bethany Community Service

Penacook Place

Haverhill YMCA