



Cuttin' a Rug to Annie and the Orphans!



Taylor Community 2020 Music Series

The Jonathan Lorentz Quartet Sunday, February 16 at 3pm



Jonathan Lorentz, Tom Robinson, John Hunter, Tim Gilmore
Tenor Sax Piano Bass Drums

The Jonathan Lorentz Quartet

plays energetic jazz with an enthusiasm for collaboration and on-the-spot creative inventions. Their shows always leave space for historical reflection, humor, and surprise, adding up to a whole lot of fun. As they celebrate 20 years of music together, the band is excited to introduce their newest cohort, tap dancer Ayan Imai-Hall. Their program will be announced from the stage.



Special Guest,
Ayan Imai-Hall
Tap Dancer

Generously supported by Bank of New Hampshire, our Music Series performances are free and open to the public with no reservations required. A donation from Taylor Residents Peter and Alida Millham helped to make this performance possible.

You won't want to miss this show!

National Random Acts of Kindness Day is Monday, February 17

That sounds like Taylor Community EVERY day!

- Tell someone that you love and appreciate them.
- Tape a kind note to a chocolate bar, and leave it for a friend.
- Smile, and say hello to a stranger.
- Call a friend and tell them why you're grateful for them.
- Assume the best in everyone.
- Offer a listening ear to someone who is struggling.
- Say something positive to everyone you talk to today.
- Make plans with a friend you haven't seen for some time.
- Forgive someone you've been holding a grudge against.
- Clean up a mess you didn't make.

Much of Kindness is FREE... spread that stuff around!

Have you caught someone being especially kind? Please thank them for their kindness. Maybe someone has been especially kind to you? Pay it forward!



Join us at the

ACTIVITY FAIR

Monday, February 24
10am, Woodside

Don't miss this chance to learn about all of the various groups and clubs currently existing at Taylor Community, or the opportunity to form possible new groups and clubs with residents with common interests. Do you want to find a new hobby? Have an interest you would like to share with others? This event is one of the best opportunities to get involved with all that goes on at Taylor Community. Hosting an information table about your group is a great way to share information about your programs, activities, services or causes. If you would like to reserve space, please contact Brenda via email at bkean@taylorcommunity.org or call 366-1226.

See you there!

FITNESS NEWS AND EVENTS

We've added a class! Due to increased participation in fitness classes (a great problem to have!), an **11am Strength & Stretch** class has been added to Mondays and Wednesdays.



Swing Dancing

Mondays @ 1pm through March 9
Meagan Francis of Lakes Region Dance Studio leads this class. Please register with Heather at 366-1206, and join us in the Fitness Room.

TED Talks:

**Tues., Feb. 25 @ 1pm,
Woodside Theater**



Life's Third Act (Jane Fonda)

Dubbed by Fonda as our "Third Act," the 34 years we live beyond the lifespan of our great grandparents can be seen as a developmental stage of life marked by wisdom and happiness.

Older People are Happier (Laura Carstensen)

Carstensen speaks about the benefits of aging, citing evidence from numerous studies showing that people who are past middle age experience less stress and enjoy life more.

"How To Get Up From a Fall"

Mon., Feb. 17 @ 11am, Woodside

Join Heather Bell, RN, and Heather Joubert, Wellness Director, in the Maple and Elm Rooms. No RSVP required.



Pool Committee Meeting

Tues., February 18 at 2pm in the Fitness Room.
New members are welcome!



Snowshoeing Group

Last outing: **Mon., Feb. 24**
(dependent on weather, location TBD)

New! Technology for the Hearing Impaired

Fri., Feb. 28 @ 11am, Woodside

Hearing Enhancement Centers



Jason from Hearing Enhancement Centers will give a presentation on the newest innovations in technology for the hearing impaired.
No RSVP required.

SEEKING BETTER FITNESS?

Try a new class — It's more fun with friends!



Mondays

8am Tai Chi
9am Strength & Stretch
11am Strength & Stretch

Tuesdays

8:30am Walking Group
9:30am Muscle Toning
10:15am Cardio-fit
11am 30-Minute Balance

Wednesdays

9am Strength & Stretch
10:15am Chair Yoga
11am Strength & Stretch

Thursdays

8am Tai Chi
8:30am Circuit Training
9:30am March Fit
10:15am Cardio-fit
11am 30-Minute Balance

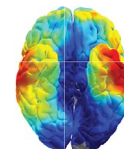
Fridays

9am Strength & Stretch
10:45am Meditation

LOOKING AHEAD TO MARCH:

Stress and Its Impact on Memory

Mon., March 2 @ 10am, Fitness Room
Wellness Intern Kayleigh Murray will present.
No RSVP required.



