



Where else can you live without worry, and have such easy access to all this fun?

These are our residents, not stock photos. (Karna, love your socks!) If this doesn't redefine *aging*, what does? Fitness Director Tammy Levesque advertised this trip to Aerial Yoga as "certain to make you laugh," and she was correct. Too bad we can't put a video in the Gazette!



Residents also enjoyed a rewarding cultural experience at the Currier Museum March 16 at the Augustus Saint-Gaudens exhibit, a trip especially interesting to residents who attended last summer's trip to Saint-Gaudens' estate in Cornish, NH, and a *SWEET* trip to Bascom Maple Farms on March 23. We've shared a few photos here, but you'll want to view the Facebook posts for these trips to see *all* of the great photos taken, including some really great 360-degree shots. You're sure to "Like" them; and feel free to share! (Others will enjoy them too!)



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.

Glendale®

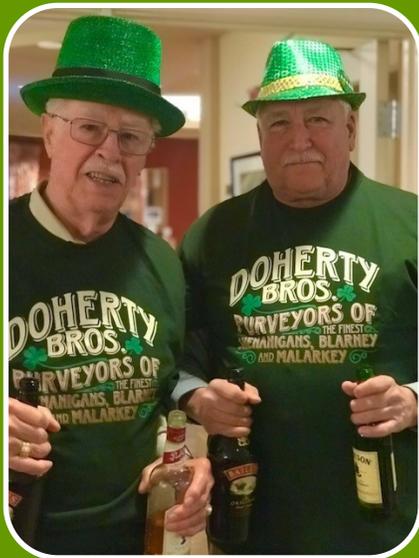
SENIOR DINING

Local. Innovative. Compassionate.

Welcome Glendale Senior Dining!
We're happy you're here!

Woodside Goes Green

March 14th's St. Patrick's Day celebration at Woodside was fun. The "Doherty Brothers," Purveyors of Shenanigans, Blarney and Malarkey, kept folks from getting too thirsty while the folks in dining services served up a traditional boiled dinner. The O'Brien Clan offered up some great Irish entertainment after.



May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go!

Is that you, Bill?

Irish everyone was as photogenic as Ellen!



Ellen attended the Tara Little Irish Steppers' dance performance arranged for residents to help celebrate Saint Patrick's Day. Such talented dancers! Ellen looks just like an Irish Princess! I wonder, does Ireland have princesses?



Staff Spotlight Taylor Coursey Crystal Hardy Charlene Santoro

The mood has changed in the AL/HS departments; have any of you noticed the new glow around the staff? Recently we were able to acquire three new nurses to work in our Health Service Departments. Taylor Coursey, Crystal Hardy, and Charlene Santoro have joined Taylor Community and been with us for several months. However, this team of Nurses has been working together for 5+ years, and with that we feel a partnership on the leadership level. It has benefited us because the staff are getting good clear, consistent direction. The care for our residents has gone above levels that we have seen before, even here at Taylor Community.

Taylor, our AL Sr. Clinical Leader, hails from Campton, and loves skiing when she is not working. She has children and a husband that she speaks of often. You will hear her laughing through the halls and she is always smiling. I keep hearing from her how much she really enjoys the team here, and why didn't she find us sooner?

Crystal joins us from Belmont. She has children as well as a husband that keep her busy when she is not here working. Crystal has a love for Cheerleading as she has coached for several years. Crystal is our Assistant Director of Health Services, with her primary function ensuring the AL departments are exceeding our expectations.

Finally, the leader of this excellent crew is Charlene, our Health Services Director, from Laconia. She is often telling the jokes that her grandchildren tell her. Charlene has been leading our team for about 10 months, and under her direction we recently received a *perfect survey*. Charlene has recently been appointed to Taylor's Senior Leadership Team. Congrats!!

While all three of these ladies are the true definition of professional nurses, they will be the first to tell you a joke or be making work fun for all that are around them. All three nurses are floor nurses in heart, however, are also able to balance the administration piece, making them sure prizes that Taylor now gets to call their own.

If you've not already met all three ladies, reach out to say hello. They are true treasures to our community.

~ Eliot Davis

"They may forget your name, but they will never forget how you made them feel."

~ Maya Angelou

We Love Our Nurses!

Many of you who live or work at Taylor Community know that my mother lives at Ledgeview on the Nursing floor. This is written in my personal capacity, and not as a Taylor staff member.

Mom moved to Taylor Home in the fall of 2010 not long after my father passed away. She was under a lot of stress, trying to manage alone, and her memory loss was becoming more apparent. Mom loved living at Taylor Home; she had always kept a nice home, and really liked her new apartment. The other residents took her right into the fold, and having nursing staff manage her medications and help direct her made all the difference in the world. Life became manageable again, and she flourished at Taylor Home for a long time.

Continued memory decline precipitated a move from Taylor Home to Opechee Harbor in 2016. Again, Mom settled in. She loved her brand new unit with its fresh coat of paint and pretty new curtains. And I loved that there was always nursing staff on hand. I had a whole list of worries that went right away; I didn't need to worry about Mom getting lost, eating the wrong things or feeling alone. Harbor staff receive extra training and are well-trained in dementia care, and having a nurse on the unit *all the time* was so comforting. You can imagine the level of skill required to treat someone that may have more than one disease or ailment, and also has communication difficulties. They do a great job.

Fast forward one broken hip, and Mom moved from Opechee Harbor to the nursing floor last June. Combine pain, memory loss and a move, and you don't think "easy," but the transition was far easier than I expected it to be, mainly due to the kindness of Taylor nurses and their support staff. They really took time to know Mom. Because she was very anxious, they began round the clock checks on her every 15 minutes. They learned what works and what doesn't, and they treat her like family. They love her! Mom isn't a television fan and doesn't really have hobbies, and she *really doesn't like* to be alone. She enjoys her activities but during 'down' times, Nursing staff never seems to mind that she's always about, and keep her happily in their company, *all the time*.

We have fantastic nursing staff, and we're not understaffed. I never feel like someone has hurried my mom, or not taken the time to explain things to her. She notices and appreciates this, and it makes a difference in her day.

So if you know my mom, you know she's almost always gracious and kind and still surprisingly quick-witted. She's really fun to be around almost all the time, but it's when she's *not* that I appreciate her nurses all the more. I seriously never know if any of *them* are having a bad day because you just can't tell. All I ever see is patience and kindness. Ever.

Mom and I love our Taylor Community Nurses!

~ Maureen

"Win and I cannot say enough about the wonderful care the nurses and LNAs give at Ledgeview. They go above and beyond."



~ Barbara Wood

Lu Winsor is retiring?!



After more than ten years at Taylor Community, Lu has decided it is time to start the next chapter in her life. Lu's last day at Taylor will be Friday, April 20th.

