

## Benefits of Music

We all know that music has the power to affect our moods and change our perspectives. The emotional connection we have to songs is undeniable and we can use it to our advantage at any stage of life. We often tap into its power for our youngest family members – by way of simple nursery rhymes and songs to help toddlers learn, and parent-and-tot music classes to help form unbreakable bonds. But what about our oldest loved ones? Yes, they can also benefit from the hopeful and healing power of music. Besides bringing back our merriest moments, music has many other benefits. Music encourages connection. That’s one of the reasons our LCB Communities have Happy Hour gatherings with live musicians. In fact, musically-trained residents are invited to play their community’s piano (guitars, or other instruments) at any time, should the mood strike them. Music can promote physical activity. A catchy beat can get toes tapping, hands clapping, and might even encourage some seniors to get up and dance. Any and all levels of healthy activity are welcome in our senior living community!



## Signature Series Events

### Trash or Treasure Event

Wednesday, March 12th | 1:30pm | Bistro

Join us in the Bistro as Frank Eaton, past President of New Hampshire Auctioneers Association, will lead a fun and fascinating event where you can uncover the hidden value of your antiques and collectibles. Recommendations to specialty appraisers can be made as necessary.

1:30pm: Antiques and Collectibles 101 | 2pm: Opinion of Value session

**RSVP by Thursday, March 6th to Reception!**

### Taste of Culture: Ireland

Monday, March 17th | 2:30pm | Bistro/Parlor

Join us for a festive celebration of the flavors and traditions of Ireland! Enjoy Irish-inspired dishes prepared by our culinary team and immerse yourself in the culture with a special traditional live step dancing performance as you sip on Irish Coffee or a Guinness. Don’t forget your scally caps and green. Everyone is Irish on St. Patrick’s Day, Slante!

## From the Executive Director



Dear Salem Woods Family,

As we step into the vibrant month of March, I want to take a moment to reflect on the warmth and togetherness that makes our community so special. With the arrival of spring just around the corner, it brings a sense of renewal and hope for brighter days ahead.

This month, we have plenty of wonderful, enriching opportunities for everyone to enjoy. From our St. Patrick’s Day celebrations to spring-themed events and fantastic outings, there’s something for everyone to look forward to. I encourage you to take part in these engagements, as they are a wonderful way to build memories and connect with friends.

I am incredibly grateful for each one of you and the unique spirit you bring to our community. Let’s embrace this season of growth and new beginnings together.

Wishing you all a joyful and fulfilling March!