Heart Healthy Diets

Wed., Mar. 4 @ 1pm, Woodside
Registered Dietician Elizabeth White will present in the Maple and Elm Rooms. No RSVP required.

Golfing and Bowling at Funspot

Wed., Mar. 11, 10:15am—1:30pm
Please register with Ethan at 366-1405 or Heather at 366-1206.

Trip is limited to 14 participants.
Bus departs Woodside at 10:15am.

NOTE: There will be no 11am Strength & Stretch class today due to this outing.



Hiking Group Resumes

Wed., Mar. 25 @ 10am, Woodside
Spring is coming... come and get ready to hit those trails!

Please see Heather in the Fitness Center for updated Pool and Fitness Calendars!



Welcome, New Residents:

Kenneth & Merle Sciacca
2/1 Back Bay

George & Mary Snaith
2/4 Ledges

We're Happy You're Here!

New Resident

Wednesday,
February 19
at Woodside,
2—4pm

2pm New Residents
2:30pm All Residents



President and CEO Michael Flaherty
will hold an informational

Budget Town Hall Meeting

which will focus on our 2021 Budget.

Tuesday, February 18 at 11am, Woodside

Recent Additions to Woodside Library

Non-Fiction:

If These Walls Could Talk: Boston Red Sox, Jerry Remy & Nick Cafardo

Fiction:

Pond, Claire-Louise Bennett

Home, Harlan Coben

Family Affair, Debbie Macomber

The Lost Man, Jane Harper

Anatomy of a Disappearance, Hisham Matar

Palace of Treason, Jason Matthews (Novel 2 in The Red Sparrow Trilogy)

The Kremlin's Candidate, Jason Matthews (Novel 3 in The Red Sparrow Trilogy)



Choose a Heart Healthy Diet 8 Steps to Prevent Heart Disease

- 1. Control your portion size.** How much you eat is just as important as what you eat. Overloading your plate, taking seconds and eating until you feel stuffed can lead to eating more calories than you need.
- 2. Eat more vegetables and fruit.** Vegetables and fruits are good sources of vitamins and minerals, and are low in calories and rich in dietary fiber. Plant-based foods contain substances that may prevent cardiovascular disease, and may help you cut back on higher calorie foods.
- 3. Select whole grains.** Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. Substitute them for refined grain products.
- 4. Limit unhealthy fats.** Limiting how much saturated and trans fats you eat is an important step to reduce your blood cholesterol and lower your risk of coronary artery disease.
- 5. Choose low-fat protein sources.** Lean meat, poultry and fish, low-fat dairy products, and eggs are some of your best sources of protein. Be careful to choose lower fat options. Fish is a good alternative to high-fat meats, and certain types are rich in omega-3 fatty acids, such as salmon, mackerel and herring. Legumes are also good sources of protein and contain less fat and no cholesterol.
- 6. Reduce the sodium in your food.** Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease. The American Heart Association recommends that healthy adults have no more than 2300 mg. of sodium a day (about a teaspoon of salt). Reducing the amount of salt you add to foods is a good first step, but much of the salt you eat comes from canned or processed foods. Choose reduced sodium items or make your own, and choose your condiments carefully.
- 7. Plan ahead: Create daily menus.** Create daily menus using the six strategies above.
- 8. Allow yourself an occasional treat.** Allow yourself an indulgence every now and then. A candy bar or handful of potato chips won't derail your heart-healthy diet, but don't let it turn into an excuse for giving up on your healthy eating plan. If overindulgence is the exception, rather than the rule, you'll balance things out over the long term. What's important is that you eat healthy foods most of the time.



Could there have been a better day for a Winter Mountain Tour? The view of Mount Washington from the Mount Washington Hotel's balcony was truly stunning. Find us on Facebook for more photos!

Red Cross Blood Drive

Monday, February 17 from 8am—1pm, Woodside

The Red Cross is currently experiencing a critical shortage of blood.



Preregistration saves time: Call 1-800-RED CROSS (1-800-733-2767) and enter TAYLORNH.

The Blood Drive held at Woodside on Friday, January 3 drew 29 donors (one first time donor) and collected 28 pints of blood. Thank you for boosting the community blood supply and ensuring hospital patients have the lifesaving blood they need.



Email Scam Alert — Laconia Congregational Church

Pastor Neil warns you not to respond to emails being sent to you by *him* seeking donations. A scammer is sending emails via an email address very similar to Pastor Neil's and in a very "friendly" manner asking for recipients to purchase gift cards for charitable purposes. The scammer is also offering to "reimburse" a purchase of \$300 "for a sick friend," with detailed instructions included.

These emails are NOT FROM THE CHURCH, and have been reported to the police. Do not respond to them.



