



180 Water Street
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978.374.2175 Fax 978.373.4369
www.sarahsplace.org

September 26, 2024

Dear Friends:

Happy Fall Y'all! It's that time of year to protect yourself. JOIN our **FLU SHOT CLINIC - Friday morning October 11th**. Register in advance and we can accommodate family members. **The newest COVID booster will also be available if you are interested.** Unfortunately, COVID remains in the community and since our folks are at a higher risk, we want to be sure that we are doing everything to keep everyone healthy. **Getting your Flu Shot/COVID booster will help.** Let us know if you get your flu shot outside of Sarah's Place, we want to keep informed on your immunizations.

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 6th at 1pm at Bradford Country Club.** We have had several sponsors pay for seats for participants and loved ones. Just let me know you will be attending and I will sign you up. **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! If you can't make the event pick up a **Raffle Ticket for \$10** for a chance to win **\$1000/500/250/150/100. Winners drawn at the event.** Any ? ask Amy/Heidi/Kim.

I am delighted to report that Sarah's Place had a very successful 23rd Annual Golf Tournament last Friday, September 20th. We raised over \$16,000! This event would not have been a success without the support of many businesses and families in the community. Thank you to all who joined us, played, volunteered, supported, donated, and sponsored! We are incredibly grateful for our Tournament Sponsor, **Benchmark Senior Living**, this is the 3rd year in a row. Luncheon Sponsor: **Fantini Baking Company**. Front 9 Sponsor: **Pentucket Bank** Back 9 Sponsor: **Harvey and Martin PLLC** and At the Turn Sponsor: **Lewis Financial Services**. This is only a partial list of the many sponsors and friends who donated to make this event such a success, please see the list attached! I especially want to 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 pm October 6th.

Flu Shot/COVID Booster Friday, October 11th Sarah's Place is **OPEN on Columbus Day, Monday, October 14th.** 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!

- **Our Support Group meets the 1st Wednesday, October 2nd at 11am on the Mission Towers 7th floor.**
- **Age Span** is a wonderful resource, 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.**
- If you are a caregiver caring for someone with dementia, **To Show We Care**, invites you and a guest to join them for a free show at the North Shore Music Theatre. **Register by Monday, September 30th at 978.236.8161 or rsvp@2swc.org** and enjoy the **Million Dollar Quartet**, Friday October 4th at 6:30 pm.

