

KENNEDY MEADOWS

Gracious Retirement Living

44 Nashua Road • North Billerica, MA 01862 • Phone (978) 584- 1272 • www.seniorlivinginstyle.com

SEPTEMBER 2021 KENNEDY MEADOWS STAFF

Assistant Manager BILL MACKEY

Assistant Manager ROBIN SMITH

Nothing Like a Home Cooked Meal!

Flavorful, healthy meals are always on the menu at Kennedy Meadows.

Three unique chef-prepared meals are served every day, so you won't need to ever worry about cooking or cleaning — we take care of everything for you! Our menu offers a variety of nutritional choices at every meal, and snacks and beverages are available at any time.

Social connection is a priority at Kennedy Meadows, so we encourage mealtime to be an opportunity to socialize with neighbors and friends. You can even interact with our chefs who pour coffee at every table every afternoon. Sharing a meal with others is one of life's greatest pleasures. Join us at Kennedy Meadows and indulge in our enriching culinary experience, one meal at a time.



The Buzz on Bee Species

They're some of the best-known pollinators, essential to helping crops and flowers grow. Here's the buzz about some common types of bees:

Honeybee: The world's most famous bee species, honeybees are prized for the sweet, golden honey they produce from nectar. To feed their hives, honeybees collect pollen in special "baskets" on their legs.

Bumblebee: Though larger and fuzzier than honeybees, bumblebees also live in groups and make honey, although not on a large enough scale for harvesting. Bumblebees move so quickly that they make a buzzing sound, which vibrates pollen off of flowers and onto their bodies.

(Continued on back.)

HAWTHORN
SENIOR LIVING

SEPTEMBER 2021

“The beautiful thing about learning is that nobody can take it away from you.”
—B.B. King