Welcome New Staff

Elena M. Hann, Laconia, joins us as LNA. She earned her certifications at LNA Health Careers. Elena was raised by her grandmother, who battled and beat breast cancer twice; Elena says she's absolutely amazing! Football is Elena's favorite sport (Go Patriots!), and she enjoys ice skating as well. Her favorite hobby is shopping. Elena loves being with her friends and hanging out with her family.

Ryan Fogg, Gilford, joins us as Maintenance Supervisor. Ryan attended Lakes Region Community College and holds an Associates degree in Marine Technology, which helps him to understand mechanical theory, operation, and maintenance procedures. He also spent four years with the Laconia Adult Education program to earn his electrical license. He has worked on buildings across the United States and in Canada, remotely and on-site, but is very excited to be here at Taylor, only 5 minutes from home.

Ryan's family has a small farm on Stark Street in Gilford, with a small flock of sheep, two horses, a dog, a cat, and a few pet birds, and they especially enjoy spending time at the beach in the summertime after a hot day of baling hay.

The family also has a passion for honoring the lives of those men who are buried in a WWII cemetery in Henri-Chapelle, Belgium, and they like to visit there whenever they can.

Welcome to Taylor Community!



Staff Spotlight Eimile Hoey

Taylor has a reputation for being a friendly community in which to live or work, and perhaps no one exemplifies that friendliness better than Eimile at the Woodside Bistro and Dining Room. Each and every day she greets others with a warm smile and welcoming words that help to brighten the day.

Originally from Savannah, Georgia, she has lived almost all of her life here in Laconia. Eimile loves dance classes and is quite the athlete. While in school, she participated in swimming, running cross-country, playing basketball, softball, and soccer. She also has an adventurous side and likes going on random trips with friends exploring little known places and beaches. She went indoor skydiving and surfing and loved them both. While we were chatting she shared how much she is looking forward to an upcoming trip to visit her aunt in Tampa (sounds good to me!)

Eimile loves dogs and especially her own mastiff named Nana. Music is also a big part of her life. She likes just about all kinds though her favorites are Country, Pop and Rap. For her, the highlight of working for Glendale at Taylor Community is getting to know the residents and to hear of their remarkable lives. She is awestruck hearing stories of residents serving time in the armed services including during World War Two.

Eimile plans to continue working at the Bistro but in the not too distant future you'll notice that she and her infectious smile won't be around for a little while. That's because she is enlisting in the Air National Guard and will be away at boot camp and training. Suffice it to say that whether she is in the National Guard or here at Woodside, you can always count on service with a smile.

Thanks Eimile for being such a special person on Team Taylor.

~ Paul Charlton

Activities Professional Day



Nancy Barry, Pam McLaughlan, Gail Milliken

Members of the activities team recently attended an "Activities Professional Day" in Manchester, NH led by 23-year industry veteran Tammy Pozerycki, who specializes in working with people living with Alzheimer's disease or other types of dementia.

The seminar aimed to "Create a Better Day for the Person Living with Dementia" as well as deepen attendees' understanding of Alzheimer's disease and dementia. The Activities Team was greatly inspired by the educational session and they have already implemented some of their learnings. Pam McLaughlan, who works primarily in the Opechee Harbor memory care unit, has created sensory boxes for residents, for example. The team is always eager to deepen their industry knowledge when possible.

This seminar was put on by The NH Health Care Association, which is an approved provider of the National Certification Council of Activity Professionals.

Back Bay Happenings

**Global Awareness Local Action Presentation,
Josh Arnold presents:
GALA MakerSpace
Thursday, February 20
Community House, 2pm**



Global Awareness Local Action (GALA) will hold this informal presentation. Attendees can expect to see slides from the group's visit to other makerspaces across the northeast as well as hear about building and floorplan updates for their new Bay Street location.

Over the past decade, makerspaces have exploded in popularity all over the globe with nearly 1,400 active spaces. Also called hackerspaces or innovation labs, these establishments act as communal workshops where "makers" can share ideas and tools. There are now plans to establish a community makerspace in Wolfeboro, an effort led by the local not-for-profit Global Awareness Local Action. Last fall, in conjunction with the local organization's ten-year anniversary, GALA landed a \$250,000 grant from the Northern Border Regional Commission. The funds were used to execute a purchase and sales agreement for 23 Bay Street, the former Wolfeboro Power Equipment facility. Join us as founding director Josh Arnold shares the exciting story of Wolfeboro's GALA Makerspace.



Wednesday Night Musical: Newsies

**Wednesday, February 26
Community House, 7pm**

Based on the real-life Newsboy Strike of 1899, this musical tells the story of Jack Kelly, a rebellious newsboy who dreams of a life as an artist away from the big city. Run time 2 hrs. 14 min.

**Next Resident Town Hall:
Thursday, March 26 at 10am**



Care Management Hours



Nurse Heather Bell will be available at the Community House the **3rd Thursday of each month from 8am—2pm**. Contact Heather via telephone at 366-1340 or email hbell@taylorcommunity.org.

