

May Roundup



What a great start to spring we've had. Beautiful weather has been on our side.

We enjoyed wonderful luncheons at the Sagamore Inn (*see Pat above left*) and the Canal Side restaurant at Upper Cape Regional Technical High School, which is run by the students in their culinary program.

Additionally, several of the residents went to the Sandwich movie theater to see *Book Club: The Next Chapter*. Our scenic rides with Linda have resumed. And residents, Nancy Clark and Ginny Sullivan are enjoying playing cribbage. Nancy's daughter, Laura is helping them to practice their skills!

In addition, it was National Strawberry and Cream Day. Residents had fun making strawberry shortcake during "Culinary Corner" with Karen. Volunteer, Joyce came in and helped us make beautiful Memorial Day poppy flower crafts (*see Nancy above right*). And Harry French started off our Memorial Day weekend with some great music!

This month, we are adding to our exercise regime with a walking club. Grab those sneakers. We would love for you to join us if you would like!

Spotlight: Nancy Duggan continued -

After earning a B.A. in English, she went on to enjoy a 42-year career teaching English at Old Rochester Regional High School.

An excellent educator, Nancy also found time to coach the school's girls' tennis team to a remarkable 94-6 record over 10 seasons.

Nancy had a full life outside of school, too, where longtime friends still know her as more than a teacher and athlete.

Nancy is "Witty, wise and a world-traveler," according to Janice Moody, Nancy's friend and fellow traveler of 50 years.

Indeed, whether shelling on Sanibel Island, golfing in Ireland, leading a sing-along in Italy or skiing in NH, Nancy loved to travel.

An avid golfer, Nancy upon occasion combined her golf and teaching skills.

"She taught me how to play," said Michelle Roy, another of Nancy's long-time friends and a frequent visitor. "It was the first and only time I hit the green on my first shot!"

Activities continued -

According to Sarah Tribuzio, who once worked for Habitat for Humanity of Cape Cod in a development role, "Habitat for Humanity is a strong organization that relies upon community volunteerism, leadership and generosity. Now, more than ever, housing is at the forefront of concerns for many people on the Cape. We are happy to help to support their good work in whatever way we can."



Around the House

JUNE 2023

Joining Habitat for Humanity

Decatur House is happy to be part of a community that cares.



That is why we are supporting Habitat for Humanity of Cape Cod's Sandwich builds this summer in our own small, but heartfelt way.

We are making homemade baked goods for the hardworking staff and volunteers who are building the three houses that the non profit organization is constructing in the town. Residents are joining staff to deliver them on 4 separate occasions throughout the summer - May 2, June 6, July 11& Aug. 1 *See photo of Lourana above!*

The new homes are on Nauset Street and Cotuit Street, and they are coming along beautifully. The last time a Habitat house was built in town was nearly 40 years ago.

Habitat for Humanity of Cape Cod works in partnership with families in need to build homes, hope, lives and community. Every Habitat home is built by volunteers and the future home owners. *Continued on back page*

COMMUNITY **SPOT** LIGHT

Nancy Duggan



Nancy Duggan is an affable resident with an easy-going demeanor and dry wit. She is best known, however, for her uniquely beautiful singing voice.

During the occasional afternoon social, Nancy has even accompanied herself on her guitar.

Her passion for music and theater was ignited as a student at Concord High School, where she sang in the chorus and appeared in theatrical performances.

An excellent athlete and scholar, Nancy was a National Honor Society member, and her name was consistently on the Honor Roll.

