



*Taylor Residents:
Bob Ilgenfritz climbs the headwall
of Tuckerman Ravine, and Doris
Duff sits atop a camel.*

Active Aging at Taylor Community

Age is obviously just a number. At Taylor, we know this "number" is just a reference point, not a definition.

Fully 72% of Taylor Residents are 80+ but nearly 3/4 of them live independently, and many are still very active. Look at John Rusnak below right, running a 5K race at 77. Bob Ilgenfritz, 86, climbed Mount Washington on his birthday this year, the highest peak in the Northeastern United States at 6,288'. And Doris Duff, 95, hopped right on a camel in Egypt this summer!

They live in the right place. Taylor Community has some impressive resources to help you keep fit! Our Wellness team provides a full array of fitness and aquatic opportunities to work on strength and balance. There are regular classes and a number of specialized programs too: Rock Steady Boxing, Balance/Fall Prevention programs, Swim Lessons, Aquatic Therapy and Training, Yoga, Tai Chi, Walking and Hiking programs, Chronic Illness programs and more. You can even choose to take advantage of personal training!

The Wellness facility is a spacious, vibrant space that embodies strength, balance and flexibility in programming, equipment, and staffing, and we have one of the only 92-degree Therapeutic Pools available in the Lakes Region. Let us help you to remain independent and strong. Call Tammy today at 366-1206 to see how our Wellness programs can best benefit you.

Your Success is Our Success!



**Taylor CARES Food Drive to benefit
St. Vincent de Paul: October 24**



Taylor Community 2018 Music Series Stay tuned...

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



*Active Aging
Week at Taylor
Community was
a Huge Success!
More inside!*

That's how Team Taylor does it!

Michael Flaherty, Susan Denopoulos, Charlene Santoro and Crystal Hardy wish to congratulate Health Services staff on another deficiency-free survey in both Nursing and Taylor Home.

**We can't thank you
enough, for the care and
compassion you show
our Residents!**



Taylor CARES

It's time!

Wednesday, October 24 is the date for this year's charitable food drive for St. Vincent de Paul.

We've so much to be thankful for. Let's again show the greater community just how much we care for others less fortunate!!! Please pack your donations into the bags to be distributed soon and leave them for pickup by Mr. Flaherty and me with the Taylor bus beginning at lunchtime October 24. They may be left curbside in the Ledges or in the lobby of any of our main buildings. Residents may make monetary donations if they prefer; checks should be written directly to St. Vincent de Paul.

Thank you so much for your kindness!

~Maureen

The pantry has a continuous need for canned goods, and appreciates all donations, especially the following:

- | | |
|------------------------------------|----------------------------|
| <i>Canned meats and beef stews</i> | <i>Canned juices</i> |
| <i>Canned soups</i> | <i>Tomato sauce</i> |
| <i>Canned vegetables</i> | <i>Crushed tomatoes</i> |
| <i>Canned fruit</i> | <i>Pasta</i> |
| <i>Tuna fish</i> | <i>Macaroni and cheese</i> |

Calling all crafters! Seeking donations for White Elephant Table!



Holiday Craft Fair

Saturday - December 1, 2018

Open 10:00 - 2:00

Free Admission

OVER 30 CRAFTERS ON SITE

Proceeds to benefit Resident Programming
Donations Gladly Accepted



For more information please contact Brenda Kean at 366-1226 or email at bkean@taylorcommunity.org

2018 Elections



New Hampshire's general election will take place on Tuesday, November 6th. In addition to a hotly contested midterm race for the State's two congressional districts, voters will select candidates for the offices of Governor, Executive Council, State Representative and State Senate.

Recent Additions to Woodside Library

Biography:

Blood Brothers: Jonathan Daniels and His Sacrifice for Civil Rights, Rich Wallace and Sandra Neil Wallace (This coffee table book will be displayed on the Library counter, but will be able to be signed out. Jonathan Daniels was a Keene High School classmate of Woodside Resident Judith Nelson. The mid-century years in the U.S.A. through which we all lived are brought to life again.)

Non-Fiction:

Welcome to the Departure Lounge, Meg Federico
Killing England: The Brutal Struggle for American Independence, Bill O'Reilly
The Murder Casebook, Colin Wilson, Editor

Fiction:

The Gate House, Nelson DeMille
The Litigators, John Grisham
An American Marriage, Tayari Jones
The Templar Salvation, Raymond Khoury
The Whitechapel Conspiracy, Anne Perry
The Bourne Enigma, (a new Jason Bourne Novel by Eric Von Lustbader
Cutting for Stone, Abraham Verghese



Enjoy a good book!



Who's driving the Hobo train?!



Staff Spotlight
Lisa Carignan

Lisa Carignan is a MNA who spends most of her time working in Taylor Home but who also works in Ledgeview nursing. A dedicated 20-year employee of Taylor, she loves working with and interacting with the residents. Working in two buildings gives her the chance to see and help many residents and she works very hard to provide great care to them.