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 Anwy
Executive Director

Founding Organizations

Bethany Community Services

Penacook Place

Haverhill YMCA

Monday	Tuesday	Wednesday	Thursday	Friday
Sarah's Place Original  October 2024	Music Day 1 10 Bingo / Word Search 11 Making the band 1:30 Exercise Class 2p Ghost / Pumpkin Toss 3p Headbands	2 10 Ring the Witch / Cooking 11 Spooky Hangman 1:30 Chair Exercise 2p Craft 3p Table Dice	3 10 Ghost Bowling / Ringer 11 Word Games / Trivia 1:30 Fitness Bands 2p Floor Darts 3p Trivia / Art	4 10 Horseshoes / Skee-ball 11 Halloween Jumbles 1:30 Moving to music 2p Fall Dice 3p The Name Game
7 10 Monster Darts 11 Trivia / Letter Dice 1:30 Exercise 2p Trampoline Ball 3p Table Games	8 10 Craft / Word Search 11 What's in the bag? 1:30 Moving to music 2p Football / Baseball 3p Reminiscing	9 10 Ghost Bowling 11 Bingo 1:30 Weight Training 2p Halloween Dice 3p Funny Animals	10 10 Ring the Witch 11 Bean Bag / Cooking 1:30 Chair Exercise 2p Headbands / Zoom 3p Race to 100	11 10 Kenny Brierly 11 Conversation Ball 1:30 Fitness Class 2p Ghost / Pumpkin Toss 3p Board Games / Art
Columbus Day 14 10 Craft 11 Rebus / Jumbles 1:30 Fitness Bands 2p Ring the Witch 3p Green Table Dice 21	15 10 Chicken Toss 11 Ghost Bowling 1:30 Exercise Class 2p Fall Collage 3p Conversation Ball	16 10 Trampoline Ball 11 Family Feud 1:30 Fitness Class 2p Sandwich Stacking Game 3p Halloween Jingo	17 10 Bingo / Word Search 11 Target Practice 1:30 Moving to music 2p Letter Dice 3p Chit Chat	18 10 Horseshoes / Ringer 11 Making Words Cooking 1:30 Chair Exercise 2p Skee-ball 3p Halloween Dice
21 10 Halloween Wall Ball 11 Bean Bag Number Board 1:30 Moving to music 2p Pumpkin Toss 3p Art / Chit Chat	22 10 Monster Darts / Cooking 11 Ball Bounce 1:30 Weight Training 2p Halloween Jingo 3p Art / Board Games	23 10 Bowling / Ring Toss 11 Trivia / Hangman 1:30 Chair Exercise 2p Making the Band 3p Question Ball	24 10 Ring the witch 10:30 Kevin Farley 11:30 Headbands / Zoom 1:30 Moving to music 2p Craft 3p Halloween Dice Game	Frankenstein Friday 25 10 Bingo 11 Trampoline Ball 1:30 Fitness Class 2p Chicken Toss Frankenstein Trivia 3p Reminiscing
28 10 Cooking / What's in the bag? 11 Dove & Suzi 1:30 Chair Exercise 2p Letter Dice 3p Halloween Dice	Cat Day 29 10 Skee-ball / Horseshoes 11 Halloween Wall Ball 1:30 Fitness Bands 2p Table Games 3p Funny Cat's/	30 10 Craft 11 Football / Baseball 1:30 Exercise Class 2p Halloween Jingo 3p Cards	31 10 Costume Parade Doughnut Eating Contest 11 Halloween Games 1:30 Fitness Bands 2p Halloween Lights 3p Question Ball	Month of Activity Sponsor  Age Span

Monday	Tuesday	Wednesday	Thursday	Friday
Sarah's Place Too  October 2024	Int'l Music Day 1 10 Craft w/Kathy 11 Musical Jumbles 1:30 Exercise s 2p Playing Instruments 3p Headbands	2 10 Ring the Witch / Cooking 11 Roll to 21 1:30 Chair Exercise 2p Butterfly Game 3p Table Dice	3 10 Skeeball 11 Word Games / Trivia 1:30 Fitness Bands 2p Floor Darts 3p Trivia / Art	4 10 Egg Crate Challenge 11 Halloween Hangman 1:30 Moving to music 2p Fall Dice/Word Searches 3p The Name Game
7 10 Craft w/Kelley 11 Trivia / Letter Dice 1:30 Exercise 2p Charade Ball 3p Table Games	8 10 Dove and Suzie 11 Halloween Hangman 1:30 Moving to music 2p Uno/LCR 3p Reminiscing	9 10 Letter Dice 11 Bingo 1:30 Weight Training 2p Halloween Dice 3p Funny Animals	Angel Cake Day 10 10 Ring the Witch 11 Bean Bag / Cooking 1:30 Chair Exercise 2p Headbands /Zoom 3p Race to 100	11 10 Ball Bounce 11 Conversation Ball 1:30 Fitness Class 2p Beads/Artwork 3p Dominos/UNO
14 10 Music w/Kenny 11 Charade Ball 1:30 Fitness Bands 2p Ring the Witch 3p Green Table Dice 21	15 10 Charade Ball 11 Ghost Bowling 1:30 Exercise Class 2p Fall Collage 3p Conversation Ball	16 10 Trampoline Ball 11 Skeeball 1:30 Fitness Class 2p Floor Darts 3p 45's and Card Games	17 10 Bingo / Word Search 11 Corn Hole/Rebus Puzzles 1:30 Moving to music 2p Letter Dice 3p Name 5 things	18 10 Horseshoes /Ringer 11 Making Words Cooking 1:30 Chair Exercise 2p Rubber Ring Toss 3p Halloween Dice
21 10 Craft w/Kathy 11 Letter Dice 1:30 Moving to music 2p Pumpkin Toss 3p Word Connect	22 10 Charade Ball/ Cooking 11 Letter Dice/ 1:30 Weight Training 2p Halloween Jingo 3p Art / Board Games	23 10 Bowling / Ring Toss 11 Trivia / Hangman 1:30 Chair Exercise 2p Darts/Conversation Ball 3p Dice Game	24 10 Irish music w/Kevin Farley 11 Headbands / Zoom 1:30 Moving to music 2p Ring the Witch 3p Halloween Dice Game	25 10 Bingo 11 Trampoline Ball 1:30 Fitness Class 2p Minute To Win It 3p Reminiscing
28 10 Craft w/Kathy/ Cooking 11 New England Trivia 1:30 Chair Exercise 2p Letter Dice 3p Halloween Dice	National Cat Day 29 10 Craft w/Kathy 11 Halloween Wall Ball 1:30 Fitness Bands 2p Table Games 3p Race to 100	30 10 Bingo 11 Skeeball 1:30 Exercise Class 2p Halloween Jingo 3p Cards	31 10 Costume Parade Doughnut Eating Contest 11 Halloween Games 1:30 Fitness Bands 2p Halloween Lights 3p Question Ball	Month of Activity Sponsor: 