Warmest Regards,

Brian Beausoleil, Executive Director

Good Times. Good Friends. *Great Care!*

### THE RESIDENCE AT SALEM WOODS *Associates*

**Brian Beausoleil**

*Executive Director*

**Erin Scanlon**

*Senior Business Office Director*

**Brittany Talbot**

*Senior Sales/Marketing Director*

**Stephanie Raboin**

*Resident Care Director*

**Daisey Kayo-Wells**

*Resident Engagement Director*

**Sydney Tangney**

*Reflections Director*

**Joe Pagliccia**

*Senior Maintenance Director*

**Mary Zalanskas**

*Restaurant Operations Director*



March	Sunday	March	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
<b>30</b>	<ul style="list-style-type: none"> <li>8:30 Van-Church Services</li> <li>10:00 Total Body Fitness</li> <li>10:30 Anagrams Challenge</li> <li>11:00 Karaoke with Fabian</li> <li>1:00 Pop up 1\$ Store</li> <li>2:30 Barre &amp; Balance Class</li> <li>3:00 Cocoa and Cocktails</li> <li>4:30 Cribbage Group</li> <li>6:00 DocuSeries-Roman Empire</li> </ul>	<b>31</b>	<ul style="list-style-type: none"> <li>10:00 Circuit Exercise</li> <li>10:30 Knowledge Bout Jeopardy</li> <li>11:15 Mahjong</li> <li>1:00 React Neuro Sessions</li> <li>1:00 Quarter Bingo</li> <li>2:15 Barre &amp; Balance</li> <li>3:00 Cocktail Hour-Margaritas</li> <li>4:15 Guided Meditation</li> <li>6:15 Feature Film</li> </ul>					<b>1</b>	<ul style="list-style-type: none"> <li>Celebrate Joanne H!</li> <li>10:00 Total Body Fitness</li> <li>10:30 Group Crossword</li> <li>11:15 Jewelry Design Workshop</li> <li>11:30 Mimosas and Manicures</li> <li>1:00 Mexican Train Dominoes</li> <li>1:15 Docuseries-National Parks</li> <li>2:30 Cardio Drumming</li> <li>3:00 Happy Hour</li> <li>3:30 Knitting for Charity</li> </ul>				
<b>2</b>	<ul style="list-style-type: none"> <li>8:30 Van-Church Services</li> <li>10:00 Total Body Fitness</li> <li>10:30 Anagrams Challenge</li> <li>11:00 Karaoke with Fabian</li> <li>1:00 Pop up 1\$ Store</li> <li>2:30 Barre &amp; Balance Class</li> <li>3:00 Cocoa and Cocktails</li> <li>4:30 Cribbage Group</li> <li>6:00 DocuSeries-Roman Empire</li> </ul>	<b>3</b>	<ul style="list-style-type: none"> <li>10:00 Circuit Exercise</li> <li>10:30 Knowledge Bout Jeopardy</li> <li>11:15 Mahjong</li> <li>1:00 React Neuro Sessions</li> <li>1:00 Quarter Bingo</li> <li>2:00 Calendar Planning Mtg</li> <li>2:15 Barre &amp; Balance</li> <li>3:00 Cocktail Hour-Margaritas</li> <li>6:15 Feature Film</li> </ul>	<b>4</b>	<ul style="list-style-type: none"> <li>9:00 Mardi Pancake Breakfast</li> <li>10:00 Engage Exercise Class</li> <li>10:30 Travelogue-New Orleans</li> <li>11:15 NY Times-Wordle</li> <li>1:00 Salem Woods Choir</li> <li>1:30 Ambassador Committee</li> <li>2:00 Sweet Treats Baking Club</li> <li>2:15 Tai Chi for Arthritis</li> <li>3:00 Mardis Gras Masquerade</li> <li>4:00 Table Games-LCR</li> </ul>	<b>5</b>	<ul style="list-style-type: none"> <li>Celebrate Maria K!