Lisa came to Taylor in 1998 after working in sub-acute rehab at Warren Memorial Hospital and has found her home here because she believes it is a great place to work. She feels that Taylor really cares about its residents and employees. But it is the residents to whom Lisa feels most loyal. They are like one big family to her and she loves to come to work every day.

Lisa lives in Belmont with her big black lab, Leigh-lou. Leigh-lou may not know this, but Lisa has been seen on many occasions bringing carrots and other treats to the Taylor Home canine brigade of Bruce and Winni. I have seen Lisa bring Winni to a frenzy when she comes down to the business office bringing those treats. Winni sits by the door ready, when she hears Lisa's voice, knowing that good stuff is heading her way.

~Ed Soucy



Meanwhile, on Nutmeg Circle...



Tahira Karabegovic, Laconia, joins us as LPN. She earned her degree at NHTI. Born in Bosnia, Tahira is married and the very proud mother of two very smart and beautiful daughters. She likes to travel.

Welcome to Taylor Community!

New Sit-to-Stand Desks for Staff



Taylor staff members have been given an opportunity to invest in a sit-to-stand desk, helping them increase their physical movement throughout the day.

The sedentary lifestyle, termed "sitting disease" by the medical community, is one of the biggest health threats of modern day. It refers to metabolic syndrome and all the ill-effects of a sedentary lifestyle, including increased risk for diabetes, heart diseases, weight gain, obesity, and early death. Prolonged sitting also actively *promotes* several avoidable chronic diseases that can eat away at our health!

The good news is that making a few small changes to your daily habits can make a huge improvement in your general well-being and help you attain a healthier lifestyle. Making an effort to stand and move more throughout the day benefits your mind, body, and overall health in numerous ways.

~Tammy Levesque



BOYS & GIRLS CLUB
OF THE LAKES REGION



Save the date!

Save the date for a presentation by the Boys & Girls Club of the Lakes Region, followed by entertainment and hors d'oeuvres on Monday, November 5 from 4:00 – 6:00pm at Woodside.

More details to follow!

Meet Jane Cleary!



Jane Cleary came to live at Taylor Community this past May and we are very glad she did.

Jane was born in Loudonville, NY, which is outside of Albany. This is where she attended high school and later college, majoring in Home Economics. Jane grew up happily with an older sister and worked at the Gas and Electric Company as their Home Economist following college.

She met her future husband, James Cleary, while in college and they married after graduation. They have three children: twins (a boy and a girl) and a younger daughter. Both of Jane's daughters live in the Lakes Region and her son lives in Colorado. She now also enjoys six grandchildren!

In 1980, they moved to Amherst, NH, and while visiting a friend of her husband's in Marblehead, MA she was encouraged to join an art class. Jane professes no previous trainings in the world of art. From that chance meeting, Jane has been painting and continuing her fine arts skills ever since. Even today she takes two classes a week—using an Uber service to get to her Manchester, NH class. She has had showings, won awards, and her painting was selected to hang in the Town Hall of Wilton, NH.

Jane's paintings beautifully surround her Ledgeview apartment on the 3rd floor. There are many more of her beautiful paintings inside. If you have opportunity, stop in, say hello, and be in awe of the beautiful art and artist we have living in our midst.

~Susan Denopoulos



Did you know...

Over 25% of Taylor Community staff have worked here more than 5 years.

Look Who!



President/CEO Michael Flaherty (Class of '84) was recognized as Legacy during a recent Boston College game he attended with daughter Michelle, a Senior this year.



Take Advantage of TaylorCare

Taylor Residents enjoy the peace of mind getting support from Taylor employees they know and trust. Managed through the Care Management department, the TaylorCare team offers top quality services at a competitive price. Our rates are lower than typical home care agencies: currently we offer Homemaking and Personal Care services at \$25/hour, with a minimum of 15 minutes. Most commercial agencies require a minimum of 2 or even 3 hours per visit. TaylorCare will perform a 15-minute service for \$6.25. You can't beat that cost savings!

For more information, or to learn how easy it is to access TaylorCare Services, call the Care Management team at 366-1340.

American Red Cross Blood Drive

**Friday, October 19
9:00am — 2:00pm, 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!

The last Blood Drive held registered 20 donors and collected 21 pints of blood.

FASTING BLOOD DRAWS

Now offering weekly fasting blood draws by appointment only at the Woodside Wellness Office. To schedule your appointment or for questions, please contact Heather Bell, Care Management Nurse, at 366-1340.



Scam Alerts



Columbus Day weekend was apparently a holiday not observed by scammers; they were working over-time.

