



**Iron Men? Step Aside!
Here Comes Taylor Miller!**



Taylor Community 2018 Music Series

**Next Performance:
Sunday, June 3 at 3:00pm**

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

Taylor Community MNA Taylor Miller competed in the Spartan Ultra Race at the Mountain Creek Resort in Vernon, New Jersey on April 28, a running/hiking timed race with obstacles throughout, including monkey bars, water obstacles, a barbed wire crawl and many others. Taylor participated in the Elite class of runners (187 entrants, 43 women) and placed **sixth place** among the women, a truly **amazing accomplishment!**

The class isn't called the *Elite class* for nothing. They run two laps of the longest route, plus some, **a total of over thirty miles!** And Taylor completed this grueling race in **nine and a half hours.**

She worked hard for that. Already a runner, Taylor began strength training twice a week about a year and a half ago in preparation for a half marathon.

(Continued on Page 7)

Tribute to Mother

*A picture memory brings to me;
I look across the years and see
Myself beside my mother's knee.
I feel her gentle hand restrain
My selfish moods, and know again
A child's blind sense of wrong and pain.
But wiser now, a man gray grown,
My childhood's needs are better known.
My mother's chastening love I own.*



~ John Greenleaf Whittier

John Greenleaf Whittier, 1807—1892, was a poet associated with the group of writers known as the Fireside Poets. He wrote moral poems on domestic themes, and his poem 'Tribute to Mother' embodies these aspects. His Quaker upbringing—and likely the values instilled in him by his mother—had a hand in making him the poet he became!

Happy Mothers Day!

Honoring YOU During the Month of May



May is Older American's Month, and in Development, we have created a unique way of honoring those closest to us.

We have invited all your friends and family members to honor you, our Taylor residents, during the month of May through a special appeal.

Every gift is appreciated, and they go immediately to work providing Taylor with so many things, such as increased and expanded activities, upgrades to cottages and apartments, improved landscaping, more transportation, support for charitable care, and much, much more.

So, what next?

While you haven't personally receiving this mailing (we don't want to mail to you too often!), you too can participate in honoring a fellow resident, friend, or loved one at Taylor for Older American's Month.

For each "In Honor of" gift of \$50 or more, we will deliver a card and rose to your honoree letting them know how much they are treasured during this particular month honoring Older Americans.

All that you need to do is contact me directly at rcabral@taylorcommunity.org or call me at (508) 685-8899, and I will get you the necessary paperwork to process your delivery. We must receive all gifts by Tuesday, May 29 to ensure that your remembrance gift is delivered during Older American's Month.

~Robin Cabral, Taylor Community Development

Welcome New Staff

Heidi Bleggi, Franklin, joins us as Housekeeper. Heidi has worked retail for many years and has also worked in manufacturing. For the last year she's worked in housekeeping. She loves to boat and fish in her spare time, and has three dogs to keep her busy at home: Bentley, Lily and Travis.

Vincent Boucher III, Sanbornton, joins us as Groundskeeper. Everyone calls him Vinnie. Vinnie is a hard worker who enjoys being outside and spending time with his family. He has no pets but loves dogs.

Welcome to Taylor Community!



**Taylor
Community
has
THE
BEST
staff!**



Staff Spotlight Heather Bell

Heather Bell is the Taylor-Care Nurse at Taylor Community. She joined Team Taylor in October of 2017 to work, as she says, "with the population I love."

Heather was born in Worcester, Massachusetts. Her family moved to Loudon, NH when she was three years old, and this is where she went to school and calls home. Heather, her parents and brother all still live in Loudon and are a close family.



Although Heather had no inkling of becoming a nurse as a child, her grandmother, who worked in nursing homes in the Holden, MA area, always told her she would grow up to be a nurse. Her grandmother passed away when she was a senior in high school, and in the blink of an eye, Heather enrolled in a course to become an LNA. She worked as an LNA for 3-1/2 years. Heather then made to decision to go to nursing school, enrolled, and graduated from NHTI as an RN.

Heather has found that working with a senior population brings her joy and "makes her happy." This is the work she loves. Prior to coming to Taylor Community, she worked at Genesis Laconia Center and Health-South in Concord.



