

**July Birthdays:**

- July 7, Nikki Ioanna
- July 7, Ted Mahoney
- July 11, Paul Toolin
- July 13, Marlene Heinmiller
- July 14, Walter Gallo
- July 24, Janet Fitzpatrick,
- July 26, Ethel Lindstrom
- July 30, Warren Lindstrom

**July Trivia:**

1957 American Bandstand debuted

**Famous Seniors:**

When this 78 year old's fingers became too stiff to hold a needle to embroider on



**Protect yourself in the sun!**

Keep skin hydrated

Make friends with H2O

Use Sunscreen:

**Why:** It's not enough to just apply sunscreen.: you must apply enough, and apply frequently. Studies indicate that most people do not apply nearly as much daylight protection as they should.

**Local Farms:**

**Depot Farm Stand**

2712, 668 Daniel Webster Hwy, Merrimack, NH

**McQuesten Farm Stand**

334 Charles Bancroft Hwy, Litchfield, NH

**4TH OF JULY WORD SEARCH**

T M N W Q J E T A R B E L E C D Y  
 I M T Q H H Y M Q R Q U D U E I A  
 O Q T A W Q M Z Y E X U C C N T D  
 I N D E P E N D E N C E L C J A I  
 A S I O U O R H A M U A A T U Q L  
 N K S A M E R I C A R P P S O S O  
 U R P U F U B E E A Y S T R U B H  
 P O A Y D L D W T O E C I N C I P  
 K W R W E A A I L P O E A U E O N  
 F E K H T F O G I A D E U S D I H  
 Y R L I I N T R B E M D T N A T L  
 L I E T N P T Z E U R A E T R S C  
 U F R E U S L Q R R R U I U A A E  
 J V S O D L K V T S L R O K P J B  
 W I T O E O M O Y B B F I U P J L  
 I A S V Y E M R E D R E M M U S E

America	Fireworks	Independence	Red	United
Blue	Flag	July	Sparklers	White
Britain	Fourth	Liberty	Stars	
Celebrate	Freedom	Parade	Stripes	
Declaration	Holiday	Picnic	Summer	

© 2018 Happiness is Homemade (www.happinessishomemade.com) FOR PERSONAL USE ONLY



**Maple Ridge Minute**

*July* 2020

“Come as strangers, live as friends”

**Community Information**

**Community Manager:**

Nancy Hendricks

**Maintenance Tech:**

Ray Roberts, Jr.

**Office Phone #**

& After Hours

Emergency Service

#: 603-232-2463

**Manager Email-**

managermapleridge  
estates@calamar.com

Rent is due to the office on the 1st of every month.

Rent checks can be made out to RM23A Holdings.



Please be sure to write your apartment # in the memo line of your check.

July 4<sup>th</sup>, the day our country marks its birth and Independence from Great Britain. “Independence” ... what a great word. Technically defined, “independent” means being able to take care of your own needs and to assume responsibility for your decisions while considering both the people around you and your environment. A further definition is not depending on another for livelihood or subsistence. Given our community at Maple Ridge, these definitions totally embody who you are. Covid-19 has caused all of us to review who we are and how we maneuver in our world. How do we maintain our independence while being mindful and respectful of others? It seems that for our community, the answer lies in the choice to be a good human being. You all have been supportive, mindful and respectful of your friends and neighbors. Because of the choices that you have made every day for the last three months, and are still making, we are free of any Covid-19 cases in this community. When I share that information with my family and friends they are just blown away that Covid is not in this building. It's actually kind of funny, they congratulate ME; I tell them that our community being well has nothing to do with me and everything to do with YOU. YOU are making choices everyday to be safe, healthy and...INDEPENDENT. Good for you! Happy 4<sup>th</sup> of July!



Quote of the Month: “A swarm of bees in May is worth a load of hay, a swarm of bees in June is worth a silver spoon, but a swarm of bees in July is not worth a fly.”  
Proverb



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>2020</p>			<b>1 Canada Day – “O” Canada!</b>  11am-Dance Exercise/ Workout with Elizabeth  2pm– Connect Quest	<b>2</b>  11am– Virtual Seated Stretch with Frank  2pm– BINGO	<b>3</b>  <b>Office Closed</b>	<b>4 Independence Day</b>  
<b>5 Full Moon</b>	<b>6</b>  11am-Tai Chi  2pm– Scholar Hour	<b>7 National Strawberry Sundae Day</b>  11am-Balance Training  2pm– Building Walk	<b>8</b>  11am-Dance Exercise  2pm– Connect Quest	<b>9</b>  11am-Virtual Seated Stretch with Frank  2pm– BINGO	<b>10</b>  10am– Coffee Hour  11am-Exerpath  2pm– Mindful Moments	<b>11</b>
<b>12</b>	<b>13 International Puzzle Day &amp; Barbershop Music Appreciation Day</b>  11am-Tai Chi  2pm– Scholar Hour	<b>14 Chick-Fil-A Cow Appreciation Day</b>  11am-Balance Training  2pm– Building Walk	<b>15</b>  11am-Dance Exercise/ Workout with Elizabeth  2pm– Connect Quest	<b>16</b>  11am-Virtual Seated Stretch with Frank  2pm– BINGO	<b>17 65th Anniversary of Opening Disneyland</b>  10 am-Coffee Hour  <b>11am– Exerpath</b>  2pm– Mindful Moments	<b>18</b>
<b>19 National Ice Cream Day</b>	<b>20</b>  11am-Tai Chi  2pm– Scholar Hour	<b>21</b>  11am-Balance Training  2pm– Building Walk	<b>22 National Hot Dog Day</b>  11am-Dance Exercise/ Workout with Elizabeth  2pm– Connect Quest	<b>23 Gorgeous Grandma Day &amp; Hula Hoop Day</b>  11am-Virtual Seated Stretch with Frank  2pm– BINGO	<b>24</b>  10 am– Coffee Hour  11am-Exerpath  2pm– Mindful Moments	<b>25 National Wine &amp; Cheese Day and National Hot Fudge Sundae Day</b>
<b>26</b>	<b>27</b>  11am-Tai Chi  2pm– Scholar Hour	<b>28</b>  11am-Balance Training  2pm– Building Walk	<b>29</b>  11am-Dance Exercise/ Workout with Elizabeth  2pm– Connect Quest	<b>30</b>  11am-Seated Stretch with Frank  2pm– BINGO	<b>31</b>  10 am– Coffee Hour  11am-Exerpath  2pm– Mindful Moments	