We received word from two residents regarding two different scams:

1. The first was in the form of a phone call, from a very “official and angry” individual, demanding the resident call a number immediately or face arrest. Normally, this resident would have picked up that it was a scam right away, but her credit card had been hacked recently, and she felt it might be related. After further thought, though, she realized... **SCAM!**
2. The second was in the form of an email, purportedly from Atlantic Broadband, with the subject line “Important Notice.” The message read, “It appears that your payment that we have on file for you was recently declined ... to avoid any interruptions in your service you will need to update your automated payment information online. It then provided a link, with the obvious hope she would offer personal financial information. It was quite sophisticated, as it looked very official, and there was another link to their “billing department” if you had questions. This is especially concerning, as many of our residents use Atlantic Broadband for their phone/cable/internet services. Luckily, the recipient did the smart thing and called Atlantic Broadband directly. **SCAM!**

Note: Whenever you suspect a scam: Don't click! Don't offer personal information! Call your bank, credit card company, or service company directly to verify the request. As always, you may call VP—Finance Ed Soucy at 366-1229 or Care Management Director Hank Offinger at 366-1207 for help with this type of concern.

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



Contact me and let me know so they can stay informed! I'm very happy to add them to our e-Gazette distribution list.

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

mballester@taylorcommunity.org or 366-1236

Back Bay News

Photographic Presentation by Jane Kelley

Thursday, October 25
at 10am in the
Community House



Born in Wolfeboro, raised in Texas, Jane Kelley is a member of Professional Photographers of America, New Hampshire PPA, Gov. Wentworth Arts Council and Lakes Region Photo Club. Jane is rediscovering the beauty of New England with her camera. Join us as she presents a beautiful video slide show which will spotlight local fall and nature images.

Care Management Hours



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

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

Visit from NH Music Festival



Taylor Residents enjoyed a special visit from New Hampshire Music Festival's Music Director and Conductor Laureate Paul Polivnick on Thursday, September 27.

We were contacted by Deborah Leonard Cosits, the Festival's Executive Director, who informed us that Mr. Polivnick would be in town and wanted to take the opportunity to thank his many faithful Taylor Community Residents for their attendance and support over the past season.

During this private meet and greet, Paul provided the group with a Sneak Peek at next season's plans, answered questions about this past season and had many one-on-one conversations with our residents who were so honored to have him visit our campus.



Fitness News and Events

Water Babies Lessons Resume

Saturday, October 27,
9:00 — 11:00am

Call Tammy for details
at 366-1206.



Monday, October 15, departing Woodside 8:15am —
OASC Hike: Straightback and Mount Major. Details
on Page 8.

Tuesday, October 16 at 1:00pm, Fitness Center —
Wellness Committee Meeting

Tuesday, October 16 at 2:00pm, Fitness Center —
Pool Committee Meeting

Thursday, October 18 at 2:00pm, Fitness Center —
**Walking Pole Clinic with Donna Lang-Rice, Gilford
Physical Therapy** — Details on Page 11.

Sunday, October 21 at 9:30am — **Making Strides
Against Breast Cancer Walk, Opechee Park** — Call
Tammy at 366-1206 to join Team Taylor! Details are on
Page 8; transportation will be provided.

Friday, October 26 at 3:00pm — **Rock Steady Boxing
Workshop** — This event, held with Instructors from the
Downtown Gym, is open to all residents faced with the
challenges of Parkinson's/Alzheimer's. Please join us in
the Fitness Center.

Monday, October 29 at 8:30am — **Presentation and
Continental Breakfast: Tammy Levesque, Belknap
Range Hiking Trips & BRATTS** — All residents are
invited. Please RSVP to Tammy at 366-1206.

Tuesday, October 30 at 1:00pm in the Woodside The-
ater — **3 TED Talks on Cancer Survival; followed by
an open discussion** — Talks are listed on Page 12.

Wednesday, October 31, 5:00—7:00pm — **Halloween
Fire Pit Party!!!** Come and see what Tammy has in
store... pizza, beverages, maybe some music and
games.... and of course a costume contest. Pizza and
soft drinks for a dollar; alcoholic beverages available too.
Bring your chair, a little money and the costume of your
choice and join us!

**Save the date! Thursday, November 1 at 2:00pm —
Ukulele Band Season End Performance** — Come and
join the Ukulele group for a sing-along with your favorite
songs. Snacks and beverages will be available for this
performance.

Join the fun and
see how well our
performers have
done since the
beginning of
summer!



Employees' Family Trick-or-Treating Saturday, October 27, 1:00 — 3:00pm



Ledges, Woodside and Taylor Home

If you wish to receive trick-or-treaters,
please hang some form of decorative
pumpkin on your door.

A Fitness Star!

