

# Community Happenings

Our new activities area was bustling with action during May, when several new features were added to our existing slate.



Hands down, the most popular is Drum FIT, a video fitness program involving drumsticks, lively music and a large vinyl ball. Each routine provide excellent upper-body conditioning as well as a robust cardio-vascular workout. But best of all, it’s fun!

Also joining the mix is Pokeno, which combines poker and keno, plus some features of bingo. Each player is “staked” to a bank of pennies, which they “ante up” before each game.

Guest artist Wendi C. Smith enjoyed an enthusiastic turnout for her premier painting class. With her guidance, each participant produced their own acrylic painting of a Cape Cod beach scene. Wendi will return June 23rd, when the subject will be a colorful floral arrangement.



Residents also learned about Portuguese language and Brazilian cuisine, courtesy of Maria Martinez, our senior housekeeper.

Vocalist-guitarist Julie Charland paid a return visit, while resident pianist Lourana Thomas led a fun “Name That Tune” contest in the Sunroom.

—Maureen “Mo” Boyce, Activities Coordinator

*Spotlight: Pat Cram, cont.*

For Pat, most of the good times revolved around music and dancing. “I always loved to dance, but my husband had four left feet,” she said. But that dilemma was easily resolved because, “A lot of wives didn’t want to dance, so, I’d dance with everyone else’s husbands,” she said, with a grin.

Pat’s passion for parties, dancing and music was likely influenced by her mother, Lucienne. “She was always the life of the party,” Pat said. “She loved to dance and sing, and taught herself to play the piano.”

Pat also credits her affinity for a certain Boston ball club to Lucienne – or “Lucy” as she was affectionately called. “My mother loved her Red Sox,” Pat said. Lucy often took the bus to Fenway Park, and eventually began taking Pat along with her. “I saw Ted Williams in person,” Pat recalled. “I thought I was in heaven!”

Pat also enjoyed swimming, bicycling and playing pick-up basketball. Her very favorite, however, was ice skating.

Widowed twice, Pat has two daughters, a son, six grandchildren and a great-grandchild. She is extremely proud that all six of her grandchildren are college graduates.

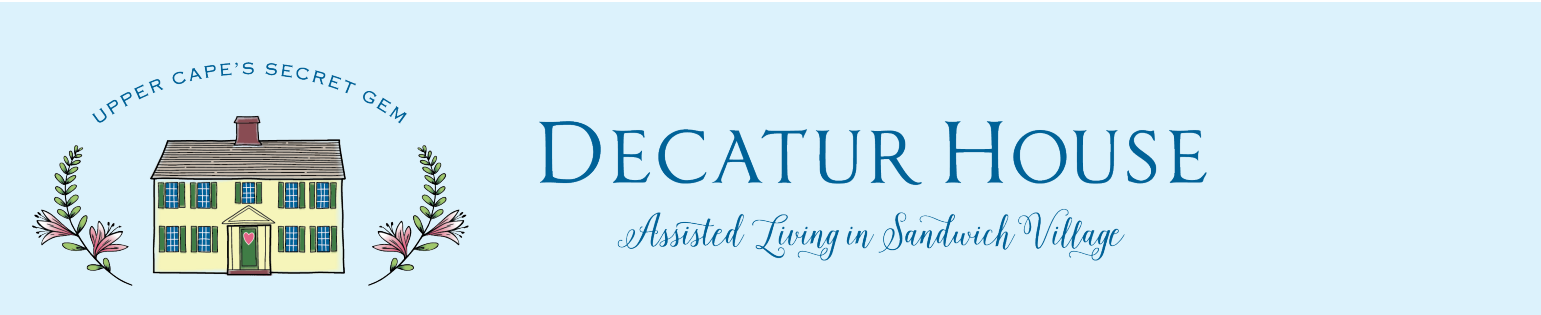
*Masks, cont.*

\*Masks are not required outdoors for those fully vaccinated (as long as you can socially distance) and are not required for residents when they are inside their own apartments (without visitors), or while dining.

*Unvaccinated and partially vaccinated residents, staff and visitors:*

**Please wear a mask both indoors and outdoors while at Decatur House.**

WHY? Our community can still be vulnerable to the virus. Your wearing your mask keeps everyone at Decatur House safest.



## Around the House

JUNE 2021

### News

#### Decatur House Voted a Best of the Upper Cape for 2021

Every day, Decatur House strives to provide the highest quality care and support to our residents and their families. This last year has been challenging for everyone in the senior care industry



so we are extra-excited about and proud to be voted a Best of the Upper Cape assisted living for 2021.

Thank you to everyone who voted for us, to our residents and their families, our

Sandwich and Upper Cape community, our professional partners, and our staff for their support this last year.

It truly does take a village, and ours is the best!

#### Who Should Wear a Mask Now and Why?

*Fully vaccinated residents, staff and visitors:*

**Please continue to wear a mask indoors\***

WHY? Since not everyone we come in contact with is fully vaccinated, face coverings inside the House ensure our continued safety.

*Continued on back page*

COMMUNITY **SPOT** LIGHT

#### Patricia “Pat” Cram



Pat is relatively new to Decatur House, but already fits in like a longtime member of the family. Friendly and outgoing, she is quick to laugh, sing or strike up a conversation.

Born in Salem, Pat recalls her childhood as a very happy time. “We didn’t have much money, but we didn’t know it,” she said. “We never went without anything, and we always had a good time.”