</li> <li>10:00 Stretch &amp; Tone</li> <li>10:30 Blank Slate Challenge</li> <li>10:45 Outing-You're Fired Pottery</li> <li>11:00 Ash Wednesday Service</li> <li>11:15 Cribbage &amp; Scrabble Club</li> <li>1:00 Group Crossword</li> <li>2:30 Cardio Drumming</li> <li>3:00 Pub Trivia Hour</li> <li>4:15 Guided Meditation</li> </ul>	<b>6</b>	<ul style="list-style-type: none"> <li>10:00 Engage Exercise Class</li> <li>10:30 Curator-Frick Collection</li> <li>11:15 Spa Session-Manicures</li> <li>1:00 Irish Silk Scarf Workshop</li> <li>1:30 Billiards Club</li> <li>2:00 Curious Creatures Visit</li> <li>2:15 Tai Chi for Arthritis</li> <li>3:00 Signature Cocktail Hour</li> <li>3:00 Duo-Autumn Sole Revival</li> </ul>	<b>7</b>	<ul style="list-style-type: none"> <li>9:30 Shopping/Errands: Bus</li> <li>10:00 Resistance Band Training</li> <li>10:30 Lecture-Inspiring Women</li> <li>1:00 Paint Studio-Acrylic</li> <li>1:30 Card Players-45's</li> <li>1:30 Lucky Woods Slots</li> <li>2:30 Barre &amp; Balance</li> <li>3:00 Shamrock Shake Social</li> <li>4:15 Embers and Insights</li> <li>6:15 Feature Film</li> </ul>	<b>8</b>	<ul style="list-style-type: none"> <li>10:00 Pilates Stretch</li> <li>10:30 Group Crossword</li> <li>11:15 Jewelry Design Workshop</li> <li>11:30 Mimosas and Manicures</li> <li>1:00 Mexican Train Dominoes</li> <li>1:15 Docuseries-National Parks</li> <li>2:30 Cardio Drumming</li> <li>3:00 Happy Hour</li> <li>3:30 Knitting for Charity</li> </ul>
<b>9</b>	<ul style="list-style-type: none"> <li>8:30 Van-Church Services</li> <li>10:00 Total Body Fitness</li> <li>10:30 Anagrams Challenge</li> <li>11:00 Karaoke with Fabian</li> <li>1:00 Pop up 1\$ Store</li> <li>2:30 Barre &amp; Balance Class</li> <li>3:00 Cocoa and Cocktails</li> <li>4:30 Cribbage Group</li> <li>6:00 DocuSeries-Roman Empire</li> </ul>	<b>10</b>	<ul style="list-style-type: none"> <li>10:00 Circuit Exercise</li> <li>10:30 Knowledge Bout Challenge</li> <li>11:15 Floral Centerpieces</li> <li>11:15 Mahjong</li> <li>1:00 Quarter Bingo</li> <li>2:00 Catholic Mass</li> <li>2:15 Barre &amp; Balance</li> <li>3:00 Popcorn Bar Social</li> <li>4:15 Guided Meditation</li> <li>6:15 Feature Film</li> </ul>	<b>11</b>	<ul style="list-style-type: none"> <li>Celebrate Carol F!</li> <li>10:00 Engage Exercise Class</li> <li>10:30 Music Appreciation Hour</li> <li>11:15 NY Times-Wordle</li> <li>1:00 Salem Woods Choir</li> <li>1:30 Ambassador Committee</li> <li>2:00 Sweet Treats Baking Club</li> <li>2:15 Tai Chi for Arthritis</li> <li>3:00 Pub Happy Hour</li> <li>3:15 Trivia Tunes-Vin P.</li> <li>4:00 Table Games-LCR</li> </ul>	<b>12</b>	<ul style="list-style-type: none"> <li>10:00 Stretch &amp; Tone</li> <li>10:30 NY Times-Word Wheels</li> <li>10:45 Outing-Black Water Grille</li> <li>11:15 Cribbage &amp; Scrabble Club</li> <li>1:00 Group Crossword</li> <li>1:30 Trash or Treasure Event</li> <li>2:30 Cardio Drumming</li> <li>3:00 Pub Trivia Hour</li> <li>3:15 Bible Study</li> </ul>	<b>13</b>	<ul style="list-style-type: none"> <li>10:00 Engage Exercise Class</li> <li>10:30 Lecture-George Speck</li> <li>11:15 Spa Session-Manicures</li> <li>1:00 Clover Coaster Workshop</li> <li>1:30 Billiards Club</li> <li>2:15 Tai Chi for Arthritis</li> <li>3:00 Signature Cocktail Hour</li> <li>3:00 Blind Chip Tasting</li> <li>4:15 Poker Club</li> <li>6:15 Series-Queens Gambit</li> </ul>	<b>14</b>	<ul style="list-style-type: none"> <li>9:30 Shopping/Errands: Bus</li> <li>10:00 Resistance Band