

The Antithesis of Mass Produced



Simon Pearce's Quechee, Vermont store, perched atop the falls of the Ottauquechee River, was a wonderful trip for residents March 9, and the new-fallen snow made it extra picturesque.

Simon Pearce worked in glass factories all over Europe before building a glass shop in Ireland, which he operated for 10 years before coming to America. His facility runs on hydropower, which he runs and maintains himself, and also contains its own machine shop, where many of the tools and molds used are made. Pearce's on-site restaurant, The Mill at Simon Pearce, overlooks the waterfall and covered bridge and was voted by Travel and Leisure as one of "America's Most Romantic Restaurants." The restaurant has supported local farmers since long before the farm-to-table movement, and served us a truly delicious lunch.



"We were mesmerized by the glassblowing demonstrations and in awe of the fact that they could carry on a conversation with us while they were creating their beautiful glass works," remarked Brenda Kean, Resident Life Director.

A video on Pearce's website discusses the virtuosity of a glass blower, and how the human hand and eye are critical from design to finish—you can't "undo" when glassblowing! The slight variances and differences of each piece result in some really perfect imperfection, and these works emanate true craftsmanship... with a blend of character and function.



On the return trip, residents stopped at the Cabot Cheese Shop where they sampled the many cheese offerings and brought some home to enjoy. A beautiful day indeed!



Taylor Community 2018 Music Series

Pianist George Lopez
*Artist-in-Residence,
Bowdoin College,
Brunswick, ME
with a history of
popular music from the
early 19th Century
through today*



Sunday, April 8 at 3:00pm

Generously supported by Bank of New Hampshire, Taylor Community's Music Series performances are free and open to the public.

This performance is kindly sponsored by Taylor Residents Bonnie and James Doherty and Carol and John Ford.

THIS is how much fun our Taylor Community Olympics were.



Kudos to all our resident and staff participants, and *extra big* thanks to all the staff who helped make this so much fun for *all* of our residents, of *all* abilities. Your kindness is remarkable, and so appreciated.

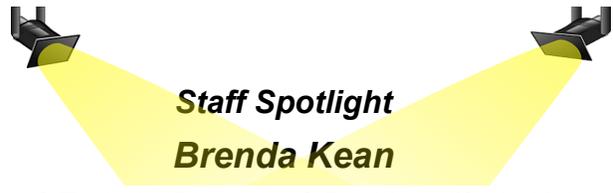
We Love Our Taylor Community Nurses!

May 6 is National Nurses Day, coming right up. We know you love your nurses, tell us why! We want to hear it! Residents, family and friends, please call, email, write, send inter-office; I'll be happy to hear from you as I'd like to publish some of your responses in The Taylor Gazette. Call 366-1236, email mballester@taylorcommunity.org or send to Maureen at Taylor Home, 435 Union Avenue, Laconia, NH 03246.





Paul's Spotlight wasn't turned in with a photo, so I've chosen my own favorite of Brenda. ~Maureen



**Staff Spotlight
Brenda Kean**

When I think of Taylor's Director of Resident life I think of positive energy, creativity, her smile, her laugh, and her fashion and accessories (She once shared that she owns more than 250 scarves!). Beyond the personality and energy, Brenda loves meeting and spending time with the residents who live here and learning about their rich talents and each resident's life story. As she said recently, "We have some pretty incredible folks among us!" She cites the "family atmosphere of support, teamwork, and all of the amazing residents" among the things she likes most about her job at Taylor.

Brenda coordinates programming for independent residents, and oversees programming for Assisted Living, Nursing and Memory Care Residents, as well as our Salons and Volunteer Program. When I asked her what she does here her response was, "I strive to make every day an exciting and engaging one for our residents."

Brenda's career background prior to coming to Taylor was primarily in banking and history, which may come as a bit of a surprise to those who have come to know Brenda through activities here. A graduate of Williams School of Banking in Williamstown, MA, she worked as a Mortgage Broker for The Boston Five, closing the highest volume of mortgage loans company-wide in 1987 and 1988, and then went on to work for Franklin Savings Bank as Vice President, Banking Service Officer and Branch Administration.

Just prior to accepting a position with Taylor, Brenda was the Executive Director of the Laconia Historical and Museum Society where she worked passionately on numerous projects. Some of her most notable accomplishments include:

- The transcription and publication of a series of chronicling the daily life of Rev. Jeremiah Smith Jewett - a very important and interesting man in Laconia's history.
- The discovery and restoration of both the Moulton Opera House and Lakeport Opera House Theater Drapes.
- Tracking down and recovering a missing monument from Laconia's History - The Soldiers' Monument which sat in the middle of Lakeside Avenue at the Weirs.

She continues to be involved in history, sitting on the Board of Directors of the Laconia Historical and Museum Society as well as the Belknap Economic Development Committee for the restoration of the Colonial Theater.