Taylor Resident
John Rusnak
came in First Place
in his age group
(75-80) at the
Tanger 5K Breast
Cancer Walk/Run
on September 30.
John began train-
ing for this run/
walk race during
the summer. He
has been seen
doing many loops
around Woodside
and has even
made the leap to
purchase a Garmin
watch to track his heart rate and steps. His effort to
keep fit is an inspiration to watch. We hope to some-
day add John to our list of Fitness Instructors. You are
never too old to reinvent yourself. Way to go, John!!!



A Therapy Cat?

Yes! We've had dogs and
rabbits, and now a cat!
Activity Director Caralyn
Russell brought Panda for
a visit from NH Humane
Society. Panda likes
Ellen as much as we do!
Did you know animal ther-
apy can reduce anxiety,
grief and isolation, and
can reduce blood pres-
sure, depression, and risk
of heart attack or stroke?



We let Casey
lead an activity,
what happens?

A little friendly
"wine-pong" at
Cocktail Social?

These folks know
how to have fun!



Active Aging Week Events a Big Success!



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 – October 15 – Final OASC Hike: Straight-back and Mount Major! [Independent] Join Tammy Levesque and Ralph Cheney (Facilities) for this hike. Michael Flaherty and Paula Glaude will also be joining the crew as they claim their final peaks in the Belknap Range Challenge. This will be a challenging day, with lunch at the top of Major. **Please notify Tammy in advance to attend; bus departs Woodside 8:15AM.**



Wednesday – October 17 – Lunch with Friends at Lanna Thai [Easy]

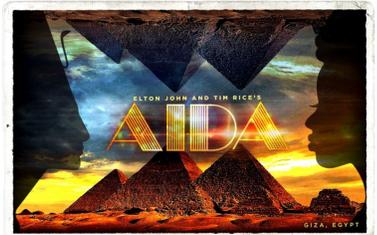
Lanna is a beautiful and prosperous part of Thailand. It has forested mountain ranges, the lower extremities of the Himalayan foothills, running north to south, interspersed with rich river valleys. Lanna has its own distinctive cultural personality, dialect, art and architecture which is influenced by Buddhism. It specializes in carved wooden artifacts and has its own special culinary delights. Join us as we enjoy authentic Thai cuisine right here in Laconia. **Bus pick-up begins at 11:15AM.**



Friday – October 19 – Lakes Region Seaplane Tours [Moderate–climbing into plane] Back by popular demand! We have coordinated an Aerial Foliage Tour with Lakes Region Seaplane Services owner and operator Dave French. Dave spent his summers on Pine Island on Lake Winnepesaukee. His love of flying off water began 33 years ago on “The Big Lake,” and he has accumulated over 12,000 hours of flight time throughout his 35-year aviation career. **The first**

flight (of 4 passengers) will occur at 10:00AM with additional flights hourly based on demand. Ticket price per person is \$65.00. Contact Brenda for further details at 366-1226.

Saturday – October 20 – Aida at Winnepesaukee Playhouse [Easy] An enslaved Nubian princess, Aida, finds her heart entangled with Radames, an Egyptian soldier who is betrothed to the Pharaoh’s daughter, Amneris. As their forbidden love blossoms, Aida is forced to weigh her heart against the responsibility that she faces as the leader of her people. *Aida* features an unforgettable score, featuring soaring ballads and rousing choral numbers by Elton John and Tim Rice. **Tickets are \$20.00 per person and are non-refundable. Bus pick-up begins at 12:45PM.**



**MAKING STRIDES
Against Breast Cancer**



Sunday – October 21 – Making Strides Against Breast Cancer Walk at Opechee Park, Laconia [Moderate] Join the Taylor Team for \$25 and receive a special Taylor T-shirt for the event. Residents and Staff are invited to participate, with transportation provided to the event. All abilities are welcome... we will make it happen! **Call Tammy at 366-1206 to join the battle against breast cancer and be a part of the Taylor Team. Bus pick-up begins at 9:30AM.**

Wednesday – October 24 – Dining Out at Squam Lake Inn, Holderness [Easy] Located at the Squam Lake Inn, the Inn Kitchen + Bar is an award-winning restaurant, dedicated to providing you with the highest quality food and libations. They are a casual restaurant that aims to exceed your expectations by offering the best fresh, local and seasonal ingredients available by working with local farmers and their fishmonger. They feature a tantalizing menu with seasonally driven dishes as well as favorite classics. Gardens throughout the property provide fresh herbs and flowers that they incorporate into their craft cocktails and imaginative entrees. **Bus pick-up begins at 4:30PM.**



Friday – October 26 – Beans & Greens Corn Maze, Gilford, with Lunch at Patrick’s Pub & Eatery [Independent] For over 15 years Beans & Greens has offered one of Central New Hampshire’s best known corn mazes. Designed for difficulty, it takes most about one hour to navigate the endless turns, bridges and dead ends. But there is always assistance on hand for those who get stuck! The corn maze also includes scavenger hunts and games for those who want more of a test, but for most, simply trying to navigate the maze is a tough task, and it’s considered one of New Hampshire’s most difficult. Once through the corn maze we can explore the nursery and meet the barnyard animals. Following our visit we will enjoy lunch at Patrick’s Pub & Eatery, recognized with several prestigious awards including Restaurant of the Year (New Hampshire Lodging & Restaurant Association), Good Neighbor Award (National Restaurant Association) and Corporate Soul Award (Belknap County Economic Development Council). **Maze tickets \$5.00 each; bus pick-up begins at 9:15AM.**



Join us on a Taylor Community Trip... We have such fun!

