

Riddle For the Day: It's not every day that a friend comes along who can be treasured by a great grandmother, grandmother, mother, and daughter. Who is this friend?
Raggedy Ann & Andy dolls.

June Birthdays

Happy Birthday to:

Nancy Romano 6/5

Judy Berquest 6/8

Betty Vaughn 6/8

Ron Vaughn 6./17



We would like to welcome the following new Residents at Maple Ridge Estates:

Michael and Deborah Tully

Bob and Sara Demers



Farewell and Best Wishes to the following Residents who are leaving Maple Ridge. You will be missed!

Bob and Loretta Grazis

Pauline Lamy

Joni Morgan

Brooks Foster

Joanne Chouinard

Thank you to all who donated to the Calamar Foundation!

Flag Day



Trivia:

Flag Day

The U.S. flag has thirteen stripes, alternating red and white, each stripe represents one of the 13 original colonies of England?

The U.S. flag has 49 stars? it has 50 stars, one for each state of the union.

The first Flag Day was signed into legislation by President Harry Truman in 1949?

Since the first official U.S. flag was created by congress, the flag has been changed 26 times?

The U.S flag has been called Old Glory, The Star Spangled Banner

Mark Your Calendars!

Join us for the following presentations in June:

June 3rd 11:00 am —"Benefits of Meditation with Daylne"

June 4th 3:00 pm —Jessica with Bedford Physical Therapy to discuss "Fall Prevention"

June 6th 3:00 pm —Dan with Connections Physical Therapy "What can PT do for you"

June 11th 3:00 pm —Connect 55+ Activity Meeting

June 13th—Kathy with Interim Healthcare "Alzheimer's discussion"

Maple Ridge Announcements

Bone Builders is now on Tuesday and Thursdays!

Tech Tuesday is back! Sign-up sheet

6/11/19 7:00 pm Working Residents Social Hour

6/14/19— 4:00 pm Sing a Long with Bob

6/25/19 SAND CASTLES TRIP!

6/26/19— 7:00 pm Resident Bob Orton Presentation "Understanding the Weather Charts"



Maple Ridge Estates

COMMUNITY INFORMATION

COMMUNITY MANAGER:
NANCY HENDRICKS

CONNECT 55+ COORDINATOR:
KRISTINA CARUSO

MAINTENANCE TECH:
FRANK CLARK

OFFICE PHONE # & AFTER HOURS EMERGENCY SERVICE #: (603) 232-2463

MANAGER EMAIL:MANAGERMAPLERIDGEESTATES@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.
























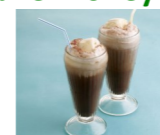








Maple Ridge Minute

JUNE

"Come as strangers, live as friends"

There are two birthstones for June, pearls and Alexandrite, pearls are known for their natural beauty and Alexandrite is a gemstone that is very rare and changes its color, based lighting. Well, couldn't we say that of our own community? We are a community filled with beautiful and wonderful people, we're all individual, unique and change based on where our lives take us. Where is your life taking you? What changes are occurring in your life? My family is about to experience a big change, the graduation of our son from high school. Changes in your life can be challenging and emotional. But they can also be joyful! As we move into June with wonderful celebrations, honoring our Dads on Father's Day, paying tribute to our flag on Flag Day, we may be saying farewell to some things in our lives, but we are also saying hello to other opportunities!

Quote of the Month: "I want to be remembered as a darn good entertainer, nothing spectacular. A good entertainer who made people enjoy themselves and made them laugh a little. I want them to think "He was a nice guy. He did pretty good and we loved him." Dean Martin

