



Retirement Living in the Heart of Downtown

The Gardens

March Events

3/4 & 3/18

Scott-Farrar Singers

3/10 & 3/24

Mary Armstrong
Music and Movement

3/11 Choppy Choir

3/12 Monadnock Music

3/26 Rock Wall's of New
England - Presentation

3/28 Diane Ammons
Piano

3/31 Arm Chair Travel
Brazil



Notes from Joanne Activities

"It takes a village" is not just a proverb, it's a working model for a successful community. That's what we have in the Gardens neighborhood thanks to the family members that see their loved ones almost every day. Thanks to these devoted people the Gardens neighborhood is a thriving community where "everyday" activities grow into something more meaningful and special. They participate in art making, crafts, Bingo and music. This provides emotional memories for residents and brings joy to all involved. We always welcome family members to join in and become part of our extended family!

In August 2023 members of the Scott-Farrar Singers came up with the idea to sing in The Gardens. They have been leading sing-alongs twice a month ever since. Residents love the sing-along and piano music played by Katherine C. as well as the socializing afterwards. Thank you to Kathy B. and Katherine C. for organizing this heartwarming activity.



March Birthday

3/2 Ginger





March Flower- Daffodil

While we tend to think primarily of the vibrant yellow trumpeted flower, *daffodil* is actually the official common name for all members of the genus *Narcissus*, a group of spring perennials that includes many shapes of mostly yellow and white flowers. Heralded as the official flower of spring, the daffodil is one of the first flowers of the season. The hearty plant does well in cold weather and can even withstand snow. Daffodils are often given to represent respect, friendship, modesty, rebirth, and good luck.



March Birthstone- Aquamarine

March's birthstone is aquamarine. These semiprecious stones are renowned for their striking pale-to medium-blue color, which can also contain a hint of green. Found in Serbia,

Getting to Know You...

Hannelore S

Hanne grew up in a small town in Germany where the main street was dirt and the community was very close knit. As an independent young girl she wished she was a boy because her two brothers often told her "you can't do that, you're a girl", but she was a tomboy and enjoyed her childhood to the fullest. At age 22 she immigrated to the USA and has many family members in Germany that she keeps in touch with. She has lived in Brooklyn NY, New Jersey and New Ipswich NH where she feels the countryside reminds her of Germany. Hanne enjoys music from the 40s and 50s, German folk music and singing along with our musical activities, and joins in with Bingo, dancing and trivia.



the United States, Myanmar, and Brazil, they get their name from the Latin *aqua marina*, meaning "seawater." They are associated with safe passage over water and eternal youth.

Recent Activities

Watercolor Painting



Above, Michael starts his painting with soft spring colors. Top right, Rich does the same even though the reference photo is a winter sunset! Lois, right starts with the warm glow of the sunset and gets every detail perfect before moving on to the other images. Cresca, below left, interprets the winter photo as an abstract much like a Mark Rothco color field painting.



Dave, right, jumps in with the tree shapes and skips the shadowy snow altogether. Maybe they are dreaming of Spring?



Advance Care Planning

In the Auditorium

Embracing End of Life Death Café

Thursday March 19th, 1-2:30 Resident Session

Hosted by Jessica Johansson, End of Life Doula and ordained
Interfaith Minister

A death Café is a group directed discussion of death with no agenda objectives or themes. It is an informal discussion to increase comfortability of death with a view to helping people make the most of their (finite) lives.

March Special Days

3/3 World Wildlife Day

3/8 International Women's Day

3/17 St. Patrick's Day

3/20 Spring Equinox (Beginning of Spring)

3/29 Palm Sunday



Monthly Religious

Services

Offered at Scott-Farrar

Communion – 2nd and 4th Monday

Episcopal Service – 2nd Tuesday

Mass – 2nd Thursday

Apostolic Lutheran Service –

Last Sunday

Dementia Support Group for
Memory Care meets on the
second Thursday of each
month at 4pm in the
auditorium.

If you have any questions
contact Bethany, Memory
Care Director.

(603)924-3691 Extension
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