Here’s some photos from a recent trip North:



Residents opted for an impromptu ride to the top of Cannon Mountain via the tram on September 28’s trip to the New England Ski Museum. Forty-two degrees at the top, but it was worth the trip; the view was absolutely spectacular!



Then it was off to the Frost Place Museum & Poetry Center. Beautiful! To look out the window at the same view Robert Frost saw... I think the shot below left would make a lovely painting.



Two roads diverged in a wood, and I -- I took the one less traveled by, and that has made all the difference. ~Robert Frost



You can only be young once. But you can always be immature. ~Humorist Dave Barry

More trip photos... fun "just up the way" at Squam Lakes Natural Science Center in Holderness!



Taller than a deer but shorter than a moose, Betty has the eyes of a cat! We wouldn't have seen all we did without her sharp eyes!



Who says buzzards aren't beautiful?



He thinks he is.



UPCOMING LECTURES AND CAMPUS EVENTS

*For all special events held at Woodside, we will do our best to accommodate rides with 72 hours advance notice. Please call Dial-A-Ride at 366-1234.



Monday – October 15 – Movie Monday: *The Artist* – *The Artist* is a 2011 French comedy-drama film in the style of a black-and-white silent film. The story takes place in Hollywood, between 1927 and 1932, and focuses on the relationship of an older silent film star and a rising young actress as silent cinema falls out of fashion and is replaced by the “talkies.” *The Artist* received highly positive reviews from critics and won many accolades. The film was nominated for six Golden Globes, the most of any 2011 film, and won three: Best Motion Picture - Musical or Comedy, Best Original Score and Best Actor - Motion Picture Musical or Comedy, for Dujardin. **Join us at Woodside for the presentation of this movie beginning at 2:00PM.**

Monday – October 15 – League of Women Voters Presentation – The League of Women Voters, a nonpartisan political organization, encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy. **Join us for this always popular discussion at Woodside beginning at 6:30PM.**



Tuesdays and Thursdays – October 16, 18, 23, 25, 30 and Nov. 1, 3:00 – 4:00pm – Dog Obedience Lessons: *Henry Bird and Marge Anderson* – Could you and your dog benefit from Dog Obedience Lessons? Join Henry and Marge at Woodside to learn more about dog handling skills. This is a great opportunity to socialize your dog and meet other dog owners. Lessons will be held outdoors, dependent on weather. Contact Tammy for an application at 366-1206. **Cost: FREE!**

Thursdays – October 18, 25 – VNA Grief Support Group – Details about this group, which meeting Thursday through October 25, are provided on Page 13. **Please let Hank Offinger know if you would like to join the group (366-1207) and join us in the Maple Room at Woodside at 2:00PM.**



Thursday – October 18 – Walking Pole Clinic: *Donna Lang-Rice, Gilford Physical Therapy* – Come join us for a second opportunity to learn about the pros and cons of using walking poles. We will start indoors and then head outside, so bring good shoes, walking poles if you have them, and warm clothing. **This program will begin in the Woodside Fitness Center at 2:00PM.**

Thursday – October 18 – Thursday Night at the Opera: *Rigoletto* – *Rigoletto* is an opera in three acts by Giuseppe Verdi. The Italian libretto was written by Francesco Maria Piave based on the play *Le roi s'amuse* by Victor Hugo. Despite serious initial problems with the Austrian censors who had control over northern Italian theaters at the time, the opera had a triumphant premiere at La Fenice in Venice on March 11, 1851. **RESERVATIONS ARE REQUIRED at 366-1226. This program will be streamed in the Woodside Theater beginning at 7:00PM.**



Saturday – October 20 – Community Social & Dinner – The menu and RSVP details are provided on the back page of this Gazette. **This event will be held at Woodside beginning at 5:00PM.**

Sunday – October 21 – Taylor Community 2018 Concert Series tentative date. Stay tuned...



Monday – October 22 – Hawkins Brook Nature Trail Presentation – The Hawkins Brook Nature Trail will offer a scenic, off-road pedestrian trail featuring views of Hawkins Brook and self-interpretive educational signage. Located in a large and diverse wetland complex that drains into Lake Winnepesaukee, the trail is conveniently tucked right into the heart of Meredith Village. The trail will be universally accessible and will connect residents and visitors from the Village to Prescott Park. Join us as Rod Wilson introduces us to this project designed to promote physical and mental well being. **This event will be held at Woodside beginning at 6:30PM.**

UPCOMING LECTURES AND CAMPUS EVENTS *Continued*

*For all special events held at Woodside, we will do our best to accommodate rides with 72 hours advance notice. Please call Dial-A-Ride at 366-1234.

