

## Meet Your new Woods Team!!



## MARCH BIRTHDAYS

### Celebrity Birthdays

3/2 Daniel Craig

3/11 Rupert Murdoch

3/16 Jerry Lewis

3/20 Fred Rogers

3/22 William Shatner

3/25 Elton John

3/26 Alan Arkin

3/30 Celine Dion

What's Going On In

# March

2020



### Team Members

Executive Director.....Richard Govoni  
 Business Office Manager.....Lisa Countenay  
 Community Development Director.....  
 .....Jocelyn Fitzgibbons  
 Executive Chef.....Todd McGovern  
 Life Enrichment Director.....Diane Atkins  
 Maintenance Director.....John Hardy  
 Concierge Team.....  
 Leanette Cartagena, Emily Cormier,  
 Hadyah Hurley, Mara Ramos, Gladys Sosa,  
 Catherine Sosa, Mara Ramos, Camilla Ulrich

### Meal Times

Always Available Menu from 7-7

Breakfast.....7:00am  
 Lunch.....11:30am  
 Dinner.....4:30pm

### Movie Showings

Everyday 2:00 & 7:00 in Theater

### RED BOX MOVIE

Every Tuesday  
 2:00 & 7:00 in Theater

### Reoccurring Activities

Daily Chronicles | Daily | Bistro  
 Happy Hour | Friday | Bistro | 4:00  
 Blood Pressure Checks | Mondays | 10:00

### Transportation Schedule

#### Mondays

Market Basket & Walmart.....10:00am

#### Tuesdays

Banks, Post Office, Library.....10:00am

#### Wednesdays

Lunch Bunch and Outings.....Times Vary

#### Thursdays

Medical Appointments.....9:00am - 3:00pm

#### Fridays

CVS/Walgreens.....10:00am

- Sign up 24 hours in advanced for transportation-



### Special Events

3/4 Scenic Ride around Methuen  
 3/5 Resident & New Prospect Mixer-  
 Brian Kane Performs | 5:00-7:00  
 3/8 Daylight Savings Time  
 3/11 Outing to Mann's Orchard  
 3/17 St. Patricks' Day Party | 3:00  
 3/18 Outing to Quilt Museum in Lowell  
 3/19 Chef Todd's Food Demonstration | 2:00  
 3/24 Welcome Tea Social | 3:30  
 3/25 Outing to the AMC Movie Theater  
 3/31 March Birthday Celebration | 1:30

### Outings

3/4 Scenic Tour of Methuen | 1:15  
 3/11 Trip to Mann's Orchard | 10:30  
 3/18 Quilt Museum in Lowell | 11:00  
 3/25 Trip to AMC Movie Theater | 10:15