Heather is married to her husband, Bill. They have a blended family of four children, ages 19, 17, 15 and 3. Heather and Bill feel very fortunate that their home is always filled with the happy sounds of family. Even as teenagers, the young people still flock to their home, and still enjoy camping and game nights together. They also have four pets: two cats and two dogs. Shown are her adorable dogs, a Boston Terrier named 'Tiny' and a Boxer, 'Diesel.'

In her spare time, Heather enjoys flower and vegetable gardening and crafts, and she has become quite an artisan in refinishing furniture. Many of the pieces in her home are pieces she has found and refinished to new life.

Stop by and visit Heather in her office at the Woodside Wellness Center to say hello, and to find out more about TaylorCare!

~ Susan Denopoulos



Welcome New Residents!

Paul Krampfert

5/2 Ledges

Pat Martin

5/4 Woodside

Patricia Barker

5/5 Ledges

Jane Cleary

5/11 Ledgeview

We're glad you're here!



Extra thanks to John Ford and Bob Ilgenfritz, for all their hard work taping Town Hall Meetings. You're the best!

Computer Corner

Windows File Management Tips Keep Your Electronic Files Organized



- Use the default installation folders for program files.** By convention, application programs reside under the (Drive Letter:)->Program Files directory. Installing applications elsewhere is confusing and unnecessary.
- One place for all documents.** Place all of your documents under a single "root" folder. The default location is the My Documents folder.
- Create folders in a logical hierarchy.** These are the "drawers" of your computer's "filing cabinet." Use plain language to make it easy to find contents.
- Nest folders within folders.** Create new folders as need arises. The idea is to have every file in a folder rather than having a bunch of "orphan" files. For instance, you might have a folder named Bills which contains folders named 2018, 2017 and 2016.
- Follow file naming conventions.** Use descriptive file names for easy identification, but don't go overboard. File path names have length limits. Under Windows, the maximum full path length for a file is 260 characters. Use common abbreviations when possible, such as 'Jan' for January or 'Corp' for Corporation. The characters / ? < > \ : * | " ^ are prohibited in file names under Windows.
- Be specific.** The goal when naming files is to be able to tell what the file is without having to open it. Use logical, specific names and include dates in file names if possible.
- File as you go.** The best time to file a document is when you first create it. So get in the habit of using the "Save As" dialog box to file your document as well as name it, putting it in the right place in the first place.
- Order your files for your convenience.** If there are folders or files that you use a lot, force them to the top of the list with a ! or AA at the beginning of the file name. (Note from editor: when ordering documents within a folder as pages for a handbook, etc., I like to begin the first document's name with the number 1, the second with a 2, etc. This way they can easily be printed in the correct order.)
- Cull your files regularly.** Keep your folders uncluttered by clearing out the old files. Do **not** delete business-related files unless you're absolutely certain you won't need them again. Instead, create a folder named "Old" or "Inactive."
- Back up your files regularly.**



Living with Grief

Central NH VNA & Hospice welcomes you to join them to learn about the grief process, to discuss ways of coping with losses, and to gain the support of others in a safe and caring environment.

Grief is a unique experience through which each person finds their own path, yet there are common threads we all may share. Sharing and hearing each other tell our stories can itself be healing. Topics will include how grief affects our bodies, minds, emotions, social life, and spiritual life as well as ideas for good self-care and how to approach difficult times of day or year.

Please join us on May 17, 24, 31 and June 7, in the Maple Room at Woodside from 2:30 to 4:00PM.

If you'd like to join the group, please register with Hank Offinger at 366-1207.



The Windows "Search" function is a wonderful thing, but will never match being able to go directly to a folder or file. Follow these tips consistently, and you will do well!

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.**



Sunday – May 13 – Pitman's Freight Room: Georgia O'Keeffe Paints Paradise [Easy] Written by William Ögmundson and Tom Dunn and opened in NH in October of 2016, this show won awards in New York City last August for Best Lyrics and Best Supporting Actress. Don't miss this great show! **Admission is \$10.00. This is a BYOB venue – so snacks and drinks are welcome. The bus will begin pick-up at 6:00PM.**

Wednesday – May 16 – "Lupper" at Makris Lobster & Steak House — (late lunch/early supper) [Easy] Whether you fancy "surf," "turf," or a combination, you're sure to find something on this menu that pleases you. **The bus will begin pick-up at 2:15PM.**