Monday	Tuesday	Wednesday	Thursday	Friday
	Baked Ham 1 Mashed Potato carrots/wheat roll Fruit Cocktail Snack: Yogurt	Chicken 2 & Broccoli Alfredo w/penne/Salad <u>Apple Crisp</u> Snack: String cheese & clementines	French Toast 3 Ham/Home Fries Fresh Fruit Cup Pudding Snack: Goldfish & Fruit	Pizza Day 4 SP French fries Mixed Green Salad Jello Snack: PB & crackers
Meatloaf w/gravy 7 Mashed Potato Green beans/wheat roll Fruit Cocktail Snack: WG Gold Fish	Honey ginger Salmon 8 Pasta/Veg Salad Pudding Snack: Goldfish & Fruit	Stuffed Shells 9 Salad Broccoli Jello Snack: Apples/cheese	Beef Stew 10 Potato/carrot/turnip Whole Grain Roll <u>Angel Food Cake</u> Snack: Yogurt	Baked Stuffed Chicken 11 with gravy/roll Mashed Potato/Carrots Peaches Snack: Fruit & crackers
Ravioli 14 Salad Broccoli Mandarin Oranges Snack: Bananas	Baked Haddock 15 Rice Pilaf Cole Slaw/WG Roll Ice Cream Snack: Clementines	Chicken Parm 16 w/penne Salad/green beans Fruit Cocktail Snack: PB n crackers	Shepard's Pie 17 Corn/carrots and Mashed Potato Whole grain Roll Jello Snack: Hummus/pita	Tuna Sandwich 18 SP Fries What u got soup <u>Bread Pudding</u> Snack: WG Gold Fish
Roast Pork 21 Garlic Mashed Potato Broccoli/wheat roll Fruit Cocktail Snack: Crackers/cheez	Meatball Sub 22 Tater Tots Salad with Fruit Apple Crisp Snack: PB n crackers	Penne with Italian 23 Sausage/tomato cream sauce Mixed green salad Mandarin Oranges Snack: WG Gold Fish	Greek Feta Chicken 24 Rice Roasted Vegetables Pudding Snack: String cheese	BBQ Pork Sandwich 25 Tater Tots/Baked Beans Vegetable soup Jello Snack:
American Chop Suey 28 Salad/Broccoli Jello Pie Snack: Yogurt	Baked Stuffed Chicken 29 with gravy/roll Mashed Potato/Squash Peaches Snack: Fruit & crackers	Honey ginger Salmon 30 Pasta/Veg Salad Ice cream Snack: Goldfish & Fruit	Spaghetti & Meatballs 31 Salad / Green beans Jello with fruit Snack: hummus/cracker	<div style="border: 1px solid black; padding: 5px;"> <p>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.</p> </div>

Sarah's Place Adult Day Health www.sarahsplace.org
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Save the Dates:

Sunday, October 6th

Barker Family Halfway to St. Patrick's Day

Friday 9-11 am October 11th

FLU Clinic – COVID Booster available

Family members may join but preregistration needed.

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

Join us Wednesday, October 2nd from 11 am -12 pm Mission Towers 7th Floor.

October's Activity Sponsor: **Age Span**

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