Jay Shadler: Navigating Life's Transitions

Welcoming Jay Shadler, a two-time Emmy Award-winning journalist, photographer, artist, and anchor on ABC News. After more than 30 years telling stories around the world, he now explores the changes we all face as we move through life-and who we might become next.

Join us on Thursday, October 8th at 1:30 pm to meet Jay and hear his insight on navigating lifes Journey.

Oktoberfest Fall Festival

Thursday, October 15th | 3:00pm-4:00pm
Dining Room

Step into Bavaria without leaving Salem Woods as we bring the spirit of Germany's most famous celebration right to our community. Raise your steins and enjoy a tasting of authentic German fare all while soaking in sounds of a live polka band. Don your lederhosens and favorite fall plaid and join us for an afternoon of Bavarian Fun, Prost!

Community Trick or Treat

Annual Salem Woods Trick-or-Treat
Sunday, October 25th 2:00pm-3:30pm

Get your costumes ready! Children of all ages are invited to trick-or-treat through Salem Woods as our residents hand out candy along the way. We'll have refreshments and craft stations for everyone to enjoy.

Candy donations are welcome and can be dropped off at Reception. We hope to see you there!

THE RESIDENCE at Salem Woods

The Residence at Salem Woods

Leaders

Brian Beausoleil
Senior Executive Director

Erin Scanlon
Senior Business Office Director

Brittany Talbot
Senior Sales/Marketing Director

Stephanie Raboin
Senior Resident Care Director

Daisey Kayo-Wells
Senior Engagement Director

Joe Pagliccia
Senior Maintenance Director

MaryJane Wheeler
Reflections Director

Robert Soubosky
Restaurant Operations Director

From the Executive Director

As the leaves change color and the air turns crisp, we welcome October with open arms! This month, we celebrate the beauty of fall and all the joy it brings.

On Saturday, October 17th, we will be participating in Central New Hampshire's Walk to End Alzheimer's in Merrimack, NH. We would love for you to join our team. To date, Salem Woods has raised over $7,000 for this important cause. I want to thank those of you who have helped us reach this mark - we can make a difference in the lives of those impacted by Alzheimer's and help fund vital research! Here's to a wonderful October filled with warmth, laughter, and support for a great cause!

Neighbors Helping Neighbors

This fall, our residents are joining forces with local Girl Scout Troop 65680 to help stock the shelves of St. Joseph's Parish Food Pantry in Salem. Every donated item will help a neighbor in our community put food on the table.

All donated items can be dropped off in our lobby from **October 1 through November 30**. We appreciate your continued support! On **Monday, December 7**, residents and Girl Scouts will deliver the donations together!

Needed items:

Beef stew, Boxed potatoes, Canned green beans, Canned fruit, Canned peas, Cereal, Chef Boyardee, Chili, Coffee, Crackers, Hot Chocolate, Jell-O, Jelly, Mac & cheese, Maple syrup, Pancake mix, Peanut butter, Pudding, Rice, Shampoo, Paper towels, Tea bags

Good Times, Good Friends, Great Care.