Athletically, Nancy was a standout field hockey, softball and basketball player. She was later inducted into the school's Athletic Hall of Fame, the lone female in a group of 17 honorees from the 1950 - 59 induction class.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-family: cursive;">June 2023</h1>						
				1	2	3
				10:30 Boxing in Place 11:00 Armchair Travel: "Scotland's Islands" 2:00 Movie Outing: <i>About My Father</i> 2:00 BINGO 4:00 Sunroom Social	Celebrate Donut Day! 10:30 "Your Choice Friday" (Choice of Group Activities) 2:00 BINGO 3:00 Balloon Toss 4:00 Sunroom Social	10:30 Let's Get Fit! 11:00 Words starting with 'J' 2:00 History: The Rolling Stones 4:00 Sunroom Social 6:00 <i>Lawrence Welk Show</i> (TV-Channel 9)
4	5	6	7	8	9	10
9:00 <i>Sunday Morning</i> (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) 10:30 Culinary Craft Corner 2:00 BINGO 4:00 Sunroom Social HAPPY BIRTHDAY, MANNY!	10:30 Heart-health Aerobics 11:00 Categories Trivia 2:00 Monday Movie Matinee: <i>A Man Called Otto</i> 4:00 Sunroom Social	10:30 DrumFIT 11:00 High Roller Dice Game 2:00 Words-in-a-Word 3:00 Balloon Volley 4:00 Sunroom Social -- Concierge Service --	-- HAIR SALON -- 10:30 Chair Yoga 11:00 BINGO 2:00 & 3:00 Scenic Drives 2:00 Craft Time: Beading 4:00 Afternoon Social	10:30 Armchair Travel: "World's Greatest Man-made Wonders" 11:30 Men's Lunch Outing 2:00 BINGO 4:00 Sing w/Janice Hannah	10:30 Chair T'ai Chi w/Donna 11:00 BINGO 2:00 "Your Choice Friday" (Choice of Group Activities) 4:00 Sunroom Social	10:30 Let's Get Fit! 11:00 Perfect your Putt (Golf) 2:00 History: Ben Franklin 4:00 Sunroom Social 6:00 <i>Lawrence Welk Show</i> (TV-Channel 9)
11	12	13	14	15	16	17
9:00 <i>Sunday Morning</i> (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) 6:00 <i>Lawrence Welk Show</i> (TV-Channel 9) Puzzles, Word Games and Art Supplies available all day.	10:30 Heart-health Aerobics 11:00 Shopping: Dollar Tree 2:00 Monday Movie Matinee: <i>Being Mary Tyler Moore</i> 4:00 Sunroom Social	10:30 DrumFIT 11:00 High Roller Dice Game 2:00 BINGO 3:00 Balloon Volley 4:00 Sunroom Social -- Concierge Service --	-- HAIR SALON -- 10:30 Chair Yoga 11:00 BINGO 2:00 & 3:00 Scenic Drives 2:00 Flag Day Craft 4:00 Sunroom Social Flag Day (US)	10:30 Armchair Travel: "World Heritage Sights" 11:00 POKENO 1:30 Paint with Sandy! 4:00 Sing w/Janice Hannah	10:30 "Your Choice Friday" (Choice of Group Activities) 2:00 BINGO 3:00 Balloon Toss 4:00 Sunroom Social	10:30 Let's Get Fit! 11:00 Remember When? 2:00 History: The Battle of Bunker Hill 4:00 Sunroom Social 6:00 <i>Lawrence Welk Show</i> (TV-Channel 9)
18	19	20	21	22	23	24
10:00 Catholic Mass (TV-138) 10:30 Culinary Craft Corner 12:30 Special Fathers Day Lunch 2:00 BINGO 4:00 Sunroom Social HAPPY BIRTHDAY, ROSE! Father's Day	10:30 Heart-health Aerobics 11:00 Shopping: Penny Lane 2:00 Monday Movie Matinee: <i>Singin' in the Rain</i> 4:00 Sunroom Social Juneteenth	10:30 DrumFIT 11:00 BINGO 2:00 Mindfulness Training w/Pete Cormier 4:00 Sunroom Social -- Concierge Service -- HAPPY BIRTHDAY, ASHLEY!	-- HAIR SALON -- -- Manicures by Mikaela -- 10:30 Chair Yoga 11:00 BINGO 2:00 & 3:00 Scenic Drives 2:00 Let's Have Smoothies! 4:00 Sunroom Social Summer Begins	10:30 Armchair Travel: "Amazing Places in the USA" 11:30 Lunch Outing 2:00 BINGO 3:00 Balloon Toss 4:00 Sing w/Janice Hannah	10:30 Chair T'ai Chi w/Donna 11:00 BINGO 2:00 Cooking/Tasting Demo w/Paula LaRochelle 4:00 Sunroom Social	10:30 Let's Get Fit! 11:00 Cornhole 2:00 History: Harry Truman 4:00 Sunroom Social 6:00 <i>Lawrence Welk Show</i> (TV-Channel 9)
25	26	27	28	29	30	
9:00 <i>Sunday Morning</i> (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) 6:00 <i>Lawrence Welk Show</i> Puzzles, Word Games and Art Supplies available all day. HAPPY BIRTHDAY, KAREN!	10:30 Heart-health Aerobics 11:00 Categories Trivia 2:00 Outing: Sandwich Glass Museum 2:00 Monday Movie Matinee <i>Jerry Maguire</i> 4:00 Sunroom Social	10:30 DrumFIT 11:00 BINGO 1:00 Residents' Meeting 2:00 Rick Walsh Entertains! 3:00 Balloon Toss 4:00 Sunroom Social -- Concierge Service --	-- HAIR SALON -- 10:30 Chair Yoga 11:00 BINGO 2:00 & 3:00 Scenic Drives 2:00 Craft w/Karen 4:00 Sunroom Social	10:30 Strengthen w/Weights 11:00 Armchair Travel: "Egypt's Cairo" 2:00 Movie Outing (TBA) 2:00 BINGO 4:00 Sing w/Janice Hannah	10:30 "Your Choice Friday" (Choice of Group Activities) 2:00 BINGO 3:00 Balloon Toss 4:00 Sunroom Social	 