Over her years as an integral part of our Marketing Team, Lu has helped hundreds of families navigate the path to Taylor. Her knowledge, warmth, follow-through (and decorating skills!) made a huge difference to so many Taylor residents. Lu will be greatly missed and we're sorry to see her go, but we wish her well as she embarks on the new travel adventures she and her husband, Bill, have looked forward to for a long time.

We will be having a farewell coffee hour on Monday, April 16th from 10—11 a.m. in the Fireside Room at Woodside. This is an informal gathering, and we invite residents and staff to stop by to congratulate Lu and share well wishes. We hope you can join us.

Computer Corner

Keeping Your Computer Up-to-Date

Oh, those s—l—o—w computers!



Regular software updates can make a difference. Mac OS and Windows both release regular security and stability updates for your

operating system. They've also set up their operating systems to know when updates are needed and where to get them, and they are set up to run automatically by default.

If you've previously disabled updates, or aren't sure if your computer is updating, here's how to find out:

Windows users should go to the start menu and search for "Windows Update." This will open a control panel where you can check the status of updates and find your automatic update settings. Updates can be viewed, and you may select or deselect them as you please. You can choose to install your updates automatically (updates obtained this way are official and can be trusted, so this is a good idea), or you may choose to download them manually on command.

Mac users should open the System Preferences menu from the Apple menu, then choose Software Update from the View menu. All available updates are listed, and you can choose the ones you want to install.

Source: [wikihow.com](http://www.wikihow.com)

Helping You By Helping Others

A charitable gift annuity is a great way to not only do good by helping others, but to do good by helping YOU. How?

Well, it is quite simple for something that sounds so complex.

A charitable gift annuity is a contract between you and a charity with the following terms: As a donor, you make a gift to charity using cash, securities or possibly other assets. In return, you become eligible to take an immediate tax deduction for your donation. Plus, you receive fixed payments from the charity for the rest of your life. If Taylor Community is your chosen charity, you are helping Taylor Community be the very best senior living option for all of its residents while at the same time giving you a financial benefit.

Your investment will provide Taylor with so many things, such as increased and expanded activities, an employee scholarship fund, upgrades to cottages and apartments, improved landscaping, more transportation, support for charitable care, and much, much more.

What more could you ask?

It's a veritable "win-win"!

Here is a sample annuity payment for a \$10,000 gift:

And, with interest rates anticipated to rise in 2018, now is the time to start thinking about how you can give back to Taylor - giving others the same opportunity that you have had, while also receiving immediate tax savings and a guaranteed income stream for life.

So, what next...

For a personal gift annuity illustration showing your benefits, contact me directly at (508) 685-8899 or email rcabral@taylorcommunity.org.

*Robin Cabral, Taylor Community Development
rcabral@taylorcommunity.org*

CHARITABLE GIFT ANNUITY PAYMENT FOR A \$10,000 GIFT

Age	Rate	Annuity	Tax Deduction
60	4.40%	\$440	\$3,357
65	4.70%	\$470	\$3,849
70	5.10%	\$510	\$4,377
75	5.80%	\$580	\$4,791
80	6.80%	\$680	\$5,181
85	7.80%	\$780	\$5,772
88+	8.40%	\$840	\$6,175+

The figures above are sample rates for a single beneficiary and are for illustration purposes only. The deduction is variable and based on the highest available monthly IRS Discount Rate.

A New Therapy Pet



Hillary (below with mom, Jill) took it upon herself to email us at Taylor Community. How wonderful is that?! Her grandmother who'd recently passed away had loved her bunny, Izzy. So Hillary thought it would be good to share Izzy with Taylor Community. Thanks so much, Hillary! So kind!



Watch for Izzy. She's coming to visit YOU!



In Memoriam

Nils Skorve
June 20, 1929 – March 15, 2018
Taylor Resident Since 2014

Helen Lindstrom
November 15, 1921 – March 17, 2018
Taylor Resident Since 2017

John Hoffman
February 9, 1924 – March 18, 2018
Taylor Resident Since 2002

Laura Whitworth
March 27, 1918 – March 23, 2018
Taylor Resident Since 2000

Armand Godbout
February 20, 1936 – March 25, 2018
Taylor Resident Since 2001

Robert Pelkie
May 16, 1931 – March 27, 2018
Taylor Resident Since 1993





You heard TaylorCare had a perfect, deficiency-free State Survey, right?

We're so proud of this team. In fact, the State Surveyor commented, "TaylorCare not only met, but exceeded the standards; exemplary!"

Great job, great team, great services!



Sandy Berry, Hank Offinger, Heather Bell



We're not waiting for Mother Nature to bring Spring to Taylor Community.



Scam Alert: Don't be fooled!

We've had reports from Residents in the past couple weeks about calls purportedly coming from the Internal Revenue Office or the Social Security Office. These callers threaten our Residents with legal action if they don't pay money, etc. These calls are scams.

If you receive one of these calls, you should call the Consumer Protection unit of the NH Attorney General's office. That number is: 279-3658 option #1

Alternatively, please call Care Management Director Hank Offinger, and he will handle it. These scam artists are lower than low, and we need to report every instance we can.

Finance VP Ed Soucy adds that the Internal Revenue Service will never call you first if there is a problem. They initiate contact by mail and there will be a phone number to call on that correspondence. If you receive a letter from the IRS and are suspicious about its authenticity, call Ed and he will take a look at it.



Art Therapy at Art Escape!

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.



Fitness News and Events

National Public Health Week April 2 — 6

Ongoing Events

April 2, 9, 16, 23, 30 — 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. Give it a try! No registration is necessary.

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. **Note: No class on April 12.**

Are you interested in Dog Obedience lessons?

Henry Bird and Marjorie Anderson have offered to provide a program free of charge for Taylor Community Residents. Please let Tammy know, 366-1206, if this class is of interest to you.



Meeting Reminders

April 17 — 1:00pm Wellness Committee Meeting

April 17 — 2:00pm Pool Committee Meeting



Special Events

April 2 — Laconia Fire Chief Erickson: 1:30pm. Chief Erickson will join us in the Elm Room to talk about fire safety with Independent Residents. Learn strategies to keep safe during an emergency, and find out how Laconia is dealing with emergency preparedness. You won't want to miss this presentation!

April 3 — Jump Rope 4 Heart: 1:30pm. Elm Street School students will share their talent by performing their Jump Rope 4 Heart Routine for Taylor Home and Ledgewick residents.

April 4 — ServiceLink Resources Presentation: 2:00pm. Carissa Elphick, Director for Belknap and Carroll Counties at the Partnership for Public Health, will present what resources are available to you through ServiceLink, and how they can connect adults with community- and government-based resources. Join Carissa in the Elm Room.