TAYLOR COMMUNITY'S RESIDENT ARTISTS' ART SHOW



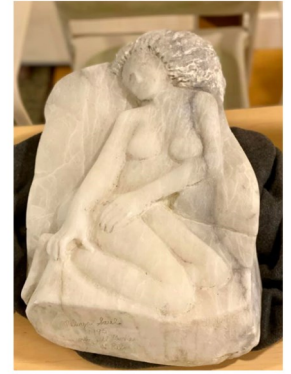
Taylor Community resident Jane Cleary shares a warm embrace with her art instructor, Ann Xavier, at the Art Show.

TAYLOR COMMUNITY'S RESIDENT ARTISTS' ART SHOW



Taylor Community recently hosted its First Annual Resident Art Show in the Woodside building. Over 200 people enjoyed the exceptional art on display, which included stained glass, photography, oil and watercolor paintings, quilts, cross-stitch, jewelry, weaving, carved stone, sculptures, and dyed silk.

"I was so thrilled with the quality and diversity of the artwork," commented Taylor Community's Director of Resident Life Brenda Kean. "It was a proud moment for me — to stand in the exhibition hall and welcome visitors to enjoy the exceptional talent of our residents. How lucky we are that so many chose to share their extraordinary gifts with us."



Members of the Opechee Garden Club were among the visitors to the show. The Opechee Garden Club will be pairing their lovely floral arrangements with art created by many Lakes Region artists—including Taylor Community residents—at their Art in Bloom exhibit, to be held on April 23rd, 24th and 25th at Taylor Community.

THE ARTISTS



Diane Beaman has enjoyed photography and traditional quilting for many decades. In recent years she combined the two and found her passion — art quilting. Diane's work is inspired by photography of the natural things around her, but is not necessarily realistic. She has a series of small landscape quilts with trees called "Branching Out." Look closely at her quilts and you will see a great variety of threads and couched yarns adding sparkle and texture. On some quilts, she has used fabric paint.

Nancy Bird Cross Stitch is one of Nancy's favorite needle crafts. She has been doing it for a number of years and has created many different projects. She has given many of her projects as gifts to family members for weddings, new homes, graduations, etc. Nancy enjoys seeing the picture develop as she adds the colored stitches. In addition to following purchased cross stitch kits Nancy has also designed several patterns of college insignias that she has put on pillows for grandsons going off to college.



Paula Haver Chambers On her 6th birthday, she got the best present ever—a Kodak Brownie Camera and began her lifelong enjoyment with photography. Eventually she began concentrating on close ups of water birds, animals, butterflies, children and landscapes. Paula later joined a photography club in Bainbridge, Georgia where she learned so much from their patient instruction. Paula's cottage is filled with her most precious possessions, her framed photography.

Evy Chapman has always been interested in stained glass. In 2001 she took a class near where she lived in Virginia. For the next fifteen years she made many pieces, some as gifts, but sold most of them in a local art gallery. Evy has an album showing the pieces she's made. Since she moved to Taylor, she has only made one piece! She says that is because "There's too much to do here!!"



Jane Cleary was born in Loudonville, New York. She attended college in New York majoring in Home Economics. In 1980, Jane and her husband moved to Amherst, NH and while visiting a friend in Marblehead, MA, she was encouraged to join an art class. Jane professes no previous trainings in the world of art. From that point on, Jane has been painting and continuing her fine arts skills ever since. Even today, she takes two classes a week. She has had showings, won awards and one of her paintings was selected to hang in the Town Hall of Wilton, NH. Jane's paintings beautifully fill the hall surrounding her Ledgeview Apartment on the 3rd floor, with many more of her beautiful paintings inside.

Christa Faller was born in Freiburg, Germany, and came to the USA in 1950. She says she has always had an interest in art. When her husband retired they moved to Florida where a friend of hers got her started in a watercolor class. After taking the classes she became a member of the Brevard Watercolor Society in Melbourne, Florida. Christa is also a member of the Lakes Region Art Association. The subject matter that interests her most are flowers and still life composites. Her work is currently on display at Vynn Art in Meredith, NH.



THE ARTISTS (Continued from Page 7)



Dave Gorke Photography — Dave started photography in 1984 with a borrowed camera he used while backpacking in the Sierras, again while working in Paris and finally, in earnest, when he retired in 1999 and purchased a new Nikon camera, in Alaska, from a deck hand in Valdez. Since then there been many workshops, both as a participant and teacher, a small photographic business and many trips all over the US and Canada seeking new places to shoot images. Photography, for David, is an opportunity to capture the special beauty and essence of nature.”

