

# SHERBURNE COMMONS NEWSLETTER

## February 2023

### LUNCH & LEARN

Our first Lunch & Learn was a great success - even with our minor challenge of the kitchen being closed. I appreciate the effort of the staff to make things still go as smooth as possible.

Join us for our February Lunch & Learn where we will feature Andrea Morris and Susan Richards from **NISHA** (and maybe even a furry friend!) to talk about their **Seniors with Pets Assistance (SPA)** program.

February 15th 11:30am - 12:30pm  
11:30am - discussion & order lunch  
12:15pm - Q&A, enjoy your lunch.

RSVP with Reception!

TRIVIA  
NIGHT

Friday, February 10th  
promptly at 5:30pm

Teams of 2 or more  
are welcome!

Prize for the winning team!

If you would like to register a team, please let the front desk know how many and your team name!

Bring your friends to join in on the fun!

### NANTUCKET HISTORICAL ASSOCIATION - ON THE ROAD

This month's theme: The Great Fire of 1846

Learn some fun information about the fire  
and see artifacts - such as water bucket used!

Wednesday, February 15th at 1:00pm  
Free and Open to all!



### Resident Association begins Resident Hosted Activities:

**Game Night** - on 2/8 and 2/22, sign up to host and come join in on Game Night in the new resident game room (old Marketing/Best of Care office). A different game each time!

**Tea Time** - on 2/14 and 2/28 join your fellow residents in the Living Room for Tea and Social time.



## COMINGS & GOINGS

### Welcome Residents

James and Deb McIntosh  
Apartment 104

Lucille "Lucy" Weiner  
Apartment 203

### Welcome Staff

While Rachel is out on maternity leave, we welcome back Joan Hurston beginning February 20th for 6 weeks. She will be staying at Sherburne. We are grateful to have Joan back!

## BIRTHDAYS

Ann Bradt February 14th

Robert Sullivan February 25th

Birthday Party is scheduled for  
February 24th

## "Chat with Rachel"

Thursday February 9th at 4:00pm



Resident Association Meeting

immediately following

Join us for Happy Hour  
and Valentine's Day Party  
with the U.S. Coast Guard



Thursday  
Feb. 16th  
at 5:00pm

## Capital Projects Update

Call System - RF Technologies crew has begun the install of the new call system. They began on 1/31 and expect to take approximately two weeks. They have a fairly tight install timeline and will need access to apartments and cottages at various times. We will do our best to notify you in advance. There is limited flexibility on access times though as specific things need to be done in a sequenced way in order for the system to function properly.

Kitchen Grease Trap - this was installed but there is still some work to be done to the flooring. This will require kitchen closure for 2 days. We will have a modified menu available and let you know the days as soon as they are scheduled.

COVID-19 - unfortunately COVID is still impacting many of us. If you would like to be tested or an at-home test please let Rachel know.



Facebook: The Residences at Sherburne Commons







Instagram: Sherburne\_Commons



# February 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30AM – 1:00PM Courtesy Van Service 10:00am Blood Pressure Clinic	2 11:00am Chair Yoga in the Great Room with Sheri Perleman 5:00pm Happy Hour	3 9:30AM – 1:00PM Courtesy Van Service	4 2:00pm Movie in the Great Room
5 2:00pm Movie in the Great Room	6 9:30AM – 1:00PM Courtesy Van Service 11:00am Inquirer Mirror Discussion 4:00pm Bingo in the Café	7 11:00am Chair Yoga in the Great Room with Sheri Perleman	8 9:30AM – 1:00PM Courtesy Van Service 10:00am Blood Pressure Clinic 4:00pm Game night hosted by Residents (Game Room)	9 11:00am Chair Yoga in the Great Room with Sheri Perleman 4:00PM Chat with Rachel Resident Association Meeting to immediately follow 5:00pm Happy Hour	10 9:30AM – 1:00PM Courtesy Van Service 5:30pm Trivia Night	11 2:00pm Movie in the Great Room
12 2:00pm Movie in the Great Room	13 9:30AM – 1:00PM Courtesy Van Service 11:00am Inquirer Mirror Discussion 4:00pm Bingo in the Cafe	14 HAPPY VALENTINES  10:00am St. Paul's Church Service Great Room 11:00am Chair Yoga in the Great Room with Sheri Perleman 4:00pm Tea Social hosted by Residents – tea provided! (Living Room) HAPPY BIRTHDAY ANNE BRADT	15 9:30AM – 1:00PM Courtesy Van Service 10:00am Blood Pressure Clinic 11:30-12:30 Lunch & Learn NISHA 1:00pm NHA on the Road – the Great Fire	16 11:00am Chair Yoga in the Great Room with Sheri Perleman 5:00pm Happy Hour & Valentines Party with the COAST GUARD!! 	17 9:30AM – 1:00PM Courtesy Van Service	18 2:00pm Movie in the Great Room
19 2:00pm Movie in the Great Room	20 	21 11:00am Chair Yoga in the Great Room with Sheri Perleman	22 9:30AM – 1:00PM Courtesy Van Service 10:00am Blood Pressure Clinic 4:00pm Game night hosted by Residents (Game Room)	23 11:00am Chair Yoga in the Great Room with Sheri Perleman 5:00pm Happy Hour	24 9:30AM – 1:00PM Courtesy Van Service 2:00PM Monthly Birthday Party 	25 2:00pm Movie in the Great Room HAPPY BIRTHDAY ROBERT SULLIVAN
26 2:00pm Movie in the Great Room	27 9:30AM – 1:00PM Courtesy Van Service 11:00am Inquirer Mirror Discussion 4:00pm Bingo in the Cafe	28 10:00am St. Paul's Church Service Great Room 11:00am Chair Yoga in the Great Room with Sheri Perleman 2:00 Cooking with Alice (Café) 4:00pm Tea Social hosted by Residents – tea provided! (Living Room)				