April 9 — BodyHealth Massage & Wellness: 12:00pm. FREE mini chair massages for residents. BodyHealth Massage is located right next to Taylor Community at 501 Union Avenue. This new company is offering residents and staff a discounted rate on massages. For more info. contact Tammy.

April 19 — Earth Day Clean-Up of Leavitt Park: 12:45pm. Details on Page 10.

New Offering!

Mindful Movement and Meditation through Chi Kung

Rick Hochsprung, who previously worked on campus with Genesis, will lead this class. Rick has been teaching this class at Laconia Adult Education, and has offered to provide it next at Taylor Community. Chi Kung, AKA Internal energy work/exercise, is the basis for Tai Chi, AKA Medical Chi Kung, for health and healing, and is described in greater detail on Page 7. **Classes begin Monday, April 2 at 6:00pm and will be ongoing.** Rick uses a card system to track payments: Punch cards have 5 punches (5 classes) and cost \$40 for residents, \$50 for non-residents. Two cards may be purchased by residents for \$75, \$90 for non-residents. ***Bring loose, comfortable clothing.**



Residents are working hard at Hiking Conditioning Class; they're almost ready for that first hike!

Fitness News and Events

National Public Health Week April 2 — 6



ServiceLink has offices located in Belknap and Carroll Counties with staff available to help provide up-to-date, and unbiased information about local resources. They can help you find connections to available services, such as:

- Caregiver and family support
- Community involvement opportunities
- Counseling on options to nursing homes
- Disability services
- Healthcare benefits
- Housing options
- Information and referral
- Medicare and Medicaid counseling
- Options counseling that can help you with choices as you age
- Transportation availability
- Veteran-Directed Services

There is never a fee or any eligibility requirement to receive ServiceLink's services, and their trusted and experienced team of professional staff are available to meet you at your convenience and at a location preferable to your needs.

Staff are available Monday through Friday
from 8:30am - 4:30pm

528-6945

Toll Free 1-866-634-9412

www.nh.gov.servicelink.org



American Red Cross Blood Drive

Tuesday, April 17

2:00 — 7:00pm, Woodside

Pre-registration saves time: Call 1-800-RED-CROSS
(1-800-733-2767) to schedule your appointment or
search online for sponsor code: TAYLOR

Thank you for your support!

Mindful Movement and Meditation through Chi Kung

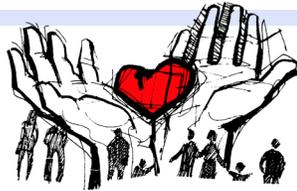
What is the purpose of this class? To provide a place to practice and learn an ancient self-healing mind and body exercise program. The class is open to all levels of experience and physical abilities. We will do postures and exercises in standing, sitting and occasionally on a mat on the floor. Rick Hochsprung, (MSPT, Cert MDT, RYT 200, Healing Tao Instructor) as a physical therapist, yoga instructor and meditator, has found that these movements and meditations really work to heal past traumas; within himself, his patients and students.

What is Chi Kung? It is the practice of internal mind/body energy work and is the basis of Tai Chi Kung, known for its flowing graceful movements. Chi Kung has been practiced for generations in China and then was brought here to the West. It was first developed for martial arts training and has since made a slow transition to become a health and longevity practice. It is part of Taoism, China's oldest system of philosophy based on a natural harmonious way of living. Chi Kung is about observing, opening to, and learning about ourselves and our nature in all aspects of body, mind and spirit.

Chi has been defined as bioelectricity, life force, vitality or simply energy. Kung is exercise. Thus, Chi Kung is energy exercise. These practices differ from many other forms of exercise in that their focus is on the internal structure and function of our postures and movements. When we sustain an injury of any kind, our body will protect the injured area to allow the injury to heal. Once sufficient healing takes place, we need to regain previous range of motion and strength in order to return to full function. If the trauma is great enough to cause severe restriction of the tissues, it may take more time and attention to release it. In this class, we will explore ways to take our awareness to that area of restriction, sense that tension, and then use our intention and movement to relax and release it. That is why this exercise program energizes you, rather than dissipate energy, which is what usually occurs in most traditional forms of exercise. Chi Kung is based on a fusion of exertion and relaxation. The Taoists say that relaxation is the key to energy flow and healthy aging.

Mindfulness Meditation: In addition to healing our body through exercise, research tells us that our brains, previously thought to remain static after our initial growth and development, have innate healing and regenerative capacities. So, in this class, we will explore mindfulness; both in movement, and in traditional sitting meditation. Through mindfulness meditation practice, we can literally "rewire" our nervous systems in order to become focused, clear and calm and change brain patterns from worry and anxiety to peace, acceptance and happiness. We can transform stress to vitality!

Around the Neighborhood...



Your Community!

Earth Day Clean-Up 2017

These photos were taken last year when Taylor Community Residents joined with Elm Street Students to clean up Leavitt Park for Earth Day. These connections are so valuable to both residents and students, and many programs and activities at Taylor accentuate the benefits of these interactions. **Consider joining Tammy Levesque and her group this year. You'll be happy you did!**



Pool Volunteers Needed

The call is out for Volunteers to help in the pool area. Tammy has identified a need for Volunteers to "monitor" the pool weekdays, Monday through Friday, (one Volunteer each day) in the evening from 6:45 to 8:15 p.m. The pool is open for resident use from 7:00 to 8:00 p.m. Duties include keeping the equipment in good order, monitoring the proper use of the pool and final closing. Requirements are the completion of the Volunteer Education Program and a special short training describing the specifics of the Pool Service.

If you are interested, please contact Charlotte Leavitt, Resident Volunteer Coordinator, at 556-9967 or charlv14@gmail.com or Tammy in the Wellness Office, 366-1206 or tlevsque@taylorcommunity.org.



Happy Easter!

Easter Sunday there will be some egg-stra-special items around campus. Look for these hidden eggs to find a treat, gift, joke, or a workout... hahaha! One per resident. No peaking inside. You get what you get, and don't get upset. 100 eggs will be hidden. Happy Easter and Happy Hunting!

~ Tammy



Resident Bob Nolan shares his story with Savannah, the Laconia High Senior working on her senior seminar project we introduced to you in the last issue of The Gazette. The table Bob

is pointing to is a collection of trinkets from a lifetime of adventure and travel with his wife, Timmy Nolan.

Welcome New Residents

Richard Carrier
3/15 Taylor Home

Phyllis Harding
3/23 Taylor Home

Patricia Martin
3/23 Woodside



We're glad you're here!



A Family that Works Together, Plays Together Sometimes Too!

Opechee Harbor Nurse Tricia Rivas provides some afternoon entertainment with a game of hangman. You'll often find Taylor staff stepping into alternate roles to pitch in. Interacting on a recreational level is *always* rewarding and fun!

