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 H20

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.

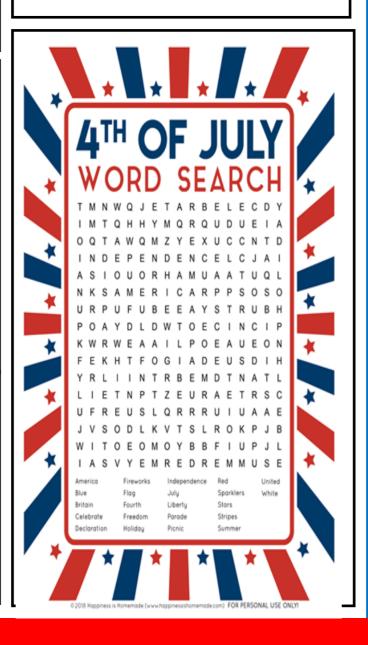
#### Local Farms:

Depot Farm Stand

2712, 668 Daniel Webster Hwy, Merrimack, NH

McQuesten Farm Stand

334 Charles Bancroft Hwy, Litchfield, NH





Community Information

Community Manager:

Nancy Hendricks

Maintenance Tech: Ray Roberts, Jr.

Office Phone # & After Hours Emergency Service #: 603-232-2463

Manager Emailmanagermapleridge 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.



# Maple Ridge Minute



"Come as strangers, live as friends"

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 swam 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
2020			1 Canada Day – "O" Canada!  11am-Dance Exercise/ Workout with Elizabeth  2pm– Connect Quest	2 11am-Virtual Seated Stretch with Frank 2pm-BINGO	3 Office Closed	4 Independence Day  Happy  4thir
5 Full Moon	6 11am-Tai Chi 2pm– Scholar Hour	7 National Strawberry Sundae Day 11am-Balance Training 2pm— Building Walk	8  11am-Dance Exercise  2pm— Connect Quest	9 11am-Virtual Seated Stretch with Frank 2pm- BINGO	10 10am- Coffee Hour 11am-Exerpath 2pm- Mindful Moments	11
12	13 International Puzzle Day & Barbershop Music Appreciation Day  11am-Tai Chi  2pm- Scholar Hour	14 Chick-Fil-A Cow Appreciation Day 11am-Balance Training 2pm— Building Walk	11am-Dance Exercise/ Workout with Elizabeth 2pm— Connect Quest	11am-Virtual Seated Stretch with Frank 2pm-BINGO	17 65th Anniversary of Opening Disneyland  10 am-Coffee Hour  11am- Exerpath  2pm- Mindful Moments	18
19 National Ice Cream Day	20 11am-Tai Chi 2pm– Scholar Hour	21 11am-Balance Training 2pm- Building Walk	22 National Hot Dog Day  11am-Dance Exercise/ Workout with Elizabeth  2pm— Connect Quest	23 Gorgeous Grandma Day & Hula Hoop Day 11am-Virtual Seated Stretch with Frank 2pm-BINGO	24 10 am- Coffee Hour 11am-Exerpath 2pm- Mindful Moments	25 National Wine & Cheese Day and National Hot Fudge Sundae Day
26	27 11am-Tai Chi 2pm– Scholar Hour	28 11am-Balance Training 2pm- Building Walk	29 11am-Dance Exercise/ Workout with Elizabeth 2pm— Connect Quest	30 11am-Seated Stretch with Frank 2pm-BINGO	31 10 am- Coffee Hour 11am-Exerpath 2pm- Mindful Moments	Connect55+