Brenda has been married to her husband John for four years and between them they have six children and five grandchildren. They honeymooned in New Orleans and return each year to celebrate their anniversary, and she "Loves" NOLA! ... the music, the food (yes, she eats alligator!) and the culture. She also enjoys antiquing, decorating, cooking and gardening, and is an Alum of Leadership Lakes Region, which is where she faced her greatest fear (heights) and zip-lined down Gunstock!

When asked about her personal philosophies and beliefs she shared, "I have always lived by 'The Golden Rule.' Treat others as you would want them to treat you. Try to make every day the best one yet for yourself and those around you. And think outside the box to find innovative and interesting approaches to your work, but most importantly, listen to the residents - they will guide you."

~ Paul Charlton



Congrats to TaylorCare!

Kudos to TaylorCare, for a job very well done. **You're exceptional!**

On March 13 TaylorCare had its State Survey Inspection for its Home Care License. Not only was TaylorCare found **deficiency free**, we had a **perfect** Survey. Above and beyond!

Great work, Hank, Heather and Sandy, providing services for our residents and working as a team. We are so fortunate to have you all.

~ Susan Denopoulos
VP of Clinical Operations
& Administrator

Hooray!

Hayley LaPoint rescheduled!



We don't *THINK* that Hayley had anything to do with the snowstorms which caused her last two lectures to be rescheduled, but we maybe should ask her when she comes on **May 2**. It'll be full Spring then!



Art Therapy

Art therapy, which utilizes the creative process, is just plain fun. It's been shown to be successful in different ways than traditional therapy practice, and it can be especially beneficial to those less able to express themselves with words. It also has a low barrier to entry, as anyone can be creative in some way.

Anyone can benefit from art therapy, and the benefits are many. It can help you process emotions you may be struggling with, and can help others to better understand you. You may learn something about yourself! And art therapy can help with various mental and physical symptoms, such as reducing pain, anxiety or tension, and can lead to a general sense of relief. Plus, it's something you can do alone *or* in a group, and can help with social skills.

Why not explore your creative side, and consider some art therapy for yourself? It could be just what you need.

Source: arttherapyblog.com



Response #1 to We Love Our Nurses!

Resident Doris Duff wanted administration and others to know just how much she appreciates Care Management Nurse Heather Bell, and offers the following:

All I can say is that Heather, our nurse at Woodside, is one special find. In my dealings with her she has been friendly, kind and caring, helpful, knowledgeable, and unrushed. Thank you, Heather, for being the compassionate and accommodating person you are.

An Ode to Heather

*In your cap, Heather, I put a feather
You're on the job in all kinds of weather
Works a world of many accomplishments
Assumes no kudos or extra compliments.*

Bravo, Heather!



Doris, we appreciate Heather too!

Heather's office is in the Wellness Center at Woodside. She holds regular office hours Wednesdays from 2 - 3pm, and can be reached by phone at 366-1340 or via email at hbelle@taylorcommunity.org.

Computer Corner Clearing Internet Data



When you browse the Internet, your computer picks up and stores bits and pieces of information that can eventually build up and cause your computer to slow down, especially on older and slower machines. Clearing this data isn't hard, and you may get better performance.

The easiest way to do this is to use the tools that come with the Internet Browser you use.

If you use Microsoft's Internet Explorer on Windows, clear this data by visiting the Internet Options control panel and click the Delete button on the General tab under the Browsing History subheading. (If you're using Internet Explorer on a non-windows computer, open the Tools menu, choose Options and select the data you want to clear.)

To remove temporary data from Firefox, open the Firefox menu and open the Options window (you may need to select Options from the dropdown menu and Options again from the menu that appears). Click the tab or button that says Advanced, and then the Network tab underneath that. In the Office Web Content box, click the Clear button.

To clear data from Chrome, hold down Ctrl and Shift while pressing Delete. This will open up a menu. Select the data you want to delete and a time frame and click Clear Browsing Data.

Source: wikihow.com



Has the road to "homecoming" and adjustment back to civilian life been harder and longer than you expected? As a spouse or family member, have you struggled with changes created by deployment and homecoming?

Please join us for a weekly reading and discussion group for veterans, family members and friends of veterans.

Mondays, 6:30-8:00pm, from April 2 to June 11

This event is supported by Taylor Community, the Saul O. Sidore Memorial Foundation, the New Hampshire Charitable Foundation, Paul and Sandra Montrone, and New Hampshire Humanities.



Who else forgot that bubble wrap could be so silly and fun?

Glendale®

SENIOR DINING

Local. Innovative. Compassionate.