Tuesday – October 23 – Documentary: *Brain Games* – This interactive presentation uses games, illusions and experiments to illustrate how our brains manufacture our reality and often play tricks on us. **Join us in the Woodside Theater at 2:00PM.**



Thursday – October 25 – Foreign Film: *Smiles of a Summer Night* – This is a 1955 Swedish comedy film, directed by Ingmar Bergman. It was shown at the 1956 Cannes Film Festival. In 2005, TIME magazine ranked it one of the 100 greatest films since 1923. **Join us in the Woodside Theater at 2:00PM.**

Friday – October 26 – Rock Steady Boxing Workshop – Details are on Page 6. Please join us in the Fitness Center at Woodside at 3:00PM.



Saturday – October 27 – Trick or Treat! – Employee families have been invited to trick-or-treat at Taylor Community, from 1:00—3:00pm in Woodside, Taylor Home and the Ledges. **Residents who wish to receive trick-or-treaters should place some form of decorative pumpkin on their door.**

Sunday – October 28 – TRA Sunday Social and October Birthday Celebration – Please join us at Woodside at 4:30PM.



Monday – October 29 – Presentation: *Belknap Range Hiking Trips and BRATTS (Belknap Range Trail Tenders)* – Join Tammy Levesque for this morning presentation which includes a continental breakfast, and enjoy a special morning celebrating some extraordinary accomplishments. **Please RSVP to Tammy at 366-1206, and join us at Woodside at 8:30AM.**

Monday – October 29 – Cross Country Travels with Jason Seavey – Join Jason as he shares his adventures while traveling across the country. **This photographic lecture program will be held at Woodside at 6:30PM.**



Tuesday – October 30 – TED Talks on Cancer Survival, followed by open discussion – A test that finds 3X more breast tumors, and why it's not available to you: Deborah Rhodes; the future of early cancer detection: Jorge Soto; and a new strategy in the war on cancer: David Agus. Join Tammy Levesque for these three TED Talks, open discussions and personal stories. **This event will be held at Woodside beginning at 1:00PM.**

Wednesday – October 31 – The Wizard of Oz – Enjoy a special holiday presentation of this 1939 American musical fantasy film, widely considered to be one of the greatest films in cinema history. **Join us in the Woodside Theater at 2:00PM.**



Wednesday – October 31 – It's back! Halloween Fire Pit Party! – Bring your best costume for some great prizes. A buck for a slice of pizza and non-alcoholic beverage; and spirits will be available as well. Bring your chair and a little \$ along with your costume of choice and join the fun! All are welcome... Come and see what Tammy comes up with for fun! **Join us at the Woodside Fire Pit from 5:00 – 7:00PM.**

If you are a Veteran, we want to know...



Taylor's Annual Veterans Day Luncheon is scheduled for **Monday, November 12**. The program will begin at 11:00am and lunch will be served promptly at Noon.

As part of our program, I have put together a slide presentation which recognizes each Taylor Community Resident and Employee Veteran, identifies their branch of service and includes a photo in service uniform.

If you are a Veteran, I say "Thank you for your service!" and ask that you be in contact so I can include your information in our program.

Please reserve this date on your calendar as we would be honored to have you as our guest. More details about the event will follow.

I look forward to creating a meaningful event for all of you!

~ Brenda Kean
bkean@taylorcommunity.org or 366-1226

VNA Grief Support Group



The Central NH VNA & Hospice Grief Support group meets each Thursday from 2:00—3:30 p.m. through Oct. 25.

They welcome you to join them to learn about the grief process, discuss ways of coping, and gain the support of others in a safe, 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.

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

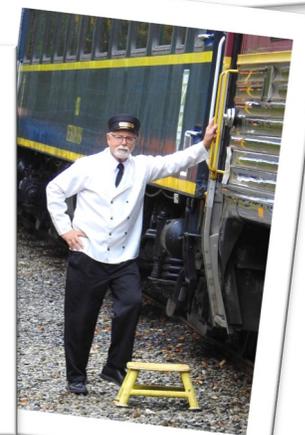
Hobo Railroad Adventures



"Don't anyone stick their head out the window..."



John, the sign says "Watch Your Step"... Maybe you should come down from there...



Recurring Campus Events

Sundays:

Sunday Brunch

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

Sunday Movie Matinee

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

Church Services

Sundays @ 2:30pm, Ledgeview
.....

IRA Sunday Social & Monthly Birthday Celebration

Last 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
Woodside Birch 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.):

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 at 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
.....

