

# August Roundup



August’s dog days of summer have us savoring the sweetness of the season. Student, Grace has been playing her violin for us each Wednesday. Residents adore the live music from Grace and our other musical entertainers.

Cooking demonstrations (and tastings!) led by Pat Cram’s daughter, Paula LaRochelle, have been wildly popular. This month Paula introduced us to different fruits and we made fruit smoothies! In the spirit of frozen treats, Cape Cod Slush Ice Cream Truck came to the house again *See photo of Janet above right.*

Additionally, we’ve been enjoying Matinee Monday with some terrific movies. Cape Heritage hosted a beautiful tea party for our residents. And we’ve been doing all sorts of creative arts and crafts projects. We made beaded necklaces, silk flower arrangements, and Larry’s granddaughters’ who own “A Piece of Sandwich,” came in to do a whale craft with residents! *See photo above left.*

**We’re Seeking Activities Volunteers!** to share their time, talents and passions with our residents! Please e-mail Kerri at [activities@decaturhouse.com](mailto:activities@decaturhouse.com)



## Spotlight: Francine continued -

The family enjoyed frequent weekend road trips. “I would have everything ready to go when my husband got home on a Friday evening and we would leave,” said Francine.

The Andersons liked to visit family in Maine, where the kids learned to pick potatoes for 25 cents a barrel. They also went camping a lot. Francine says she liked to go fishing and deer hunting.

Francine’s kids say she was like a mom to their friends as well, and a wonderful baker. It sounds like Francine’s Swedish coffee bread is a real treat!

After the kids grew up, Francine and Clyde traveled so he could work at different construction jobs for 15 years. Francine loved it. She said that she got to see much of the country this way, and live in states including TX, GA, FL, and CT.

Eventually Clyde retired and the couple split their time between houses in northern Maine and Florida. When Clyde passed away in 2003, Francine kept driving between the two houses into her eighties. Her kids joked that her address was “Route 95 East Coast.”

Francine will celebrate her 92nd birthday this Sept. 22. In addition to her 4 children, Francine has been blessed with 8 grandchildren and 17 great grandchildren. She says that her greatest joy has been seeing all of the generations – seeing how it all changes over the years.



## Around the House

SEPTEMBER 2023

### Residents Enjoy Tai Chi

We’ve added a popular new Tai Chi and Qi Gong class to our exercise regime! The class is graciously taught twice per month by Donna Klucsevsek, resident Tilly Cardinale’s daughter, who owns Feisty Lion Martial Arts and Fitness right in Merchants Square.



Donna, who got into self-defense for women in her 30’s and then transitioned to Karate and then full martial arts, including Judo, Aikido, Tai Chi, and Marshal Arts Weapons, says that martial arts has been a great stress reliever for her. “I love hitting the bags.”

She explains that Tai Chi is great for seniors because it is essentially, “moving meditation” and Qi Gong is wonderful because it’s “deep breathing.” She explained that both practices help older adults with stress relief, but also balance and flexibility. She said, “It’s slow and not overwhelming, but they are still working.”

Donna says that she loves seeing so many participants enjoying the classes.

COMMUNITY SPOT LIGHT

### FRANCINE ANDERSON

Francine Anderson has a front row seat to the garden from her apartment at Decatur House and loves to watch the flowers change, just as she’s enjoyed watching her family grow through the years.



Francine originally hails from New Sweeden, ME where she grew up on a potato farm. She came from a big family and married into her husband, Clyde’s big family (16 siblings) when she was just shy of 17 and he had just come home from the war.

When the Tornado of 1953 hit Worcester Massachusetts, Clyde and his brother packed up their toolboxes and their families and headed to Worcester to get jobs in construction and help to rebuild the city.

The Andersons settled down in Millbury, MA. Together, they welcomed 4 children: Dean, Bryan, Jayne and Tamara.