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>June is: National Dementia Caregivers Month</i>	1 Bingo 9:30
2	3 9:00 am Open discussion 10:00 am Chair Volleyball 11:00 am Meditation Presentation by Dayne 1:00 pm Cribbage /Library 2:00 pm Tai-Chi w/Meghan 3:00 Men's Pool 4:00 Library Social 7:00 Scrabble / Library 	4 9:00 am Walking Group 10:00 am Book Club 11:00 am Bone Builders 1:00 Pictionary 3:00 pm Bedford Physical Therapy / Lecture on fall prevention 4:00 pm Library social 7:00 pm Jeopardy Theater 	5 9:00 am Pickleball 10:00 am Recipe Swap 11:00 am Bowling 1:00 pm LifeLock Presentation 2:30 Line Dancing 4:00 Library Social 7:00 pm Nickel/Dime Poker 7:00 Nickel/dime poker  	6 75th Anniversary of D-Day 9:30 am Men's coffee & Conversation 10:00 am Coupon Club 11:00 am What can physical therapy do for you? Connections Physical Therapy 1:00 pm Yahtzee 2:00 pm Bone Builders 3:00 pm Ameriprise 4:00 pm Library Social 7:00 pm Puzzle time 	7 National Doughnut Day 930 Coffee and Donuts 11:00 Indoor/Outdoor Shuffleboard 1:00 pm Rummikub 3:00 Women's Knitting 3:00 Massage by Donna 4:00 Library Social 500 Patio Party (weather permitting) 7:00 Movie 	8 10:30 Bingo 
9	10 9:30 am Open Discussion 10:00 am Chair Volleyball 11:00 am Meditation 30 minutes 1:00 pm Cribbage 3:00 pm Men's pool league 4:00 Library Social 7:00 Scrabble / Library 	11 9:00 am Walking Group 10:00 am Coffee with a cop 11:00 pm Bone Builders 1:00 pm Name that TV Show (Library) 3:00 pm Connect 55+ Activity Meeting 4:00 pm Library Social 7:00 pm Working Residents Social 	12 9:00 am Pickleball 10:00 am Recipe Swap 11:00 Connections Physical Therapy (FREE) SCREENINGS! 1:00 Games /Sequence 2:00 pm Painting class with Donna (sign-up sheet) 4:00 pm yoga (sign up sheet) 7:00 pm Nickell/dime poker 	13 9:30 Men's Coffee & Conversation 9:30 Women's Auxiliary 11:00 Bone Builders 1:00 pm Yahtzee 2:00 pm Kathy w/Interim Healthcare topic Alzheimer's 3:00 pm "Get Involved and Volunteer" 4:00 pm Library Social 7:00 pm Puzzle time 	14 Flag Day 9:30 Coffee and Donuts 11:00 Indoor/Outdoor shuffleboard 1:00 pm Rummikub 2:00 pm Line Dancing 2:30 Women's Knitting 4:00 pm Sing-along with Bob/50's.,60,s and 70,s 5:00 pm Patio Party (weather permitting) 7:00 pm Movie  	15 10:30 Bingo 3:00 pm Father's Day Barbeque/ Corn hole tournament 
16 Father's Day 	17 9:00 am Open Discussion 1100 am Chair Volleyball 1:00 pm Cribbage 2:00 pm Phaneuf Funeral Homes Discussion 3:00 pm Men's pool league 4:00 pm Library Social 7:00 pm Scrabble Library 	18 10:00 Walking group 11:00 pm Bone Builders 1:00 Pictionary 2:00 Tech Tuesday 3:00 Nutrition in Motion 4:00 Library Social 7:00 Jeopardy in Library 	19 9:00 Pickleball 10:00 Recipe Swap 11:00 Bowling 1:00 Games /Sequence 2:00 Matinee Residents Choice 4:00 pm meditation 4:00 library Social 7:00 pm Nickel/ Dime Poker  	20 Nat'l Ice Cream Soda Day 9:30 am Men's coffee & Conversation 11:00 am Indoor Bowling 1:00 pm Yahtzee 2:00 pm Bone Builders 3:00 pm 15 Ways to Save Money on Groceries 4:00 pm Join us for an Ice Cream soda 7:00 pm Puzzle time 	21 International Flower Day 9:30 am Coffee & Donuts 11:00 Indoor/Outdoor Shuffleboard 1:00 pm Rummikub 2:00 pm Floral Arranging class (minimum 10 per.) (Sign-up sheet) 3:00 Women's Knitting 4:00 Wine Tasting 7:00 Movie Night 	22 10:30 Bingo 7:00 pm Classic Movie Night "Alfred Hitchcock" 
23 Palace Theater " A Buddy Holiday Story" 5:00 pm 30	24 9:00 Open Discussion 11:00 am yoga (sign-up sheet) 2:00 pm Tai-Chi w/ Meghan 1:00 pm Cribbage 3:00 pm Men's pool league 4:00 pm Library Social 7:00 Scrabble Library 	25 National Forgiveness Day Trip to Sand Castles/ Lunch 10:00 Walking Group 11:00 pm Bone Builders 1:00 pm Pictionary 3:00 pm Women's Pool League 4:00 pm Library Social 7:00pm Jeopardy in Theater 	26 9:0 Pickleball 10:00 Recipe Swap 11:00 Bowling 1:00 pm Games/Sequence 3:00 pm Connections Physical Therapy Screenings FREE! 6:00 pm Nickel/Dime Poker 7:00 pm Understanding the weather charts by Resident Bob Orton (theater) 	27 9:30 Men's coffee & Conversation 11:00 Veteran's Brunch 1:00 pm Yahtzee 2:00 pm Bone Builders 3:00 pm AARP Lecture 4:00 pm Library Social 7:00 pm Puzzle time  	28 9:30 am Coffee & Donuts 11:00 am Indoor/Outdoor Shuffleboard 1:00 pm Rummikub 2:00 pm Creative Coloring 3:00 pm Women's Knitting 3:00 Massage by Donna 4:00 pm Patio Party (bring a beverage & snack to share) 7:00 pm Movie 	29 10:30 Bingo 