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
9:00 Group Exercise, F 5 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 2:00 New York Life Insurance Presentation, ACT 6:45 Movie, T 7:00 Poker Night, G	LABOR DAY ROSH HASHANAH BEGINS AT SUNSET 9:00 Beach Ball Volleyball, A 2:00 Light of the Valley Church Service, T 2:00 Wii Bowling with David, ACT 3:00 Ice Cream Social, ACT 6:45 Movie, T	9:00 Beach Ball Volleyball, A 7 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! 11:00 Bean Bag Baseball Tournament: Game #1, A 11:30 Activity with Barbara, ACT 1:45 Musical Guest: Alvin, A 1:45 Mexican Train, G 2:00 Banking Outings, LB Trivia for Funny Money, ACT Funny Money Free Bingo, ACT	9:00 Exercise with Jake, ACT 1 10:00 Bible Study Class, C 11:00 Bean Bag Baseball Team Practice, A 1:45 Rummikub, ACT 2:00 Talent Show Meeting and Discussion, ACT 3:00 Camden Springs Video Marathon, ACT 6:45 Traveling Movie Tuesday, T	9:00 Chair Dancing Exercise, F 2 10:00 Outing: Arden Fair Mall and Lunch, LB 11:00 Bean Bag Baseball Tournament, A 12:00 Resident/Manager Meeting, D 2:00 Painting with Samantha, ACT 3:00 Art Class with Cindy, ACT 6:45 Movie, T	9:00 Group Exercise and Simple Stretches, F 3 10:00 Bean Bag Baseball Team Practice, A 10:30 Atlas Hearing Aid Service, ACT 12:30 Sock Hop Dinner, ACT 1:45 Mexican Train, G 2:00 Bridge Group, G 2:00 1950s Trivia, ACT 3:00 1950s Picture Show and Music, ACT 6:45 Nickel Bingo, ACT	9:00 "Chairing Along" Drumming Exercise, ACT 4 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT 2:00 Exercise Your Brain with Brain Games, ACT 3:00 Online Games with Chelsea, ACT 6:45 Movie & Popcorn, T
9:00 Group Exercise, F 12 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 6:45 Movie, T 7:00 Poker Night, G	9:00 Beach Ball Volleyball, A 2:00 Light of the Valley Church Service, T 2:00 Wii Bowling with David, ACT 3:00 Ice Cream Social, ACT 6:45 Movie, T	9:00 Beach Ball Volleyball, A 15 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! 1:45 Mexican Train, G 1:45 Musical Guest: Mike Jasper, A 2:00 Banking Outings, LB 3:00 Trivia for Funny Money, ACT 6:45 Funny Money Free Bingo, ACT	9:00 Exercise with Jake, ACT 8 10:00 Bible Study Class, C 11:00 Bean Bag Baseball Tournament: Game #2, A 11:15-11:45 Library Bookmobile, LB 1:45 Rummikub, ACT 2:00 Book Club Meeting, ACT 3:00 Ice Cream Social, ACT 6:45 Traveling Movie Tuesday, T	9:00 Chair Dancing Exercise, F 9 10:00 Outing: Red Hawk Casino, LB 10:00 Selfie Session #1, ACT 11:00 Ring Toss for Funny Money, A 2:00 Selfie Session #2, ACT 2:00 Social Security and Medicare Info, ACT 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T	9:00 Group Exercise and Simple Stretches, F 10 10:00 Movie Matinee, T 1:45 Mexican Train, G 2:00 Bridge Group, G 3:00 Stone Cold Ice Cream Demonstration, ACT 6:45 Nickel Bingo, ACT	9:00 "Chairing Along" Drumming Exercise, ACT 11 PATRIOT DAY 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT 2:00 Exercise Your Brain with Brain Games, ACT 6:45 Movie & Popcorn, T
9:00 Group Exercise, F 19 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 6:45 Movie, T 7:00 Poker Night, G	9:00 Beach Ball Volleyball, A 2:00 Light of the Valley Church Service, T 2:00 Wii Bowling with David, ACT 3:00 Ice Cream Social, ACT 6:45 Movie, T	9:00 Beach Ball Volleyball, A 21 10:00 Shopping at Walmart and Target, LB 10:00 Giant Crossword Puzzle, ACT 11:00 Horse Racing for Funny Money, A 1:30-3:30 See's Candy Sales Booth, A 1:45 Mexican Train, G 2:00 Banking Outings, LB 2:00 Giant Pictionary, ACT 3:00 Trivia, ACT 3:30 Activity Meeting with Chelsea, ACT 6:45 Funny Money Free Bingo, ACT	9:00 Exercise with Jake, ACT 15 10:00 Bible Study Class, C 10:30 Crafting Together, ACT 11:00 Bean Bag Baseball, A 1:45 Rummikub, ACT 2:00 Book Club Meeting, ACT 3:00 New Resident Welcome Party, ACT 6:45 Traveling Movie Tuesday, T	9:00 Chair Dancing Exercise, F 16 10:00 Movie Critic's Corner: Movie Selection, T 11:00 Bus Outing Adventures, LB 2:30 Outing: Eco Thrift, LB 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T	9:00 Group Exercise and Simple Stretches, F 17 10:00 Movie Matinee, T 1:45 Mexican Train, G 2:00 Bridge Group, G 3:00 Stone Cold Ice Cream Demonstration, ACT 6:45 Nickel Bingo, ACT	9:00 "Chairing Along" Drumming Exercise, ACT 18 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT 2:00 Exercise Your Brain with Brain Games, ACT 6:45 Movie & Popcorn, T
9:00 Group Exercise, F 26 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 2:00 New York Life Insurance Presentation, ACT 6:45 Movie, T 7:00 Poker Night, G	9:00 Beach Ball Volleyball, A 12:30 Light of the Valley Church Service, T 3:00 Big Band Tunes in the Atrium, A 6:45 Movie, T	9:00 Beach Ball Volleyball, A 28 10:00 Shopping at Walmart and Target, LB 10:00 Giant Crossword Puzzle, ACT 11:00 Horse Racing for Funny Money, A 1:30-3:30 See's Candy Sales Booth, A 1:45 Mexican Train, G 2:00 Banking Outings, LB 2:00 Giant Pictionary, ACT 3:00 Trivia, ACT 3:30 Activity Meeting with Chelsea, ACT 6:45 Funny Money Free Bingo, ACT	9:00 Exercise with Jake, ACT 29 10:00 Bible Study Class, C 11:00 Bean Bag Baseball Team Practice, A 1:45 Rummikub, ACT 2:00 Talent Show Meeting and Discussion, ACT 3:00 Camden Springs Video Marathon, ACT 6:45 Traveling Movie Tuesday, T	9:00 Chair Dancing Exercise, F 30 10:00 Outing: Red Hawk Casino, LB 10:00 Selfie Session #1, ACT 11:00 Ring Toss for Funny Money, A 2:00 Selfie Session #2, ACT 2:00 Social Security and Medicare Info, ACT 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T	 9:00 Group Exercise and Simple Stretches, F 24 10:00 Movie Matinee, T 1:45 Mexican Train, G 2:00 Bridge Group, G 3:00 Stone Cold Ice Cream Demonstration, ACT 6:45 Nickel Bingo, ACT	9:00 Exercise with Jake, ACT 25 10:00 Bible Study Class, C 11:00 Bean Bag Baseball Team Practice, A 1:45 Rummikub, ACT 2:00 Cell Phone Q and a Session with Chelsea, ACT 3:30 Candy Craze Giveaway, ACT 6:45 Traveling Movie Tuesday, T