Next Steps

Glendale Senior Dining's first day of service will be April 1, Easter Sunday and April Fool's Day! However, prior to this transition date you will notice various members of the Glendale Senior Dining Management Team on campus conducting pre-opening activities such as;

- Employee interviewing
- New employee benefits meetings and orientation to Glendale Senior Dining
- Kitchen equipment analysis
- Food and supplies vendor selection
- Review of menus and dining concepts
- Employee training and in-service programs
- Overall coordination and communication with Taylor leadership

Many of Glendale Senior Dining's Management Team will be on-site for the Taylor transition. The following company members will have direct involvement and be instrumental with the opening. They are;

- Jim Hecker, President
- John DeCourcy, District Manager
- David Martineau, District Manager
- Steve Brustein, District Manager
- Jaime Matheson, Director of Human Resources
- Mark Newton, Manager of Programs, Training and Standards
- Steve Rice, Director of Culinary
- Todd Lindsay, Director of Development
- Mike Lewis, Director of Safety and Operations Support Services
- Alison Stone, Manager of Recruitment

This group, along with our Travelling Relief Chef Managers and headquarters/home office staff will insure proper resources are available for a professional dining services outcome.

We look forward to these next steps of the transition.

Please stay tuned for further updates from Glendale Senior Dining!



Have you heard the news?

SPRING is almost here!

It really is! March 20!

Our Grounds crews will be very busy tidying up the roadways and repairing damaged areas soon. Please pay careful attention to our campus-wide speed limit of 19 miles per hour for the safety of all.

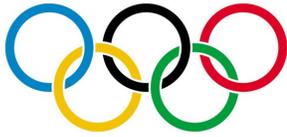


Attention Gardeners

With Spring and planting season rapidly (?) approaching, we are in the process of trying to determine how many additional raised beds might have to be built for this year's usage. In addition to those who had raised beds last year, I have several names on a waiting list. If you have not yet told me that you *would* like a raised bed this year, please let me know as soon as possible (preferably by Noon on Tuesday, March 20) so that we can get the additional beds ready for this year. Thank you.

~ John Larson





Taylor Community Winter Olympics A Walking and Social Challenge for Residents and Staff

We're still basking in the success of Taylor Community's Winter Olympics; we had so much fun! Some results were unavailable at press time for our last issue, and we received several more fabulous photos that just needed to be shared!



Congratulations to Taylor Olympian Rock Drouin of Team Jamaica! Rock took the Gold Medal for personal best, taking more steps than anyone else on campus, the equivalent of 95.6 miles! WOW! The Silver Medal went to Tonya Paradise of Flik Lifestyles, and the Bronze to Leah Smith, Housekeeping Supervisor.



These are the Top Participation Winners of Team New Zealand: Marge Thompson, Ralph Belanger and Rena Larrivee. Marge participated in 38 Olympic Events; Ralph, 31; and Rena, 30. Activity Coordinator Ann Drouin had so much fun with these folks, saying "Team New Zealand was small in numbers, but HUGE in spirit and participation, not to mention TONS of fun!"



Above is the Opechee Harbor group, part of Team Switzerland. You can see that chair hockey was a spirited event and the smiles in the group photo say it all. 100% participation and fun, fun, fun!

Taylor Community Winter Olympics Final Results

Team	Number of Participants	Total Steps Taken	Equivalent Miles	Total Points
Taylor Home = New Zealand	42	1,862,030	931	13,397
Opechee Harbor = Australia	17	329,820	165	9,050
Ledgeview Nursing = United Kingdom	31	2,532,693	1266	2350
Ledgeview Assisted Living = Switzerland	24	235,755	118	18,883
Woodside and Ledges = Jamaica	68	3,557,260	1,779	9,375
COMMUNITY TOTALS	182	8,517,558	4,259	53,055

182 participants taking over 8-1/2 million steps, the equivalent of 4000+ miles, in 2 weeks!

Fitness News and Events

March 5, 12, 19, 26 — Tai Chi with Russ Jones: 10am. Tai Chi has been shown to lessen depression, stress and anxiety, to improve energy and stamina, and provide enhanced flexibility, balance and agility. Cost per class for residents is \$8 and can be billed to your account if you wish. Non-residents \$12. No registration is necessary; come and try one class or all four.

March 5, 12, 19, 26 — Water Yoga with Jeannine Beckett: 6:00pm. Learn how to stretch, balance and breathe mindfully in the water with guest instructor Jeannine Beckett. \$6.00/class for residents, \$8.00/class for non-residents. Register with Tammy at 366-1206.

March 10, 17, 24, 31, April 7 — Water Babies, 9:30am. Call Tammy to register or for more information: 366-1206

March 12 through April 11 — Golf Conditioning Program with Lena Nirk: Mondays and Wednesdays at 2:00pm in the Fitness Center. FREE for residents! Non-residents may join for \$5 per class. If a golfer performs exercises in a slow, controlled manner, he or she will be prepared to swing a golf club at maximum speed. To prepare the body for the demands of a max effort swing, golfers should include plyometric exercises in their routines. Find out how to do this safely and effectively with Lena. No registration needed; just come and try one or all classes.