### Important Phone Numbers

Office.....351-204-7280



# MARCH

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

<p><b>1</b></p> <p>10:30 Weekend Devotional CH</p> <p>10:30 Walking Group AR</p> <p>11:00 Coffee &amp; Cards GR</p> <p>2:00 Movie TH </p> <p>2:30 Daily Chronicles B</p> <p>7:00 Movie TH</p>	<p><b>2</b></p> <p>9:30 Sunshine News Hour</p> <p>10:00 Blood Pressure Check</p> <p>10:00 Circuit Training FR</p> <p>11:30 Coffee Current Events PB</p> <p>1:30 Balloon Volleyball AR</p> <p>2:30 Daily Chronicles GR</p> <p>4:00 Game Hour: LCR AR</p> <p>7:00 Musical Movie Monday TH</p>	<p><b>3</b></p> <p>9:30 Words of Affirmation CH</p> <p>10:00 Chair Yoga AR</p> <p>11:00 You Be The Judge GR</p> <p>1:30 Name that Tune B</p> <p>2:00 Movie TH</p> <p>2:30 Daily Chronicles B</p> <p>4:00 Game Hr:Kings in the Corner AR</p> <p>7:00 Travelogue TH</p>	<p><b>4</b></p> <p>9:30 Bible Study CH</p> <p>10:30 Balance Class FR</p> <p>11:00 Coffee Klatch PB</p> <p>2:00 Movie TH</p> <p>2:30 Daily Chronicles</p> <p>4:00 Game Hour: Bingo AR</p> <p>7:00 Movie TH</p>	<p><b>5</b></p> <p>9:30 Current Event Grp B</p> <p>10:30 Music &amp; Movement AR</p> <p>11:00 Water Color AR</p> <p>1:30 Words Within A Word</p> <p>2:30 Daily Chronicles B</p> <p>4:00 Game Hour: Scrabble GR</p> <p><b>5:00-7:00 Resident &amp; Prospect Mixer B</b></p>	<p><b>6</b></p> <p>9:30 Morning Meditation CH</p> <p>10:30 Bean Bag Baseball GR</p> <p>11:00 Bingo AR</p> <p>1:30 This Day in History B</p> <p>2:00 Movie TH</p> <p>2:30 Daily Chronicles B</p> <p>4:00 <b>Happy Hour:</b> Trivia</p> <p>7:00 Movie TH</p>	<p><b>7</b></p> <p>9:30 Weekend Devotional CH</p> <p>10:30 Walking Club B</p> <p>11:00 Word Search B</p> <p>2:00 Movie TH</p> <p>2:30 Daily Chronicles B</p> <p>7:00 Movie TH</p>
<p><b>8</b></p> <p>10:15 Walking Group AR</p> <p>9:30 Weekend Devotional CH</p> <p>11:00 Coffee &amp; Cards GR</p> <p>2:00 Movie TH</p> <p>2:30 Daily Chronicles B</p> <p>7:00 Movie TH</p>	<p><b>9</b></p> <p>9:30 Sunshine News Hour</p> <p>10:00 Circuit Training FR</p> <p>11:30 Coffee Current Events PB</p> <p>1:30 <b>Amazing Animal Facts</b></p> <p>2:30 Daily Chronicles GR</p> <p>4:00 Game Hour: Scrabble AR</p> <p>7:00 Musical Movie Monday TH</p>	<p><b>10</b></p> <p>9:30 Words of Affirmation CH</p> <p>10:00 Chair Yoga AR</p> <p>11:00 You Be The Judge GR</p> <p>1:30 <b>Guess Your Middle Name</b> FS</p> <p>2:00 <b>Resident Meeting   Movie</b> TH</p> <p>2:30 Daily Chronicles B</p> <p>4:00 Game Hour: Gin Rummy AR</p> <p>7:00 Travelogue TH</p>	<p><b>11</b></p> <p>9:30 Bible Study CH</p> <p>10:30 Balance Class FR</p> <p>11:00 Coffee Klatch PB </p> <p>1:00 <b>Outing to Mann's Orchard</b></p> <p>2:00   7:00 Movie TH</p> <p>2:30 Daily Chronicles</p> <p>4:00 Game Hour: Bingo AR</p>	<p><b>12</b></p> <p>9:30 Current Event Grp B</p> <p>10:30 Music &amp; Movement AR</p> <p>11:00 Are you Smarter than a 5th Grader? B</p> <p>1:30 Popcorn Bar: Make your own Mix MT</p> <p>2:00 <b>Food Committee Meeting</b></p> <p>2:30 Daily Chronicles B</p> <p>4:00 Game Hour: Black Jack GR</p>	<p><b>13</b></p> <p>9:30 Morning Meditation CH</p> <p>10:30 <b>Activity Meeting</b> GR</p> <p>11:00 Bingo AR</p> <p>1:30 <b>Guess the Phobia</b> PB</p> <p>2:00 Movie TH</p> <p>2:30 Daily Chronicles B</p> <p>4:00 <b>Happy Hour:</b> Trivia</p> <p>7:00 Movie TH</p>	<p><b>14</b></p> <p>9:30 Weekend Devotional CH</p> <p>10:30 Walking Club PB</p> <p>11:00 Word Search B</p> <p>2:00 Movie TH</p> <p>2:30 Daily Chronicles B</p> <p>7:00 Movie TH</p>
