

A Message from the Executive Director, Rosanna Figueiredo



Greetings everyone, and happy fall! Now that the extreme heat of summer is behind us, I am hopeful that we can enjoy some brisk fall air and get in some leaf peeping and evenings cozied up to an outdoor fire before the cold and snow descend upon us. Being from New England, we are used to the rapid fluctuations in seasons and, for the most part, embrace it!

I am happy to report all is going well here at Blaire House of Tewksbury Assisted Living. I know a large question on everyone's mind is what will happen with visits once the weather changes and it is too cold to be outdoors. It is for this reason we are monitoring the COVID-19 numbers very, very carefully in the community because the safety of our residents and staff is our top priority. As we are now in flu season, we do not know the

impact this will have on COVID-19 cases, so we will be very cautious. As new guidance comes in, I will share it with everyone. I appreciate everyone's patience, understanding and cooperation during this very new and uncharted territory. We truly have your loved ones' best interests at heart.

Be well and be safe,

Rosanna Figueiredo, Executive Director



Pauline Lemay ringing bottles to win prizes.



Gus Totilo "clowning around" on Carnival Day.

IMPORTANT DATES TO REMEMBER:

- October 1 Coffee Day
- October 4 National Taco Day
- October 6 Mad Hatter Day
- October 7 Chocolate-Covered Pretzel Day
- October 9 National Bowling Day
- October 12 Columbus Day
- October 14 Oktoberfest
- October 15 Cake Decorating Day
- October 22 Pizza & Movie Night
- October 27 Dietary Meeting @ 2:00 PM
- October 30 Halloween Party @ 3:00 PM



WALKING GROUP:

Walking Group takes place every day at 1:00 PM. Anyone interested in joining the group, meet in the 1st floor lounge at this time. All walks are outside weather permitting.

CATHOLIC MASS:

Catholic Mass can be seen everyday on channel 268 Sunday@ 10:00 AM, Monday - Saturday @ 9:30 AM

ALL LEVELS OF YOGA:

WITH JOAN LAWRENCE
Tuesday, October 13th & 27th @ 10:30 AM

CHAIR ZUMBA:

WITH KATRINA ROTONDI
Tuesday, October 6th and 20th @ 2:00 PM

HAPPY BIRTHDAY

October Birthdays
 Doris Mulligan (10/9)
 Francis "Red" Egan (10/15)
 Julie Dalton (10/29)
 Paul McNaught (10/30)



Marie Blazonis "fishing" for prizes with help from staff.

SCHEDULED EVENTS & ENTERTAINMENT

- 10/1 Outside Concert with Joey B. Bop3:00 PM
- 10/8 Outside Concert with Chuck Palmer3:00 PM
- 10/14 Oktoberfest Concert with Dave Capinagro6:00 PM
- 10/22 Outside Concert with Brian Corcoran3:00 PM

In astrology, those born between October 1st–22nd balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues. Those born from October 23rd–31st are Scorpio's scorpions. Scorpions are passionate and intense, yet you may never know given their calm demeanors. They value truth, loyalty, and justice in friends and family.

HEATHER JAYNES
Housekeeping
Congratulations to our
EMPLOYEE OF THE MONTH

Congratulations to Heather Jaynes, Housekeeping.

Heather was born February 15th to Donna Eklund and Beau Jaynes of Lowell, Massachusetts. She has a sister, Colleen, and two brothers, Robert and John.



Heather graduated from Lowell High School in 1990. She is the mother of three children, Cortney, Alexis, and Matthew. Heather was married for 22 years and sadly lost her husband in 2015. Heather is the niece of Micky Ward, a professional boxer from Lowell, and the 2010 movie "The Fighter" is about him.

In her spare time Heather enjoys cooking and baking, especially with her granddaughter Gemma, who is her best friend.

Heather has been employed at Blaire House of Tewksbury Assisted Living since April 2020 and has been an asset to the community since. Heather is friendly to all residents and staff, and when she is not busy cleaning, she can be found socializing with the residents.

Congratulations, Heather. Everyone at Blaire House of Tewksbury Assisted Living wishes you continued good health, happiness and success.