



9 Grant Road • Newmarket, NH 03857 • (603) 659-6000

September 2018

FAMILY FUNDRAISER NIGHT FOR ALZHEIMER'S ASSOCIATION

Join us for an evening of entertainment, food, fun, fundraising and awareness to benefit the Alzheimer's Association, Thursday September 20th. The Alzheimer's Association is our charity of choice. Entertainment will be at 4:30 provided by Storytelling with Shawn ~ Award winning Storyteller. Dinner at 5:30. Raffles and fundraising to follow. Friends and Family welcome! RSVP by Monday September 17th @ 603-659-6000 or email @ pines.ad@blueharborsl.com

2018 Alzheimer's Association® Alzheimer's Association is a not-for-profit 501(c)(3) organization.



WSSC RADIO SHOW PERFORMANCE

A huge shout out of thanks to the Silver Stars Theater Troupe and the Sunrise Sunset Center. We are so grateful that they took their WSSC Radio Show Performance on the road to The Pines. Just like the good old days it was full of short stories, song and comedy. Big thanks to Kitty Kando aka Kim Tilton and the Gossip Girls for including us in all the town talk! We so enjoyed it! We can't wait to see what you create next year!



Fall Into September

The first day of fall, also called the autumnal equinox, arrives Sept. 22. It's one of two days during the year (the other being the first day of spring) that bring nearly equal hours of day and night, about 12 hours. The word equinox means "equal night" in Latin. For us in the Northern Hemisphere, the days will then grow shorter as the sun starts rising later and setting earlier.

Autumn quote ~

Every leaf speaks bliss to me, fluttering from the autumn tree.
~ Emily Bronte

Office Hours

- April Bourdon ED M/F 8-4:30
- Sherry Pomeroy BOM ... M/F 7-3:30
- Becky Boccio HSD M/F 8-4:30
- Emilee Lavigne CRD M/F 9-5
- Gail Bukowski AD M/F 8-4:30
- Jason Deering MS M/F 8-4
- Heather Szumita T/TH
- Hairdresser

POOL PARTY!



Oh, Honey!

If you like to drizzle honey on your toast or in your tea, look for dark-colored varieties, which have been found to contain more antioxidants than light-colored honey. These powerful compounds can help lower the risk of heart disease and stroke.



Trivia Whiz

Birthday Trivia

More people celebrate their birthdays in August than in any other month. The two other months in which birthday rates are high are July and September.

SEPTEMBER BIRTHDAYS!

- BETTY METEVIER 9/4
- MARGARET BOGLE 9/10
- JERRY VEDRA 9/11
- DORIS PETERSON 9/14

- SYLVIA LANG 9/14
- SHIRLEY BAUER 9/21
- JOAN BOIKO 9/27

A Golden Birthday happens only once in a person's lifetime. It happens when the person's age and the date of the day they were born is the same.



August Fisher Cats Trip Out!

Our trip out to the Fisher Cats baseball game was FANTASTIC! Baseball, summer, selfies & ice cream sandwiches! A perfect afternoon!



The Hobby of Collecting

Stamps, coins, seashells, baseball cards, teddy bears ... there are countless objects that people collect as a hobby. Collecting enhances our lives in many ways:

Inspires creativity. Whether collectibles are displayed on a shelf, in a box or in an album, we enjoy looking at them, and this can spark ideas for other areas of life, from décor possibilities to artistic pursuits.

Benefits the brain. People often create categories for items in their collections or arrange them in order, such as by size or date. This organizational thinking, focus and ability to recognize patterns is exercise for the brain.

Expands knowledge. Collecting a certain item may prompt you to learn more about that topic, leading you down new paths of discovery. For example, researching a coin can reveal lessons about art, history and geography.

Builds social connections. A common interest is a fast way to make friends. At clubs, conventions and online forums, you can find others who share the same passion.

Celebrates traditions. Often, collections are passed down through generations or continued from childhood. These types of collections provide nostalgia and comfort.

Provides purpose. Collecting is an ongoing enjoyment, creating a never-ending quest to find the next addition. For many, the "thrill of the hunt" is the best part about the hobby.

