

# SHERBURNE COMMONS

## NEWSLETTER

### BIRTHDAYS

ANN KLIMAN - MARCH 7TH  
THOMAS PHILBRICK - MARCH 7TH  
ELIZABETH SULLIVAN - MARCH 10TH  
SUSAN GRANT - MARCH 11TH  
LOUISE HUBBARD - MARCH 12TH  
MARTHA BUTLER - MARCH 21ST

**BIRTHDAY PARTY & HAPPY HOUR**  
**MARCH 28TH @ 5:00PM IN THE GREAT ROOM**

### COMING & GOINGS

#### WELCOME NEW RESIDENTS

THOMAS PHILBRICK  
SUSAN PHILLIPS  
ARNIE SEAQUIST

#### GOODBYE

DOROTHY DIAMOND

Please remember to sign up for  
Easter Brunch in advance

### EMPLOYEE OF THE MONTH

**MICHAEL RAMSEY**

A VERY DEDICATED EMPLOYEE WHO IS ALWAYS  
WILLING TO GO ABOVE AND BEYOND

### CONGRATS TO OUR VALENTINE RAFFLE WINNERS

1ST PRIZE: ANN KLIMAN  
2ND PRIZE: NANCY ADRIAN  
3RD PRIZE: BOB POLLACK

"Chat with Rachel"

Thursday March 14TH @ 3:30PM

### Upcoming events:

- 3/2 Art class with Sue
- 3/9 Irish step dancing
- 3/13 Resident Association meeting
- 3/18 Resident Book Club
- 3/31 Easter Brunch



Facebook: The Residences at Sherburne Commons



Instagram: Sherburne\_Commons



# March Newsletter

2024

## ANNIE-KAY CORNER

Stay active and have a balance diet daily to improve health function!!!

As the weather gets warmer, there are plenty of opportunities to go for walks with friends, families and pets. Walk for coffee, play outdoor sports (like Bocci, croquet in the courtyard), gardening, and so much more.

The Wheelers program will be coming back soon. If you are unsure what the Wheelers are or would like to sign up, please stop by BOC/TIN office for information with how we can assist you.

Have a lucky month.



## FYI! CHECK OUT WHAT'S NEW

The Our Island Home (Town of Nantucket owned and operated nursing home) Workgroup's Executive Committee will be coming to do an update on the project with the Sherburne Board and Director as well as a separate meeting with Residents on Monday, March 4th. The Resident meeting will begin at 2pm. If you are unable to attend but have questions, please let Ann Oliver or Rachel know so we can be sure to get them to the committee.

A new support group developed and led by Jessica Trimble, RN with Best of Care will be hosted at Sherburne Commons starting in March. Navigating Aging.... please stop by the BOC/TIN office for more details.





**THANKS TO OUR  
COAST GUARDS &  
SCOTT CAPIZZO  
OUR PARTY WAS A  
LOT OF FUN!!!!**



# MARCH

# Spring

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00am – 1:00pm Courtesy Van Service	2 1:30pm Art Class with Sue 
3 2:00pm Movie in the Great Room	4 10:00am – 1:00pm Van Service 2:00pm OIH Workgroup meeting with Sherburne Residents 4:00pm Bingo in the Café	5 10:00am St. Paul's Church Service Great Room 11:00am Chair Yoga in the Great Room with Sheri Perleman	6 10:00am – 1:00pm Courtesy Van Service 10:00am Blood Pressure Clinic (BOC)	7 11:00am Chair Yoga in the Great Room with Sheri Perleman 5:00pm Happy Hour <b>Happy Birthday Ann Kliman</b> <b>Happy Birthday Thomas Philbrick</b>	8 10:00am – 1:00pm Courtesy Van Service 2:00pm Cookie Baking for the Irish dancers (Café)	9 3:00pm Irish Step dancing (Café) 
10 2:00pm Movie in the Great Room <b>Happy Birthday Elizabeth Sullivan</b> 	11 10:00am – 1:00pm Van Service 4:00pm Bingo in the Café <b>Happy Birthday Susan Grant</b>	12 10:00 Memory Café 11:00am Chair Yoga in the Great Room with Sheri Perleman <b>Happy Birthday Louise Hubbard</b>	13 10:00am – 1:00pm Courtesy Van Service 11:00am Open Hours w/ Jessica, RN 5:00pm Resident Association Meeting (Great Room)	14 11:00am Chair Yoga in the Great Room (YouTube) 3:30 Chat with Rachel 5:00pm Happy Hour	15 10:00am – 1:00pm Courtesy Van Service 11:00am – Hospital Thrift Shop (Donation pick up)	16 2:00pm Movie in the Great Room
17 2:00pm Movie in the Great Room <b>St Patrick's Day</b> 2:00pm Green Beer in The Cafe 	18 10:00am – 1:00pm Van Service 4:00pm Bingo in the Café 5:00pm Book Group hosted by Resident in the Lunch Room	19 (9:30am staff training) 10:00am St. Paul's Church Service Great Room 11:00am Chair Yoga in the Great Room with Sheri Perleman 	20 10:00am – 1:00pm Courtesy Van Service 10:00am Blood Pressure Clinic (BOC) 11:00am Open Hours w/ Jessica, RN 2:00pm NHA-Distinguished Nantucket Women	21 11:00am Chair Yoga in the Great Room with Sheri Perleman (1pm staff training) 5:00pm Happy Hour <b>Happy Birthday Martha Butler</b>	22 10:00am – 1:00pm Courtesy Van Service	23 2:00pm Movie in the Great Room
24 2:00pm Movie in the Great Room 	25 10:00am – 1:00pm Van Service 4:00pm Bingo in the Café	26 11:00am Chair Yoga in the Great Room with Sheri Perleman	27 10:00am – 1:00pm Courtesy Van Service 11:00am Open Hours w/ Jessica, RN	28 11:00am Chair Yoga in the Great Room with Sheri Perleman 2:00pm Navigating the Aging Process (Country Kitchen) BOC 5:00pm Happy Hour & Birthday Party with Hor d'oeuvres	29 10:00am – 1:00pm Courtesy Van Service 2:00pm Cookie Baking (Café) 	30 2:00pm Movie in the Great Room
31 12:00noon- 3:00pm Easter Brunch 						