SAMPLE

EVENTS ARE FOR SAMPLE PURPOSES ONLY



The Buzz on Bee Species (Continued)

Carpenter bee: A bit larger than bumblebees, carpenter bees are recognized by their smooth, mostly black bodies. They're sometimes considered a pest because they drill holes and build nests in old wood, including buildings.



Sweat bee: These tiny bees are attracted to salt found in perspiration, so they tend to buzz around people. Solitary and peaceful, they come in many colors, including metallic blue and green.

Leafcutter bee: You may have seen a female leafcutter bee hard at work trimming away pieces of foliage, which she uses to build a nest for her eggs. These solitary bees are efficient pollinators, since the pollen they carry on their bellies, not their legs, easily falls off from plant to plant.

A Tip of the Hat!

The Labor Day holiday is an annual salute to workers. In several occupations, the hat worn while on the job has become a recognizable part of the profession.

Hard hat — Due to the on-the-job dangers involved in trades such as construction, mining, and power line maintenance, hard hats are required safety gear. Inspired by metal helmets that protected soldiers in World War I, hard hats were invented in 1919.

Chef's hat — When it comes to cooking, the towering white hat that chefs wear is a toque, the French word for "hat." In the early days of the craft, the hat's height and number of pleats signified skill and rank — the taller the hat and the more pleats, the more experienced and important the chef.

Firefighter's helmet — The helmet worn by these first responders is a widely recognized symbol of the profession, representing bravery and honor. The color and stripes on a firefighter's helmet can indicate their rank.

Military covers — Those who serve in the armed forces wear a hat, called a cover, as part of the uniform of their branch. There are covers for service and formal dress uniforms as well as specialized ones used in combat.

Athletes' headgear — Whether it's a baseball cap, football helmet, hockey face mask, swimming cap, or car racing helmet, athletes in many sports wear head coverings that provide protection and help them perform better.

A Healthy Start to the Day

It's called the most important meal of the day, so fill up on these tips for a better breakfast.



A good breakfast kick-starts your day, providing energy and keeping your body fueled until lunchtime. The main nutrients needed to make this possible are protein and fiber. Complex carbohydrates and healthy fats round out a complete breakfast.

Eggs, cheese, yogurt and nuts are smart protein sources for breakfast time. For fiber and carbs, turn to fruits and vegetables, as well as whole grains, which take longer to digest and help you stay full. Whole-grain options include whole-wheat bread and English muffins, oatmeal and some cereals. Dairy products and nuts or nut butters will provide you with beneficial fats.

For a balanced breakfast, combine foods from each nutrient type. Try whole-wheat toast or an English muffin with peanut butter and sliced fruit; an omelet or scrambled eggs with cheese and veggies; oatmeal topped with fresh fruit, nuts and seeds; or a parfait or smoothie made with fruit and yogurt.

If you have a small appetite in the morning, dietitians say it's fine to split your breakfast into snack-sized portions. For example, start with a cup of yogurt, then later, have a piece of fruit with some nuts.

Quote of the Month

"The heat of autumn is different from the heat of summer. One ripens apples, the other turns them to cider." — Jane Hirshfield

