

2019 Flu Clinic

The Concord VNA will conduct a flu clinic at Cobblestone on Tuesday, October 15 10-11 am. Stay tuned for more information.

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Maintenance Reminders

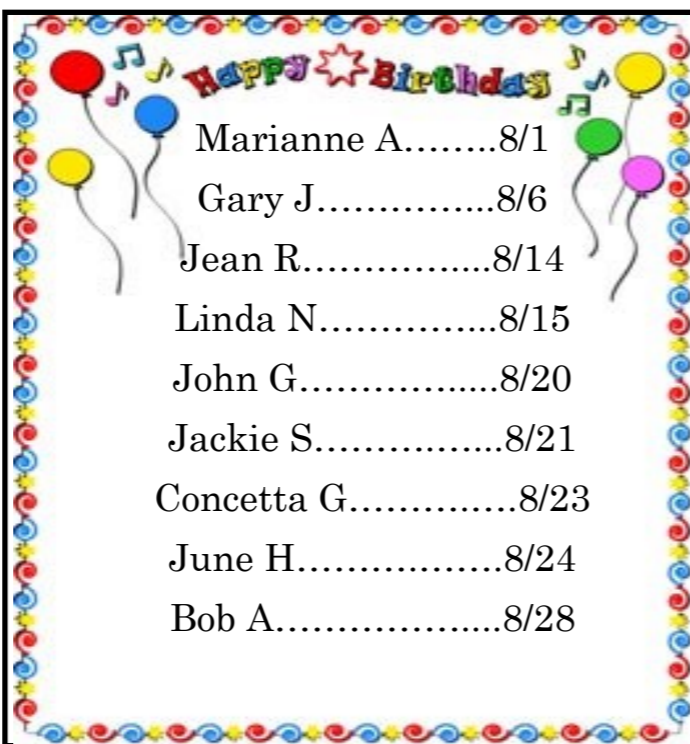
Please do not dispose large items (mattresses, furniture, tvs, etc.) into the dumpsters outside. All large items must be disposed at the Transfer station in Concord.

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

August Lore! If the first week in August is unusually warm the coming winter will be snowy and long!

Concord Regional VNA and The Birches at Concord Offer Caregiver Café

Concord Regional VNA and The Birches at Concord are offering a Caregiver Café on Thursday, August 1 from 5:30 to 6:30 p.m. at The Birches at Concord, 300 Pleasant Street in Concord. The Caregiver Café is held on the first Thursday of each month at the same time. Caregiving is a crucial role that at times can be challenging. To support and honor those who are giving care to loved ones, we offer a monthly Caregiver Café. Join us to connect, share, and learn with other family caregivers. Light refreshments will be served. Pre-registration is required. Please RSVP to Ashley Tino at (603)224-9111



August Humor: When the temp reached 102. My wife's yearning for snow cones grew. "Why'd you buy only one?" My wife asked. I said, "hon, Cause I only ice for you."



Cobblestone Pointe
Active Living

COBBLESTONE CORNER

August

"Come as strangers, live as friends"

Notes from the Manager

August is here and as the dog days of summer start the not so slow turn into the early days of fall, let's take a moment to enjoy the season that has flown past us so quickly this year as we get ready for the next one that is so close to us. May you all have a peaceful, yet enjoyable end of summer.

Rick

COMMUNITY INFORMATION

COMMUNITY MANAGER:
RICK COTE

CONNECT 55+ COORDINATOR:
DANIELLE MERRILL

MAINTENANCE TECH:
DOUG HARGREAVES

OFFICE PHONE # & AFTER HOURS EMERGENCY SERVICE #:
(603) 715- 5040








MANAGER EMAIL:
MANAGERCOBBLESTONE-
POINTE@CALAMAR.COM

RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO **RM HOLDINGS 25**

PLEASE BE SURE TO WRITE YOUR APARTMENT # IN THE MEMO LINE OF YOUR CHECK.



Quote of the Month: "Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie." Jim Davis

