

**Happy Birthdays**

Rebecca L.....	12/1
John K.....	12/3
Karen T.....	12/5
Marty F.....	12/7
Gary J.....	12/8
Rob T.....	12/11
Sue H.....	12/12
Collette C.....	12/13
Ken R.....	12/15
Shirley W.....	12/19
Silvana W.....	12/19
Pauline T.....	12/20
Joan B.....	12/25
James C.....	12/30

**A Message From  
The Concord VNA**

Discovering Happiness Among Holiday Grief

In years past, the holidays may have been a time for great anticipation and excitement, but in recent years, the prospect of facing the holidays without your loved one may cause sadness, fear, hopelessness, stress, and frustration. Concord Regional VNA has many grief support sessions for adults and families that may be helpful. For more information, call (603) 224-4093, ext. 2828 or e-mail [carmella.dow@crvna.org](mailto:carmella.dow@crvna.org).



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**Cobblestone Pointe  
Active Living**

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

**Manager Minutes....**



The holidays are upon us as hard as that is to believe. With the holidays also brings the heating season. Please remember to keep your doors and windows shut and locked for maximum heating performance and remember, regulate the temperature by the thermostat, not opening a window to let some cooler air in. Additionally, it has been brought to my attention that some of the entry doors are not being closed tightly when someone comes in. This not only creates heat loss, but also creates a security issue, so please make sure after you come through one of the several entry doors, that it is shut and latched. Doug has been around and adjusted the closers several times, and will go around once again as the colder temperatures settle in to make another adjustment, but in the mean time please ensure that they are latched when you come through them.

Lastly, let me take this opportunity to wish you and yours a safe and extremely happy holiday season from myself, the staff of Cobblestone Pointe, and Calamar Management.

Rick

**Want something published? Please submit all articles to Danielle by the 10th of each month!**

**Maintenance Reminders!**

When making a work request, please click on permission code and select either ok to enter or not ok to enter.

If it is not ok to enter, it will need to be scheduled.

Please call the office at (603) 715-5040

Please remember to tie all trash bags before you put them down the trash chute. Please do not dump liquids and drain all liquids in cups before throwing them down the chute.

Neighbors Helping Neighbors

Program

We are a group of Cobblestone residents who want to help others in our community.

If you are ill, had surgery/accident, or have an emergency...

Help is on the way!

**“Do you have questions, suggestions, or want to share concerns or compliments regarding the Connect55+ program?”**

The Connect55+ Director is Mary Beth MacClaren and you can reach her at the main office in Buffalo at 716-946-6444 or 716-693-8439.

She welcomes your feedback! “

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Calamar Foundation

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 your community manager.



Wellness Calendar Changes.

Please make every effort to check the light board behind the mailboxes for any changes to the calendar.