Friday – May 18 – Wright Museum with lunch at Garwoods [Moderate – walking] The Wright Museum houses an extensive permanent collection of 1939–1945 items. Unique to traditional WWII museums, the over 14,000 items in their collection are representative of both the home front and the battle field. These irreplaceable items, together with fully operational military vehicles, introduce visitors to a seminal period in American history, and places the period into historical context by illustrating the enduring legacy of Americans known

today as "the greatest generation." Following our tour, we'll enjoy a sumptuous lunch at Garwoods overlooking beautiful Wolfeboro Bay. **Admission to the Museum is \$8.00. The bus will begin pick-up at 8:45AM.**

Sunday – May 20 – Lakes Region Symphony Orchestra: Stage, Screen and Beyond [Easy]

This program will include: Fiddler on the Roof Symphonic Dances, Rogers and Hart Medley, What Are You Doing the Rest of Your Life, Evergreen, Go West, A Salute to the Big Band, The Pink Panther, The Shadow of Your Smile, Broadway Show Medley, I Dreamed a Dream, Blue Tango, The Typewriter, and Stars and Stripes. **Tickets are \$20 per person and are due upon reservation.**

The bus will begin pick-up at 2:00PM.



STEAKS & SEAFOOD

Monday – May 21 – Lunch with Friends at O Steaks and Seafood [Easy] Chef/Owner Scott Ouellette uses only the freshest ingredients and compliments hand-cut steaks with inventive seafood dishes. Save room for dessert; they're all created onsite. Call Ann to sign up: 366-1238. **The bus will begin pick-up at 11:30AM.**

Friday – May 25 – Canterbury Shaker Village [Moderate—walking] Shaker Village is an internationally-known non-profit museum founded in 1969, dedicated to preserving the heritage and 200-year legacy of the Canterbury Shakers. Designated as a National Historic Landmark for its architectural integrity and significance, the Village has 25 restored original Shaker buildings, 4 reconstructed Shaker buildings, and 694 acres of forests, fields, gardens, nature trails, and mill ponds under permanent conservation easement. Following our tour, we will enjoy lunch at The Shaker Box Lunch & Farm Stand which offers light lunch options such as sandwiches, salads, soups, and baked goods in a great relaxed atmosphere provided by the Village's partners, the Concord Food Co-op and Crust and Crumb Bakery. You will also find snacks, drinks, and locally-produced food items such as maple syrup. **Admission is \$19.00. The bus will begin pick-up at 9:15AM.**



Wednesday – May 30 – Memorial Day Services at the NH Veterans Cemetery [Easy] Join us for our annual trip to the NH Veterans Cemetery as we remember those who sacrificed all while serving our country. A light snack will be served during this event. **The bus will begin pick-up at 9:15AM. Pictured are Taylor residents Millard Smith and Roy Kincade at the 2016 ceremonies.**

Friday – June 1 – Tour of the Laconia Fire Department and Laconia Fire Museum [Moderate—walking] Join us for this informative tour with Chief Erickson. With the city's growth as an industrial center came a growing need for fire protection. Learn about these early fire brigades, established after the Great Fire of 1860 which destroyed most of the property on Main Street from Mill Street to Water Street on November 21 of that year. Following the tour, we will enjoy a picnic lunch at Opechee Park. **The bus will begin pick-up at 9:30AM.**



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 – May 13 – HAPPY MOTHERS DAY! – We hope you've made reservations to join us at The Bistro for Brunch! **11:00AM – 2:00PM.**



Mondays – May 14, 21 – 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.**

Wednesday – May 16 – Taylor Community Nurses Luncheon and Recognition – We LOVE our Taylor Community Nurses! Please join us for this event to celebrate YOU! All Taylor Community Nurses, Residents who worked as Nurses and Nursing Staff, are invited. Please join us as we bridge past and present. A formal invitation has been mailed; please RSVP to Ann Drouin at 366-1238 by May 14 at Noon. **This event will be held in the Taylor Home Atrium beginning at 11:00AM.**



Thursdays – May 17, 24, 31 and June 7 – Central NH VNA & Hospice: Living With Grief – Central NH VNA & Hospice invites you to join them to learn about the grief process, to discuss ways of coping with losses, and to gain the support of others in a safe and caring environment. More info. on Page 3. **If you would like to join the group, please contact Hank Offinger at 366-1207. This event will be held in the Maple Room at Woodside from 2:30 – 4:00PM.**