Welcome New Staff

Jason Cazeault, Alexandria, joins us as LPN. Jason earned his nursing credentials at Salter School of Nursing; he also holds an Associate's Degree in Health Administration and a Bachelor's Degree in Business Management from the University of Phoenix, and prior experience in a fast-paced transitional care unit.

Jason and his wife of eight years have a 7-year-old son and two black labs at home. They enjoy outdoor activities such as hiking, camping and kayaking, and like to take their vacations in Lincoln and North Conway.

Patricia Clark, Bristol, also joins us as LPN, earning her credentials at Lakes Region Community College. Patricia likes to travel and has been to many interesting places over the years. Favorites include Brazil and Prince Edward Island. She enjoys most outdoor sports, and is a New England Patriots fan.

Griffin Flemming, Franklin, joins Team Taylor as Groundskeeper. Griffin has lived in North Carolina, South Carolina and California, but he's a Red Sox, Celtics and Patriots fan through and through. His dog's name? Brady, of course!

Welcome to Taylor Community!

HAPPY BIRTHDAY

4/1	Barbara	Madden	Ledges
4/1	Don	Chapman	Ledges
4/2	Lois	Lunetta	Woodside
4/3	Harriett	Morse	Ledges
4/3	Carole	Plaisted	Woodside
4/4	Jeanne	Ballester	Ledgeview
4/4	Heidi	Squires	Ledges
4/4	Carole	Ouellette	Woodside
4/6	Doug	Wisse	Ledges
4/6	Dave	Bogar	Ledges
4/7	Rod	Dyer	Ledges
4/8	Eric	Charlton	Woodside
4/9	Sandy	Seywert	Ledges
4/10	Melodie	Rogers	Ledges
4/10	Linda	Roeder	Woodside
4/11	Linda	Ball	Back Bay
4/13	Ann	Jordan	Woodside
4/13	John	Gonzalez	Ledgeview
4/13	Mary	Godbout	Taylor Home
4/13	Ellen	McNutt	Taylor Home
4/13	Hal	Burton	Ledgeview
4/14	Janet	Gray	Ledgeview
4/15	Joan	Bell	Ledges
4/17	Elaine	Gumpp	Ledges
4/18	Pat	Webster	Ledgeview
4/19	Pauline	Wimsatt	Meeting House
4/21	Bryan	Couture-White	Meeting House
4/23	Nan	Baker	Ledges
4/23	Alida	Millham	Ledges
4/24	Fr. Dick	Thompson	Woodside
4/25	Jane	Ross	Ledgeview
4/25	Nancy	King	Ledges
4/26	Howard	Bacon	Ledgeview
4/26	Jerry	Bourgeois	Ledges
4/27	Win	Wood	Ledgeview
4/30	Adrienne	Stevens	Taylor Connection

Taylor Resident Association's April Birthday Celebration



The Resident Association's birthday celebration for April will be held on **Sunday, April 29 at 4:30pm** at Woodside, in conjunction with the Afternoon Social. All residents are invited. Please feel free to bring along refreshments to share! If anyone would like a ride, please call me at 524-3035 and I will be glad to pick you up.

~ Melodie Rogers

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.**



Monday – April 2 – VIVA ESPAÑA with TABLAO FLAMENCO Flamenco Ballet with lunch at The Barley House **[Easy]** This production reflects the grace, energy and passion of Spain as seen through the performing arts. The program includes a variety of dance and music from Spanish culture including Classic Jota, Mulneira and Paso Doble, plus the tradition of La Tuna Troubadours and of course various genres of Tablao Flamenco inspired by the history and elegance of Madrid, the grand capital of Spain.

The Barley House, similar to the old pubs and taverns in Europe, focuses on simple but creative tavern cuisine, fresh craft beer, and premium whiskey. **Ballet Tickets are \$16 per person. Laconia Campus pick-up begins at 8:45AM.**

Friday – April 6 – Woodman Museum Tour with Lunch at Newick's [Moderate – walking] On the grounds

of the Woodman Museum you will find the oldest Sycamore Tree in Strafford County, a Medicinal & Industrial Garden designed and installed by Strafford County Master Gardeners and a functioning Rain Garden. The four historic houses onsite include The Woodman House (1818) which holds the Museum's collection of rocks, minerals, fossils and taxidermy specimens (animals, aquatic life, birds, and butterflies); The Damm Garrison House (1675), the oldest house in Dover with artifacts from the Colonial era; The John Parker Hale House (1813), America's foremost abolitionist and ally of Abraham Lincoln; and The Keefe House (1825) which contains the library and collection of city records of Dover as well as the Thom Hindle Art Gallery. **Newick's Lobster House** began on the bountiful shores of Great Bay in 1948. After World War II John Newick left the Portsmouth Naval Shipyard to strike out on his own as a lobsterman at Dover Point. Surplus lobsters were turned into lobster rolls and sold out the back kitchen window, and a large following soon developed. What started as a small take-out stand quickly became a large and busy restaurant, and their core values of great food, great service, and a comfortable atmosphere have never wavered. **Admission to the Museum is \$10. The bus will begin picking up residents on the Laconia campus at 9:00AM.**



Thursday – April 12 – Lunch with Friends at Lyons' Den [Easy]

Have a delicious lunch, enjoy a beautiful lake view, and meet with friends new and old. **The bus will begin picking up residents at 11:30AM. Please call Ann to sign up for this trip at 366-1238.**

Thursday – April 19 – Earth Day Clean Up at Leavitt Park with Elm Street School Students [Independent]

Fresh air, gloves, "picker-uppers" and lots of fun await you! We will partner with these bright young students to clean up our community and make connections with a younger generation. *Get outdoors and join the effort!* **Please call Tammy at 366-1206 to join the group. The bus will depart Woodside at 12:45PM. See photos from last year on Page 8.**





Friday – April 20 – Nashua National Fish Hatchery with lunch at Lilac Blossom [Moderate – walking] The Nashua National Fish Hatchery was established in 1898. A working part of the Eastern New England Fisheries Resource Complex, it is one of 11 national fish hatcheries in the Northeast Region and one of 70 in the National Fish Hatchery System (NFHS). The NFHS works to conserve rare imperiled species, as well as common game fish to strengthen ecosystems and economies. Work at the hatchery supports Atlantic salmon, American shad and other aquatic species restoration efforts in the Merrimack and other New England rivers. The station provides Atlantic salmon eggs for fry release programs and retired broodstock for Atlantic salmon recreational fisheries. **The Lilac Blossom Restaurant** offers always fresh, always delicious, award-winning Chinese cuisine. Everything is cooked fresh to order using the finest ingredients and they boast elegant ambience with impeccable service. **Admission to the Hatchery is FREE. Laconia Campus pick-up begins at 9:00AM.**