Mel Greenberg From college on Mel enjoyed coloring and painting although his job was electrical engineering. Weekends and evenings Mel began drawing and later on, with the help of lessons, he began carving stone. As his skills improved, Mel focused more on human figures and animals. He traveled to Italy a few times studying with professional artisans to improve his carving skills.



Arlene Ilgenfritz first studied weaving at UNH as part of the OT curriculum and has a certificate in Weaving Education from Keene State University. She earned a Journeyman rating at the Weavers Guild of Boston where she is a former Dean and Honorary member, and is currently an active member of the Weavers Guild of NH and the local Loon Weavers. With the help of a very supportive husband, she has been able to concentrate on her weaving and had the time and freedom to lecture, teach, create workshops, write, experiment with one-of-a-kind pieces — and have fun with her weaving! She and Bob recently published *A Book of Weaving Inspirations* – documenting over 50 years of ideas for woven projects with photographs and illustrations.

Penny Keith has been a Taylor resident since April 2019, after having lived in Chatham, MA for 30 years, and prior to that Gloucester, MA. While in Gloucester, she took up watercolor painting with Margaret Laurie, a prize winning artist and wonderful teacher. During that time, she took various painting workshops at Monehegan Island, ME and Jeffersonville, VT. The paintings of the dory and lighthouse were done at Monhegan (the same scene from opposite points of view) and the farmhouse was painted in VT. She especially enjoys plein air painting. She continued painting while living on Cape Cod where she painted the snow scene (from a photo) and the flower vignette.



Ruth Krulish Ruth’s art career started in High School when at graduation she was awarded the Alexander Medal for the highest 4-year art average and was presented with a one-year scholarship to a nearby arts college in her area of Brooklyn. This was followed by enrollment in the Art Students’ League in New York City. When Ruth branched off into Graphic Arts, she had the good fortune to find practical experience working for three companies that specialized in civil and marine engineering, achieving Emeritus status upon retiring. After retirement, Ruth moved to Florida where she joined a Naples music club and was asked to produce their newsletter. She successfully designed their logo which appeared on club letterhead, programs and posters for which she also provided the artwork. Eventually Ruth retired again and enjoyed painting for her own enjoyment. Ruth started with oils but found gouache, which like watercolors clean up easy with soap and water. It was with this medium that Ruth painted the Peruvian Flute Player from a photo she had previously taken during travel there.

Sylvia Quackenbush began making jewelry in the early 2000’s; In 2005, she joined Artistic Roots—an artisans co-op in Plymouth, NH, selling her designs under the name Sadie Q (Her initials are S.A.D.Q.). She likes to work with gemstones such as turquoise, lapis lazuli, carnelian, aquamarine and coral.



Sally Reeder gained her eye for photography during countless hours in the Pennsylvania forests, accompanying her father as he photographed his favorite world. Sally’s photos are very different from his, but inspired by the same love of the natural world. Just being with him taught her to see the detail — a bird feather, a blade of grass, the single petal of a flower.

Betty Rowe began painting while living in Florida in the 70s. As a member of an “Arts” family, painting came rather naturally to her. She also found that painting was great therapy for her during the time she was faced with her husband’s declining health. Betty began working with oils and later switched to water colors. She has sold several paintings over the years. Betty is inspired by everything around her, and she enjoys creating florals, animals and landscapes. She loves to try new approaches, and finds abstract art very fun!



Wendy Sanborn Silk has a wonderful feel and to add color to it is exciting because I never know how it’s going to turn out. I ask myself “will this piece be a “dud” or a “delight”? And believe me, both have happened. I use fabric dye on the silk, treat it with salt or other products to embellish it and steam it for two to three hours. Then I open the paper wrapped bundle and hope for a “Wow!” and not a “Wah!” It’s fun!



Can we interest you in a cuppa tea, or design you a fun hat?

Taylor Gardeners!

To any residents who did not have a raised garden bed last summer, but would like to have one (or half of one) this coming summer (it IS coming!), please call me at 524-7131 to get your name on the list. Thanks!

~ John Larson



Upcoming Trip Opportunity, Reservations Now Open!



JEWELS
Capital Center for the Arts
Bank of NH Stage
Sunday, April 19

This opulent triptych was inspired by Balanchine's visit to the famous jeweler Van Cleef & Arpels on New York's Fifth Avenue, celebrating the cities and dance schools of Paris, New York and St. Petersburg, each bound to its own precious stone: emerald, ruby and diamond. Balanchine built an homage of captivating beauty to the three dance schools that had forged his style, each represented by a contrasting gemstone. Jewels offers a unique occasion to enjoy the genius of choreographer's visually captivating work performed by some of the world's most dazzling dancers in a live broadcast to cinemas. **Tickets are \$15. Bus pick-up will begin at 11:15am. RSVP to Brenda at bkean@taylorcommunity.org or 366-1226.**



Thomas Alva Edison shares his patents and inventions.