<p><b>15</b></p> <p>9:30 Weekend Devotional CH</p> <p>10:15 Walking Group AR</p> <p>11:00 Coffee &amp; Cards GR</p> <p>2:00 Movie TH</p> <p>2:30 Daily Chronicles B</p> <p>7:00 Movie TH</p>	<p><b>16</b></p> <p>9:30 Sunshine News Hour</p> <p>10:00 Circuit Training FR</p> <p>11:30 Coffee Current Events PB</p> <p>1:30 <b>Armchair Travel:Ireland</b> AR</p> <p>2:30 Daily Chronicles GR</p> <p>4:00 Game Hour: LCR AR</p> <p>7:00 Musical Movie Monday TH</p>	<p><b>17</b></p> <p>9:30 Words of Affirmation CH</p> <p>10:00 Chair Yoga AR</p> <p>11:00 You Be The Judge GR</p> <p>2:30 Daily Chronicles FS</p> <p>3:00 <b>Saint Patrick's Day Party</b> B</p> <p>4:00 Game Hour: RummiKub AR</p> <p>7:00 Travelogue TH</p>	<p><b>18</b></p> <p>9:30 Bible Study CH</p> <p>10:30 Balance Class FR</p> <p>11:00 Coffee Klatch PB </p> <p>1:00 <b>Outing to Quilt Museum</b></p> <p>2:00   7:00 Movie TH</p> <p>2:30 Daily Chronicles</p> <p>4:00 Game Hour: Bingo AR</p>	<p><b>19</b></p> <p>9:30 Current Event Grp B</p> <p>10:30 Music &amp; Movement AR</p> <p>11:00 Dominos GR</p> <p>1:30 Words Within A Word B</p> <p>2:00 <b>Chef Todd Food Demo</b> </p> <p>2:00 Movie TH</p> <p>2:30 Daily Chronicles B</p> <p>4:00 Game Hour: Skip Bo GR</p> <p>7:00 Movie TH</p>	<p><b>20</b></p> <p>9:30 Morning Meditation CH</p> <p>10:30 Spring Craft AR</p> <p>11:00 Bingo AR</p> <p>1:30 Game Hour: Scrabble B</p> <p>2:00 Movie TH</p> <p>2:30 Daily Chronicles B</p> <p>4:00 <b>Happy Hour:</b> Trivia</p> <p>7:00 Movie TH</p>	<p><b>21</b></p> <p>9:30 Weekend Devotional CH</p> <p>10:30 Walking Club PB</p> <p>11:00 Word Search B</p> <p>2:00 Movie TH</p> <p>2:30 Daily Chronicles B</p> <p>7:00 Movie TH</p>
<p><b>22</b></p> <p>9:30 Weekend Devotional CH</p> <p>10:30 Walking Group AR</p> <p>11:00 Coffee &amp; Cards PB</p> <p>2:00 Movie TH</p> <p>2:30 Daily Chronicles B</p> <p>7:00 Movie TH</p>	<p><b>23</b></p> <p>9:30 Sunshine News Hour</p> <p>10:00 Circuit Training FR</p> <p>11:00 <b>Pet Therapy Visit w/ Lydia LIB</b> </p> <p>1:30 Balloon Volleyball AR</p> <p>2:30 Daily Chronicles GR</p> <p>4:00 Game Hour: Scrabble AR</p>	<p><b>24</b></p> <p>9:30 Words of Affirmation CH</p> <p>10:00 Chair Yoga</p> <p>11:00 You Be The Judge GR</p> <p>1:30 <b>Welcome Tea</b> </p> <p>2:30 Daily Chronicles B</p> <p>4:00 Game Hour: Gin Rummy AR</p> <p>7:00 Travelogue TH</p>	<p><b>25</b></p> <p>9:30 Bible Study CH</p> <p>10:30 Balance Class FR</p> <p>11:00 Coffee Klatch PB </p> <p>1:30 <b>Outing to AMC Theater</b></p> <p>2:00   7:00 Movie TH</p> <p>2:30 Daily Chronicles</p> <p>4:00 Game Hour: Bingo AR</p>	<p><b>26</b></p> <p>9:30 Current Event Grp B</p> <p>10:30 Music &amp; Movement AR</p> <p>11:00 Craft Group AR</p> <p>1:30 <b>Shake Out the Truth Game</b></p> <p>2:00 Movie TH</p> <p>2:30 Daily Chronicles B</p> <p>4:00 Game Hour: UNO GR</p> <p>7:00 Movie TH</p>	<p><b>27</b></p> <p>9:30 Morning Meditation CH</p> <p>10:30 Craft Group AR</p> <p>11:00 Bingo AR</p> <p>1:30 Mexican Train Dominos GR</p> <p>2:00 Movie TH</p> <p>2:30 Daily Chronicles B</p> <p>4:00 <b>Happy Hour:</b> Trivia - B</p> <p>7:00 Movie TH</p>	<p><b>28</b></p> <p>9:30 Weekend Devotional CH</p> <p>10:30 Walking Club PB</p> <p>11:00 Word Search B</p> <p>2:00 Movie TH</p> <p>2:30 Daily Chronicles B</p> <p>7:00 Movie TH</p>
<p><b>29</b></p> <p>9:30 Weekend Devotional CH</p> <p>10:30 Walking Group AR</p> <p>11:00 Coffee &amp; Cards PB</p> <p>2:00 Movie TH</p> <p>2:30 Daily Chronicles B</p> <p>7:00 Movie TH</p>	<p><b>30</b></p> <p>9:30 Sunshine News Hour</p> <p>10:00 Circuit Training FR</p> <p>11:30 Coffee Current Events PB</p> <p>1:30 Balloon Volleyball AR</p> <p>2:30 Daily Chronicles GR</p> <p>4:00 Game Hour: LCR AR</p> <p>7:00 Musical Movie Monday TH</p>	<p><b>31</b></p> <p>9:30 <b>Meet &amp; Greet Yoga Joan</b></p> <p>10:00 <b>Chair Yoga</b> AR </p> <p>11:00 You Be The Judge GR</p> <p>2:00 <b>March Birthday Party</b> </p> <p>2:30 Daily Chronicles B</p> <p>4:00 Game Hour: Dominos AR</p> <p>7:00 Travelogue TH</p>	<p><b>Reoccurring Events</b></p> <p><b>Mondays— Blood Pressure Checks 10 am</b></p> <p><b>Daily Chronicles — Daily 2:30</b></p> <p><b>Happy Hour — Fridays 4:00</b></p>	<p>Room Key</p> <p>AR—Activity Room</p> <p>FR -Fitness Room</p> <p>CH - Chapel</p> <p>B - Bistro</p> <p>LIB /GR- Library -Game Room</p> <p>P – Patio</p> <p>DR— Dining Room</p> <p>TH– Theater</p>	<p><b>Life Enrichment Director:</b> Diane.Atkins@Sunshineret.com</p> <p> <b>Find us on facebook.</b></p> <p><b>Like us on Facebook:</b> Facebook.com/ TheWoodsatMerrimackRet</p>	<p></p> <p><b>THE WOODS AT MERRIMACK</b> RETIREMENT COMMUNITY</p> <p><b>197-199 Howe Street</b> <b>Methuen, Ma 01844</b></p> <p><b>351-204-7280</b></p>