Friday – April 25 – Ciao Pasta [Easy] Welcome to Ciao Pasta, where “designer dishes” are their specialty! Just pick your pasta, choose a sauce and add on the goods. You will enjoy selecting from over 10 sauces and pastas along with add-ons from Parmesan Crusted Veal, Cajun Salmon, Sausage and Meatballs, plus many more. At Ciao Pasta you will be serenaded with the aroma of garlic and Italian herbs in a great atmosphere, making you feel as if you’ve been transported to Tuscany. **The bus will begin picking up residents at 4:45PM.**



Friday – April 27 – New Hampshire State House Tour with lunch at Red Blazer [Moderate – walking] The New Hampshire State House is the oldest state capitol building in the United States where the legislature meets in its original chambers. Its gilded dome, which rises approximately 150 feet into the air, is still the highest architectural point in the City of Concord. The building is largely made up of granite blocks quarried locally in the north end of the city, its most notable features the portico at its main entrance and its large central dome. Originally designed by Stuart J. Park in 1814, construction took place from 1816 through 1819 and the General Court (New Hampshire's legislature) held its first session at the building in 1819. In addition to

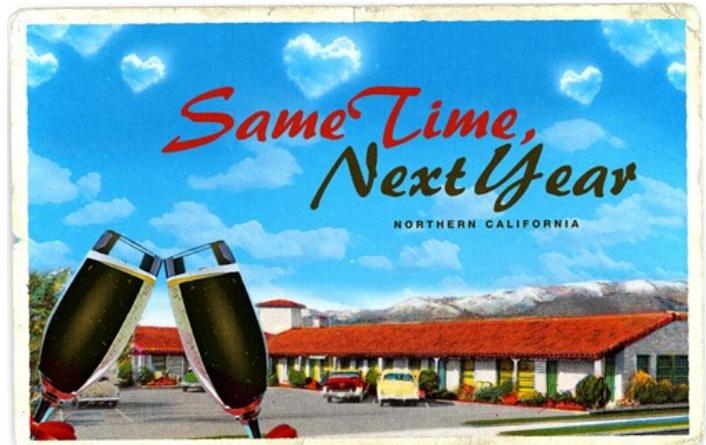
the General Court, the Capitol was designed to house the Governor, the Secretary of State, the State Treasurer, and the State Library. Join us as our guide leads us through the State House providing historic details along the way. **The Red Blazer** is known for its work in the area of environmental responsibility, and has received several awards. They were certified

by the NH Department of Environmental Services as an Environmental Champion in 2011. Since then the Red Blazer has continued to raise the bar and set the standard for environmental responsibility in our industry. **Admission to the State House is FREE. The bus will begin picking up residents at 10:00AM.**

Saturday – April 28 – Winnepesaukee Playhouse: Same Time, Next Year [Easy] A humorous yet touching comedy about lasting love. Doris and George love each other. Incidentally, they are both married to other people. Yet over the course of several decades they maintain their once-a-year weekends together,



proving that true love comes in all different packages. By Bernard Slade - **Tickets are \$27 per person. The bus will begin picking up residents on the Laconia Campus at 12:45PM.**



UPCOMING LECTURES AND CAMPUS EVENTS

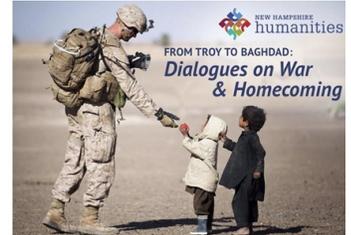
Note: Transportation is available for most **ON-CAMPUS** events.

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



Sunday – April 1 – Happy Easter! Join us for an Easter Buffet at the Bistro! – Menu and RSVP details are shown on Page 16.

Monday – April 2 – NH Humanities: *From Troy to Baghdad* – This program is for veterans, family members and friends of veterans. The ancient tale of Odysseus' epic 10-year journey home from the Trojan War has much to tell us about the challenges of homecoming for today's veterans, their families and friends. The Odyssey reveals timeless and universal truths about trauma, duty and honor, personal sacrifice, life at home and readjustment. This 10-week reading and discussion group is co-led by a veteran clinician and literature facilitator. Free copies of the book will be provided at the first session. **Seating is limited; please RSVP to Brenda at 366-1226. This program will be held Mondays from April 2 to June 11, from 6:30–8:00pm at Woodside.**



Monday – April 2 – Laconia Fire Chief Erickson presents a program on Fire Safety and Emergency Preparedness – This program will begin at 1:30PM in the Elm Room at Woodside. You won't want to miss it.

Tuesday – April 3 – Jump Rope 4 Heart – Elm Street School Students will share their talent, performing their Jump Rope 4 Heart Routine for Taylor Home and Ledgeview Residents. **They will begin at 1:30PM at Taylor Home.**



Wednesday – April 4 – Men's Breakfast – Allan Clemow, an olde Lexington guy, will speak on Interesting Events Surrounding the Battles of Lexington and Concord, April 19, 1775. **Please RSVP to Jim Doherty at 556-9760 by April 2, and join us at Woodside at 7:45AM.**

Wednesday – April 4 – ServiceLink Resources Presentation – Carissa Elphick presents. More information is provided on pages 6 and 7. **Please join Carissa in the Elm Room at 2:00PM.**



Friday – April 6 – Oasis Pub Night! – Come join us at the Oasis as we celebrate the real beginning of Spring (Yes, it is here!) with our annual Ice Out Contest. We will have the usual fun and fellowship as we greet and chat with each other over a friendly libation. As always, beer, wine, and soft drinks are available at a nominal cost, and the Bistro will be offering its updated and delicious 'Pub Grub' menu. **Join us at Woodside at 4:30PM.**

Sunday – April 8 – Dave & Trish – Dave and Trish are back again! Sit back, relax and enjoy the beautiful music these two entertainers make. Trish has the voice of an angel... come experience it for yourself. **Join us in the Taylor Home Atrium at 2:00PM.**





Monday – April 9 – BodyHealth Massage & Wellness provides free chair massages at Woodside. Located right nearby at 501 Union Avenue, this new business offers discounts on massage services for residents and staff. **Come on up to Woodside at 12:00PM to introduce yourself and enjoy a free massage!**



Tuesday – April 10 – Taylor Residents Bill and Barbara Zeckhausen present *Living with Alzheimer's* – Please join us in the Taylor Home Community Room at 2:00PM.



Wednesday – April 11 – Women's Luncheon: *Highlighting Taylor Volunteers* – Learn about the work Charlotte Leavitt has been doing with the Volunteer Program and learn about the kinds of volunteer work being done by Taylor residents at Taylor Community and in other parts of the community. Menu: Tri-Salad Platter: tuna, egg and chicken; rolls; and rainbow sherbet. \$8.50. **Please RSVP to Mary Anna Blandford at 524-5208 by April 9, and join us at Woodside at 11:30AM.**



Wednesday – April 11 – Muscial Entertainment: *Bob Rutherford* – This program will be held at Woodside beginning at 6:30PM.