Training</li> <li>10:30 Docu-Holi Celebration</li> <li>11:00 Therapy Dog Visit-Livi</li> <li>1:00 Paint Studio-Watercolor</li> <li>1:30 Card Players-45's</li> <li>2:30 Barre &amp; Balance</li> <li>3:00 Pub Happy Hour</li> <li>3:00 Irish Duo-Wooden Planks</li> <li>4:15 Embers and Insights</li> </ul>	<b>15</b>	<ul style="list-style-type: none"> <li>10:00 Total Body Fitness</li> <li>10:30 Group Crossword</li> <li>11:15 Jewelry Design Workshop</li> <li>11:30 Mimosas and Manicures</li> <li>1:00 Mexican Train Dominoes</li> <li>1:15 Docuseries-National Parks</li> <li>2:30 Cardio Drumming</li> <li>3:00 Happy Hour</li> <li>3:30 Knitting for Charity</li> </ul>
<b>16</b>	<ul style="list-style-type: none"> <li>8:30 Van-Church Services</li> <li>10:00 Total Body Fitness</li> <li>10:30 Anagrams Challenge</li> <li>11:00 Karaoke with Fabian</li> <li>1:00 Pop up 1\$ Store</li> <li>2:30 Barre &amp; Balance Class</li> <li>3:00 Cocoa and Cocktails</li> <li>4:30 Cribbage Group</li> <li>6:00 DocuSeries-Roman Empire</li> </ul>	<b>17</b>	<ul style="list-style-type: none"> <li>10:00 Circuit Exercise</li> <li>10:30 Knowledge Bout Jeopardy</li> <li>11:00 McGonagles-Irish Step</li> <li>11:15 Mahjong</li> <li>1:00 React Neuro Sessions</li> <li>1:00 Quarter Bingo</li> <li>2:00 Culinary Meeting</li> <li>2:15 Barre &amp; Balance</li> <li>3:00 Taste of Ireland</li> <li>4:15 Guided Meditation</li> </ul>	<b>18</b>	<ul style="list-style-type: none"> <li>10:00 Engage Exercise Class</li> <li>10:30 Travelogue-Spain</li> <li>11:15 Nonsectarian Service</li> <li>1:00 Salem Woods Choir</li> <li>1:30 Ambassador Committee</li> <li>2:00 Sweet Treats Baking Club</li> <li>2:15 Tai Chi for Arthritis</li> <li>3:00 Pub Happy Hour</li> <li>6:00 Girl Scouts Visit</li> <li>6:00 Feature Film</li> </ul>	<b>19</b>	<ul style="list-style-type: none"> <li>Celebrate Barbara K!</li> <li>10:00 Stretch &amp; Tone</li> <li>10:30 Blank Slate Challenge</li> <li>11:15 Cribbage &amp; Scrabble Club</li> <li>12:00 Outing-Nash Casino</li> <li>1:00 Group Crossword</li> <li>2:30 Cardio Drumming</li> <li>3:00 Pub Comedy Hour</li> <li>4:15 Guided Meditation</li> <li>5:30 Variation Bingo</li> <li>6:15 Featured Film</li> </ul>	<b>20</b>	<ul style="list-style-type: none"> <li>Celebrate Kay M!</li> <li>10:00 Engage Exercise Class</li> <li>10:30 Curator-Frick Collection</li> <li>11:15 Spa Session-Manicures</li> <li>1:00 Napkin Folding Workshop</li> <li>1:30 Billiards Club</li> <li>2:15 Tai Chi for Arthritis</li> <li>3:00 Signature Cocktail Hour</li> <li>3:00 Vocalist-Mark Stanzler</li> <li>4:15 Poker Club</li> <li>6:15 Series-Queens Gambit</li> </ul>	<b>21</b>	<ul style="list-style-type: none"> <li>Celebrate Larry B!</li> <li>9:30 Shopping/Errands: Bus</li> <li>10:00 Resistance Band Training</li> <li>10:30 Paint Studio-Acrylic</li> <li>1:15 Guest Speaker-Robin S, Ireland</li> <li>1:30 Card Players-45's</li> <li>2:30 Barre &amp; Balance</li> <li>3:00 Spring Fling Happy Hour</li> <li>4:15 Embers and Insights</li> <li>6:15 Feature Film</li> </ul>	<b>22</b>	<ul style="list-style-type: none"> <li>10:00 Pilates Stretch</li> <li>10:30 Group Crossword</li> <li>11:15 Jewelry Design Workshop</li> <li>11:30 Mimosas and Manicures</li> <li>1:00 Mexican Train Dominoes</li> <li>1:15 Docuseries-National Parks</li> <li>2:30 Cardio Drumming</li> <li>3:00 Happy Hour</li> <li>3:30 Knitting for Charity</li> </ul>