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# September 2023



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	<div>10:15 Seated Weight Training</div> <div>11:00 BINGO</div> <div>2:00 Music Entertainment By: Rich Walsh</div> <div>4:00 Sunroom Social</div>	<div>10:00 "The Rosary" (TV Ch. 138)</div> <div>11:00 Ring Toss</div> <div>6:00 Lawrence Welk Show (TV Ch 9)</div> <div>Puzzles and Word Games Available All Day</div> <div>Happy Birthday Nancy Duggan &amp; Margot Cahoon</div>
<div>9:00 Sunday Morning (TV Ch.4)</div> <div>10:00 Catholic Mass (TV Ch.138)</div> <div>11:00 Cornhole</div> <div>6:00 Lawrence Welk Show (TV Ch 9)</div> <div>Puzzles and Word Games Available All Day</div>	<div>10:15 Seated Mindful Meditation</div> <div>11:00 Short Story Readings</div> <div>2:00 Monday Movie Matinee: "The Bishop's Wife"</div> <div>4:00 Sunroom Social</div> <div>Labor Day</div>	<div>10:15 DrumFIT</div> <div>11:00 High Roller Dice Game</div> <div>2:00 Armchair Travel: Great Smokey Mountains</div> <div>4:00 Sunroom Social</div> <div>Concierge Services</div>
<div>9:00 Sunday Morning (TV Ch.4)</div> <div>10:00 Catholic Mass (TV Ch.138)</div> <div>11:00 Cornhole</div> <div>6:00 Lawrence Welk Show (TV Ch 9)</div> <div>Puzzles and Word Games Available All Day</div> <div>Grandparents Day</div>	<div>10:15 Seated Mindful Meditation</div> <div>11:00 Words Starting with Letter "S"</div> <div>2:00 Monday Movie Matinee: "Radio"</div> <div>4:00 Sunroom Social</div>	<div>10:00 Veterans Coffee</div> <div>10:15 DrumFIT</div> <div>11:00 High Roller Dice Game</div> <div>2:00 Documentary: "Hummingbirds Jeweled Messengers"</div> <div>4:00 Sunroom Social</div> <div>Concierge Services</div> <div>Happy Birthday Sarah Tribuzio</div>
<div>9:00 Sunday Morning (TV Ch.4)</div> <div>10:00 Catholic Mass (TV Ch.138)</div> <div>11:00 Cornhole</div> <div>6:00 Lawrence Welk Show (TV Ch 9)</div> <div>Puzzles and Word Games Available All Day</div>	<div>10:15 Seated Mindful Meditation</div> <div>11:00 Word within a Word</div> <div>2:00 Monday Movie Matinee: "Intolerable Cruelty"</div> <div>4:00 Sunroom Social</div>	<div>10:15 DrumFIT</div> <div>11:00 High Roller Dice Game</div> <div>2:00 Armchair Travel: "Grand Canyon"</div> <div>4:00 Sunroom Social</div> <div>Concierge Services</div>
<div>9:00 Sunday Morning (TV Ch.4)</div> <div>10:00 Catholic Mass (TV Ch.138)</div> <div>11:00 Cornhole</div> <div>6:00 Lawrence Welk Show (TV Ch 9)</div> <div>Puzzles and Word Games Available All Day</div> <div>Yom Kippur</div>	<div>10:15 Seated Mindful Meditation</div> <div>11:00 Short Story Readings</div> <div>2:00 Monday Movie Matinee: "Walk The Line"</div> <div>4:00 Sunroom Social</div>	<div>10:15 DrumFIT</div> <div>11:00 High Roller Dice Game</div> <div>2:00 Armchair Travel: "Spain's Green Northern Coastlines"</div> <div>4:00 Sunroom Social</div> <div>Resident Meeting</div> <div>Concierge Services</div>
	<div>10:15 Chair Cardio</div> <div>11:00 Outing: Cahoon Museum of American Art</div> <div>2:00 Documentary:" Robert F. Kennedy- America's Lost President"</div> <div>4:00 Sunroom Social</div> <div>Happy Birthday Connie Tarvis</div>	<div>10:15 Chair Yoga</div> <div>11:00 BINGO</div> <div>2:00 Lets Get Crafty!</div> <div>2:00 &amp; 3:00 Scenic Drive</div> <div>4:00 Sunroom Social</div>
	<div>10:15 Chair Tai Chi &amp; Qigong with Donna</div> <div>11:00 BINGO</div> <div>2:00 Food Friday: Pear Tasting</div> <div>4:00 Sunroom Social</div> <div>Sukkot Begins</div>	<div>10:00 "The Rosary" (TV Ch. 138)</div> <div>11:00 Ring Toss</div> <div>6:00 Lawrence Welk Show (TV Ch 9)</div> <div>Puzzles and Word Games Available All Day</div>