Canine War Heroes

Military working dogs have a long legacy of brave acts during combat. During National Service Dog Month in September, salute some of history's heroic canines:

Sallie. A Staffordshire bull terrier, Sallie was the mascot of the 11th Pennsylvania Volunteer Infantry during the Civil War. At the Battle of Gettysburg, she was separated from her unit and discovered three days later guarding wounded soldiers. A bronze statue of Sallie is part of a monument at the historic battle site.

Stubby. This stray bull terrier mutt gained fame for his courageous deeds in World War I. His sharp hearing and sense of smell warned Army troops of incoming shells and gas attacks, and he once caught an enemy spy by the seat of the pants. Stubby received numerous honors, including the rank of sergeant, and later served as Georgetown University's mascot.

Chips. Trained as an Army sentry, Chips was a mix of German shepherd, collie and husky. He became the most famous military dog of World War II for his heroism at the 1943 invasion of Sicily, where he charged into gunfire to attack enemy soldiers.

Nemo. While serving as a sentry in the Air Force during the Vietnam War, this German shepherd showed great bravery and loyalty when he and his handler were hit by enemy fire. Despite severe injuries, Nemo leaped at their attackers, giving the airman time to radio for reinforcements.



Wit & Wisdom

Celebrating Centenarians

Healthy lifestyles and better medical care are leading to more Americans celebrating the centennial mark. According to the latest statistics, there are more than 72,000 people age 100 or older living in the U.S. Predictions by the U.N. estimate the number of centenarians will surge to 3 million worldwide by 2050.

In our building alone we have 26 people in their 90's. Irene turned 98 in February. Len will be 99 in December! And our very own Alice had her 100th birthday in May!

Wishing all of you many more!



September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="font-size: 4em;">September</h1>						1
2	Labor Day 3	4	5	6	7	8
SUNDAY AFTERNOONS W/ ELIZABETH	HAPPY LABOR DAY! BBQ LUNCH 1:30 RED SOX GAME	2:30 ENTERTAINMENT W/ RONNIE CHASE	1:30 CATHOLIC MASS 2:30 VETERAN'S COFFEE CLUB	1:30 BINGO W/ MURIEL		
9	10	11	12	13	14	15
HAPPY GRANDPARENTS DAY! COOKIE SOCIAL WORD GAMES GRAND BINGO	3:00 MUSIC W/ GARY SREDZIENSKI			1:30 BINGO W/ MURIEL	2:30 BOWLING PARTY	
16	17	18	19	20	21	22
SUNDAY AFTERNOONS W/ ELIZABETH		1:00 RED SOX VS NY YANKEES		1:30 BINGO W/ MURIEL	3:00 HAPPY HOUR W/ APRIL	
23/30	24	25	26	27	28	29
SUNDAY AFTERNOONS W/ ELIZABETH	ENTERTAINMENT W/ RAMBLIN' RICHARD			1:30 BINGO W/ MURIEL		

“This Month In History”

SEPTEMBER

1902: Considered the first sci-fi movie, “A Trip to the Moon” is a sensation when it’s first shown in Paris. French filmmaker Georges Melies pioneered the genre with his 14-minute silent feature.

1919: The American Legion is established by Congress as a patriotic veterans organization.

1921: In Atlantic City, N.J., 16-year-old Margaret Gorman is crowned the first Miss America.

1930: Newspaper readers are introduced to the characters Blondie and Dagwood when the comic strip “Blondie” debuts.

1957: The Brooklyn Dodgers play their last game at Ebbets Field, and the New York Giants play for the last time at the Polo Grounds. Both MLB teams moved to California.

1964: “Fiddler on the Roof” opens on Broadway. The classic musical would go on to win nine Tony Awards.

1970: “Monday Night Football” premieres. The first game broadcast had the Cleveland Browns hosting the New York Jets.

1981: Sandra Day O’Connor becomes the first female U.S. Supreme Court justice.

1995: Dozens of music legends help celebrate the opening of the new Rock & Roll Hall of Fame in Cleveland.

2009: After 57 years, the daytime soap opera “Guiding Light” airs its final episode. It was the longest-running TV drama in American history.

2016: Watch your step! A giant fossilized dinosaur footprint, believed to be 130 million years old, is discovered on a beach in Australia.