March 13 through April 17 — Hiking Conditioning Program: Tuesdays and Thursdays at 9:30am in the Fitness Center. Classes will last 30 minutes and are FREE to residents! Non-residents \$5 per class. Classes will include core strengthening exercises to strengthen back and abdominals for balance and carrying back packs. Stairs will be a regular part of the conditioning along with strength exercises to build endurance and of course walking. Even if you don't want to hike outside, you are welcome to join the class. Our goal is to complete 12 hikes before winter, earning the Belknap Range Patch. Call Tammy to register at 366-1206.



Each is adjusted to your height and body, and you will do various traditional poses using the hammock as support. It can improve flexibility and strength, and reduce stress, and is guaranteed to make you smile and laugh. We will depart Woodside at 10:30am. Call Tammy to register at 366-1206.

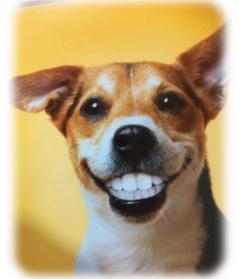
Meeting Reminders

March 20 — 1:00pm Wellness Committee Meeting

March 20 — 2:00pm Pool Committee Meeting

March 28 — TED Talk: If You're Feeling Lonely: Voices Strong: 2:00pm in the Woodside Theater. The world is a large place where feeling connected can be difficult. Join us for an amazing story of how one conductor brought people together from around the world.

March 30 — Dog Obedience Lessons with Henry Bird and Marjorie Anderson, Wet Craft Room at 2:00pm. This picture is what Tammy says your dog will look like after spending quality time with you and that you should call now to register for this program. It begins March 30 with an orientation, with classes beginning in April. Whether your dog could use some attention or really needs some guidance, this is a great way to have some social "dog time" with your neighbors. This program is FREE for staff and residents.



Are you interested in learning how to tap dance?

Professional Dance Instructor Sally Downs of Meredith will be on campus at Woodside to lead Tap Dance Lessons for those interested in putting on some dancing shoes. These classes are a great way to get some exercise, dance and have some fun. Did we mention learning something new is great for your brain? Join the fun. Men and women are welcome to join. **Call Tammy at 366-1206 if you are interested.** Dates and Times will be announced soon based on interest.

Meet Savannah!



Savannah Barden is a Senior at Laconia High School who hopes to pursue a degree in Nursing. She will be interviewing residents and staff from Taylor Community over the next month for her Senior Seminar, a final project she needs to complete for graduation.

The idea of having high school students interview residents and learn more about what it was like to live in the 30's, 40's and 50's was the brain child of Taylor resident Jim Doherty. Jim and Tammy have been working on a model to help students build interview confidence, learn how to better communicate and listen when interacting with mature adults. Savannah will be the first student to start this project.

(Continued at right)



Health & Wellness

Sick of the same old recipes?

Eating vegetarian more often is good for our health AND the environment, and it's good, and fun, to incorporate a few new recipes now and then. If you don't mind dusting off your food processor, this is a super easy one I like (and they reheat really well too).

Vegan Zucchini 'Meatballs'



1 15-oz. can chickpeas, drained and rinsed
 3 garlic cloves
 1/2 cup rolled oats
 1 teaspoon dried basil
 1 teaspoon dried oregano
 1/2 teaspoon salt
 2 tablespoons nutritional yeast
 Juice of 1/2 lemon
 1 cup shredded zucchini
 Marinara sauce and pasta!

Preheat your oven to 375 degrees.

Combine the drained and rinsed chickpeas, garlic and rolled oats in your food processor and pulse until finely chopped. It should hold together when you press it between your fingers. Transfer to a large bowl and add the rest of the ingredients (don't use more than the one cup of zucchini), mixing well. You can add more nutritional yeast if you need to if the mixture is too wet to handle. Roll into 12 balls, placing them a couple inches apart on a parchment lined baking sheet and bake for 25 minutes.

Serve with pasta and sauce!

Just three of these 'meatballs' supply 44% of the RDA for fiber and 12 grams of protein!

Source: makingthymeforhealth.com

~ Maureen

Meet Savannah (Continued from left)

The first of her siblings to graduate from high school, Savannah has grown up in Laconia and would tell you that she is pretty shy, but once she feels comfortable, she opens up. She has 2 dogs, at Plot Hound named Ellie, and a Golden Doodle named Pumpkin. Savannah's been involved in chorus and band since first grade, plays the piano and self-taught herself guitar. She likes alternative rock, her favorite band is "Oasis," and when she has down time, she loves watching Gray's Anatomy.