Saturday – May 19 – Community Social & Dinner – The menu for this event is provided on Page 12 of this Gazette. Join your friends and neighbors for this enjoyable social event. **Please RSVP at 366-1449 by May 16. This event will be held at Woodside beginning at 5:00PM. See you there!**



Wednesday – May 23 – Lecture Program: Tim Caverly presents “So You Think You Know Maine” – Tim Caverly is a Maine author who has written and published eight books about Maine's northern forest. In addition, seven of Tim's short stories have been printed in newspapers, magazines and outdoor journals. His second book, “An Allagash Haunting,” was adapted into a stage play and has been performed numerous times. Through their “New England Reads” literacy project, Tim and Frank Manzo Jr. had, by 2017, provided 213 PowerPoint programs to over 7,000 students. In addition, to encourage literacy and learning about New England's natural world, they have donated over 1600 Allagash Tails Books to 139 New England Schools. Due to accompanying his fire warden dad, ranger brother Buss “on patrol,” and his 32 years as a Maine Park Ranger, Tim has lived in the four corners of Maine. His stories are based on personal experience and knowledge of Maine's history and landscapes. **This lecture will be held at Woodside beginning at 6:30PM.**

Monday – May 28 – Musical Entertainment: Rick King – This event will be held at Taylor Home beginning at 10:30AM.

Monday – May 28 – Musical Entertainment: Joe Frascetti – This event will be held at Ledgerview beginning at 10:30AM.

Fitness News and Events

New 4-week Trial Classes added to the schedule! NEW FLOOR!!

Tuesdays at 9:30am — 30 STRONG: This 30-minute class will use ankle weights, hand weights and bands to build strength in our primary muscle groups to improve mobility, stability and confidence. Free to residents; \$5 per class for not residents.

Thursdays at 9:30am — MarchFit: This is a 30-minute movement class with upbeat music to improve circulation, coordination and stamina. Participants may use chairs during class as an alternative. All abilities welcome. Free to residents; \$5 per class for not residents.

Events

May 14 to June 27, Mondays & Wednesdays from 6:15am—6:45am, Woodside — Early Morning Exercise with Lena Nirk — Enjoy the beautiful summer weather and get fit. This 30-minute outdoor class is designed to help you feel good, meet your health and fitness goals and get it all done before work or daily activities take over. We will increase our strength, balance and flexibility with gentle exercises, stretches and movement. Cost is \$5 per class; open to residents, staff and the public.

May 29 at 2:00pm — TED Talk: Inspiring Health and Wellbeing — John Wooden talks about success and defeat.



May 30 at 11:00am — Vitality Rehabilitation Program: Are you afraid of falling? Have you recently experienced a fall? Are you afraid that you might fall? Do you want to learn about how to prevent falls, and how to fall “safely” to reduce risk of injury?

Join us at Woodside for an informational session about fall prevention. Our physical therapy staff will demonstrate how to fall “safely,” and how to get yourself up from a fall. We will discuss environmental modifications you can make at home and demonstrate the safest techniques for negotiating various terrain (slopes, uneven surfaces, etc.) to reduce risk of fall.

Refreshments provided!

Meeting Reminders

May 15 — 1:00pm Wellness Committee Meeting

May 15 — 2:00pm Pool Committee Meeting

Be Well!

Tammy Levesque, Staff & Resident Wellness Director: 366-1206
Lena Nirk, Fitness & Aquatics Coordinator: 366-1405

Outdoor Adventure Social Club (OASC)



Taylor’s OASC will begin their first series of hikes to complete the 12 Belknap Range Mountains and earn their completion patch. Hikes will grow progressively more difficult over the season.

- **May 14, departing Woodside at 8:45am —** Ahern State Park in Laconia (Easy), is a 128-acre state protected area on Lake Winnisquam. Open year round, Ahern offers hiking, non-motorized boating, biking, and fishing, and features 3,500 feet of shoreline. (This is a quick hike... we’ll be back before Resident Town Hall.)
- **May 21, departing Woodside at 8:45am —** Rattlesnake Mountain in Holderness (Moderate) is an extremely popular trail rewarded by one of the best Lake Region views. A total of 2 miles.
- **May 28 —** To Be Determined.