Great presentation, Jonathan Hively!



2020 Census Mobile Questionnaire Assistance Day

Thursday, March 19
10am—2pm
Woodside

Nicole McKenzie,
Partnership Specialist

Nicole spoke with residents at a meeting at Woodside on February 11. Very soon, every household in America will receive a notice to complete the census online, by phone, or by mail. In May, the U.S. Census Bureau will begin following up in person with households that have yet to respond.

If you have questions about the census, or need help with your response, Nicole can help.



Recurring Campus Events

Sundays:

Sunday Brunch

Sundays, 11am—2pm, WS
Please RSVP @ 366-1481 by 8am.

Sunday Movie Matinee

Sundays @ 2pm, WS Theater

Church Services — *Laconia Congregational Church*
3rd Sunday of the Month @ 11:15am, Ledgeview, 2nd Floor N

Church Services — *United Baptist Church of Lakeport*
2nd Sunday of the Month @ 1pm, Ledgeview, 2nd Floor N

IRA Sunday Social & Monthly Birthday Celebration
Last Sunday of the Month @ 4:30pm, WS

Mondays:

Stitch Witchery Quilters — Mondays, 8am, WS

Cozy Caps Knitters — Mondays @ 10am, WS

Taylor Home Bingo — Mondays @ 10am, Taylor Home

Taylor Playreaders

1st and 3rd Mondays @ 1pm, WS

Tuesdays:

Resident Cracker Barrel Coffee Hour
(includes Woodside/Ledges Food Forum)
Tuesdays @ 10am, Fireside Room at WS

Communion Service — *St. Andre Bessette Parish*
1st Tuesday of the Month @ 1:30pm
Ledgeview 3rd Floor Chapel

Laconia Public Library Runs
Every Other Tuesday @ 10:30am (Call 366-1234)

Prayer Shawl Ministry Meeting at Taylor
1st & 3rd Tuesdays of the Month @ 1pm
WS Dry Craft Room



Shopping Bus to Belknap Mall
Tuesdays @ 1pm (Call 366-1234)

Non-Fasting Blood Draws

Tuesdays @ 1pm
WS Wellness Office

(Fasting Blood Draws by appointment only: please call
Care Management Nurse Heather Bell at 366-1340)

Blood Pressure Clinic
Tuesdays, 2—3pm, WS Wellness Office

Wednesdays:

Men's Breakfast

1st Wednesday of the Month @ 7:45am, WS
RSVP @ 524-7131 by Monday at Noon

(Wednesday is continued above right)

Recurring Campus Events

Wednesdays (Cont.):

Cribbage Games

Wednesdays @ 10am, WS Card Room

Memoirs Group — Wednesdays @ 10am, WS Library

Care Management Nurse Office Hours

Wednesdays, 2—3pm, WS Wellness Office

Wine Socials — Wednesdays @ 3pm

Taylor Home and Ledgeview 3rd Floor

Thursdays:

Woodcarvers

Thursdays @ 9am, WS Wet Craft Room



Shopping Bus to Hannaford's/Walmart

Thursdays @ 9am (Call 366-1234)

Laconia Public Library Book Discussion Group

1st Thursday of the Month @ 10am
WS Library

Bridge Games — Thursday @ 1pm, WS

Taylor Community Chorus Rehearsals

1st and 3rd Thursdays at 2pm,
Taylor Home Atrium

Fridays:

Le Cercle Français de Laconia

Fridays @ 10am, Fireside Dining Room

Taylor Home Bingo — Fridays @ 10am, Taylor Home

Oasis Pub Night

First Friday of the Month, 4:30pm, WS

Saturdays:

Saturday Hot Breakfast

Saturdays, 7—9am, Lake Room at Ledgeview
RSVPs recommended at 366-1202

Saturday Entertainment at Ledgeview

Saturdays @ 2:30pm, Second Floor

Community Social & Dinner

4th Saturday of the Month @ 5pm, WS
RSVP at rsvps1@taylorcommunity.org or at 366-1449

Saturday Night at the Movies

Saturdays @ 7pm, WS Theater



Dial-A-Ride operates Monday — Friday

from 8am to 4pm, with extended hours on
Tuesday and Thursday evenings (until 7pm)
and also on Sunday mornings with transportation to
church.