When you see Savannah around campus, be sure to say Hello!

~ Tammy

Welcome New Staff

Leann Blaney, Laconia, joins Team Taylor as Dial-A-Ride Coordinator. Leann worked prior at Eliot Hospital, before leaving to take care of her Mom, a 4-time cancer survivor who passed in January. We're very sorry for her loss.

Leann has 6 grandchildren and loves spending time with them and attending their sporting events, plays and other activities. She loves working with people (especially the elderly!) and enjoys trail walking, the lake and summer activities, yard sales, thrift stores and crafting.

Fedelina Dungelman, Belmont, joins us as MNA. Fedelina earned her MNA credentials at Health Careers LLC, and also holds a Bachelor's degree in secondary education from Saint Michael's College, Philippines. She's worked as a high school teacher for 8 years, as an LNA for 7 years, and as an MNA for the past two.

Courtney Littlefield, Franklin, joins us as LNA. Courtney has been an LNA for 13 years now. She spends most of her free time with her 3-year-old niece, and she says this keeps her very busy and active. She also has 2 cats at home.

Pammy McLaughlan, Laconia, joins us as Activities Coordinator. Pammy loves the ocean, traveling to islands, animals and cooking.

Heidi Nielsen, Gilford, also joins us as Activities Coordinator. Heidi holds both an MBA from Rivier College and a BS from Daniel Webster College. Previous experience includes working in mental health, with homeless women, and in an elementary school.

Heidi has family in Denmark. Hobbies include skiing, boating, golfing, exercise and travel. Her husband, Ken, is a retired air traffic controller and pilot. Son Sam is a Junior at UNH and recently studied in Budapest.

Welcome to Taylor Community!

Recent Additions to the Woodside Library

Fiction:

The Mare, Mary Gaitskill
House Without Windows, Nadia Hashimi
After the Fire, Henning Mankell
Under the Tuscan Sun, Frances Mayer
An Island Away, Daniel Putkowski
Birthright, Nora Roberts

Large-Print Fiction:

False Memory, Dean Koontz

Non-Fiction:

Outliers: The Story of Success, Michael Gladwell

Biography:

FDR, A Biography, Ted Morgan



Enjoy a good book!

UPCOMING LECTURES AND CAMPUS EVENTS

Note: Transportation is available for most **ON-CAMPUS** events.

Ensure your seat on the bus: **Transportation Reservations are required 24 hours in advance by calling 366-1234.**



Sunday – March 18 – Justice Video Series - *The Anonymous People* – Rev. Paula Gile, Associate Pastor of the Congregational Church of Laconia, will partner with Navigating Recovery to present “The Anonymous People” - a powerful feature documentary about the 23.5 million Americans living in long-term recovery from addiction to alcohol and other drugs. The moving story of *The Anonymous People* is told through the faces and voices of the leaders, volunteers, corporate executives and celebrities. **This movie will be shown in the Woodside Theater beginning at 2:00PM.**

Monday – March 19 – Putnam Fund Event: Author David Brody

David Brody - attorney turned fiction writer - is currently focusing his writings on sites and artifacts that evidence pre-Columbian exploration of America. He calls this the “Templars in America” series as much of this exploration seems to tie back to the medieval Knights Templar. In the books he uses artifacts and historical sites to trigger modern-day suspense plots. Publisher Weekly writes of the series, “Brody does a terrific job of wrapping his research in a fast-paced thrill ride.” **Join us for this Putnam Fund Event which will occur at the Woodside Building beginning at 7:00PM.**



Wednesday – March 21 – The Concord Coachmen Chorus – The Concord Coachmen Chorus has been delighting audiences in the greater Concord, NH area with its presentation of timeless tunes sung in the Barbershop style since 1955. **This program will begin at 6:30PM at Woodside.**

Thursday – March 22 – AARP Smart Driver Program presented by Bob Slavin

– This 6-hour program developed by AARP is a classroom refresher course to ensure that drivers 50 years of age and older stay safe behind the wheel. Upon successful completion of the course, participants may be eligible for a discount on their automobile insurance (check with your provider). Lunch in the Bistro will be available. **Course fee is \$15 for AARP members who show their membership card, \$20 for all others. There is limited space for this program; please register ASAP with Brenda Kean at 366-1226.**



Saturday – March 24 – Community Social & Dinner – The menu and RSVP information for this event appear on Page 12. **Please join us at 5:00PM at Woodside.**

Tuesday – March 27 – Pianist Duke Schneider – You may know Duke if you’ve dined at Fratello’s here in town. He’s fabulous! **Don’t miss his performance in the Taylor Home Atrium at 2:00pm.**



UPCOMING TRIPS

SIGN-UP NOW! Please call 366-1226 unless otherwise noted.

