

SHERBURNE COMMONS

NEWSLETTER

MAY 2023



LUNCH & LEARN

Join us for our May Lunch & Learn where we will feature Iris Shore from A Safe place. Iris will be discussing topics on Elder Abuse and Safety.

May 17th 11:30am - 12:30pm

11:30am - discussion & order lunch

12:15pm - Q&A, enjoy your lunch.

RSVP with Reception!



**April 19th was this lovely lady's 101 birthday!!!
Happy Birthday Joan! You continue to entertain
and amaze us all. Your Sherburne family**

The weather is breaking so it is time to have fun!!

Charcuterie Social - on 5/10, sign up at the Front Desk

Mother's Day Brunch - on 5/14, sign up in advance at Front Desk

Memorial Day Barbecue- on 5/29, Outdoor (weather permitting)

FIRE SAFETY REMINDERS

We have another fire drill coming up in May! Here are a few reminders of things we learned at our last inspection!

- No candles, none, no thank you!
- Smoking, again none, no thank you! Even medically prescribed items are not to be used inside.
- Space Heaters - keep items 3 ft away from them, plug them in to the wall (not extension cords) and turn off & unplug when not physically present or awake. Check for frayed cords.
- Fire alarms are there for a reason - do not remove or disable them. Ever.
- Know the location of your fire extinguisher.
- Do not cover electrical panels.
- Keep combustable items away from the stove (paper towels, rags, etc.

COMINGS & GOINGS

Welcome Residents

Barbara Gordon Apartment 240

Kathy Stevens Apartment 201

Mark & Deb Beale Cottage 9

Farewell & Good Luck!

Desiree Spriggs Apartment 201

Welcome Staff

Derona Beckford- Clarke, Office Manager with Best of Care

Vanesha Mitchell - Reception

Elethia Briscoe - Server

BIRTHDAYS

There are no resident birthdays in May.

BOLO!! Coming Soon a Resident Survey/Questionnaire. This is not going to be like others you have seen. You will find one in your pigeon hole soon - please participate. Your feedback is extremely important!



Due to a generous grant from the Garden Club, the Sherburne Commons garden beds are getting an update! If you would like a garden plot please reach out to Tina!



Paint & Pastries

Join Ward Parker at 10am on May 31st.

Call 508-991-1214 to reserve your spot!



Facebook: The Residences at Sherburne Commons



Instagram: Sherburne_Commons

MAY 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>1</div> <div>9:30AM – 1:00PM Courtesy Van Service</div> <div>11:00am Inquirer Mirror Discussion</div> <div>4:00pm Bingo in the Café</div>	<div>2</div> <div>11:00am Chair Yoga in the Great Room with Sheri Perleman</div>	<div>3</div> <div>9:30AM – 1:00PM Courtesy Van Service</div> <div>10:00am Blood Pressure Clinic</div> <div>4:00pm Game night hosted by Residents (Game Room)</div>	<div>4</div> <div>11:00am Chair Yoga in the Great Room with Sheri Perleman</div> <div>5:00pm Happy Hour</div>	<div>5</div> <div>9:30AM – 1:00PM Courtesy Van Service</div> <div></div>	<div>6</div> <div>2:00pm Movie in the Great Room</div>
<div>7</div> <div>8:00am Nantucket Pet Partners hosted by Residents (Field at end of Driveway)</div> <div>2:00pm Movie in the Great Room</div>	<div>8</div> <div>9:30AM – 1:00PM Courtesy Van Service</div> <div>11:00am Inquirer Mirror Discussion</div> <div>4:00pm Bingo in the Café</div>	<div>9</div> <div>10:00am St. Paul's Church Service Great Room</div> <div>11:00am Chair Yoga in the Great Room with Sheri Perleman</div> <div>4:00pm Tea Social hosted by Residents tea provided! (Living Room)</div>	<div>10</div> <div>9:30AM – 1:00PM Courtesy Van Service</div> <div>10:00am Blood Pressure Clinic</div> <div>3:00pm Charcuterie Social (Sign up at the Front Desk)</div> <div></div>	<div>11</div> <div>11:00am Chair Yoga in the Great Room with Sheri Perleman</div> <div>5:00pm Happy Hour</div>	<div>12</div> <div>9:30AM – 1:00PM Courtesy Van Service</div> <div>11:00am – Walking group with Annie-Kay</div>	<div>13</div> <div>2:00pm Movie in the Great Room</div>
<div>14</div> <div>Mother's Day Brunch</div> <div></div>	<div>15</div> <div>9:30AM – 1:00PM Courtesy Van Service</div> <div>11:00am Inquirer Mirror Discussion</div> <div>4:00pm Bingo in the Café</div>	<div>16</div> <div>11:00am Chair Yoga in the Great Room with Sheri Perleman</div> <div>2:00pm Movie & Popcorn in the Great Room</div>	<div>17</div> <div>9:30AM – 1:00PM Courtesy Van Service</div> <div>10:00am Blood Pressure Clinic</div> <div>11:30am – 12:30pm Lunch & Learn Iris Shore – Safe Place (Elder Abuse)</div> <div>4:00pm Game night hosted by Residents (Game Room)</div>	<div>18</div> <div>11:00am Chair Yoga in the Great Room with Sheri Perleman</div> <div>5:00pm Happy Hour</div>	<div>19</div> <div>9:30AM – 1:00PM Courtesy Van Service</div> <div>11:00am Hospital Thrift Shop (Donation pick up)</div>	<div>20</div> <div>2:00pm Movie in the Great Room</div>
<div>21</div> <div>8:00am Nantucket Pet Partners hosted by Residents (Field at end of Driveway)</div> <div>2:00pm Movie in the Great Room</div>	<div>22</div> <div>9:30AM – 1:00PM Courtesy Van Service</div> <div>11:00am Inquirer Mirror Discussion</div> <div>4:00pm Bingo in the Café</div>	<div>23</div> <div>10:00am St. Paul's Church Service Great Room</div> <div>11:00am Chair Yoga in the Great Room with Sheri Perleman</div> <div>2:00pm cooking with Alice Townsend in the Cafe</div> <div>4:00pm Tea Social hosted by Residents tea provided! (Living Room)</div>	<div>24</div> <div>9:30AM – 1:00PM Courtesy Van Service</div> <div>10:00am Blood Pressure Clinic</div>	<div>25</div> <div>11:00am Chair Yoga in the Great Room with Sheri Perleman</div> <div>5:00pm Happy Hour</div>	<div>26</div> <div>9:30AM – 1:00PM Courtesy Van Service</div> <div>11:00am – Walking group with Annie-Kay</div> <div>2:00pm Ice Cream Social (Outdoor) pending weather</div> <div></div>	<div>27</div> <div>2:00pm Movie in the Great Room</div>
<div>28</div> <div>8:00am Nantucket Pet Partners hosted by Residents (Field at end of Driveway)</div> <div>2:00pm Movie in the Great Room</div>	<div>29</div> <div>5:30PM Memorial Day Barbecue</div> <div></div>	<div>30</div> <div>11:00am Chair Yoga in the Great Room with Sheri Perleman</div>	<div>31</div> <div>9:30AM – 1:00PM Courtesy Van Service</div> <div>10:00am Blood Pressure Clinic</div> <div>10:00am Paint & Pastries hosted by Best of Care in the Cafe</div> <div>4:00pm Game night hosted by Residents (Game Room)</div> <div></div>			