She had two siblings, including a sister, Gloria, who lives in New Hampshire. Then there was her late brother, Ernest, of whom Pat has fond – often humorous -- memories.

For example, she used to help “Ernie” on his paper route. While he delivered to the first floor, she trekked all the way upstairs. “He told me the top floors tipped better,” she recalled, laughing.

*Continued on back page*

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



10:45 DrumFIT  
11:15 "Name That Tune"  
w/Lourana at the Piano

2:00 BINGO  
3:00 Words-in-a-Word  
5:00 Trivia w/Drew

Manicures by Mikaela



Hair Salon Day

2:00 & 3:00 Scenic Drives  
5:00 Trivia w/Drew

Concierge Service

10:30 Sit & Be Fit  
11:00 Ring Toss

2:00 BINGO  
3:00 Card & Word Games  
4:30 Patio Social

10:30 DrumFIT  
11:00 POKENO

2:30 JULIE CHARLAND  
A Live Music Performance  
3:30 Cards & Word Games  
4:30 Friday Social

10:00 The Rosary on  
Channel 183

2:00 BINGO  
3:00 Dean Martin's  
Celebrity Roasts  
7:05 Red Sox at N.Y. Yankees

9:00 Sunday Morning  
(CBS TV- Ch. 4)

10:00 Catholic Mass on TV  
(Channel 183)

2:30 Sunday Matinee:  
Calendar Girls

10:30 DrumFIT  
11:15 Cards & Word Games

2:00 BINGO  
3:00 Words-in-a-Word  
5:00 Trivia w/Drew

10:30 Toning with Bands  
11:00 BINGO

2:00 Massage/Reiki Therapy  
with Susan Lee Nolan  
3:00 Documentary Film  
5:00 Trivia with Drew



Hair Salon Day

2:00 & 3:00 Scenic Drives  
5:00 Trivia w/Drew

Concierge Service

10:30 DrumFIT  
11:15 Cards & Word Games

2:00 BINGO  
3:00 Documentary Video  
4:30 Patio Social

10:30 Paint with Lourana!

2:00 POKENO  
3:00 Words-in-a-Word  
4:30 Friday Social

10:00 The Rosary on  
Channel 183

2:00 BINGO  
3:00 Classic TV Comedy  
I Love Lucy  
4:10 Red Sox vs. Blue Jays

9:00 Sunday Morning  
(CBS TV- Ch. 4)

10:00 Catholic Mass on TV  
(Channel 183)

2:30 Sunday Matinee:  
I'll See You in my Dreams

10:30 DrumFIT  
11:15 Cards & Word Games

2:00 BINGO  
3:00 Words-in-a-Word  
5:00 Trivia w/Drew

Flag Day (US)

10:15 "Visit" Brazil w/Maria!  
11:00 Horseshoes

2:00 Mike Dardis  
A Live Music Performance  
3:00 Bananagrams  
5:00 Trivia w/Drew



Hair Salon Day

2:00 & 3:00 Scenic Drives  
5:00 Trivia w/Drew

Concierge Service

10:30 Sit & Be Fit  
11:15 Ring Toss

2:00 BINGO  
3:00 Words-in-a-Word  
4:30 Patio Social

10:30 DrumFIT  
11:15 Cards & Word Games

2:00 POKENO  
3:00 Words-in-a-Word  
4:30 Friday Social

10:00 The Rosary on  
Channel 183

2:00 BINGO  
3:00 Dean Martin's  
Celebrity Roasts  
4:10 Red Sox vs. Kansas City

Juneteenth

9:00 Sunday Morning-ch.4

10:00 Catholic Mass  
(TV - Channel 183)

2:30 Sunday Matinee:  
Three Men and a Baby  
HAPPY BIRTHDAY ASHLEY!

Father's Day  
Summer Begins

10:30 DrumFIT  
11:15 Cards & Word Games

2:00 BINGO  
3:00 Words-in-a-Word  
5:00 Trivia w/Drew

10:30 Words-in-a-Word  
11:15 "Name That Tune"  
w/Lourana at the Piano

2:00 BINGO  
3:00 Card & Word Games  
5:00 Trivia w/Drew



Hair Salon Day

2:00 Paint with Wendi  
2:00 & 3:00 Scenic Drives  
5:00 Trivia w/Drew

Concierge Service

10:30 Sit & Be Fit  
11:15 Ring Toss

2:00 BINGO  
3:00 Words-in-a-Word  
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2:00 POKENO  
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4:30 Friday Social

10:00 The Rosary on  
Channel 183

2:00 BINGO  
3:00 Classic TV Comedy  
I Love Lucy

HAPPY BIRTHDAY LINDA!

9:00 Sunday Morning  
(CBS TV- Ch. 4)  
10:00 Catholic Mass on TV  
(Channel 183)

2:30 Sunday Matinee:  
Breakfast at Tiffany's

10:30 DrumFIT  
11:15 Cards & Word Games

2:00 BINGO  
3:00 Words-in-a-Word  
5:00 Trivia w/Drew

10:15 "Visit" Brazil w/Maria!  
11:00 Horseshoes

2:00 BINGO  
3:00 Bananagrams  
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Manicures by Mikaela

Hair Salon Day

2:00 & 3:00 Scenic Drives  
5:00 Trivia with Drew

Concierge Service

# June 2021



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