Sunday

Monday














Tuesday

Wednesday

Thursday

Friday

Saturday

 <p><b>+ Intellectual</b> <b>+ Spiritual</b> <b>+ Physical</b> <b>+ Social</b> <b>+ Financial</b></p>			<p><i>Location Key Codes</i></p> <p><i>CR= Community Room</i> <i>CDR= Card Room</i> <i>FR= Fitness Room</i> <i>L= Library</i></p>		<p>1 <b>Wellness/Craft Fair</b> 10-1 pm CR</p> <p>10 am Open Gym+ FR</p> <p>2 :30 pm Cards ++ L</p>
<p>2 <b>Hanukkah Begins</b></p> <p>2 pm Pegs/Jokers ++ CR</p> <p>4:25 pm Go PATS!</p> 	<p>3</p> <p>10 am Monday Morning Stretch/ Bone Builders +++ CR</p> <p>12:30 pm Line Dancing + CR</p> <p>1 pm Bridge ++ CDR</p> <p>1 pm Mindful Coloring + L</p> <p>3 pm Seated Stretch +++ CR</p> <p>6:30 pm BINGO ++ CR</p>	<p>4</p> <p>9 am Reiki w/ Jan + CDR</p> <p>9:30 am Strength/ Balance + CR</p> <p>10 am Knitting w/ Pam+ CR</p> <p>1 pm Cribbage + L</p> <p>2 pm Movie Matinee + CR</p> <p>6 pm Open Gym + FR</p> <p>6 pm Book Club + CR</p> 	<p>5</p> <p>9:30 am Coffee &amp; Cash + CR</p> <p>10 am Strength/Balance +++ CR</p> <p>1 pm You Be The Judge L</p> <p>2 pm Bananagrams++ CR</p> <p>3 pm Seated Stretch CR</p> <p>6 pm Card Group ++ CR</p> 	<p>6</p> <p>10 am Strength/Balance +++ CR</p> <p>11 am Brain Health + CR</p> <p>12:30 pm Line Dancing+ CR</p> <p>3 pm Mock tails CR</p> <p>4 pm Technology Thursdays ++CR</p> <p>6:30 pm Pegs/Jokers ++ CR</p>	<p>7 <b>Pearl Harbor Day</b></p> <p>9:30 am Coffee/Donuts+ CR</p> <p>10 am Bridge++ CDR</p> <p>11 am Chair Yoga +++ CR</p> <p>1 pm Trivia + CR</p> <p>3 pm Chair Beach ball Volleyball ++ CR</p> <p>6 pm Resident Social + CR</p>
<p>9 <b>Hanukkah Ends</b></p> <p>1 pm Go PATS!</p> <p>2 pm Pegs/Jokers ++ CR</p> 	<p>10</p> <p>10 am Monday Morning Stretch/ Bone Builders +++ CR</p> <p>12:30 pm Line Dancing+ CR</p> <p>1 pm Bridge ++ CDR</p> <p>1 pm Mindful Coloring + L</p> <p>3 pm Seated Stretch +++ CR</p> <p>4 pm Cat Chat Group + CR</p> <p>6:30 pm BINGO ++ CR</p>	<p>11</p> <p>10 am Knitting w/ Pam+ CR</p> <p>1 pm Cribbage + L</p> <p>2 pm Movie Matinee + CR</p> <p>6 pm Open Gym + FR</p> <p>6 pm Chair Yoga +++ CR</p> 	<p>12</p> <p>9 am Senior Health Clinic CDR</p> <p>9:30 am Coffee &amp; Cash + CR</p> <p>10 am Strength/Balance+++ CR</p> <p>11:30 am Out To Lunch: + The Red Blazer</p> <p>1:30 pm You Be The Judge + L</p> <p>2 pm Bananagrams++ CR</p> <p>6 pm Card Group ++ CR</p>	<p>13</p> <p>10 am Strength/Balance+++ CR</p> <p>11 am Brain Health + CR</p> <p>12 pm Primetime Grilled Cheese Food Truck</p> <p>12:30 pm Line Dancing + CR</p> <p>3 pm Cookie Bakeoff Contest CR</p> <p>6:30 pm Pegs/Jokers ++ CR</p>	<p>14</p> <p>9:30 am Coffee/Donuts + CR</p> <p>10 am Bridge ++ CDR</p> <p>11 am Chair Yoga +++ CR</p> <p>1 pm Trivia CR</p> <p>3 pm Chair Beach ball Volleyball CR</p> <p>6 pm Resident Social + CR</p>
<p>16</p> <p>2 pm Pegs/Jokers ++ CR</p> <p>4:25 pm Go PATS!</p> 	<p>17</p> <p>10 am Monday Morning Stretch/Bone Builders +++ CR</p> <p>10:30 am Susan's Handmade Creations CR</p> <p>12:30 pm Line Dancing + CR</p> <p>1 pm Bridge ++ CDR</p> <p>1 pm Mindful Coloring + L</p> <p>3 pm Seated Stretch CR</p> <p>6:30 pm BINGO ++ CR</p>	<p>18</p> <p>9 am Reiki w/ Jan CDR</p> <p>9:30 am Strength/ Balance CR</p> <p>10 am Knitting w/ Pam + CR</p> <p>11:30 am Trinity School Bell Choir</p> <p>1 pm Cribbage + L</p> <p>2 pm Movie Matinee + CR</p> <p>4 pm Veterans Benefits w/ Andy CR</p> <p>5:30 pm Holiday Party &amp; Entertainment w/ Lana CR</p> 	<p>19</p> <p>9:30 am Coffee &amp; Cash + CR</p> <p>10 am Strength/Balance +++ CR</p> <p>1 pm You Be The Judge L</p> <p>2 pm Bananagrams + CR</p> <p>4 pm Fitness Room Orientations FR</p> <p>6 pm Card Group ++ CR</p> 	<p>20</p> <p>10 am Strength/Balance +++ CR</p> <p>11 am Brain Health + CR</p> <p>11 am Art Class w/ Allison CR</p> <p>12:30 pm Line Dancing+ CR</p> <p>4 pm Technology Thursdays ++CR</p> <p>6:30 pm Pegs/Jokers ++ CR</p>	<p>21</p> <p>9:30 am Coffee/ Donuts CR</p> <p>10 am Bridge ++ CDR</p> <p>11 am Chair Yoga CR</p> <p>1 pm Remember When w/ Frank CR</p> <p>3 pm Chair Beachball Volleyball CR</p> <p>6 pm Resident Social + CR</p>
<p>23</p> <p>2 pm Pegs/Jokers ++ CR</p> <p>4:25 pm Go PATS!</p> <hr/> <p>30</p> <p>1 pm Go PATS!</p> <p>2 pm Pegs/Jokers ++ CR</p>	<p>24</p> <p><b>Office Closed</b> <b>Merry Christmas Eve!</b></p> <hr/> <p>31 <b>New Years Eve</b></p> <p>10 am Monday Morning Stretch/Bone Builders CR</p> <p>1 pm Bridge CDR</p> <p>3 pm Seated Stretch CR</p> <p>7 pm New Years Eve</p>		<p>26</p> <p>9:30 am Coffee &amp; Cash + CR</p> <p>10 am Strength/Balance +++ CR</p> <p>1 pm You Be The Judge + L</p> <p>2 pm Bananagrams ++ CR</p> <p>3 pm Seated Stretch CR</p> <p>6 pm Card Group ++ CR</p>	<p>27</p> <p>10 am Strength/Balance CR</p> <p>11 am Brain Health + CR</p> <p>3 pm Mock tails CR</p> <p>6 pm Celebrate Dec Birthdays CR</p> 	<p>28</p> <p>9:30 am Coffee/ Donuts CR</p> <p>10 am Bridge CDR</p> <p>11 am Chair Yoga +++ CR</p> <p>1 pm Trivia + CR</p> <p>3 pm Chair Beachball Volleyball CR</p> <p>6 pm Resident Social + CR</p> 