<http://belknaprangetrails.org/belknap-range-trail-map/>

	Mountain	Elevation in feet
1	Belknap Mountain	2,382
2	Gunstock Mountain	2,245
3	Piper Mountain (North)	2,044
4	Mount Klem	2,001
5	Mount Mack	1,945
6	West Quarry Mountain	1,894
7	Straightback Mountain	1,890
8	Mount Rand	1,883
9	Mount Major	1,786
10	Mount Rowe	1,680
11	Mount Anna	1,670
12	Whiteface Mountain	1,664

Taylor Community ‘Walk This Way’ Challenge

We are challenging all residents and staff to get out and walk now that it’s warming up. All buildings will have access to the 20-Mile Mileage Marker Feet. Pick up a Mileage Marker Foot at the Woodside Fitness Center, Ledgeview 2nd Floor Desk, Taylor Home Activities Office, or Facilities building. Walk a mile and cross off the small corresponding foot on your Foot.



When you have completed your 20 miles, turn your Foot in to the Nursing Station or Fitness Center and you could win one of several items such as gift cards for groceries, gas, movie passes or meals out.

Taylor Miller (Continued from Page 1)

Shortly after she signed up for the Spartan Ultra six months ago, she began a hiking regimen, hiking between 8 and 16 miles every weekend.

Interesting about the obstacles, if you 'miss' one, and are unable to complete it successfully, it's required for some that you do penalty laps and for some, '30 burpees.' I had to ask, but a 'burpee' apparently involves throwing yourself at the ground and doing a push-up and then leaping back to your feet. Taylor was pleased to have only been required to do 60 burpees. Incredibly impressive. Here's a close up of the picture on the front page. On the 2nd lap of the 30-mile race. **Kudos, Taylor!**



You're a Fitness Star!

Do You Eat Out Much?

May 14—17 is 'Eat Out Week' for GOT LUNCH! LACONIA

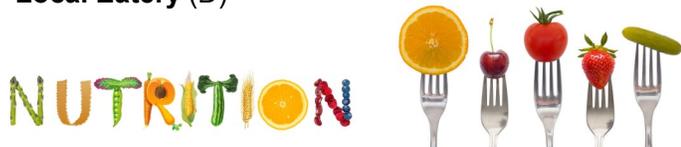
A collaboration of community partners, **GOT LUNCH! Laconia** recognizes that there are many children in our community who are in need, and has come together to focus on feeding the children of Laconia healthy food during the summer months. Their partnership with the Lakes Region Agricultural Collaborative will provide area children with fresh vegetables for summer.

Here's a fun way you can help, if you choose:

If you eat lunch (L) or dinner (D) at any (or all!) of the local area restaurants below, and mention that you are supporting **GOT LUNCH! LACONIA**, they will donate a portion of the cost of your meal to the program. Nice!

- Monday, May 14:**
T-Bones (L & D)
Cactus Jack's (L & D)
Burrito Me (L & D)
Patrick's Pub (L & D)
- Tuesday, May 15:**
Lyons' Den (L & D)
Village Bakery (L)
Local Eatery (D)

- Wednesday, May 16:**
Brick Front (L & D)
Annie's Café (L)
Faro Italian Grille (D)
- Thursday, May 17:**
Wayfarer Roasters (L)
Hector's (L & D)
Tavern 27 (D)



Thank You, Binnie Media!

Taylor residents thoroughly enjoyed the Fisher Cats game at Northeast Delta Dental Stadium May 2, having been treated to 20 tickets and a Luxury Suite by Binnie Media.

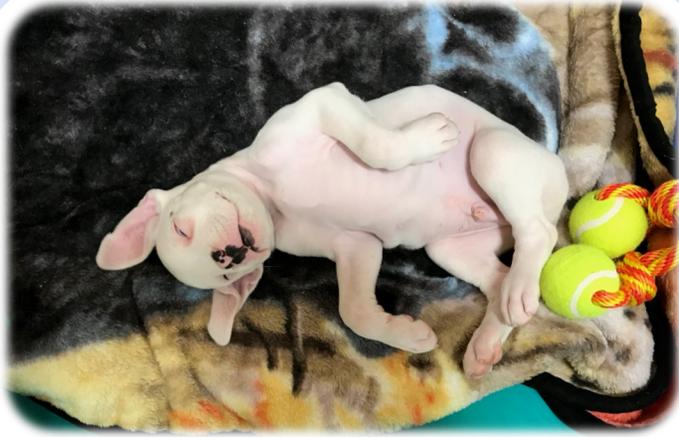


Red Cross Blood Drive

There is a serious need for all blood types.
 The next Blood Drive at Woodside will be held on **Tuesday, May 29 from Noon — 5:30pm.**

To register to donate, please visit: www.redcrossblood.org and enter sponsor code: TAYLOR or call 1-800-RED-CROSS.