Wednesday – April 18 – *Lost in Laconia: History of the Laconia State School* – Join us as Gordon Dubois shares his documentary entitled *Lost in Laconia*, which traces the history of the Laconia State School from its initial beginnings as the New Hampshire School for the Feeble-minded in the early 1900's until its closure in 1991. **This program will be held at Woodside beginning at 7:00PM.**

Saturday – April 21 – Community Social & Buffet – The menu for this event will be provided in the next issue of The Gazette. Join your friends and neighbors for this enjoyable social event. **Please RSVP at 366-1449 by April 18. This event will be held at Woodside beginning at 5:00PM. See you there!**



Monday – April 23 – Woodside Lunch, Tour, and Theater Presentation of Michael Bublé – What does Woodside have to offer Taylor Community Residents? Come and see at this informative tour; enjoy lunch and Michael Bublé in Concert, the Canadian crooner whose jazz vocals pay reverent duty to Frank and Dino, but with a majestic, modern twist. **Please call Ann at 366-1238 to sign up for this event, which will take place beginning at 11:00AM.**

Thursday – April 26 – Swenson Granite Lecture with David Dufour – Join us as David Dufour shares the history of Swenson Granite, a business that has been quarrying and cutting granite in New England since 1883. Founded by Swedish immigrant John Swenson, the company is now headed by the fourth generation of the Swenson family. For more than a century, the Swenson name has remained synonymous with a steadfast commitment to quality and service. It is this commitment, combined with adaptability in the marketplace, which Swenson credits for its longevity, growth and prosperity. **This program will be held at Woodside beginning at 7:00PM.**



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 366-1234)
.....



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 Socials

Wednesdays @ 3:00pm
Taylor Home and Ledgeview 3rd Floor
.....

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
.....

Community Social & Dinner

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

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.

Flamenco Ballet
Mon., 4/2 @ 8:45am

Woodman Museum
Fri., 4/6 @ 9:00am

Lunch at Lyons' Den
Thurs., 4/12 @ 11:30am

Lectures, Programs & Special Events

Check out Recurring Campus Events on Page 14!

Easter Buffet at the Woodside Bistro

Sun., Apr. 1, 11:00am—2:00pm
RSVPs requested by March 28

Laconia Fire Chief Erickson presents: Fire Safety and Emergency Preparedness

Mon., Apr. 2 @ 1:30pm, Woodside

NH Humanities: From Troy to Baghdad

Mon., Apr. 2 @ 6:30pm, Woodside

Men's Breakfast

Wed., Apr. 4 @ 7:45am, Woodside
Please RSVP to Jim Doherty at 556-9760 by 4/2.

ServiceLink Resources Presentation

Wed., Apr. 4 @ 2:00pm, Woodside

Pub Night!

Fri., Apr. 6 @ 4:30pm, Woodside

Musical Entertainment: Dave & Trish

Sun., Apr. 8 @ 2:00pm, Taylor Home Atrium

Alzheimer's Presentation: Bill & Barbara Zeckhausen

Tues., Apr. 10 @ 2:00pm, Taylor Home Community Room

Women's Luncheon

Wed., Apr. 11 @ 11:30am, Woodside
Please RSVP to Mary Anna at 524-5208 by 4/9

Musical Entertainment: Bob Rutherford

Wed., Apr. 11 @ 6:30pm, Woodside

Woodside Theater

Saturday Nights at 7:00PM

April 7: *Annie*

April 14: *Chariots of Fire*

April 21: (No Movie tonight)

April 28: *Lawrence of Arabia*

Sunday Matinees 2:00PM

April 1: *Ghandi*

April 8: (No Matinee today)

April 15: *The Quiet Man*

April 22: *Chicago*

April 29: (No Matinee today)

Musical Entertainment at Ledgeview Saturdays at 2:00pm

April 7: *Jan Rosen*

April 14: *Bill Parker*

April 21: *Bob Rutherford*

April 28: *Dennis Allard*

Due to renovations in the Woodside reception area, the Woodside Store will be closed until Friday, April 6.

We apologize for any inconvenience.



Meeting Reminders

Resident Budget Town Hall

Tuesday, April 3 @ 11:00am, Woodside

TRA Executive Committee Meeting

Monday, April 9 @ 9:30am, Woodside

Resident Town Hall

Monday, April 9 @ 11:00am, Woodside



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.

Free Paper Shredding Day



Bank of NH's Gilford Operations Center at 10 Mutual Way is offering free paper shredding on

Saturday, April 21st from 9am until Noon. All papers will be shredded on location safely and confidentially in the mobile truck. Documents should be free on large binder clips (staples and paper clips are okay).

A limit of 3 boxes per person is allowed.

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 4/2: Honey Glazed Salmon, Sesame Noodles and Napa Cabbage

Tuesday 4/3: Fire-Braised Chicken over Spanish Rice

Wednesday 4/4: Roasted Lemon-Herb Turkey, Chef's Choice Sides

Thursday 4/5: Penne Bolognese with Caesar Salad and Garlic Breadsticks

Friday 4/6: New England Baked Haddock, Chef's Choice Sides

Monday 4/9: Chicken Tikka Masala with Basmati Rice and Samosas

Tuesday 4/10: Adobo Shredded Beef, Yellow Rice and Black Beans

Wednesday 4/11: Honey Bourbon Pork Loin, Roasted Tri-Color Potatoes, Vegetable Medley

Thursday 4/12: Chicken Parmesan with Penne, Mixed Greens Salad and Fresh Baked Bread

Friday 4/13: Fried Haddock with French Fries and Creamy Coleslaw

The Lake Room at Ledgeview

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 on 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.

Happy Easter



Easter Buffet at the Community Bistro!

Sunday, April 1
11am — 2pm

**Omelet Station / Benedicts / Bacon and Sausage
Salad / Fresh Fruit Bar
Assorted Muffins and Pastries
Carved Ham
Carved Slow-Roasted Prime Rib
Grilled Salmon with Caper Butter
Mashed Potatoes
Roasted Asparagus with Lemon and Garlic
Honey Cinnamon Carrots
Candied Yams
Coffee, Tea, Juice and Water**

\$24 per person

\$12 per person under 12

RSVPs to 366-1226 by March 28.

