

Fields Grove Flats Newsletter

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Have a Safe & Happy Holiday!

All residents and guests are advised to use caution when walking on the property during the winter season.

Sequel will provide snow removal services for the 2010-2011 season at Fields Grove Flats.

A successful snow removal procedure is not only the responsibility of the contractor, but of the residents as well.

Here's the way it works:

Prior to snow removal, a board member will contact all residents to move their vehicles.

During a snow storm all vehicles must be parked in a designated parking spot or in your garage.

Please DO NOT park on the street.



If the snow ceases before 2:00pm the cleanup will begin that day.

If the snow ceases after 2:00pm the cleanup will not begin until 8:00am the next morning.

Cars that are impeding snow removal will be towed at owner's expense.

If you have plans to travel please park your car in the overflow lot to avoid towing. The clean up can take up to 4-8 hours depending on the amount of snow.

The clean up can take up to 4-8 hours depending on the amount of snow.

The roads will be plowed throughout the storm so that visitors and emergency vehicles have easy access if needed.





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**24-hour Emergency
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Nashua Senior Activity...

We're always going somewhere! Each month we offer single day trips to places like the Foxwoods Casino Resort, the Coast of Maine, Lakes and Mountains of New Hampshire, and Boston Theatres and Restaurants. We also book multi-day trips to destinations such as London and Paris, Ireland, Italy, Hawaii, Myrtle Beach, Arizona and the Grand Canyon. Tour prices generally include meals and transportation.

Call Nashua Senior Center's Trip Coordinator at (603) 889-6155 extension #13, or visit the Center at 70 Temple Street in Nashua.

Exercise will help you to keep fit but it is no guarantee that you will remain fit always. Exercise and diet should go together to make it a lifestyle which can last long. Once that is accomplished, both become a habit and help in old age.

Moreover, as age catches up on us we need different exercises, senior exercises, than what we are accustomed to during our prime years. A regulated diet and a typically supportive lifestyle complement exercise and stand in good stead when it is time to convert to a seniors exercise regimen.

Fact is as we grow older, we need to keep in shape more than the younger generation. With age the capabilities of the entire body system, muscles, organs, and mind, deteriorate and need more care than before. The changed lifestyle that you adopt in younger age comes in handy later in life. It then becomes simply a matter of shifting from the earlier exercises to a seniors exercise regime.

Many places, like YMCAs have separate sections for seniors exercise. They take special care by providing them with swimming pools, sauna baths, and hot tubs, which are more suitable for seniors than an exhausting workout. Seniors exercise coupled with some multivitamin tablets and sufficient water intake is more than enough for seniors. At their age, seniors cannot be expected to undergo the stress of a 15 mile treadmill run or a bench of 350. The idea of a personal trainer at that age is another option that should be considered if it is affordable. A personal trainer for seniors exercise will guide you through with his expertise.

Provided by: Article Circle

<http://www.senior.com/2010/08/23/the-benefits-of-exercise-for-seniors/>

We're on the Web!

SequelDevelopmentNH.com