Note: Trip descriptors – **Easy, Moderate, or Independent** – indicate the degree of mobility [walking, standing, stepping, etc.] required in order to safely participate and enjoy the trip. All pick-up times are an approximation.

Non-residents pay a \$10 fee. There is a \$10 fee charged for cancellations within 72 hours of the trip. Funds for show tickets purchased in advance are due when the order is placed and are non-refundable.



Tuesday – March 20 – Art Escape! [Easy] Have a fun-filled morning with your friends at Art Escape. Whether you choose ceramics, clay, glass or canvas, Art Escape is a place to relax and use your creative side to make a lasting memory. Offerings include a clay studio, ceramics, glass painting, a canvas studio, and acrylic paints that can be sprayed glossy and taken home the same day! **Laconia Campus pick-up begins at 10:00AM. Call Ann to sign up for this trip at 366-1238.**

Friday – March 23 – Bascom Maple Farms [Moderate] Bascom Maple Farms is America's leading supplier of pure and organic private label maple syrup, bulk maple syrup and bulk maple sugar products. Taylor Community Resident Shirley Powers will lead our group through her family's farm. Join us as we tour the Bascom Maple Farms in beautiful Alstead, NH. **Admission is free. The bus will begin picking up residents on the Laconia campus at 8:30AM.**



Saturday – March 24 – Lakes Region Symphony Orchestra: An Evening at the Ballet with Guest Artist Danilo Thurber [Easy] This program will include: Gliere - *The Russian Sailors Dance from the Red Poppy*; Tchaikovsky - *Act 2 Overture to Swan Lake*; Tchaikovsky - *Sleeping Beauty Waltz*; Stravinsky - *Berceuse and Finale from The Firebird Suite*; Tchaikovsky - *Waltz of The Flowers from Nutcracker*; Copland - *Appalachian Spring*; and Saint-Saens - *Violin Concerto No. 3 Op 61 in B Minor*, 1st movement featuring violinist Danilo Thurber. This performance is being held at the Inter-Lakes Auditorium in Meredith. **Tickets are \$20.00 per person. The bus will begin picking**

residents on the Laconia Campus beginning at 5:30PM.

Wednesday – March 28 – Moulton Opera House Grand Drape Viewing with lunch at Water Street Café [Easy] Described as "the most exquisite," the grand drape that hung in the Moulton Opera House for eight decades and lay hidden in a barn on Pleasant Street for another four was found and restored in 2014. The grand drape consists of eight panels of medium-weight scenery muslin, each 30 inches wide, and measures 26 feet, 10 inches across and 20 feet high. Like many of its counterparts, it was painted with a scene mimicking a romantic work of art. Eugene Cramer of Columbia, South Carolina chose "Morning on the Nile," painted by a Belgian artist, Jacob Jacobs, in 1859. Cramer copied the painting, added a frame around it and purple drapes at the upper corners to complete the curtain. Following our visit to Laconia Historical and Museum Society, we will visit Water Street Café for lunch. **Admission is free. Pick up will begin on the Laconia Campus at 11:30AM.**



Friday – March 30 – Tour of Anheuser-Busch [Moderate] One of every two beers consumed in America is made by Anheuser-Busch, with this brewery serving all of New England. Of Anheuser-Busch's 12 U.S. breweries, this brewery is in the prettiest setting, located in the picturesque Merrimack Valley. Your tour guide will lead you to the brewery, built in 1970, past a life-size replica of a Clydesdale horse. After the brewery tour, we will visit the Old World-style Clydesdale Hamlet, modeled after an 18th-century German Bauernhof. This stable and courtyard are home base for the traveling East Coast Clydesdale eight-horse show hitch, and a highlight of the tour. **Admission is \$10 per person. The bus will begin picking up residents on the Laconia Campus at 9:30AM.**

Recurring Campus Events

Sundays:

Sunday Brunch

Sundays, 11:00am to 2:00pm
Community Bistro, Woodside
.....

Church Services

Sundays @ 2:00pm Ledgeview
.....

Sunday Movie Matinees

Sundays @ 2:00pm, Woodside Theater
.....

IRA Sunday Social & Monthly Birthday Celebration

Generally the 4th Sunday of the Month @ 4:30pm,
Fireside Room at Woodside

Mondays:

Stitch Witchery Quilters

Mondays @ 8:00am, Woodside
.....

Cozy Caps Knitters

Mondays @ 10:00am, Woodside
.....

Taylor Home Bingo

Mondays @ 10:00am, Taylor Home
.....

Taylor Playreaders

1st and 3rd Mondays @ 1:00pm, Woodside

Tuesdays:

Resident Cracker Barrel Coffee Hour

Tuesdays @ 10:00am
Fireside Dining Room
.....

Worship Services

Tuesdays @ 10:30am, Ledgeview
.....