OCTOBER 2026

THE RESIDENCE at Salem Woods

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Birthdays 5th - Julius M. 7th - Ann N. 12th - Ruth G. 30th - Alice Z. 31st - Joan K.	**Transportation Schedule** **Mon-** Reflections Outing |**10:45** Med. Appts| **1:00-4:00** **Tues-** Med. Appts | **9:30-3:30** **Weds-** Traditional Outings **Thurs-** Reflections Outings **Fri-** Shopping/Errands| **9:15-12** **Sun-** Church|**10:30am** ***Salon Open*** ***Wednesdays 9-5***			**01** **10:00** Strength and Stability **10:30** Biography Series **11:00** REACT Serenity Sessions **11:15** Spa Session-Manicures **1:00** Mahjong **1:30** Outing-Centerpoint Concert **2:15** Engage Exercise Class **3:00** Pub Happy Hour **4:30** Poker Club **7:00** Feature Film	**02** **9:15** Van-Shopping/Errands **9:45** Ladies Coffee Hour **10:00** Resistance Band Training **10:30** Art Talk Series **11:00** Therapy Dog Visit-Livi **11:30** Greeting Card Creations **1:00** Paint Studio-Acrylic **1:45** Card Players-45's **2:15** Tai Chi for Balance **3:00** Signature Cocktail Hour **7:00** Feature Film	**03** **9:45** Gentleman's Coffee Hour **10:00** Energizing Yoga **10:30** Group Crossword **11:15** Mexican Train Dominoes **1:00** Resin Jewelry Workshop **1:00** Bridge Club **2:00** Cardio Drumming **3:00** Bistro Happy Hour **5:00** Resident Run Bingo **7:00** Feature Film: Lou
04 **10:00** Total Body Fitness **10:30** Van-Church Services **10:30** Anagrams Challenge **11:00** Live Stream-MQOP **11:30** CNN Weekly Quiz **1:00** Pop up 1$ Store **1:00** Patriots vs. Bills **1:00** Tech Support-Madi **2:15** Barre & Balance Class **3:00** Pub Happy Hour **7:00** Feature Film	**05** **10:00** Circuit Exercise **10:45** Jeopardy Challenge **11:15** Spa Session-Manicures **12:00** React Neuro Sessions **1:00** Quarter Bingo **2:00** Catholic Mass **2:15** Barre & Balance **3:00** Cocktail Hour-Margaritas **3:15** Calendar Planning Mtg **4:30** Poker Club **6:00** Fireside Mondays **7:00** Feature Film	**06** **10:00** Engage Exercise Class **10:30** PBS Series-Samhain **11:30** Ambassador Committee **11:30** Floral Design **1:00** Whodunnit Mystery Club **1:15** Salem Woods Baking Club **2:15** Tai Chi for Balance **3:00** Bistro Happy Hour **4:15** Cribbage Club **7:00** Feature Film	**07** **10:00** Stretch & Tone **10:00** Outing-Topsfield Fair **10:30** Blank Slate Challenge **11:15** Fall Wellness Stroll **1:00** Spintopia Challenge **1:30** Restorative Hand Therapy **2:00** Cardio Drumming **3:00** Pub Trivia Hour **5:00** Variation Bingo **7:00** Feature Film	**08** **10:00** Strength and Stability **10:30** Biography Series **11:00** REACT Serenity Sessions **11:15** Spa Session-Manicures **1:00** Sassy Pumpkin Workshop **1:30** Guest Speaker-Jay Shadler **2:15** Engage Exercise Class **3:00** Pub Happy Hour **3:15** Vocalist-Stan Anderson **4:30** Poker Club **7:00** Feature Film	**09** **9:15** Van-Shopping/Errands **9:45** Ladies Coffee Hour **10:00** Resistance Band Training **10:30** Art Talk Series **11:00** Paint Studio-Acrylic **11:30** Autumn Tea Luncheon **1:15** Guest Speaker, Robin S-Africa **1:45** Card Players-45's **2:15** Tai Chi for Balance **3:00** Signature Cocktail Hour **7:00** Feature Film	**10** **9:45** Gentleman's Coffee Hour **10:00** Energizing Yoga **10:30** Group Crossword **11:15** Mexican Train Dominoes **11:15** Spa Session-Hand Massage **1:00** Jewelry Design Workshop **1:00** Bridge Club **2:00** Cardio Drumming **3:00** Bistro Happy Hour **5:00** Resident Run Bingo **7:00** Feature Film