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Location Key Codes O= Outside on Patio CR= Community Room CDR= Card Room FR= Fitness Room L= Library <i>* may denote location changes</i>		1 National Mahjong Day 10 am Strength/Balance CR 12:30 pm Line Dancing CR 3 pm Technology 101 CR 4 pm POUND FIT CR 6 pm Spades L 7 pm Elton John Tribute Concert—Eagle Square, Concord	2 National Coloring Book Day 9 am Coffee/Donuts CR 11 am Chair Yoga DVD CR 1 pm Bridge CDR 1:30 pm Patio Party—O 1:30 pm Nintendo Wii—CR 3 pm Seated Chair VBall CR 6 pm Resident Social CR 	3 8:30 am—12 pm Concord Farmer's Market—DOWNTOWN 10 am Community Room RESERVED
4 National Friendship Day 10 am Summer Craft Fair – Tilton Outlets, Tilton 2 pm Pegs/Jokers CR	5 9 am Chair Yoga CR 10 am Strength/Balance CR 11 am Trivia L 12:30 pm Line Dancing CR 1 pm Bridge CDR 3 pm Seated Stretch CR 6:30 pm BINGO CR	6 National Root Beer Float Day 10 am Strength/Balance CR 11:30 am Fitness Room Orientations FR 1 pm Cribbage L 2 pm Isometrics CR 3 pm Parlor Games L 3 pm Root Beer Floats CR 4 pm Room RESERVED CR 	7 9 am Walking Group-Outdoors 10 am Strength/Balance CR 11 am Lewis Farms Farm stand CR 1 pm Nintendo Wii Bowling CR 2 pm Bananagrams CR 3:30 pm Lewis Farms Farm stand CR 6 pm Card Group CR	8 10 am Strength/Balance CR 11 am Senior Transit Info. Talk CR 12:30 pm Line Dancing CR 2 pm NH Antiques Show- - Elm St, Manchester 6 pm Spades CR 8:30 pm Concord Library: Apollo 13 Film -Rollins Park , Concord	9 Smokey Bear's 75th Birthday (1944) 9 am Coffee/Donuts CR 11 am Chair Yoga DVD CR 1 pm Bridge CDR 1:30 pm Patio Party—O 1:30 pm Nintendo Wii—CR 3 pm Seated Chair VBall CR 6 pm Resident Social CR	10 8:30 am—12 pm Concord Farmer's Market—DOWNTOWN
11 2 pm Pegs/Jokers CR	12 9 am Chair Yoga CR 10 am Strength/Balance CR 11 am Trivia L 12:30 pm Line Dancing CR 1 pm Bridge CDR* 3 pm Seated Stretch (DVD) CR 6:30 pm BINGO CR	13 9 am Reiki w/ Jan CDR* 10 am Strength/Balance CR 11:00 am AARP: Disrupt Aging Talk CR 1 pm Cribbage L 2 pm Isometrics CR 2:30 pm Movie: Walking Across Egypt CR 3:30 pm Parlor Games L 6 pm Restorative Chair Yoga CR	14 9 am Walking Group-Outdoors 9 am Senior Health Clinic CDR * 10 am Strength/Balance CR 12 pm Lunch Lady Food Truck 1 pm Nintendo Wii Bowling CR 2 pm Bananagrams CR 4 pm Seated Stretch CR 6 pm Card Group CR 	15 National Relaxation Day 10 am Strength/Balance CR 11:30 am Out To Lunch: Hermanos 12:30 pm Line Dancing CR 2:30 pm Celebrate August Bdays CR 4 pm Homelessness Awareness Mtg 6 pm Spades L 7 pm Manchester Music School Concert— Stark Park, Manchester	16 National Tell a Joke Day 9 am Coffee/Donuts CR 11 am Chair Yoga DVD CR 1 pm Bridge CDR* 1:30 pm Patio Party—O 1:30 pm Nintendo Wii – CR 3 pm Seated Chair VBall CR 6 pm Resident Social CR	17 50th Anniversary of Woodstock (Aug 15th-18th) 8:30 am—12 pm Concord Farmer's Market—DOWN TOWN
18 2 pm Pegs/Jokers CR	19 9 am Chair Yoga CR 10 am Strength/Balance CR 11:am Essential Oils 101 CR 12:30 pm Line Dancing CR 1 pm Bridge CDR* 3 pm Seated Stretch (DVD) CR 6:30 pm BINGO CR	20 10 am Strength/Balance CR 12 pm Rock n' Roll Potluck & Entertainment CR 1 pm Cribbage L 2 pm Isometrics CR 2:30 pm Movie: Devine Secrets Of The Ya-Ya Sisterhood CR 3:30 pm Parlor Games L 6 pm Historic Cemeteries Talk CR	21 National Senior Citizens Day 9 am Walking Group-Outdoors 9 am Massage Clinic CDR* 10 am Strength/Balance CR 1 pm OUTING: Tour NH State House 2 pm Bananagrams CR 3pm Strawberry Shortcakes & Homecare Talk CR 5 pm Massage Clinic CDR* 6 pm Card Group CR	22 10 am Strength/Balance CR 11 am Rite Aid Ambassador Visits! CR 12:30 pm Line Dancing CR 2:30 pm Nintendo Wii CR 3 pm Wellness Food: Apples w/ Almond Butter 4 pm POUND FIT CR 6 pm Spades L 	23 9 am Coffee/Donuts CR 11 am Chair Yoga DVD CR 1 pm Bridge CDR* 1 pm Floral Design w/ Karen CR 3 pm Seated Chair VBall CR 6 pm Resident Social CR	24 8:30 am—12 pm Concord Farmer's Market—DOWNTOWN
25 2 pm Pegs/Jokers CR	26 9 am Chair Yoga CR 10 am Strength/Balance CR 11 am Tele Equip. Assistance Program Seminar CR 12:30 pm Line Dancing CR 1 pm Bridge CDR* 3 pm Seated Stretch (DVD) CR 6:30 pm BINGO CR 	27 9 am Reiki w/ Jan CDR* 10 am Strength/Balance CR 11 am Fire Drill (subject to emergencies) 1 pm Cribbage L 2 pm Isometrics CR 2:30 pm Movie: Bohemian Rhapsody CR 3:30 pm Parlor Games L 6 pm Restorative Chair Yoga CR	28 9 am Walking Group-Outdoors 10 am Strength/Balance CR 11 am Lewis Farms Farm stand CR 1 pm Nintendo Wii Bowling CR 2 pm Bananagrams CR 3:30 pm Lewis Farms Farm stand CR 6 pm Card Group CR	29 10 am Strength/Balance CR 11 am Good Night, Sleep Tight by VNA CR 12:30 pm Line Dancing CR 12:45 pm OUTING: Currier Gallery Art 4 pm Resident Calendar Mtg. CR 4:30 pm Technology 101 CR 6 pm Spades L	30 9 am Coffee/Donuts CR 11 am Chair Yoga DVD CR 1 pm Bridge CDR* 1:30 pm Patio Party—O 1:30 pm Nintendo Wii— CR 3 pm Seated Chair VBall CR 6 pm Resident Social CR	31 8:30 am—12 pm Concord Farmer's Market - DOWNTOWN Hopkinton State Fair Weekend