



## September Events

Monday, September 2nd Noon Cookout

Tuesday, September 3rd 10:30 Josef Nocera

Friday, September 13th 1:30 The  
McMurphy's

Tuesday, September 17th 11:30 Luncheon  
Outing

Wednesday, September 18th 1:30  
Watercolor Art

Thursday, September 19th Dental Hygienist

Tuesday, September 24th 10:20 Ice Cream Outing & at 1:00 David Caponigro

Saturday, September 28th 1:30 Brian Kane Jazz Followed by Birthday dessert at 2:30pm



*Beautiful summer days!*

## Flu Clinic

Our annual flu clinic with Winchester Pharmacy (568 Main St, Winchester) is scheduled for Tuesday October 1, 2019 at 10am. Vaccine consent forms have been placed in the Sept 1st mailing. Please return consent forms to Christine Crimaldi, RN prior to October 1st, the day of the clinic. Thank you for your cooperation. Our goal is to keep everyone healthy over the winter season.



*Rita celebrating her 90th birthday!*



*Karen & Mary at August's Luncheon Outing*

### WINDROSE at woburn Associates

**John Ratcliffe**  
Executive Director

**Linda Crowe**  
Business Office Assistant

**Christine Crimaldi**  
Resident Care Director

**Jayne Thompson**  
Engagement Director

**Tony Madigan**  
Sales & Marketing Director

**Ryan Lounsberry**  
Culinary Director

**Jerry DuPont**  
Maintenance

## Memory Prop Box



*Phyllis & Len enjoying lunch.*

As you may know, in addition to music and videos, the memory prop boxes are an important part of our BBET program. Because one of the goals of the BBET program is to be as close and personal to each resident as possible, we are asking you to bring items to Windrose which will be specifically for your loved one.

For example, if your loved one always found comfort in their religion, perhaps a pair of rosary beads would be comforting to hold while they are listening to spiritual music. Another idea might be a small photo album of family members. A CD with cultural music? Several families have brought in specific vocal artist's CD's. One resident loved musicals/movies so her family made up a booklet of photos of the movie poster from that musical/movie. (Sound of Music, Fiddler of a Roof, Pink Panther, Hello Dolly)

Please keep in mind the memory prop boxes are approximately 10" X 5", so space is a factor. Perhaps some past birthday cards?

Our goal is for every resident to have something in their own memory box. This is just a friendly reminder about the memory boxes. Also, interests change so perhaps you know if your loved one might enjoy something other than is currently in their prop box? Items may be dropped off with anyone in the Recreation/Engagement Department; Jayne, Katie or Vivian. Thanks so much for your support.



## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

<b>1</b> 9:30 September Trivia 10:00 Morning Movement 10:30 Jokes About Jobs! 11:00 Dictionary Game 1:00 Carol Burnett TV 1:30 Labor Day History 2:00 Things to Bring For... 3:30 Patio Gardening 4:00 Hollywood's Golden Age	<b>2</b> Happy Labor Day 10:00 Strength and flexibility 10:30 Today's History 11:00 Jobs No Longer Exist! 12:00 Holiday Cookout 1:00 Patriotic Music 1:30 Windrose Chorus 2:00 Name 10 Jobs! 3:30 Garden Walk	<b>3</b> 9:30 Coffee & News 10:00 Morning Stretch 10:30 Josef Nocera 1:00 1950's Love Songs 1:30 Word Game 2:00 Short Story 2:00 What's My Job? 3:30 Good News & Gardening 4:00 Have You Ever...	<b>4</b> 9:30 What Year Was It? 10:00 Fall Prevention 10:30 Daily Chronicles 11:00 Facts About Boston 1:00 Prayers with Music 1:30 Sing Along Suzie Q 2:00 Balloon Volleyball 3:30 Dog's Life & Gardening 6:15 Recently Released Movie	<b>5</b> 1914 Babe Ruth First HR 9:30 Local News 10:00 Sit & Be Fit 10:30 Daily Chronicles 11:00 Remember Shirley Temple 1:00 Patriotic Music 1:30 Babe Ruth 2:00 Kids Don't Recognize 3:30 Confucius Quotes	<b>6</b> 9:30 News, Weather & Sports 10:00 Seated Exercises 10:30 Baby Boomer Trivia Quiz (YT) 11:00 Word Game 1:00 BBC Orchestra 1:30 Panda Cubs and Nanny 2:00 True or False 3:30 Hula Polynesian Dance 4:00 Favorite Foods	<b>7</b> 9:30 Good News of the Day 10:00 Sittercise Exercise 10:30 Sing-a-long Suzie Q 11:00 Island of Lemurs 1:00 Doris Day Music 1:30 Dog Reunions 1:30 History of Miss America 2:00 Good News Network 3:30 Weird Animal Facts
<b>8</b> 9:30 Good Morning 10:00 Light & Lively Exercise 10:30 Windrose Chorus 11:00 Musical Bingo 1:00 Nostalgic TV - Dean Martin 1:30 Finish the Proverb 2:00 Balloon Volleyball 3:30 Patio Gardening 4:00 What Am I?	<b>9</b> 9:30 Community Happenings 10:00 Strength and flexibility 10:30 Today's History 11:00 Name 10 Word Game 1:00 Music Appreciation 1:30 Reading Group 2:00 Wheel of Fortune 3:30 Jokes & Garden Walk 4:00 Windrose Chorus	<b>10</b> 9:30 Coffee & News 10:00 Smart Moves 10:30 Daily Chronicles 11:00 Hand Massages 1:00 Relax and Renew 1:30 Windrose Chorus 2:00 True or False ? 3:30 Have You Ever? 4:00 Riddles 5:45 First Ladies	<b>11</b> Patriot Day 9:30 Morning Meeting 10:00 Fall Prevention 10:30 Daily Chronicles 11:00 July Trivia 1:00 Hand Massages with Music 2:00 Sport Game 3:30 Giraffes, Elephants, and More(AC) 6:00 Recently Released Movie	<b>12</b> 9:30 Local News 10:00 Sit & Be Fit 10:30 Daily Chronicles 11:00 Random Trivia 1:00 Patriotic Music 2:00 Things That Go Together 3:30 Balloon Volleyball 3:30 Have You Ever.... 4:00 What Year Was It?	<b>13</b> Miss Manners & M. Hershey's Birthday 9:30 News, Weather & Sports 10:00 Seated Exercises 10:30 Jokes About Jobs 11:00 Miss Manner's Advice 1:00 BBC Orchestra 1:30 The McMurphy's 3:30 What's My Job? 4:00 Famous People	<b>14</b> 9:30 September Trivia 10:00 Sittercise Exercise 10:30 Sing-a-long Suzie Q 11:00 Reminiscing Summer 1:00 Elvis Presley Music 2:00 Good News Network 3:30 Guess The 60s TV Theme Song! 4:00 Ball Toss