The last Blood Drive held registered 30 donors (one first-time) and collected 28 pints of blood.



A New Baby at Taylor Home!

Residents and Staff alike really appreciate that Taylor Community is pet friendly. Meet Mallow! Mallow is a white Boxer pup, the newest addition to LNA Beckylea Cartier's household, and a new visitor to Taylor Home. Eight weeks old, and cute, cute, CUTE!

My Bruce has met him and approves; Mallow was very respectful on introduction for such a little lad! Bruce and I predict he's going to be a really GOOD dog...

~ Maureen

May is Skin Cancer Awareness Month

OnSite
DERMATOLOGY

Convenient Skin Care and Treatment Services

Did you know that 1-3 Americans over the age of 65 will develop a form of skin cancer? Skin cancer

is the most common form of cancer, with almost 5 million people treated annually.

Although skin cancer can occur at any age, any place on our body, across all ethnicities and races, it does show higher instances in certain demographics. Statistically, the older we get, the greater risk our risk of having skin cancer. Typically, most skin cancers are found on sun exposed areas (top of the head, face, ears, neck, top of the arms, top of the hands). The good news is that skin cancer can be prevented, and can easily be treated when found early.

OnSite Dermatology is proud to participate in Skin Cancer Awareness Month. They provide monthly dermatology services at Taylor Community and hope that during the month of May you will join them in taking action to prevent and detect skin cancer by scheduling your Full Body Skin Exam. OnSite is a Medicare Part B provider, and accepts many other insurances!

A full service mobile dermatology group, they are specialists in providing care to Seniors, from healthy skin checks to skin concerns to managing chronic skin conditions. They are able to perform biopsies, treat pre-skin cancers and skin cancers to cover all of your dermatological needs.

Call OnSite directly to schedule your appointment or for further information at 877.345.5300.

A Well-Deserved Commendation

We received this lovely note from Ledges resident Janet Janke in an email.

A great thank you to Rita Krupa and her team of Physical Therapists. Hans looked forward to his visits. When he spent five days in Respite Care at Ledgeview, he had such an enjoyable time that he did not want to come home! Thank you to your team for all your caring; you definitely went the extra mile.

Janet, we think the Genesis Team is fabulous too, excellent partners in fulfilling our Mission to our residents!



Genesis Rehab is asking for help with donations of Tennis Balls! You may have seen them on a number of residents' walkers; they help the walker to glide smoothly and preserve the floor. Genesis generously provides them to residents, but are needing their supply bolstered. If you have any new or gently used ones that you would like to donate, or can identify a good source, please see Rita Krupa in the Genesis Office, Ledgeview 1st floor, or call her at 527-8081.

Thank you!



Congrats!

Housekeeper Marcia Brown has completed her training to become an LNA. *Great Job!*

Someone New

Stylist Sheila Robinson has a brand new grandbaby. Ask to see pictures at your next salon appointment.

Congratulations!



Please Do Not Feed Wildlife



Periodically we place an article reminding residents that feeding wild animal should be avoided, for the health of the animals and also so they won't become a nuisance.

NH Fish and Game advises that birdfeeders be taken in between April 1 and December 1 in order that bears not become a nuisance. They also suggest not leaving out pet food, and to keep your grills clean.



Mike's Retiring!

We're happy for him, and his next adventure!

Please join us in the Fireside Room at Woodside on Friday, June 15 from 3—4pm to share some cake and wish him well.

Do you have friends or family that would like to receive the Gazette?

Contact me and let me know! I'm happy to add them to our e-Gazette distribution list.

Updated Resident and Staff telephone lists are also available for residents at any time.

Reach me at mballester@taylorcommunity.org or by telephone at 366-1236.



This photo was received too late for the last issue, but I wanted to share it. You'll remember, if you attended her program, the charm and pure grace exhibited by 8-year-old Sanju Uppalapati last month in her very impressive, self-choreographed Indian dance routine. Taylor Home residents sure do, and we hope she visits again!



