



Berwick Estates

New Communities

Connecting people & possibilities

Connections

Our unique approach to activity programming for seniors focuses on four elements: Community Connections, Farm to Table, Art Connections, and Wellness Connections.

Connections integrates these elements with social events, local community events, and the unique hobbies and interests of each individual to create a highly customizable lifestyle program



Farm to Table
activities focused on local farms, gardening, and cooking

Art Connections
activities focused on exploring the arts

Community Connections
highlighting activities in the community

Wellness Connections
activities focused on health and wellbeing



At Berwick Estates, community begins with a compassionate and professional team who learn about you and your interests, and connect you to social, recreational, and educational activities. To learn more, visit Berwick Estates for a tour, join us for a meal, and enjoy an activity.

To schedule a visit, contact:
Rebekah Libby, Administrator
(207) 384-2715 | rlibby@newcomms.org
berwickestates.org

Berwick Estates Connections September 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:30a-Sunday News 4:07p-Red Sox vs. Angels	2 <u>Community Connections</u> 10a-Scrabble 1p-Movie & Popcorn “9 to 5” 3p-Tea Time Happy Labor Day	3 <u>Wellness Connections</u> 9a– Yoga <u>Art Connections</u> 10a-Journal Group <u>Community Connections</u> 3p-Bingo	4 <u>>Community Connections</u> 10a-S.B. Library <u>Wellness Connections</u> 1:30p Manicures <u>>Community Connections</u> 5p-Community Supper	5 <u>Wellness Connections</u> 9a– Meditation <u>>Community Connections</u> 11a-Granite Steak House <u>Wellness Connections</u> 3p-Spa-Cucumber Facials and Hand Massages	6 <u>Wellness Connections</u> 9a-Aromatherapy <u>>Community Connections</u> 10a– WOCAM Coffee & Donuts 2p-Dollar General	7 <u>>Wellness Connections</u> 10a-Walking Group and Picnic-Vaughn Woods Art Connections 2p-Presentation on New Hampshire History
8 10:30a-Sunday News 8:08p-Red Sox vs. Yankee 8:20p Patriots v. Pittsburg Steelers National Assisted Living Week	9 <u>Community Connections</u> 10a-Movie & Popcorn “ Cat on a Hot Tin Roof” <u>Farm to Table</u> 1p-Cooking w/ Sue Pumpkin Bread <u>Community Connections</u> 3p-Tea Time	10 <u>Wellness Connections</u> 9a– Yoga <u>Art Connections</u> 10a-Journal Group <u>Farm to Table</u> 1p-Ants on a Log <u>Community Connections</u> 3p-Bingo	11 <u>Wellness Connections</u> 9a-Strength and Balance <u>>Community Connections</u> 1030a-Berwick Library Seniors Meeting Seniors 2p-Did You Ever....?	12 <u>Wellness Connections</u> 9a– Meditation <u>>Community Connections</u> 10a-Calef’s County Store Art Connections 1p-The Life Story Of....? <u>>Community Connections</u> 3p-Aggie’s	13 <u>Wellness Connections</u> 9a-Aromatherapy <u>>Community Connections</u> 11a-Picnic @ Mount Agamenticus 2p-Walmart	14 <u>Wellness Connections</u> 1:30p-Board Games
15 1:00p– Patriots v. Miami Dolphins 1:05p-Red Sox vs. Phillies	16 <u>Farm to Table</u> 10a-Cooking w/ Rebekah-Gingerbread Whoopie Pies <u>Community Connections</u> 1p-Movie & Popcorn “RV” 3p-Weekly Memory Jar	17 <u>Wellness Connections</u> 9a– Yoga <u>Art Connections</u> 10a-Journal Group <u>Community Connections</u> 1p-Did You Ever? 3p-Bingo	18 <u>Wellness Connections</u> 9a-Strength and Balance <u>>Community Connections</u> 10a-S.B. Library 2p-Historical Trivia	19 <u>Wellness Connections</u> 9a– Meditation <u>>Community Connections</u> 10a-Apple Picking <u>Farm to Table</u> 2p-Crockpot Apple Butter	20 <u>Wellness Connections</u> 9a-Aromatherapy <u>>Community Connections</u> 10a– WOCAM Coffee & Donuts 2p-Dollar General	21 <u>Wellness Connections</u> 1:30p-Board Games
22 10:30a-Sunday News 1:00p– Patriots v. NY Jets 1:10 p-Red Sox vs. Rays	23 <u>Wellness Connections</u> 10:30a-Health Chat–Infection Control <u>Community Connections</u> 1:30p-Movie & Popcorn “Always” 1st Day of Fall	24 <u>Wellness Connections</u> 9a– Yoga <u>Art Connections</u> 1p-The Life Story Of....? <u>Community Connections</u> 3p-Bingo	25 <u>Wellness Connections</u> 9a-Strength and Balance <u>>Community Connections</u> 1030a-Berwick Library Seniors Meeting Seniors Art Connections 2p-Music Trivia: One Hit Wonders	26 <u>Wellness Connections</u> 9a-Meditation 1p-Manicures <u>>Community Connections</u> 2p-Trip to Stonewall Kitchen	27 <u>Wellness Connections</u> 9a-Aromatherapy <u>>Community Connections</u> 11a– Sarah Orne Jewett Museum 2p-Walmart	28 <u>>Community Connections</u> 9a-Breakfast at IHOP <u>Wellness Connections</u> 1p– Walk to General Store 3p-Manicures
29 10:30a-Sunday News 1:00p-Patriots v. Buffalo Bills 8:05p– Red Sox vs. Rangers	30 <u>Farm to Table</u> 10a-Cooking w/ Rebekah Pumpkin Dip <u>Community Connections</u> 1:30p-Movie & Popcorn “Big Miracle” 3p-Weekly Memory Jar			No September Birthdays	National Days 9/6 Coffee Ice Cream Day 9/10 Ants on a Log Day 9/12 Choc Milkshake Day 9/16 Cinnamon Raisin Day 9/26 Pancake Day 9/29 Coffee Day	