<b>15</b> 9:30 Good Morning 10:00 Morning Movement 10:30 Windrose Chorus 11:00 Dictionary Game 1:00 Patriots at Miami 1:30 Reverse Dictionary 2:00 Things to Bring For... 3:30 Patio Gardening 4:00 Musical Bingo	<b>16</b> 9:30 September Trivia 10:00 Strength and flexibility 10:30 Today's History 11:00 White Board Fun 1:00 Hand Massages 1:30 Windrose Chorus 2:00 White Board Challenge 3:30 Garden Walk 4:00 BBET	<b>17</b> 9:30 Coffee & News 10:00 Smart Moves 10:30 Daily Chronicles 11:00 September Poetry 11:15 Luncheon Outing 1:00 Music from Musicals 1:30 Windrose Chorus 2:00 U.S. Presidents 3:30 Good News & Gardening	<b>18</b> 9:30 What Year Was It? 10:30 Daily Chronicles 10:30 Ascend Prayer Service 11:00 Things That Go Together 1:00 Rosary with Music 1:30 Sing Along Suzie Q 1:30 Watercolor Art 3:30 Dog's Life & Gardening 4:00 Winter Produce 6:00 Recently Released Movie	<b>19</b> Dental Hygienist Day 9:30 Local News 10:00 Sit & Be Fit 10:30 Daily Chronicles 11:00 Remember Judy Garland 1:00 Patriotic Music 1:30 States & Capitals 2:00 You Tube Fun 3:30 Confucius Quotes 4:00 Famous People	<b>20</b> 9:30 News, Weather & Sports 10:00 Seated Exercises 10:30 Today in History 11:00 Word Game 1:00 BBC Orchestra 1:30 Spiritual Program 2:00 True or False 3:30 Leonard Cohen Music 4:00 Favorite Foods	<b>21</b> 9:30 Good News of the Day 10:00 Sittercise Exercise 10:30 Sing-a-long Suzie Q 11:00 Nashville, Tennessee 1:00 Gene Autry Music 1:30 Giggles & Fun 2:00 Good News Network 3:30 Weird Animal Facts 4:00 Jokes about Jobs
<b>22</b> White Chocolate Day 9:30 Good Morning 10:00 Light & Lively Exercise 10:30 Windrose Chorus 1:00 Patriots vs NY Jets 1:30 Famous People 2:00 Junk Food Facts 3:30 Patio Gardening 4:00 What's My Job?	<b>23</b> First Day of Autumn 9:30 Community Happenings 10:00 Strength and flexibility 10:30 Today's History 11:00 Name 10 Word Game 1:00 Music Appreciation 1:30 Reading Group 2:00 Finishing Lines 3:00 Judge For Yourself 3:30 Garden Walk	<b>24</b> Cherry Jubilee's Day Cake 9:30 Baking Demonstration 10:00 Smart Moves 10:30 Ice Cream Outing 11:00 Golden Age of Hollywood 1:00 David's Accordion Music 2:00 Every Day Life Trivia 3:30 Have You Ever? 4:00 US Presidents	<b>25</b> 9:30 Morning Meeting 10:00 Fall Prevention 10:30 Daily Chronicles 11:00 Ann Landers Letters 1:00 Rosary with Music 1:30 BBET 2:00 Sport Game 3:30 US Presidents * Gardening 6:00 Recently Released Movie	<b>26</b> 9:30 Local News 10:00 Sit & Be Fit 10:30 Daily Chronicles 11:00 Random Trivia 1:00 Patriotic Music 1:30 BBET 2:00 Delicious Food Duos 3:30 Judge For Yourself 4:00 Balloon Volleyball	<b>27</b> Happy Birthday Ruby 9:30 September Trivia 10:00 Seated Exercises 10:30 Today in History 11:00 Word Game 1:00 BBC Orchestra 1:30 Humor is Medicine 2:00 Cake Decorating 3:30 Morris Animal Foundation 4:00 Top Tens List	<b>28</b> 9:30 Good News of the Day 10:00 Sittercise Exercise 10:30 Sing-a-long Suzie Q 11:00 Arm Chair Traveller 1:30 Brian Kane Jazz 2:30 Birthday Celebration 3:30 First Ladies of the US 3:30 Weird Animal Facts 4:00 Ball Toss
<b>29</b> Rosh Hashanah at Sunset 9:30 Good Morning 10:00 Morning Movement 10:30 Windrose Chorus 11:00 Dictionary Game 1:00 Patriots at Buffalo 1:30 States & Capitals 2:00 Things to Bring For... 3:30 Patio Gardening	<b>30</b> 9:30 Community Happenings 9:30 Junk Food Facts 10:00 Strength and flexibility 10:30 Today's History 11:00 Everyday Life Trivia 1:00 Hand Massages 1:30 Windrose Chorus 2:00 White Board Challenge 3:30 Garden Walk					

## HAPPY BIRTHDAY



**Birthday**  
 Ruby C. Sept. 27th  
 Those born between September 23-30 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.

## PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social