11 **10:00** Total Body Fitness **10:30** Van-Church Services **10:30** Anagrams Challenge **11:00** Live Stream-MQOP **11:30** CNN Weekly Quiz **1:00** Pop up 1$ Store **1:00** Patriots vs. Raiders **1:00** Tech Support-Madi **2:15** Barre & Balance Class **3:00** Pub Happy Hour **7:00** Feature Film	**12** **10:00** Circuit Exercise **10:45** Jeopardy Challenge **11:15** Spa Session-Manicures **1:00** Quarter Bingo **2:15** Barre & Balance **2:15** Catholic Mass **3:00** Cocktail Hour-Margaritas **4:30** Poker Club **6:00** Fireside Mondays **7:00** Feature Film	**13** **10:00** Engage Exercise Class **10:45** Bayada-Breast Cancer Awareness **11:30** Pumpkins for Hope **11:30** Floral Design **1:00** Whodunnit Mystery Club **1:15** Salem Woods Baking Club **2:15** Tai Chi for Balance **3:00** Bistro Happy Hour **4:15** Cribbage Club **7:00** Feature Film	**14** **10:00** Stretch & Tone **10:30** Outing-Chester Scarecrows **10:30** NY Times-Crossword **11:15** Fall Wellness Stroll **1:00** Family Feud Challenge **1:30** Restorative Hand Therapy **2:00** Cardio Drumming **3:00** Pub Trivia Hour **3:15** Bible Study **5:00** Variation Bingo **7:00** Feature Film	**15** **10:00** Strength and Stability **10:30** Biography Series **11:00** REACT Serenity Sessions **11:15** Spa Session-Manicures **1:00** Wooden Sign Workshop **2:15** Engage Exercise Class **3:00** John E-Polka Band **3:00** Oktoberfest **4:30** Poker Club **7:00** Feature Film	**16** **9:15** Van-Shopping/Errands **9:45** Ladies Coffee Hour **10:00** Resistance Band Training **10:30** Art Talk Series **11:00** Therapy Dog Visit-Livi **11:30** Greeting Card Creations **1:00** Paint Studio-Acrylic **1:45** Card Players-45's **2:15** Tai Chi for Balance **3:00** Signature Cocktail Hour **7:00** Feature Film	**17** **9:45** Gentleman's Coffee Hour **10:00** Energizing Yoga **10:30** Group Crossword **11:15** Mexican Train Dominoes **11:15** Spa Session-Hand Massage **1:00** Resin Jewelry Workshop **1:00** Bridge Club **2:00** Cardio Drumming **3:00** Bistro Happy Hour **5:00** Resident Run Bingo **7:00** Feature Film
18 **10:00** Total Body Fitness **10:30** Van-Church Services **10:30** Anagrams Challenge **11:00** Live Stream-MQOP **11:30** CNN Weekly Quiz **1:00** Pop up 1$ Store **1:00** Patriots vs. Jets **1:00** Tech Support-Madi **2:15** Barre & Balance Class **3:00** Pub Happy Hour **7:00** Feature Film	**19** **10:00** Circuit Exercise **10:45** Jeopardy Challenge **11:15** Spa Session-Manicures **12:00** React Neuro Sessions **1:00** Quarter Bingo **1:15** Film Selection Committee **2:15** Barre & Balance **3:00** Cocktail Hour-Margaritas **4:30** Poker Club **6:00** Fireside Mondays **7:00** Feature Film	**20** **10:00** Engage Exercise Class **10:30** PBS Series-Samhain **11:30** Ambassador Committee **11:30** Floral Design **1:00** Whodunnit Mystery Club **1:15** Salem Woods Baking Club **2:15** Tai Chi for Balance **3:00** Bistro Happy Hour **3:15** Guitarist/Vocals-Dave O. **4:15** Cribbage Club **7:00** Feature Film	**21** **10:00** Stretch & Tone **10:00** NSMT-Phantom Musical **10:30** Blank Slate Challenge **11:15** Fall Wellness Stroll **1:00** Spintopia Challenge **1:30** Restorative Hand Therapy **2:00** Cardio Drumming **3:00** Pub Trivia Hour **5:00** Variation Bingo **7:00** Feature Film	