Spring is about to explode in full glory at Taylor Community. If you don't already live here, consider a visit. We think you'd be hard pressed to find a better kept community or friendlier folks anywhere!



Early morning tranquility on Nat's Bridge, Crystal Lake, Gilmanton.



Funspot, a Fun Spot!

Bowling and mini golf anyone? Funspot was a fun spot May 7. Marge and Ralph were ROCK STARS. Marge got three holes-in-one, and Ralph won a free game with his skills. Dick and Pete settled for ice cream at Kellerhaus on the way home. Not so bad for a consolation prize!?

Recurring Campus Events

Sundays:

Sunday Brunch

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

Church Services

Sundays @ 2:30pm, 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:

Cribbage Games

Wednesdays @ 10:00am
Woodside Card Room
.....

Veterans Coffee Hour

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

(Wednesday is continued above right)

Recurring Campus Events

Wednesdays (Cont.):

Book Discussion with Lois Brady

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

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)



Assure your ride!

Dial-A-Ride operates Monday — Friday, 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 to Friday from 8am to Noon at 366-1234.**

Trip Reminders

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

*Georgia O’Keeffe Paints Paradise,
Pitman’s Freight Room*
Sun., 5/13 @ 6:00pm

“Lupper” at Makris Lobster & Steak House
Wed., 5/16 @ 2:15pm

Wright Museum, lunch at Garwoods
Fri., 5/18 @ 8:45am

LRSO: Stage, Screen and Beyond
Sun., 5/20 @ 2:00pm

Lunch at O Steak & Seafood
Mon., 5/21 @ 11:30am
(Call Ann for this one: 366-1238)

Canterbury Shaker Village
Fri., 5/25 @ 9:15am

Lectures, Programs & Special Events

Check out Recurring Campus Events on Page 10!

Sun., May 13 — **HAPPY MOTHERS DAY!**
.....

NH Humanities: *From Troy to Baghdad*
Mon, May 14 @ 6:30pm, Woodside
.....

Nurses Recognition and Luncheon
Wed., May 16 @ 11:00am, Taylor Home Atrium
.....

Central NH VNA & Hospice: *Living with Grief*
Thurs., May 17 @ 2:30pm, Woodside
.....

Community Social & Dinner
Sat., May 19 @ 5:00pm, Woodside
Please RSVP at 366-1449 by May 16.
.....

NH Humanities: *From Troy to Baghdad*
Mon, May 21 @ 6:30pm, Woodside
.....

Tim Caverly: *So You Think You Know Maine*
Wed., May 23 @ 6:30pm, Woodside
.....

Central NH VNA & Hospice: *Living with Grief*
Thurs., May 24 @ 2:30pm, Woodside

Woodside Theater



Saturday Nights
7:00PM

May 19: (no movie tonight)

May 26: *Magnificent Men in their Flying Machines*

Sunday Matinees
2:00PM

May 13: *Annie*

May 20: *Working Girl*

May 27: *The Man Who Would Be King*

Musical Entertainment at Ledgerview

Saturdays at 3:00pm

May 19: *Jackie Lee Fairhurst*

May 26: *Sands of Time*



MEMORIAL DAY — May 28

Back Bay Coffee Hour

Please join President/CEO Michael Flaherty for coffee on **Thursday, May 24 at 10:00am** in the Community House.

In Memoriam

Dorothy Cheney
July 28, 1924 – April 26, 2018
Taylor Resident Since 2014



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.



Meeting Reminders

TRA Executive Committee Meeting
Monday, May 14 @ 9:30am, Woodside

Resident Town Hall Meeting
Monday, May 14 @ 11:00am, Woodside



Welcome!
We care about your dining experience.

Please assist us as we strive to provide the best possible service to you, our customers!

When you RSVP, you ensure that enough food has been prepared and proper staffing is available for an excellent dining experience for all.

Please RSVP for dinner at 366-1481.