Dinner Specials – Tuesday, April 3

Seafood Stuffed Baked Haddock \$17
New England Pot Roast \$15

Sides: Roasted Potatoes, Jasmine Rice,
Sautéed Spinach, Corn & Onion Medley
Caesar Salad or Soup du Jour

Dinner Specials – Thursday, April 5

Mussels Marinara \$16
Chicken Cordon Bleu \$15

Sides: Mashed Potatoes, Linguini,
Steamed Broccoli, Italian Vegetable Medley
Wedge Salad or Soup du Jour

Dinner Specials – Tuesday, April 10

Seafood Extravaganza with a Lemon Cream \$18
Grilled Flank Steak \$16

Sides: Mashed Sweet Potatoes, Penne Pasta,
Roasted Beets, Peas & Corn
Garden Salad or Soup du Jour

Dinner Specials – Thursday, April 12

Seared Salmon \$16
Roasted Turkey \$14

Sides: Mashed Potatoes, Wild Rice, Bread Stuffing,
Glazed Carrots, Green Beans
Spinach Salad or Soup du Jour

SUN	MON	TUE	WED	THUR	FRI	SAT
Easter Sunday 8:00 AM Easter Egg Hunt on Campus (Everywhere on Campus) 11:00 AM Easter Brunch (WS) 2:00 PM Communion Service (LV) 2:00 PM Sunday Afternoon Movie - Gandhi (WS) 2:00 PM NEIGHBOR GAME DAY (TH)	National Public Health Week 8:45 AM RESIDENT TRIP - Flamenco Ballet 10:00 AM Cozy Caps Knitters (WS) 10:00 AM BINGO (TH) 1:00 PM Playreaders (WS) 1:30 PM Chief Ericson Presents Fire Safety (WS) 2:00 PM Golf Conditioning (WS Fitness) 6:00 PM Mindful Movement & Meditation - Chi Kung (WS) 6:30 PM NH Humanities Council - From Troy to Baghdad (WS)	National Public Health Week 9:15 AM Hiking Conditioning (Woodside Fitness) 10:00 AM Resident Cracker Barrel and Coffee Hour (WS) 10:30 AM Worship Service (LV) 10:30 AM LIBRARY BUS 11:00 AM Resident Budget Town Hall (WS) 1:00 PM Non-Fasting Blood Draws (WS) 1:30 PM Elm St. School Jump Rope 4 Heart (TH and LV) 2:00 PM Blood Pressure Checks (WS)	National Public Health Week 6:30 AM Fasting Blood Draw (WS) 7:45 AM Men's Breakfast (WS) 10:00 AM Cribbage Games (WS) 10:30 AM LPL Book Discussion with Lois (WS) 2:00 PM Golf Conditioning (Woodside Fitness) 2:00 PM ServiceLink Resources Presentation (WS) 2:00 PM Care Management Nurse Office Hours (WS) 3:00 PM Wine Social (TH and LV)	National Public Health Week 9:00 AM Woodcarvers (WS) 9:00 AM Shopping Bus: Hannaford's/Walmart 9:30 AM Hiking Conditioning (Woodside Fitness) 1:00 PM Bridge Games (WS) 2:00 PM Taylor Community Chorus Rehearsal (TH)	National Public Health Week 9:00 AM RESIDENT TRIP TO WOODMAN MUSEUM 10:00 AM Le Cercle Francais De Laconia (WS) 10:00 AM BINGO (TH) 4:30 PM PUB NIGHT (WS)	2:00 AM Music and Entertainment (LV) 9:30 AM Water Babies (WS) 7:00 PM SATURDAY EVENING MOVIE - ANNIE (WS)
11:00 AM Sunday Brunch (WS) 2:00 PM Dave & Trish (TH-A) 2:00 PM Worship Service (LV) 2:00 PM NEIGHBOR GAME DAY (TH) 3:00 PM Taylor Concert Series: George Lopez	9:30 AM Resident Assn. Exec. Comm. Meeting (WS) 10:00 AM Cozy Caps Knitters (WS) 10:00 AM BINGO (TH) 11:00 AM Resident Town Hall (WS) 12:00 PM Body Health Massage-Chair Massages (WS) 2:00 PM Golf Conditioning (WS Fitness) 6:00 PM Mindful Movement & Meditation - Chi Kung (WS) 6:30 PM NH Humanities Council - From Troy to Baghdad (WS)	9:15 AM Hiking Conditioning (Woodside Fitness) 10:00 AM Resident Cracker Barrel and Coffee Hour (WS) 10:30 AM Worship Service (LV) 1:00 PM Non-Fasting Blood Draws (WS) 2:00 PM Blood Pressure Checks (WS) 2:00 PM Alzheimer's Presentation (TH)	6:30 AM Fasting Blood Draw (WS) 10:00 AM Cribbage Games (WS) 11:30 AM Women's Luncheon (WS) 2:00 PM Golf Conditioning (Woodside Fitness) 2:00 PM Care Management Nurse Office Hours (WS) 2:00 PM Ledges/Woodside Food Forum (WS) 3:00 PM Wine Social (TH and LV) 6:30 PM Musical Performance - Bob Rutherford (WS)	9:00 AM Woodcarvers (WS) 9:00 AM Shopping Bus: Hannaford's/Walmart 11:30 AM Lyon's Den - Lunch with Friends 1:00 PM Bridge Games (WS)	10:00 AM Le Cercle Francais De Laconia (WS) 10:00 AM BINGO (TH)	2:00 AM Music and Entertainment (LV) 7:00 PM SATURDAY EVENING MOVIE - CHARIOTS OF FIRE (WS)
11:00 AM Sunday Brunch (WS) 2:00 PM Sunday Afternoon Movie - The Quiet Man (WS) 2:00 PM Worship Service (LV) 2:00 PM NEIGHBOR GAME DAY (TH)	10:00 AM Cozy Caps Knitters (WS) 10:00 AM BINGO (TH) 1:00 PM Playreaders (WS) 6:00 PM Mindful Movement & Meditation - Chi Kung (WS) 6:30 PM NH Humanities Council - From Troy to Baghdad (WS)	Red Cross Blood Drive 2-7pm 9:15 AM Hiking Conditioning (Woodside Fitness) 10:00 AM Resident Cracker Barrel and Coffee Hour (WS) 10:30 AM Worship Service (LV) 10:30 AM LIBRARY BUS 1:00 PM Non-Fasting Blood Draws (WS) 2:00 PM Blood Pressure Checks (WS)	6:30 AM Fasting Blood Draw (WS) 10:00 AM Veteran Coffee Hour (LV) 10:00 AM Cribbage Games (WS) 2:00 PM Care Management Nurse Office Hours (WS) 3:00 PM Wine Social (TH and LV) 7:00 PM Lecture - History of Laconia State School (WS)	9:00 AM Woodcarvers (WS) 9:00 AM Shopping Bus: Hannaford's/Walmart 12:45 PM Earth Day Clean up w/ Students (WS Elm) 1:00 PM Bridge Games (WS) 2:00 PM Taylor Community Chorus Rehearsal (TH)	9:00 AM RESIDENT TRIP TO NASHUA NATIONAL FISH HATCHERY 10:00 AM Le Cercle Francais De Laconia (WS) 10:00 AM BINGO (TH)	2:00 AM Music and Entertainment (LV) 5:00 PM Community Social & Buffet (WS)
Earth Day 11:00 AM Sunday Brunch (WS) 2:00 PM Sunday Afternoon Movie - Chicago (WS) 2:00 PM Communion Service (LV) 2:00 PM NEIGHBOR GAME DAY (TH)	10:00 AM Cozy Caps Knitters (WS) 10:00 AM BINGO (TH) 11:00 AM Lunch, Tour and Theater Presentation (WS) 6:00 PM Mindful Movement & Meditation - Chi Kung (WS) 6:30 PM NH Humanities Council - From Troy to Baghdad (WS)	10:00 AM Resident Cracker Barrel and Coffee Hour (WS) 10:30 AM Worship Service (LV) 1:00 PM Non-Fasting Blood Draws (WS) 2:00 PM Blood Pressure Checks (WS)	6:30 AM Fasting Blood Draw (WS) 10:00 AM Cribbage Games (WS) 2:00 PM Care Management Nurse Office Hours (WS) 3:00 PM Wine Social (TH and LV) 4:45 PM Dining Out at Ciao Pasta	9:00 AM Woodcarvers (WS) 9:00 AM Shopping Bus: Hannaford's/Walmart 1:00 PM Bridge Games (WS) 7:00 PM Lecture - The History of Swenson Granite (WS)	10:00 AM Le Cercle Francais De Laconia (WS) 10:00 AM BINGO (TH) 10:00 PM RESIDENT TRIP TO THE NH STATE HOUSE	2:00 AM Music and Entertainment (LV) 12:45 PM WINNI PLAYHOUSE - SAME TIME NEXT YEAR 7:00 PM SATURDAY EVENING MOVIE - LAWRENCE OF ARABIA (WS)
11:00 AM Sunday Brunch (WS) 2:00 PM Worship Service (LV) 2:00 PM NEIGHBOR GAME DAY (TH) 3:00 PM 2018 Taylor Concert Series: Matthew Marsit 4:30 PM Community Birthday Social (WS)	10:00 AM Cozy Caps Knitters (WS) 10:00 AM BINGO (TH) 6:00 PM Mindful Movement & Meditation - Chi Kung (WS) 6:30 PM NH Humanities Council - From Troy to Baghdad (WS)	ROOM KEY LV - Ledgeview TH - Taylor Home WS - Woodside				

