



Independent and Assisted Living in Woburn, MA



NEW RESIDENTS

David Armit, Suite 222, hails from Wishaw, Scotland, a large town about 15 miles outside Glasgow. He showed musical aptitude from an early age, and pursued an interest in pipe bands (ensembles featuring bagpipes and drums) through lessons with several noted drummers in the area. At age 13, David won the Scottish Under-18 Solo Drummer Championship. In 1964, numerous championships later, he and his wife immigrated to the U.S. following an offer to join the Worcester Kiltie Pipe Band. David continued as a drum major for three decades, balancing family and his career as a mechanical engineer at Gessner Company. These days, he most enjoys spending time with his two children and four grandchildren.

Frances “Fran” Tringali, Suite 338, was born and raised in Medford, graduated from Medford High School, and joins us now from her Medford childhood home. She enjoyed a lifelong career as an administrative professional, and held roles supporting the legal team at an insurance company, as a sales administrator for a trucking company, and as the administrative assistant to the divisional VP for Loomis Fargo Company. During her extensive travels, Fran visited destinations across the U.S. as well as in Italy, Turkey, and (her personal favorite) Greece. Her hobbies as a retiree include crocheting, playing games, and reading.

We extend a warm welcome to David and Fran.

Dates to Remember

November 5 - Daylight Saving Time ends

November 8 - RSV Vaccination Clinic

November 11 - Veterans Day

November 15 - Veterans Recognition Program

*November 23 - Thanksgiving Day**

**A note about Thanksgiving dinner*

Our chefs are planning a delicious Thanksgiving dinner menu with turkey and all the trimmings. To allow food service staff the opportunity to spend a portion of the holiday with their families, the day's evening supper will consist of Gourmet-to-Go parcels containing some extra-special goodies! Families, please let us know if a resident will be out of house joining you for this holiday meal so we may plan attendance accordingly. Residents staying home may invite up to two guests.



Resident Photo Album



Our very caring knitting group, under the guidance of staff member **Linda Champa** (pictured, standing), has been working on lap blankets to donate to patients at DaVita Dialysis. Pictured above (seated, left to right): residents **Charlotte Gatewood, Mary Doyle, Carole McCarron, and Mary Hooper**.



No poker faces here! Residents were all smiles during a recent game of Texas Hold'em. Pictured above (from left) are **Lib Knight, Tricia Kane, Helen Sheeran**, and staff member **Carolyn O'Connell** sharing in the fun.



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