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



Woodside Theater
Friday Night Movies 7:00PM
Saturday Night Movies 7:00PM
Sunday Matinees 2:00PM

Trip Reminders
 RSVP is required; please call Brenda at 366-1226.
New Hampshire Aviation Museum
 Fri., Feb. 21 @ 9am
The Humans with Hank Offinger
 Sun., Feb. 23 @ 12:30pm
Currier Gallery of Art
 Fri., Feb. 28 @ 9:45am

Meeting Reminders
Residents' Informational Budget Town Hall
 Tues., Feb. 18 @ 11am, Woodside
Pool Committee
 Tues., Feb. 18 @ 2pm, Woodside

Volpe Way Open House
Tuesday, February 25, 11am—1pm



As we near completion of the new cottages on Volpe Way, many of our residents and staff members have expressed an interest in seeing what the new neighborhood looks like. The marketing and facilities teams will be hosting an open house at 10 Volpe Way on Tuesday, February 25 with all residents and staff invited for an exclusive peek. Feel free to stop by and say hello. Have questions? Call the Welcome Center at 366-1400.

Volunteers Sought for Meal Delivery




We are looking for a few more volunteers to initiate a lunch delivery program from the Bistro to independent residents in their cottages. Volunteers would only be asked to give 15-20 minutes once every two weeks around the lunch hour to make this program operational. If this is something you might be interested in helping with, contact Allan Clemow at alclemow@gmail.com or 556-9007. Thanks!

In Memoriam

Bette Ohlson
 January 19, 1936 – January 30, 2020
 Taylor Resident Since 2011

Irene Barninger
 May 18, 1918 – January 30, 2020
 Taylor Resident Since 1999

Roger Webster
 November 18, 1928 – February 5, 2020
 Taylor Resident Since 1996



Lectures, Programs & Special Events
 Check out Recurring Campus Events on Page 10!

2020 Music Series: Jonathan Lorentz Quartet
 Sun., Feb. 16 @ 3pm, Woodside

Blood Drive — Mon., Feb. 17, 8am—1pm, Woodside

Wellness Workshop: How to Get Up from a Fall
 Mon., Feb. 17 @ 11am, Woodside

Downton Abbey Series
 Tues., Feb. 18 @ 2pm, Woodside Theater
 RSVP at 366-1226 or bkean@taylorcommunity.org

February Ballet: Romeo and Juliet
 Tues., Feb. 18 @ 6:30pm, Woodside Theater
 RSVP at 366-1226 or bkean@taylorcommunity.org

New Resident Meet & Greet
 Wed., Feb. 19, 2—4pm, Woodside
 RSVP at 366-1226 or bkean@taylorcommunity.org

February Opera: Werther by Massenet
 Thurs., Feb. 20 @ 6:30pm, Woodside Theater
 RSVP at 366-1226 or bkean@taylorcommunity.org

Resident Only Event: 33rd Annual Camden Conference
 Fri., Sat. & Sun., Feb. 21—23 @ Woodside
 Please refer to Gazette Vol. 245 for full schedule;
 RSVP at 366-1226 or bkean@taylorcommunity.org

Community Social & Buffet
 Sat., Feb. 22 @ 5pm, Woodside
 RSVP by 2/19 at 366-1449 or rsvps1@taylorcommunity.org

TRA Sunday Social & February Birthday Celebration
 Sun., Feb. 23 @ 4:30pm, Woodside

Activity Fair — Mon., Feb. 24 @ 10am, Woodside

Dave Perkins, Belknap County Sheriffs Dept. — SCAMS!
 Mon., Feb. 24 @ 6:30pm, Woodside

Volpe Way Open House — Tues., Feb. 25 @ 11am—1pm

TED Talks — Tues., Feb. 25 @ 1pm, Woodside

Downton Abbey Series
 Tues., Feb. 25 @ 2pm, Woodside Theater
 RSVP at 366-1226 or bkean@taylorcommunity.org

Jazz — A Film by Ken Burns
 Wed., Feb. 26 @ 2pm, Woodside Theater
 RSVP at 366-1226 or bkean@taylorcommunity.org

Musical Performance: Reggae with Noel Headman
 Wed., Feb. 26 @ 6:30pm, Woodside

Art Documentary: Gauguin — The Full Story
 Thurs., Feb. 27 @ 2pm, Woodside Theater
 RSVP at 366-1226 or bkean@taylorcommunity.org

Friday Night Movie: ET — The Extraterrestrial
 Fri., Feb. 28 @ 7pm, Woodside Theater

Glendale.

Community Bistro

Monday to Friday 11:30am—2pm

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

Tuesday and Thursday Dinner 5—7pm

Reservation Seating begins at 5pm, Last Seating is at 6pm. Please RSVP for Dinner by 2pm at 366-1481.

Be sure to ask about Chef's Featured Entrees!

