

Floral Design w/ Karen

Come make a beautiful floral arrangement on *Wednesday, April 24th at 1 pm!*

Cost per arrangement is \$15.

Notable April Dates

4/1 April Fools' Day
4/7 National beer Day
4/7 No Housework Day
4/11 National Pet Day
4/14 Palm Sunday
4/15 Income Tax Day
4/18 National High Five Day
4/19 Good Friday
4/20 - 27 Passover
4/21 Easter Sunday
4/22 Earth Day/Dyngus Day
4/26 Arbor Day
4/27 Write to an Old Friend Day
4/28 Pet Parents Day

Maintenance Reminders!

When putting stuff in the trash, please make sure all containers are empty of all liquid. This means no water, juice, soda, milk, or coffee get dumped in the trash. This causes leakage in the trash hampers, and causes a huge mess and bad odor.

Also, all cardboard boxes must be broken down and put in the dumpsters outside at the corner of our property.

Thank you for your cooperation.

Planning in Advance for Future Healthcare Choices

Advance care planning helps loved ones and healthcare professionals know your wishes. Concord Regional VNA encourages people to discuss their end-of-life wishes and complete legal documents called advance directives to make your wishes known in case you are unable to communicate them yourself. If you need assistance completing your advance directives, a Concord Regional VNA Social Worker is available to help at Walk-In Wednesday on the 4th Wed. of each month from 10 a.m to noon. at Horseshoe Pond Place in Concord. For more information, call (603) 224-4093, ext. 5815.

A note from Calamar announcing our Canned Food Sculpture Contest Winner:

First, congratulations to ALL our communities. Wow! What effort and such great creativity! We're so proud of you and thankful for all our residents and staff who worked so hard on this! – we're very impressed!!!! Your local food pantries or wherever you chose to give will benefit greatly from all the donations!

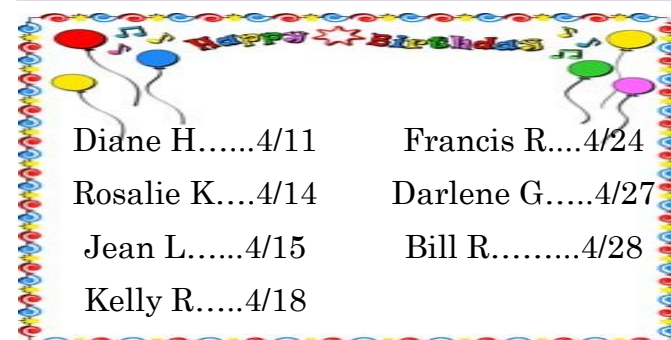
The winner is:

THE VILLAGE AT AUBURN GROVE!!!

For their sculpture of a football stadium complete with tailgating, cheerleaders & a concession stand!



Congrats!



Diane H.....4/11	Francis R....4/24
Rosalie K....4/14	Darlene G....4/27
Jean L.....4/15	Bill R.....4/28
Kelly R.....4/18	



Cobblestone Pointe

Cobblestone Corner

April 2019

“Come as strangers, live as friends”

Manager Minutes

Spring is here and warm weather is just around the corner. Let me take this time to remind everyone that as we start becoming more active outside and in, and as daylight lasts longer, that quiet time is from 10:00 p.m. to 7:00 a.m. I know everyone is excited to have sunshine and “warmer” temperatures, but we do have to remember that there are 140 units that all have to work together.

Additionally, I have had several complaints again about missing newspapers. Please remember that those newspapers that are on the table in the morning are marked with a specific unit and not for general use or removal.

Let's all look forward to an exciting spring and an even better (but hopefully less humid) summer.

-Rick

Office Staff

Rick Cote

Community Manager

Danielle Merrill

Wellness Coordinator

Doug Hargreaves

Maintenance

Technician

Office Hours

M-F: 9:00-5:00 pm

603-715-5040

Out To Lunch: 17

Floral Design w/ 24

Community 18

S. NH Ukele Con- 25

Power of Positive 10





CALAMAR FOUNDATION

Calamar Foundation - Countdown to Foundation month- MAY!

As a multi-generational organization, we have been brought up to give back to our community. Many people who live and work in our ever growing communities they call home, are able to do this. Our mission is to support and make an impact across all communities where we do business. We are proud to partnership with three major organizations: American Heart Association, American Cancer Society, and Alzheimer's Association.

Please consider giving back. For more information, please see the community manager.

