



Cobblestone Corner

Volume 2, Issue 2

February

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

Welcome to 2019! I am glad to see everyone successfully made it into the new year. I also would like to take a second to thank everyone, as this last snow storm went much better this time thanks to the efforts of everyone working together. Let's move onto February and keep the good mojo alive (and hope for minimal snow) and remember February is American Heart Association month so lets all do our part.

Rick



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.



Happy Birthdays

Marilyn S.....2/3
Pauline B.....2/20
Charlene A,,,,,,2/23
Claire K.....2/25

Whole Health For Life Veterans Program

The whole health model is a holistic look at the many areas of life that can affect your health — your work/home environment, relationships, diet, sleep patterns, and more. This program is open to all Veterans and Veteran Spouses.

Sgt. Andrew Bobo will provide information along with the VA on Tuesday, February 19.

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!

**Rape Aggression Defense System
Training**

Offering awareness and defense strategies for older adults, this course is taught in a relaxed environment that is conducive to learning tested instructional techniques, proven tactics, and unique insights about the problems unique to older adults. This class is for women.

First Class begins March 7! Sign Up w/ Danielle if you are interested!

**A Message From
The Concord VNA**

Staying Independent In Your Home

February is National Senior Independence Month. The population over the age of 65 in New Hampshire continues to grow and with age typically come healthcare challenges. Most seniors want to remain in their home and receive care. Concord Regional VNA can help. We have a host of programs ranging from informational seminars to home care services that help you in remaining independent in your home. Call us at (603) 224-4093 to find out how we can assist.



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

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.



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

February



Location Key Codes

CR= Community Room
CDR= Card Room
FR= Fitness Room
L= Library

1 Nat'I Go Red Day!
9:30 am Wear RED! Coffee/Donuts CR
10 am Bridge CDR
1 pm Remember When w/ Frank CR
3 pm Chair Beach ball Volleyball CR
6 pm Resident Social CR

2 Groundhog Day
2:30 pm Cards L

3 Super Bowl LIII
2 pm Pegs/Jokers CR
5:30 pm Super Bowl LIII Tailgate Party

4
10:00 am Strength/Balance CR
12:30 pm Line Dancing CR
1 pm Bridge CDR
3 pm Seated Stretch CR
6:30 pm BINGO CR

5 Chinese New Year
9 am Reiki w/ Jan CDR
9:30 am Strength/ Balance CR
10 am Knitting w/ Pam CR
1 pm Cribbage L
2 pm Movie Matinee : Dirty Dancing CR
6 pm Book Talk Group CR

6
10 am POUND FIT Exercise CR
11:30 Making Valentines Cards For The YMCA CR
2 pm Bananagrams CR
4pm Seated Stretch CR
6 pm Card Group CR

7
10 am Strength/Balance DVD CR
12:30 pm Line Dancing CR
3 pm Travel Destination: China CR
4 pm Technology Thursdays CR
6:30 pm Pegs/Jokers CR

8
9:30 am Coffee/Donuts CR
10 am Bridge CDR
11 am Chair Yoga CR
3 pm Chair Beach ball Volleyball CR
6 pm Resident Social CR

9
2:30 pm Cards L

10
2 pm Pegs/Jokers CR

11
10 am Strength/ Balance CR
12:30 pm Line Dancing CR
1 pm Bridge CDR
3 pm Seated Stretch CR
4 pm Cat Chat Group CR
6:30 pm BINGO CR

12
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 Movie Matinee: Casablanca CR
5:30 pm Room RESERVED

13
9 am Senior Health Clinic-CDR
10 am Strength/Balance CR
1 pm Craft Group OUTING: You're Fired Pottery
2 pm Bananagrams CR
4 pm Seated Stretch CR
6 pm Card Group CR

14 Valentines Day
10 am Strength/ Balance CR
12:30 pm Line Dancing CR
5:30 pm Chocolate Lovers Fantasy & Appetizer Potluck CR
7 pm Entertainment w/ Tim O'Keefe CR

15
9:30 am Coffee/Donuts CR
10 am Bridge CDR
11 am Chair Yoga CR
1 pm Remember When w/ Frank CR
3 pm Chair Beach ball Volleyball CR
6 pm Resident Social CR

16
2:30 pm Cards L

17
2 pm Pegs/Jokers CR

18 Presidents Day
10 am Strength/Balance CR
12:30 pm Line Dancing CR
1 pm Bridge CDR
3 pm Seated Stretch CR
6:30 pm BINGO CR

19
9 am Reiki w/ Jan CDR
9:30 am Strength/ Balance CR
10 am Knitting w/ Pam CR
1 pm Cribbage L
2 pm Movie Matinee : The Greatest Showman
4 pm Whole Health Veterans Program w/ Andrew Bobo

20
10 am Strength/Balance CR
11:30 am Out To Lunch: El Rodeo
2 pm Bananagrams CR
4pm Seated Stretch CR
6 pm Card Group CR

21
10 am Strength/Balance CR
12:30 pm Line Dancing CR
4 pm Technology Thursdays CR
6:30 pm Pegs/Jokers CR

22 Nat'I Margarita Day
9:30 am Coffee/ Donuts CR
10 am Bridge CDR
11 am Chair Yoga CR
3 pm Chair Beach ball Volleyball CR
6 pm Resident Social CR

23
2:30 pm Cards L

24
2 pm Pegs/Jokers CR

25
10 am Strength/Balance CR
12:30 pm Line Dancing CR
1 pm Bridge CDR
3 pm Seated Stretch CR
6:30 pm BINGO CR

26
9:30 am Strength/Balance CR
10 am Knitting w/ Pam CR
1 pm Cribbage L
2 pm Movie Matinee: Little Miss Sunshine

27
10 am Strength/Balance CR
11 am Budgeting Mgmt. w/ Center For Finance & Education
2 pm Bananagrams CR
4 pm Seated Stretch CR
6 pm Card Group CR

28
10 am Strength/Balance CR
12:30 pm Line Dancing CR
2:30pm Celebrate February Birthdays CR
6:30 pm Pegs/Jokers CR

Program is subject to occasional & unforeseen changes.
Changes will be posted on lighted board across from mailboxes.