Oasis Pub Night

First Friday of the Month @ 4:30pm, Woodside

Saturdays:

Saturday Entertainment at Ledgeview

Saturdays @ 2:30pm, 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 Theater
(No Movie on Community Social & Dinner 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.

OASC Hike: Straightback Mountain
Mon., 10/15 @ 8:15am
(Call Tammy for this one: 366-1206)

Lunch with Friends at Lanna Thai
Wed., 10/17 @ 11:15am

Lakes Region Seaplane Foliage Tours
Fri., 10/19 @ 9:30am

Aida at Winnepesaukee Playhouse
Sat., 10/20 @ 12:45pm

Breast Cancer Walk at Opechee Park
Sun., 10/21 @ 9:30am
(Call Tammy for this one: 366-1206)

OASC Hike: Mount Major
Mon., 10/22 @ 8:15am
(Call Tammy for this one: 366-1206)

Dining Out at Squam Lake Inn
Wed., 10/24 @ 4:30pm

Beans & Greens Corn Maze, Lunch at Patrick's
Fri., 10/26 @ 9:15am

Meeting Reminders

Wellness Committee Meeting
Tues., 10/16 @ 1:00pm

Pool Committee Meeting
Tues., 10/16 @ 2:00pm

Woodside Theater

Saturday Night Movies
7:00PM

Sunday Matinees
2:00PM



Sunday Matinee Lineup

Oct. 14 – *Barbra Streisand*
Oct. 21 – *Stripes*
Oct. 28 – *Spooky Buddies*



Kindness is catchy. Pass it on!

In Memoriam

Marcia Gamache
June 19, 1925 – Sept. 28, 2018
Taylor Resident Since 2013

John Peterson
December 24, 1930 – October 1, 2018
Taylor Resident Since 2015



Lectures, Programs & Special Events

Check out Recurring Campus Events on Page 14!

Movie Monday: *The Artist*
Mon., Oct. 15 @ 2:00pm, Woodside Theater

League of Women Voters Presentation
Mon., Oct. 15 @ 6:30pm, Woodside

Walking Pole Clinic
Donna Lang-Rice, Gilford Physical Therapy
Thurs., Oct. 18 @ 2:00pm, Woodside Fitness Center

Thursday Night at the Opera: *Rigoletto*
Thurs., Oct. 18 @ 7:00pm, Woodside Theater
Please RSVP at 366-1226.

Community Social & Dinner
Sat., Oct. 20 @ 5:00pm, Woodside
Please RSVP at 366-1449 by 10/17.

Hawkins Brook Nature Trail Presentation
Mon., Oct. 22 @ 6:30pm, Woodside

Documentary: *Brain Games*
Tues., Oct. 23 @ 2:00pm, Woodside Theater

Foreign Film: *Smiles of a Summer Night*
Thurs., Oct. 25 @ 2:00pm, Woodside Theater

TRA Sunday Social & October Birthday Celebration
Sun., Oct. 28 @ 4:30pm, Woodside

Breakfast Presentation:
Belknap Range Hiking Trips and BRATTS (Belknap Range Trail Tenders)

Mon., Oct. 29 @ 8:30am, Woodside
Please RSVP at 366-1206.

Cross Country Travels with Jason Seavey
Mon., Oct. 29 @ 6:30pm, Woodside

Have you "opted out" of Taylor Community "robo-calls" but now wish to receive them?

Our infrequent automated calls are another way for you to stay informed and receive pertinent information in a timely manner. We've had several inquiries lately about how to "opt back in."

To opt in, call 1-855-502-7867 and follow the prompts. Please Note: You must do this on the same phone you used when opting out.

SING WITH US!

The Taylor Community Chorus wants YOU!!

1st and 3rd Thursdays of the Month
2:00pm, Taylor Home Atrium



Visit us in the Bistro!

Monday to Friday 11:30am—2pm

Hot Lunch Specials, Salad Bar, Deli Bar, Grab & Go

Tuesday and Thursday Dinner 5—7pm

Please RSVP for Dinner at 366-1481 —

Be sure to ask about Chef's Featured Entrees

Saturday Breakfast Buffet 8—10am

\$9.95 — No RSVP required

Sunday Brunch 11:00am - 2:00pm

Please RSVP for Brunch at 366-1481

We appreciate your input. Please let us know how we can improve your dining experience.

Moe Memmolo, General Manager, 366-1231

taylorhome@glendaleseniordining.com

Jason Seavey, Chef de Cuisine, 366-1481

woodside@glendaleseniordining.com

Daily Lunch Specials

Lunch Specials priced according to market cost.