Saturday Hot Breakfast

7—9am in the Lake Room at Ledgerview

\$8 — RSVP suggested due to limited seating, 366-1202

Sunday Brunch 11:00am - 2:00pm

Please RSVP for Brunch by 8am at 366-1481

Jennifer Lutzen, General Manager, 366-1231

jlutzen@taylorcommunity.org

Jason Seavey, Chef de Cuisine, 366-1481

woodside@glendaleseiniordining.com

Community Social & Buffet

Saturday, February 22 at 5pm

A Chinese / Lunar New Year Inspired Meal

Appetizers: Tempura Vegetables with assorted dips and sauces; Dim Sum: Assorted Spring and Egg Rolls; Fresh Fruit Display

Chilled Miso Cucumber Soup

Entrées:

Teriyaki Glazed Salmon (oven roasted, classic teriyaki glaze)

General Tso's Chicken (battered chicken tossed with chili peppers, green onions, ginger and soy)

Vegetarian: Tofu & Broccoli Szechwan (oven-roasted tofu chunks tossed with broccoli and red peppers in a ginger soy glaze, topped with mandarin oranges)

Sides: Scallion Jasmine Rice; Soba Noodles; Steamed Bok Choy; Stir-fried Vegetable Medley

Desserts: Lou's Seasonal Cake and Features du Jour (SF/GF available)

\$22.95 per person

Please RSVP by February 19 at 366-1449 or via email at rsvps1@taylorcommunity.org



Daily Lunch Specials

Monday 2/17: Pasta Bar: Choose from an array of pastas, sauces, proteins, and toppings **\$7.95**

Tuesday 2/18: American-style Chinese — Beef & Broccoli, pork fried rice, and other Chef creations **\$8.95**

Wednesday 2/19: Corned Beef Dinner (cabbage, onions, carrots, celery, red bliss potatoes and turnip) **\$9.95**

Thursday 2/20: Buttermilk Fried Chicken Dinner with succotash, mustard greens, and cornbread **\$8.95**

Friday 2/21: Beer Battered Cod with remoulade sauce (malt vinegar available), coleslaw, and Chef's choice side **\$9.95**

Monday 2/24: Hot Pastrami or Corned Beef Reuben with a selection of mustards, pickles, sauerkraut and other condiments, Chef's choice sides **\$8.95**

Tuesday 2/25: Foods of Spain — Paella (made to order), with chorizo, mussels, and other authentic ingredients and accompaniments **\$9.95**

Wednesday 2/26: Roasted Whole Chicken Dinner with mashed potatoes, gravy, peas and carrots **\$7.95**

Thursday 2/27: Classic Beef American Chop Suey with a side salad and warm rolls **\$6.95**

Friday 2/28: Shrimp & Grits, authentically prepared, available spicy or not, Chef's choice sides **\$9.95**

Brunch Reservation Incentives

Make your brunch reservations by 2pm on Friday and receive **FREE** bottomless hot and cold beverages (juice included). On the third Sunday of the Month (the buffet brunch), RSVP by Friday at 2pm and receive a **FREE** adult beverage (Mimosa or Bloody Mary).

Grab & Go Grocery Hours

Monday—Friday 11:30am—2pm • Saturdays 11am—1pm

Dinner Specials – Tuesday, February 18

Simply Delicious Sautéed Shrimp with Pan Sauce, Jasmine Rice and Broccoli \$18

Market Available Lamb or Veal Roast with Sumac and Onions, Crispy Potatoes and Blistered Tomatoes \$19

Seasonal Handmade Vegetarian Pasta Feature \$15

Starter: Classic Tomato Soup

Dinner Specials – Thursday, February 20

Truffled Bay Scallops with Roasted Sweet Potato and Celery Root Purée \$20

Classic Spaghetti and Meatballs with Garlic Toast Points \$17

Seasonal Handmade Vegetarian Pasta Feature \$15

Starter: Benjamin's Ranch Chicken Tender with choice of Dipping Sauce (sample of new lunch menu item now offered)

Dinner Specials – Tuesday, February 25

Sunday-Style Roast Beef Dinner with Mashed Potatoes and Gravy, Steamed Carrots \$16

Slow-Cooked Duck Breast with Seasonal Pan Sauce, Butternut Squash Purée and Candy Cane Beets \$19

Seasonal Handmade Vegetarian Pasta Feature \$15

Starter: Bruschetta

Dinner Specials – Thursday, February 27

Barbecue Chicken Thigh with Succotash, Mustard Greens, and Lou's Buttermilk Biscuits \$16

Roasted Market-Available White Fish, Cannellini Beans and Olives \$Market

Seasonal Handmade Vegetarian Pasta Feature \$15

Starter: Cucumber Cup with Smoked Salmon and Dill

Lou's Feature of the Month: Boston Cream Pie \$16

No advance notice needed — pick up any time during normal business hours.

Note: The 1/2 OFF coupon for you and your **FIRST TIME GUEST** to a Tuesday or Thursday Dinner from Volume 244 is valid thru 2/27/20! Reservations must be made by 2pm.