April 2018
 Independent Living



~ APRIL 2018 Fitness Calendar ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<p>2 9:00 Strength & Stretch 10:00 Tai Chi</p> <p>1:00 LRMHC 2:00 Golf Conditioning 3:30 Aqua Circuit*</p>	<p>3 8:30 Aqua Circuit* 9:15 Hike Conditioning 10:00 Aqua Strength 11:00 30 Min. Balance</p> <p>2:00 Jump Rope Demo</p>	<p>4 9:00 Strength & Stretch 10:00 Chair Yoga</p> <p>2:00 Golf Conditioning 3:30 Aqua Circuit*</p>	<p>5 8:30 Aqua Circuit* 9:30 Hike Conditioning 10:00 Aqua Strength 11:00 30 Min. Balance</p>	<p>6 9:00 Strength & Stretch</p>	<p>7 Water Babies 9:30 – 11:45am Closed to all pool members</p>
8	<p>9 9:00 Strength & Stretch 10:00 Tai Chi</p> <p>1:00 LRMHC 2:00 Golf Conditioning 3:30 Aqua Circuit*</p>	<p>10 8:30 Aqua Circuit* 9:15 Hike Conditioning 10:00 Aqua Strength 11:00 30 Min. Balance</p>	<p>11 9:00 Strength & Stretch 10:00 Chair Yoga</p> <p>2:00 Golf Conditioning 3:30 Aqua Circuit*</p>	<p>12 8:30 Aqua Circuit* 10:00 Aqua Strength</p> <p>NO BALANCE CLASS</p>	<p>13 9:00 Strength & Stretch</p>	<p>14 Water Babies 9:30 – 11:45am Closed to all pool members</p>
15	<p>16 9:00 Strength & Stretch 10:00 Tai Chi</p> <p>1:00 LRMHC 3:30 Aqua Circuit*</p>	<p>17 8:30 Aqua Circuit* 9:15 Hike Conditioning 10:00 Aqua Strength 11:00 30 Min. Balance</p> <p>1:00 Wellness Comm. 2:00 Pool Committee</p>	<p>18 9:00 Strength & Stretch 10:00 Chair Yoga</p> <p>3:30 Aqua Circuit*</p>	<p>19 8:30 Aqua Circuit* 10:00 Aqua Strength 11:00 30 Min. Balance</p>	<p>20 9:00 Strength & Stretch</p>	<p>21</p>
22	<p>23 9:00 Strength & Stretch 10:00 Tai Chi</p> <p>1:00 LRMHC 3:30 Aqua Circuit*</p>	<p>24 8:30 Aqua Circuit* 10:00 Aqua Strength 11:00 30 Min. Balance</p>	<p>25 9:00 Strength & Stretch 10:00 Chair Yoga</p> <p>3:30 Aqua Circuit*</p>	<p>26 8:30 Aqua Circuit* 10:00 Aqua Strength 11:00 30 Min. Balance</p>	<p>27 9:00 Strength & Stretch</p>	<p>28</p>
29	<p>30 9:00 Strength & Stretch 10:00 Tai Chi</p> <p>1:00 LRMHC 3:30 Aqua Circuit*</p>					

Program Descriptions for April 2018

Strength & Stretch – Strength exercises, balance and stretching, using hand weights, ankle weights and bands. (45 minutes)

Strength & Balance – Resident lead class following the Stronger Living Guidelines.

Tai Chi – Led by Tai Chi Master Russ Jones. \$8.00/class for residents, \$12/class for non-residents.

Aqua Strength – Strength exercises and stretching done in shallow water. (45 minutes)

Aqua Circuit* – Exercises incorporating high and low intensity to build strength and endurance. Available to non-residents for \$5.00/class or \$20/month.

Chair Yoga – Gentle stretching done in a chair. Some standing poses involved, using chair as an aid. Available to non-residents for \$5.00/class or \$20/month. (30 minutes)

30- Minute Balance – Exercises done in and around a chair. Good beginner-level class for those who have a fear of falling or have fallen.

J.U.L.I.E.T.'s – (Just Us Ladies Into Exercising Together) Women only exercise class featuring a variety of instructors and techniques. Available to non-residents for \$5.00/class or \$20/month.

Golf Conditioning – Get ready to hit the links with this 30-minute class that focuses on the muscle groups you need to play your best game and limit injury. Free for residents, \$5/class for non-residents.

Hike Conditioning – Whether your goal is Mt. Washington or the Taylor hiking trails, this 30-minute class will help you prepare for the summer hiking season. Free for residents, \$5/class for non-residents.