**22** **10:00** Strength and Stability **10:30** Biography Series **11:00** REACT Serenity Sessions **11:15** Spa Session-Manicures **1:00** Fall Fragrance Workshop **2:15** Engage Exercise Class **3:00** Hard Cider Tasting Social **4:30** Poker Club **7:00** Feature Film	**23** **9:15** Van-Shopping/Errands **9:45** Ladies Coffee Hour **10:00** Resistance Band Training **10:30** Art Talk Series **11:30** Greeting Card Creations **1:00** Resident Council Meeting **1:45** Card Players-45's **2:00** Joyful Hymns-Mark Clark **2:15** Tai Chi for Balance **2:15** Joyful Hymns-Mark Clark **3:00** Signature Cocktail Hour **7:00** Feature Film	**24** **9:45** Gentleman's Coffee Hour **10:00** Energizing Yoga **10:30** Group Crossword **11:15** Mexican Train Dominoes **11:15** Spa Session-Hand Massage **1:00** Jewelry Design Workshop **1:00** Bridge Club **2:00** Cardio Drumming **3:00** Bistro Happy Hour **5:00** Resident Run Bingo **7:00** Feature Film
25 **10:00** Total Body Fitness **10:30** Van-Church Services **10:30** Anagrams Challenge **11:00** Live Stream-MQOP **11:30** CNN Weekly Quiz **1:00** Pop up 1$ Store **1:00** Patriots vs. Bills **1:00** Tech Support-Madi **2:00** Community Trick or Treat **2:15** Barre & Balance Class **3:00** Pub Happy Hour **7:00** Feature Film	**26** **10:00** Circuit Exercise **10:45** Jeopardy Challenge **11:15** Spa Session-Manicures **1:00** Quarter Bingo **2:00** Culinary Meeting **2:15** Barre & Balance **3:00** Cocktail Hour-Margaritas **3:00** Vocalist-Mark Stanzler **4:30** Poker Club **5:30** Girl Scouts Visit **6:00** Fireside Mondays **7:00** Feature Film	**27** **10:00** Engage Exercise Class **10:30** PBS Series-Samhain **11:30** Ambassador Committee **11:30** Floral Design **1:00** Whodunnit Mystery Club **1:15** Salem Woods Baking Club **2:15** Tai Chi for Balance **3:00** Bistro Happy Hour **4:15** Cribbage Club **7:00** Feature Film	**28** **10:00** Stretch & Tone **10:30** NY Times-Crossword **11:00** Lunch Outing-Kelari's **11:15** Fall Wellness Stroll **1:00** Family Feud Challenge **1:30** Restorative Hand Therapy **2:00** Cardio Drumming **3:00** Pub Trivia Hour **3:15** Bible Study **5:00** Variation Bingo **7:00** Feature Film	**29** **10:00** Strength and Stability **10:30** Biography Series **11:00** REACT Serenity Sessions **11:15** Spa Session-Manicures **1:00** Fall Succulent Workshop **2:15** Engage Exercise Class **3:00** Pub Happy Hour **4:30** Poker Club **5:30** Book Club Dinner **7:00** Feature Film	**30** **9:15** Van-Shopping/Errands **9:45** Ladies Coffee Hour **10:00** Resistance Band Training **10:30** Art Talk Series **11:00** Therapy Dog Visit-Livi **11:30** Greeting Card Creations **1:00** Paint Studio-Acrylic **1:45** Card Players-45's **2:15** Tai Chi for Balance **3:00** Halloween Gala **3:00** Vocalist/DJ-Randy H. **7:00** Feature Film	**31** **9:45** Gentleman's Coffee Hour **10:00** Energizing Yoga **10:30** Group Crossword **11:15** Mexican Train Dominoes **11:15** Spa Session-Hand Massage **1:00** Resin Jewelry Workshop **1:00** Bridge Club **2:00** Cardio Drumming **3:00** Patty C-Halloween Cabaret **3:00** Bistro Happy Hour **5:00** Resident Run Bingo **7:00** Feature Film

Our Engagement program is built upon both our residents' interests and our Five Principles for Vitality:
Continued Learning – Arts & Culture – Physical Fitness – Community Connections – Wellness & Self Care

AN LCB SENIOR LIVING COMMUNITY