<b>23</b>	<ul style="list-style-type: none"> <li>8:30 Van-Church Services</li> <li>10:00 Total Body Fitness</li> <li>10:30 Anagrams Challenge</li> <li>11:00 Karaoke with Fabian</li> <li>1:00 Pop up 1\$ Store</li> <li>2:30 Barre &amp; Balance Class</li> <li>3:00 Cocoa and Cocktails</li> <li>4:30 Cribbage Group</li> <li>6:00 DocuSeries-Roman Empire</li> </ul>	<b>24</b>	<ul style="list-style-type: none"> <li>10:00 Circuit Exercise</li> <li>10:30 Knowledge Bout Challenge</li> <li>11:15 Floral Centerpieces</li> <li>11:15 Mahjong</li> <li>1:00 Quarter Bingo</li> <li>2:00 Film Selection Committee</li> <li>2:15 Barre &amp; Balance</li> <li>3:00 Cocktail Hour-Margaritas</li> <li>4:15 Guided Meditation</li> <li>6:15 Feature Film</li> </ul>	<b>25</b>	<ul style="list-style-type: none"> <li>10:00 Engage Exercise Class</li> <li>10:30 Music Appreciation Hour</li> <li>11:15 NY Times-Wordle</li> <li>1:00 Salem Woods Choir</li> <li>1:00 Memorial Service</li> <li>1:30 Ambassador Committee</li> <li>2:00 Sweet Treats Baking Club</li> <li>2:15 Tai Chi for Arthritis</li> <li>3:00 Pub Happy Hour</li> <li>3:30 Taste of Culture</li> </ul>	<b>26</b>	<ul style="list-style-type: none"> <li>10:00 Stretch &amp; Tone</li> <li>10:00 Outing-Fine Arts Museum</li> <li>10:30 NY Times-Word Wheels</li> <li>11:15 Cribbage &amp; Scrabble Club</li> <li>1:00 Group Crossword</li> <li>2:30 Cardio Drumming</li> <li>3:00 Pub Trivia Hour</li> <li>3:15 Bible Study</li> <li>4:15 Guided Meditation</li> <li>5:30 Variation Bingo</li> </ul>	<b>27</b>	<ul style="list-style-type: none"> <li>10:00 Engage Exercise Class</li> <li>10:30 TED Talk &amp; Discussion</li> <li>11:15 Spa Session-Manicures</li> <li>1:00 Resident Council Meeting</li> <li>1:30 Billiards Club</li> <li>2:15 Tai Chi for Arthritis</li> <li>3:00 Signature Cocktail Hour</li> <li>4:15 Poker Club</li> <li>5:30 Book Club Dinner</li> <li>6:15 Series-Queens Gambit</li> </ul>	<b>28</b>	<ul style="list-style-type: none"> <li>9:30 Shopping/Errands: Bus</li> <li>10:00 Resistance Band Training</li> <li>10:30 Lecture-Cool Crooners</li> <li>11:00 Therapy Dog Visit-Livi</li> <li>1:00 Paint Studio-Watercolor</li> <li>1:30 Card Players-45's</li> <li>2:00 Joyful Hymns Music</li> <li>2:30 Barre &amp; Balance</li> <li>3:00 Pub Happy Hour</li> <li>4:15 Embers and Insights</li> </ul>	<b>29</b>	<ul style="list-style-type: none"> <li>10:00 Total Body Fitness</li> <li>10:30 Group Crossword</li> <li>11:15 Jewelry Design Workshop</li> <li>11:30 Mimosas and Manicures</li> <li>1:00 Mexican Train Dominoes</li> <li>1:15 Docuseries-National Parks</li> <li>2:30 Cardio Drumming</li> <li>3:00 Happy Hour</li> <li>3:30 Knitting for Charity</li> </ul>

## Reminders:

### Hair Salon

Wednesday: 9-5

### Transportation:

Medical Appts

Mon: 1-3

Tues: 9:30-3:30

Errands

Fri: 9-12

Outings

Wednesdays

Church

Sun: 8:30-11

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning  
Arts & Culture  
Physical Fitness  
Community Connections  
Wellness & Self-Care