Laconia Public Library Runs

Every Other Tuesday @ 10:30am (Call 366-1238)
.....



Shopping Bus to Belknap Mall

Tuesdays @ 1:00pm (Call Dial-A-Ride)
.....

Non-Fasting Blood Draws

Tuesdays @ 1:00pm
Woodside Wellness Office
.....

Blood Pressure Clinic

Tuesdays from 2:00 - 3:00pm
Woodside Wellness Office

Wednesdays:

Fasting Blood Draws

Wednesdays @ 6:30am
Woodside Wellness Office
.....

Cribbage Games

Wednesdays @ 10:00am
Woodside Card Room

(Wednesday is continued above right)

Recurring Campus Events

Wednesdays (Cont.):

Veterans Coffee Hour

3rd Wednesday of the Month @ 10:00am
Lake Room at Ledgeview
.....

Book Discussion with Lois Brady

1st Wednesday of the Month @ 10:30am
Woodside 3rd-Floor Lounge
.....

Memoirs Group

Wednesdays @ 11:00am
Woodside Library
.....

Care Management Nurse Office Hours

Wednesdays 2:00 - 3:00pm
Woodside Wellness Office
.....

Wine Social

Wednesdays @ 3:00pm
Taylor Home
.....

Woodside/Ledges Food Forum

2nd Wednesday of the Month @ 2:00pm
Woodside

Thursdays:

Woodcarvers

Thursdays @ 9:00am
Woodside Wet Craft Room
.....



Shopping Bus to Hannaford's/Walmart

Thursdays @ 9:00am (Call Dial-A-Ride)
.....

Bridge Games

Thursday @ 1:00pm, Woodside
.....

Taylor Community Chorus Rehearsals

1st and 3rd Thursdays @ 2:00pm
Taylor Home Atrium

Fridays:

Le Cercle Français de Laconia

Fridays @ 10:00am
Fireside Dining Room
.....

Taylor Home Bingo

Fridays @ 10:00am, Taylor Home

Saturdays:

Saturday Entertainment at Ledgeview

Saturdays @ 2:00pm, Second Floor
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Community Social & Dinner

3rd Saturday of the Month @ 5:00pm, Woodside
(Please RSVP at 366-1449 by Noon the Wed. prior)
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Saturday Night at the Movies

Saturdays @ 7:00pm, Woodside
(7:30pm on Community Social & Buffet Nights)

Trip Reminders

Advance RSVP is required; unless otherwise indicated, please call Brenda at 366-1226.

Aerial Yoga

Mon., 3/19 @ 10:30am
(Call Tammy for this one: 366-1206)

Bascom Maple Farm

Fri., 3/23 @ 8:30am

LRSO - An Evening at the Ballet

Sat., 3/24 @ 5:30pm

Moulton Opera House Grand Drape Viewing

Wed., 3/28 @ 11:30am

Anheuser-Busch Tour

Fri., 3/30 @ 9:30am

Lectures, Programs & Special Events

Check out Recurring Campus Events on Page 10!

Justice Video Series - *The Anonymous People*

Sun., Mar. 18 @ 2:00pm, Woodside

Sunday Social & March Birthday Celebration

Sun., Mar. 18 @ 4:30pm, Woodside

Putnam Fund Event: *Author David Brody*

Mon., Mar. 19 @ 7:00pm, Woodside

The Concord Coachmen

Wed., Mar. 21 @ 6:30pm, Woodside

AARP Safe Driver Course

Thurs., Mar. 22 from 9:00am — 4:00pm, Woodside

March Community Social & Dinner

Sat., Mar. 24 @ 5:00pm, Woodside

Musical Entertainment: *Pianist Duke Schneider*

Tues., Mar. 27 @ 2:00pm, Taylor Home

American Red Cross Blood Drive

Fri., Mar. 30 from Noon— 5:30pm, Woodside

Pre-registration saves time: www.redcrossblood.org
or call 1-800-RED-CROSS

Scam Alert

Authorities are warning NH residents about scammers posing as Eversource Energy employees threatening to turn off their power if they don't turn over cash.

*Legitimate Eversource employees in the field NEVER ask for payments. If this happens to you, call Eversource at 800-662-7764 and your local police dept.



Woodside Theater

Saturday Nights at 7:00PM

March 24: (No Movie Tonight)

March 31: *The Martian*

Sunday Matinees 2:00PM

March 18: *The Anonymous People*

March 25: *Church Hill*



Meeting Reminders

Wellness Committee Meeting

Tuesday, March 20 @ 1:00pm, Wellness Center

Pool Committee Meeting

Tuesday, March 20 @ 2:00pm, Wellness Center

Resident Budget Town Hall

Tuesday, March 27 @ 11:00am, Woodside

Back Bay Residents

Please join President and CEO Michael Flaherty for Coffee Hour on **Thursday, March 22 at 10:00 a.m. in the Back Bay Community House.**



Musical Entertainment at Ledgerview

Saturdays at 2:00pm

March 24: *Jackie Lee*

March 31: *Joe Frascetti*

Back Bay Care Management Hours



Heather Bell, Care Management Nurse, will be available at the Back Bay Community House on the **third Thursday of each month from 8:00am — 4:00pm.**

Contact Heather at 366-1340 or hbell@taylorcommunity.org.