Daily Lunch Specials

Monday 5/14: Brookwood BBQ Beef Brisket or Pulled Pork with Sides

Tuesday 5/15: Sesame Crusted Salmon with Soba Noodles and Zucchini & Squash Noodles

Wednesday 5/16: Home-Style Meatloaf and Gravy with Mashed Potatoes and Green Beans

Thursday 5/17: Sweet-and-Sour Chicken with Stir-Fried Rice, Oriental Vegetables and Egg Roll

Friday 5/18: New England Style Baked Haddock with Rice Pilaf and Fresh Vegetable Medley

Monday 5/21: Tandoori Chicken with selection of Sides

Tuesday 5/22: Beef Soft Tacos with Rice & Beans and Pico de Gallo

Wednesday 5/23: Carved Lemon Herb Turkey with Yukon Gold Mashed Potatoes and Roasted Butternut Squash

Thursday 5/24: BBQ Pork Ribs with Potato Salad and Coleslaw

Friday 5/25: Shrimp Scampi with Pappardelle Pasta and Breadstick

The Bistro at Woodside

Monday, Wednesday and Friday - 11:45am - 6:45pm

Tuesday and Thursday: 11:45am - 3:00pm 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

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

Please make Lake Room reservations at 366-1202.

For Weekly Lake Room menus call 366-1231.

Community Social & Dinner

Saturday, May 19

Antipasti Station: Genoa, Soppressata, Fresh Mozzarella, Vine Ripened Maine Tomatoes, Roasted Peppers, Olive Medley, Banana Peppers

Dip Station: Fresh Seasoned House Made Chips with Blue Moon Blue Cheese Ale Dip

Hors d' Oeuvres: Bruschetta; Breaded Cheese Ravioli with Plum Tomato Basil Sauce; Vegetable Egg Rolls with Ponzu Sauce

Local Greens (Iēf Farms) with Toasted Pepitas, Shaved Radish, Vermont Cheddar and Peach Basil Vinaigrette

Entrées: Pappardelle with Boneless Braised Short Ribs in a Bourbon Cream Sauce; Citrus Marinated Chicken Breast; ABF Coleman Chicken Breast; Grilled Faro Island Salmon with Cucumber Salsa; **Carvery:** Roasted Beef Tenderloin with Madeira Demi and Horseradish Cream

Sides: Yukon Gold Whipped Potatoes; Ancient Grain Medley (Quinoa, Bulgur and Wheat Berries); Steamed Carrots with Herb Butter

Desserts: Assorted Mini Cheesecakes; Sugar-Free Mousse; Gluten-Free Cupcakes



\$22.95 per person

Please RSVP for this event, 366-1449 by May 16.

Dinner Specials – Tuesday, May 15

Grilled Swordfish with Mediterranean Salsa \$19

Pan Roasted Statler Chicken Breast with Pan Gravy \$15

Sides: Roasted Baby Potatoes, Ancient Grain Pilaf;

Broccoli Rabe, Roasted Tri-Color Peppers

Endive & Spinach Salad with Tomato Basil Feta and Champagne Vinaigrette or Soup du Jour

Dinner Specials – Thursday, May 17

Herb-Roasted Bone-In Pork Chop, Porcini Mushroom Sauce \$18

Grilled Lemon Sage Chicken Breast with Grape Tomato Ragout and Merlot Au Jus \$16

Sides: Fontina Mashed Potatoes, Cilantro Orzo, Baby Vegetable Medley, Lemon Roasted Brussels Sprouts

Arugula Salad with Toasted Pecans, Grape Tomatoes, Goat Cheese and Raspberry Vinaigrette or Soup du Jour

Dinner Specials – Tuesday, May 22

Sesame Crusted Salmon with Honey Soy Ginger Sauce \$19

Veal Chop Milanese (Marinated Tomatoes & Grilled Onions) \$20

Sides: Dauphiness Potatoes, Soba Noodles, Haricot Verts, Julienne Carrots, Squash & Zucchini

Mixed Greens with English Cucumbers, Shaved Radish and Dijon Vinaigrette or Soup du Jour

Dinner Specials – Thursday, May 24

Mixed Grill (Grilled Yellowfin Tuna, Shrimp and Swordfish over Iēf Farms greens, topped with Peach Basil Vinaigrette) \$20

Argentinian Grilled Tri-Tip Steak with Chimichurri Sauce \$20

Sides: Roasted Potatoes, Yellow Rice, Roasted Corn, Steamed Broccoli & Red Peppers

Spring Mix with Shaved Fennel and Heirloom Tomatoes with a Peach Basil Vinaigrette or Soup du Jour