

# Home Times Monthly

*A newsletter for Pond Home residents with  
all the news that's fit to print*

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September 2023 volume 131

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To My Dear Residents,

September is Healthy Aging Month! It is all about keeping our mind, body, and spirit engaged and enjoying life, wherever you find yourself. There is always something to be thankful for each day.

**Healthy Aging Month magazine offers these tips for healthy aging:**

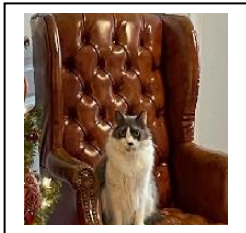
1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? 60? 80? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself.
2. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive.
3. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)
4. Walk, not only for your health but to see other people and stay social.
5. Find your inner artist. Try your hand at something new. It is good for your brain, and you might just find a hidden talent.
6. Eat and Drink Healthy – Make healthy choices like fruits, vegetables, whole grains, lean meats, low-fat dairy products and plenty of water!

What I loved about this list is that they all be done right here at Pond Home. I would add one more thing – practice gratitude every day. That may not make you younger, but it keeps your heart light.

Thanks for reading,



Becky Annis, Administrator

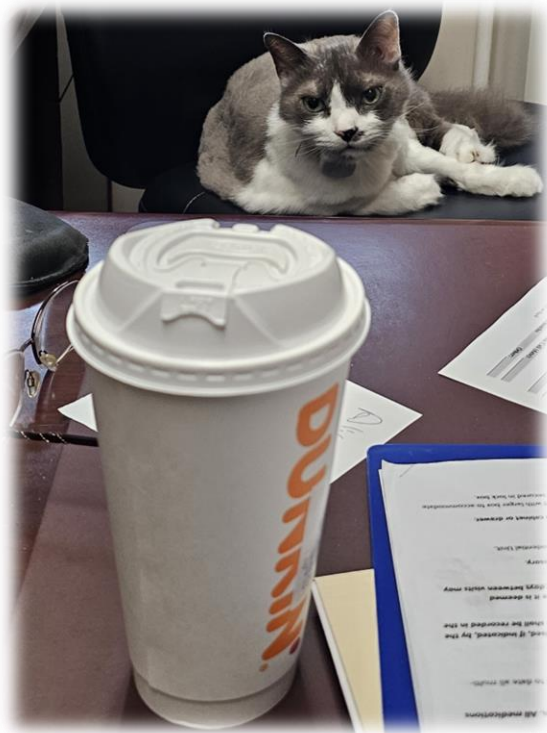


## **PATCHES' PURRSPECTIVE**

I've noticed many of the humans I hang around with are addicted to a warm beverage, called coffee. I don't get what is so great about this thing called coffee.

I hear it perks you up. So does a cat nap in the sunshine or when a dog comes to visit my home. Or when you hear the birds calling from an open window.

Maybe I don't appreciate it because I just cannot wrap my paws around a mug. But, let's talk catnip.....now we are talking about something I can understand an addiction to!



## DEBBIE'S WISDOM

If you want to succeed in life, your good habits must outweigh your bad habits. Time to unlearn your bad habits and change your negative tendencies. It's never too late. We are what we repeatedly do.

Excellence is not an act but a habit. Go soar and live a happy life!

**10 THINGS to quit right now to help live your most fulfilling life.**

1. Trying to please everyone
2. Resisting change
3. Living in the past
4. Putting yourself down
5. Overthinking
6. Complaining
7. Focusing on the Negatives
8. Comparing yourself to others
9. Letting your past impact your present and future
10. Looking to external factors to make you happier instead of internally



## September Birthday's

Pat Bader	3rd
Pat Webster	14th
Adrienne Ciapciak	24th

## Employee Role Change



Please welcome **Kristin Fiori** as the new Nurse Manager/Staff Developer here at the Pond Home. She is an RN and has worked as a charge nurse at Pond Home since July 2022. She is ready to take on the challenge of this new position and will begin the role on September 5, 2023.

Please be patient and welcoming while she gets acquainted with the new role.



## **Activity Highlights for September**

**Weekly shopping-Stop & Shop and Target Wednesday's at 10am**

**Mystery rides Thursdays leaving at 1:30pm**

**Lending Library - Monday's at 10am**

***Social Under the Stars is back - weather permitting -  
Wednesday evenings***

***Thursday Nights - Popcorn & a Movie 6pm LR***

**Exercise/Morning Stretch daily at 9:15**

***Monday Matinee - 1:15pm, LR***

9/4 - "Damn Yankees"  
9/11 - "Come From Away"  
9/18 - "Some Like it Hot"  
9/25 - "Charade"

***Saturday Matinee - 1pm, LR***

9/2 - "My Fair Lady"  
9/3 - "Mrs. Harris Goes to Paris"  
9/9 - "Downtown Abbey"  
9/16 - "Titanic"  
9/23 - "The Band Wagon"  
9/30 - "Sabrina"

9/2 - Steven King entertains  
9/4 - Root beer Floats  
9/7 & 9/28 - Sing-a-long with Roberta  
9/8 - Rob & Marcus perform  
9/10 - NE Patriot's Opening Day Party  
9/14 - Menu Planning Meeting  
9/15 - Michael L plays piano  
9/17 - NEADS dogs visit  
9/18 - Catholic Mass  
9/22 - Eddie Dillion performs  
9/27 - Wrentham Co-op Banking  
9/28 - Ecumenical Service  
9/30 - Kevin Wolfe performs



HAIRDRESSER FRIDAY & SATURDAY

# LAUGHING MATTERS –

In Light Of September Being National Classical Music Month -



**Here's a few music-inspired jokes to keep you laughing... or groaning!**

How do you fix a broken tuba?

*With a tuba glue!*

What musical key do cows sing in?

*Beef flat.*

What's the difference between a piano and a fish?

*You can't tuna fish!*

Why did the pianist keep banging his head against the keys?

*He was playing by ear!*

What type of music are balloons afraid of?

*Pop music!*

Why did the singer climb a ladder?

*To reach higher notes!*

What do you get when you cross a sweet potato and a jazz musician?

*A yam session!*

# Word Search

## CLASSICAL MUSIC



S F P R L I H V I O L I N M  
C M Z I D K F V T N N X A C  
D E C C A J U R I R J B Z E  
C L A R I N E T O V M L E L  
X O B R T C O H B L A L Z L  
U D B E N Y H T Y Q B L Y O  
F Y B O E C L O I M H J D H  
A P C M N T P A E M M A X I  
N W S E O M H S R V P D R J  
F O R T E Z N O A G N A L P  
A F N T Y E A D V R O G N G  
R V D W Y E F R H E F I P I  
E Q U A R T E T T K N O C I  
O E P L F L U T E Q W Y F I

Violin

Flute

Adagio

Quartet

French Horn

Timpani

Clarinet

Fanfare

Beethoven

Concerto

Piano

Tempo

Ensemble

Vivaldi

Melody

Cello

Forte

Largo

Harp

Mozart