Woodside Store

Winter is winding down, and Spring is on its way! The bunnies have come out to play! Come in for a visit and see our new items. There are several items that would make great gifts for anyone—scarves, Easter décor, warming neck wraps, or pretty pads and pens. We also have practical items like flashlights, magnifiers, compression socks, and lots of snack items. Come in for a visit!



The Community Bistro

**Daily Specials
More Choices!**

**Grab & Go Meals
Sunday Brunch!**

Monday, Wednesday and Friday - 11:45am - 6:45pm
Tuesday and Thursday: 11:45am - 3:45pm and
5:00 - 7:00pm for Dinner (**Please RSVP for
Dinner at 366-1481**).

Grab & Go - from 11:45am

Sunday Brunch - 11:00am - 2:00pm

**Delivery Available for Lunch and Dinner
Monday through Friday!**

Daily Specials

Monday 3/19: Chicken Tenders, Steak Fries and Broccoli Slaw

Tuesday 3/20: Sweet Italian Sausage, Marinara, Ziti, and Garlic Bread

Wednesday 3/21: Beef Stroganoff, Egg Noodles and Vegetable Medley

Thursday 3/22: Seared Tilapia, Rice Medley and Southwest Corn

Friday 3/23: Beef Fajitas, Seasoned Rice and Black Beans

Monday 3/26: Fried Shrimp, Onion Rings and Coleslaw

Tuesday 3/27: Meatloaf with Gravy, Mashed Potatoes and Peas

Wednesday 3/28: Chicken Tacos with Corn and Black Bean Salsa

Thursday 3/29: Salmon Pie, Barley and Sautéed Greens

Friday 3/30: Cheeseburger Macaroni with Stewed Tomatoes

The Lake Room at Ledgerview

Breakfast and the Noon Meal are served daily in **The Lake Room**, 7:30 – 9:00am and Noon – 1:00pm.

Supper is served on Monday, Wednesday, Friday, Saturday and Sunday, 5:00 – 6:30pm (please join us at The Bistro Tuesday and Thursday nights).

Please make your reservations at 366-1202.

For Weekly Lake Room menus call 366-1231.



Dial-A-Ride operates on the Laconia Campus Monday through Friday from 8am to 4pm, with extended hours Tuesday and Thursday evenings (until 7) and Sunday morning transportation to church.

Please plan ahead to assure your ride: RSVP Monday through Friday from 8am to Noon at 366-1234.



**Easter Brunch
at the Bistro
Sunday, April 1**

Please RSVP at 366-1226 by March 27.

Community Social & Dinner Saturday, March 24

Appetizers: Seared Tuna Wontons; Prosciutto & Fruit Roll Ups; Caprese Skewers; Fried Raviolis with Marinara; Bacon-Wrapped Scallops

Butternut and Cranberry Salad with Brie and Toasted Almonds

Entrées: Filet Tips in a Hearty Mushroom Demi;
Grilled Swordfish with Garlic Lemon Sauce;
Fried Chicken with Country Gravy

Sides: Mashed Potatoes; Jasmine Rice; Roasted Asparagus; Beet Medley

Desserts: Bananas Foster Station; Strawberry Shortcake; Chocolate Trifles; GF/SF Options

\$18 per person

Please RSVP at 366-1449 by Mar. 21.



Dinner Specials – Tuesday, March 20

Linguini with Clam Sauce \$14

Beef Lasagna \$14

Sides: Roasted Potatoes, Spaghetti Squash,
Italian Vegetable Medley
Caesar Salad or Soup du Jour

Dinner Specials – Thursday, March 22

Grilled Salmon \$16

New York Strip Steak \$16

Sides: Mashed Potatoes, Jasmine Rice,
Mushroom Medley, Asparagus
Wedge Salad or Soup du Jour

Dinner Specials – Tuesday, March 27

Boneless Pork Chops \$14

Lamb Chops \$16

Sides: Roasted Potatoes, Mashed Sweet Potatoes,
Acorn Squash, Roasted Peppers
Garden Salad or Soup du Jour

Dinner Specials – Thursday, March 29

Blackened Catfish \$14

Prime Rib \$18

Sides: Mashed Potatoes, Wild Rice, Broccoli,
Creamy Spinach with Pearl Onions
Spinach Salad or Soup du Jour