Quote of the Month: “No winter lasts forever, no spring skips its turn. April is a promise that May is bound to keep and we know it” - Hal Borland

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 April Fool's Day 10am Strength/Balance DVD CR 12:30 pm Line Dancing CR 1 pm Bridge CDR 3 pm Seated Stretch DVD CR 6:30 pm BINGO CR	2 9:30 am Strength/Balance DVD CR 10 am Knitting w/ Pam CR 1 pm Cribbage L 2 pm Isometrics Exercise CR 3 pm You Be The Judge w/ Frank CR 6 pm Book Talk Group CR	3 10 am Strength/Balance DVD CR 2 pm Bananagrams CR 4 pm Seated Stretch DVD CR 6 pm Card Group CR	4 11am Bone Builders CR 12:30 pm Line Dancing CR 1:30 pm Afternoon Chat L 3 pm Technology 101 CR 6:30 pm Pegs/Jokers CR	5 9:30 am Coffee/Donuts CR 11 am Chair Yoga DVD CR 1 pm Bridge CDR 1 pm Remember When w/ Frank CR 3 pm Chair Beach ball Volleyball CR 6 pm Resident Social CR	6 1 pm Room RE-SERVED 2 :30 pm Cards L
7 2 pm Pegs/Jokers CR	8 10am Strength/Balance DVD CR 12:30 pm Line Dancing CR 1 pm Bridge CDR 3 pm Seated Stretch DVD CR 4 pm Cat Chat Group CR 6:30 pm BINGO CR	9 9 am Reiki w/ Jan CDR 9:30 am Strength/ Balance DVD CR 10 am Knitting w/ Pam CR 1 pm Cribbage L 2 pm Isometrics Exercise CR 3 pm You Be The Judge w/ Frank CR 5:30 pm Room RESERVED CR	10 9 am Senior Health Clinic CDR 10 am Strength/Balance DVD CR 1 pm Power Of Positive Thinking w/ Dr. Sam CR 2 pm Bananagrams CR 4pm Seated Stretch DVD CR 6 pm Card Group CR	11 11 am Bone Builders CR 12:30 pm Line Dancing CR 1:30 pm Afternoon Chat L 6:30 pm Pegs/Jokers CR	12 9:30 am Coffee/Donuts cr 11 am Chair Yoga DVD cr 1 pm Bridge CDR 1 pm Remember When w/ Frank CR 3 pm Chair Beach ball Volleyball cr 6 pm Resident Social cr	13 2:30 pm Cards L
14 2 pm Pegs/Jokers CR	15 10 am Strength/ Balance DVD CR 12:30 pm Line Dancing CR 1 pm Bridge CDR 3 pm Seated Stretch DVD CR 6:30 pm BINGO CR	16 9:30 am Strength/Balance DVD CR 10 am Knitting w/ Pam CR 11:30 am Tips For Meal Planning w/ Trish—3 part series CR 1 pm Cribbage L 2 pm Isometrics Exercise CR 3 pm You Be The Judge w/ Frank CR 4 pm Veterans Benefits w/ Andrew	17 10 am Strength/Balance DVD CR 11:30 am Out To Lunch: Uno's 2 pm Bananagrams cr 4 pm Seated Stretch DVD cr 6 pm Card Group cr	18 11 am Bone Builders cr 12:30 pm Line Dancing cr 1:30 pm Afternoon Chat L 3 pm Technology 101 CR 5 pm Community Potluck CR 6:30 pm Pegs/Jokers CR	19 Passover Begins 9:30 am Coffee/Donuts CR 11 am Chair Yoga DVD CR 1 pm Bridge CDR 1 pm Remember When w/ Frank CR 3 pm Chair Beach ball Volleyball CR 6 pm Resident Social CR	20 1 pm Room RE-SERVED 2 :30 pm Cards L 7 pm Entertainment
21 Easter 2 pm Pegs/Jokers CR	22 Earth Day 10 am Strength/Balance DVD CR 12:30 pm Line Dancing CR 1 pm Bridge CDR 3 pm Seated Stretch DVD CR 6:30 pm BINGO CR	23 9 am Reiki w/ Jan CDR 9:30 am Strength/Balance DVD CR 10 am Knitting w/ Pam CR 1 pm Cribbage L 2 pm Isometrics Exercise CR 3 pm You Be The Judge w/ Frank CR	24 10 am Strength/Balance DVD CR 1 pm Floral Design w/ Karen CR 2 pm Bananagrams CR 4pm Seated Stretch DVD CR 6 pm Card Group CR	25 11 am Bone Builders CR 12:30 pm Line Dancing CR 1:30 pm Afternoon Chat L 2:30pm Celebrate April Birthdays! CR 6 pm Southern NH Ukele Group Concert CR	26 Arbor Day 9:30 am Coffee/ Donuts CR 11 am Chair Yoga DVD CR 1 pm Bridge CDR 1 pm Remember When w/ Frank CR 3 pm Chair Beach ball Volleyball CR 6 pm Resident Social CR	27 Passover Ends 2 :30 pm Cards L
28 2 pm Pegs/Jokers CR	29 10 am Strength/Balance DVD CR 12:30 pm Line Dancing CR 1 pm Bridge CDR 3 pm Seated Stretch DVD CR 6:30 pm BINGO CR	30 9:30 am Strength/Balance CR 10 am Knitting w/ Pam CR 1 pm Cribbage L 2 pm Isometrics Exercise CR 3 pm You Be The Judge w/ Frank CR			<div> Program is subject to occasional & unforeseen changes. Changes will be posted on lighted board across from mailboxes. </div>	