

OCTOBER 2023



SHERBURNE COMMONS NEWSLETTER



Take a look at the spider web trellis made by David Spitler on Cottage 13!



Welcome Residents

Carin Andresen - Apartment 205

Alexandro & Mark - Apartment 228

Gary Vaccaro - Apartment 229

Happy Birthday

Yvonne Dumont-Stelle - Oct. 4

Alexandro Sforza - Oct. 4

Gary Vaccaro - Oct. 11

Sally Fry - Oct. 14

Janet Graner - Oct. 21

Barbara Spitler - Oct. 23

Andy Malcolm - Oct. 26

Thank you Delphine Paradis for the beautiful Cotinus Coggygria Royal Purple - or a Purple Smoke Bush that replaced the Cherry tree that unfortunately had to be removed recently by Bartlett Tree Experts and generously planted by our very own Peter Goetz!

Advice from a Tree:

Stand tall and proud. Sink your roots into the earth. Be content with your natural beauty. Go out on a limb. Drink plenty of water. Remember your roots..... Enjoy the view!

Octoberfest

Join us for Octoberfest
on October 2nd at
2:00pm in the Cafe!



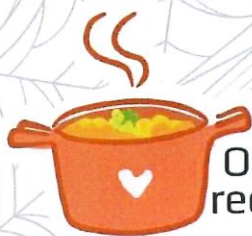
Facebook: The Residences at Sherburne Commons



Instagram: Sherburne_Commons

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Resident pot luck!

Oct. 19th, make our favorite dish and bring the recipe - maybe we will even add it to our menus! Sign up with Reception by Oct 17

PUMPKIN CARVING

Carving contest October 30th at noon! sign up with Reception so we make sure we have enough pumpkins or bring your own!

BINGO!

Mondays at 4pm in the cafe - \$1/game! Last game is blackout and is \$2. Bring your friends!



NANTUCKET
HISTORICAL ASSOCIATION

NHA On the Road

Bringing Nantucket's rich history and stories to senior residents island-wide.



Please join us to learn fun facts about the Oldest House as NHA celebrates the hundredth anniversary of the acquisition of the property.

Wednesday, October 18 at 2 PM
at Sherburne Commons
FREE and Open to All!

Nantucket Historical Association
15 Broad Street
508-228-1894 www.NHA.org



Illustration by P. Anthony Visco

MEMORY CAFÉ

Free!

*Second Tuesday of the month
Starting October 10*

10:00-11:30am

Sherburne Commons, 40 Sherburne Commons Road

A Memory Café is a safe and comfortable space where caregivers and their loved ones can socialize, listen to music, play games, and enjoy other appropriate activities. They provide mutual support and exchange information.

A Memory Café can be helpful for people with all forms of mild cognitive impairment (MCI).



NANTUCKET



THE RESIDENCES AT
SHERBURNE COMMONS

The Landmark House

For more information, call or email Jennifer Costanzo, Program Facilitator:
508-221-2534 or costanzog@npsk.org

Staff Tips/Gifts: Sherburne staff are not to accept tips. The Resident Association has requested that once per year they be allowed to raise funds and present a "Holiday Thank You" bonus to Sherburne Commons Staff. Sherburne Commons management has approved this request. Participation by residents in this process is strictly voluntary. Please contact your Resident Association President for more information.

508-228-4080 reception@sherburnecommons.org www.sherburnecommons.org

OCTOBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:00pm Movie in the Great Room	2 9:30AM – 1:00PM Courtesy Van Service 2:00pm Octoberfest in the Café 4:00pm Bingo in the Café 	3 11:00am Chair Yoga in the Great Room with Sheri Perleman	4 9:30AM – 1:00PM Courtesy Van Service HAPPY BIRTHDAY YVONNE DUMONT-STELLE & ALEXANDRO SFORZA	5 11:00am Chair Yoga in the Great Room with Sheri Perleman 5:00pm Happy Hour	6 9:30AM – 1:00PM Courtesy Van Service 11:00AM – Hospital Thrift Shop (Donation Pick up)	7 2:00pm Movie in the Great Room
8 2:00pm Movie in the Great Room	9 	10 10:00am St. Paul's Church Service Great Room 11:00am Chair Yoga in the Great Room with Sheri Perleman	11 9:30AM – 1:00PM Courtesy Van Service 10:00am Blood Pressure Clinic HAPPY BIRTHDAY GARY VACCARO	12 11:00am Chair Yoga in the Great Room with Sheri Perleman 5:00pm Happy Hour	13 9:30AM – 1:00PM Courtesy Van Service 11:00AM – Walking Group with Annie-Kay	14 2:00pm Movie in the Great Room HAPPY BIRTHDAY SALLY FRY
15 2:00pm Movie in the Great Room	16 9:30AM – 1:00PM Courtesy Van Service 4:00pm Bingo in the Café	17 11:00am Chair Yoga in the Great Room with Sheri Perleman 2:00PM Cooking with Alice Townsend in the Café (Pending)	18 9:30AM – 1:00PM Courtesy Van Service	19 11:00am Chair Yoga in the Great Room with Sheri Perleman 5:00pm Happy Hour / Resident Pofluck	20 9:30AM – 1:00PM Courtesy Van Service	21 2:00pm Movie in the Great Room HAPPY BIRTHDAY JANET GRANER
22 2:00pm Movie in the Great Room	23 9:30AM – 1:00PM Courtesy Van Service 4:00pm Bingo in the Café HAPPY BIRTHDAY BARBARA SPITLER	24 10:00am St. Paul's Church Service Great Room 11:00am Chair Yoga in the Great Room with Sheri Perleman	25 9:30AM – 1:00PM Courtesy Van Service 10:00am Blood Pressure Clinic	26 11:00am Chair Yoga in the Great Room with Sheri Perleman 5:00pm Happy Hour HAPPY BIRTHDAY ANDREW MALCOLM	27 9:30AM – 1:00PM Courtesy Van Service 11:00AM – Walking Group with Annie-Kay 2:00PM Monthly Birthday Party 	28 2:00pm Movie in the Great Room
29 2:00pm Movie in the Great Room	30 9:30AM – 1:00PM Courtesy Van Service 4:00pm Bingo in the Café 12:00NOON PUMPKIN CARVING/ PAINTING CONTEST	31 11:00am Chair Yoga in the Great Room with Sheri Perleman 				