Monday 10/15: Chef's Choice Personal Pan Pizza with Side Salad **\$7.95**

Tuesday 10/16: Soft Shell Tacos (Choice of Beef, Chicken or Grilled Vegetables) served with Tex-Mex Inspired Sides **\$8.95**

Wednesday 10/17: Mac-and-Cheese Bar: build your own bowl! **\$6.95**

Thursday 10/18: Italian Sausage Lasagna with Chef's Choice Vegetable and Breadstick **\$8.95**

Friday 10/19: Coconut Shrimp with Pineapple Mango Salsa and Caribbean-Inspired Sides **\$8.95**

Monday 10/22: Lamb Gyro and Falafel with Sautéed Spinach & Peppers **\$8.95**

Tuesday 10/23: Hot Pastrami Sandwich on an Onion Roll with Swiss Cheese, Pommes Frites **\$8.95**

Wednesday 10/24: Thai Butternut Squash Curry with Jasmine Rice **\$6.95**

Thursday 10/25: Chicken Roulade with Classic Stuffing, Gravy and Seasonal Vegetable **\$6.95**

Friday 10/26: Salmon Wellington with Cream Sauce and Peas, Chef's Choice Sides **\$9.95**

Sunday Brunch Enhancements

Beginning Sun., Oct. 7, our Sunday Brunch changed from a la carte to a buffet!

\$16 per person, 11am—2pm. You can now look forward to a wider selection of lunch-type items, including a carving station.

Reservations are suggested at 366-1481.

**Community Social & Dinner
Saturday, October 20 at 5pm**



Cheese Board: Variety of cheeses from VT and NH with flatbreads and crackers

Charcuterie Station: Artistic display of skillfully prepared cured meats, sausages, pates and other creations, served with house-made jams, jellies, and other creative condiments

Fresh Fruit Display with Yogurt Dip

Plated Salad: Roasted Golden and Scarlet Beets over Baby Kale with Goat Cheese Vinaigrette

Entrees: Fruit de Mer: Bay Scallops, Rock Shrimp, Mussels and Other Seasonal Fish in a Light, Herbed Tomato White Wine Broth; Chicken Cordon Bleu Napoleon with Dijon Cream; Carvery: Rotisserie Lamb Top Round with Chevre Demi-Glace, Mustard Glaze, Minted Fennel Chutney

Sides: Tri-Colored Cauliflower au Gratin; Roasted Garlic Pappardelle Pasta; Peas & Carrots; Spaghetti Squash

Desserts: Apple Crisp Shooter; Hot Maple Indian Pudding; Lou's Seasonal Cake du Jour; SF and GF Items Available

\$22.95 per person

Please RSVP for this event, 366-1449 by Oct. 17.

Dinner Specials – Tuesday, October 16

Steak Diane (NY Strip Steak with Cognac Pan Sauce), Creamed Spinach and Roasted Potatoes **\$18**

Cilantro Lime Salmon with Quinoa, Corn & Pepper Medley **\$19**

Chef's Choice White Meat Feature \$Market

Butternut Squash & Pumpkin Ravioli (Vegetarian) with Maple Cream Sauce, Spinach and Toasted Sunflower Seeds **\$15**

Starter: Spinach and Pear Salad with Walnuts and Cider Vinaigrette

Dinner Specials – Thursday, October 18

Allspice Rubbed Pork Loin with Cider Reduction Pan Sauce, Whipped Sweet Potatoes and Spaghetti Squash **\$17**

Scallops & Bacon Skewer with Maple Butter, served with White Bean Mash and Sautéed Kale **\$19**

Chef's Choice Red Meat Feature \$Market

Butternut Squash & Pumpkin Ravioli (Vegetarian) with Maple Cream Sauce, Spinach and Toasted Sunflower Seeds **\$15**

Starter: Bacon Crusted Wedge Salad with Blue Cheese, Shaved Red Onion

Dinner Specials – Tuesday, October 23

Grilled Lamb Chops with Mint Honey Glaze, Parmesan Polenta and Swiss Chard **\$20**

Lemon Pepper Haddock with Caper Aioli, Wild Rice and Tarragon Carrots **\$17**

Chef's Choice White Meat Feature \$Market

Butternut Squash & Pumpkin Ravioli (Vegetarian) with Maple Cream Sauce, Spinach and Toasted Sunflower Seeds **\$15**

Starter: Roasted Broccoli Salad, Candied Cranberries, Orange Vinaigrette

Dinner Specials – Thursday, October 25

Chicken Marsala, Herbed Orzo and Brussels Sprouts **\$16**

Sicilian Calamari with Cherry Peppers, Onion and Shaved Fennel in a White Wine Herb Sauce, served with Pappardelle Pasta **\$17**

Chef's Choice Red Meat Feature \$Market

Butternut Squash & Pumpkin Ravioli (Vegetarian) with Maple Cream Sauce, Spinach and Toasted Sunflower Seeds **\$15**

Starter: Kale & Marinated Mushroom Salad with Balsamic Vinaigrette