

Do you Know?

To keep the winter blues at bay, spend at least five to 10 minutes outside



even when it is overcast. When people see natural light, it increases levels of serotonin which keeps mood on an even keel.

**Yes, I CAN!**



**Canned Food Sculpture Competition**

**It's a CANTastic way to help!**

**Join in the fun while helping those in need**

Bring your imagination & your canned goods to create a CAN sculpture using products that you donate. It's a creative way to help your local food bank, food pantry or shelter

*Calamar is celebrating 30 years!*

*Incorporate all or part of our logo in your design! Or the #30*

Each community will be judged on creativity and execution. **ONLY ONE** winner will be selected from all our communities to receive the coveted CAN trophy and bragging rights! Plus a pizza party - So get your CAN involved!

**Competition begins Feb. 3, 2020. Ends Feb. 21, 2020**

**Judging February 24-27, 2019**

**WINNER ANNOUNCED FEBRUARY 28th**

Please note all labels must remain intact



**Sign up Sheets**

*Just a reminder, all signup sheets for community and outside events are located on the back table in the community room.*

Calendar Location Key Codes

O= Outside

CR= Community Room

CDR= Card Room

FR= Fitness Room

L= Library

*\* all events outlined in bold are events*

**Happy Birthday**

Ernie B.....1/26

Paul E.....1/5

Mary M.....1/28

Virginia L.....1/16

Doris T.....1/29

Rita H.....1/20

Michael E.....1/14

Barbara N.....1/22

New Year's Superstitions: Don't sweep the floor during the first day of the new year. You may sweep out the good fortune.



Cobblestone Pointe Senior Village

**Cobblestone Corner**

JANUARY

2020

**"Come as strangers, live as friends"**

**Notes from the Manager**

2020 has arrived!!

Our wish is for each and every one of you to have a happy and healthy 2020!

Calamar is now entering into our 30<sup>th</sup> year and the Calamar Foundation is getting ready to kick off our 2020 season with the Canned Food Sculpture Drive. I am looking forward to everyone pitching in to help Cobblestone win this year's trophy.

-Rick



Quote of the Month: "Hate cannot drive out hate. Only love can do that." - Martin Luther King, Jr.

**COMMUNITY INFORMATION**

**COMMUNITY MANAGER:**  
RICHARD COTE

**MAINTENANCE TECH:**  
DOUG HARGREAVES

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

**MANAGER EMAIL:**








**MANAGER@COBBLESTONE-POINTE@CALAMAR.COM**

**RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO RM25 HOLDINGS**

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





Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1 New Year's Day</b> <b>OFFICE CLOSED</b>  <b>Community Room Reserved</b> <b>1:00 p.m.—5:30 p.m.</b>	<b>2</b> 10 am Strength/Balance DVD CR 12:30 pm Line Dancing CR 4 pm Pound Fit CR 6pm Spades L  	<b>3</b> 9 am Coffee/ Donuts CR 11 am Chair Yoga DVD CR 1 pm Bridge CDR 3 pm Chair Beach ball Vball CR 6 pm Resident Social	<b>4</b> <b>9:00-12:00 Resident Swap</b> <b>(no this does not mean we are swapping residents)</b>  <b>1:00 p.m. Indoor Cornhole</b> <b>2:30 pm Cards/Games</b>
<b>5</b> 2 pm Pegs/Jokers  <b>Collecting Items to put Blessing Bags together for the Friends Program</b>	<b>6</b> 9 am Chair Yoga DVD CR 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	<b>7</b> 9 am Reiki w/ Jan CDR 9:30 am Strength/Balance DVD CR 10 am Knitting w/ Pam CR <b>1:00 pm Cribbage</b> 2 pm Isometrics (resident run) CR 3:30 pm Parlor Games CR	<b>8 Elvis Presley's Birthday</b> 9 am Senior Health Clinic CDR 10 am Strength and Balance CR <b>1:30-3:00 p.m. Aging Mastery CR</b> 2 pm Bananagrams CR  6 pm Card Group CDR <b>Stan JR Elvis Tribute 6:30-7:30 CR</b>	<b>9</b> 10 am Strength/Balance DVD CR 12:30 pm Line Dancing CR <b>3:00 pm Canned Food Sculpture Competition and Connect 55+ Activity Meeting CR</b> 4 pm Pound Fit CR 6pm Spades L   	<b>10 Full Moon/Winter Moon National Volunteer Fireman's Day</b> 9 am Coffee/ Donuts CR 11 am Chair Yoga DVD CR 1 pm Bridge CDR 3 pm Chair Beach ball Vball CR 6 pm Resident Social	<b>11</b> <b>1:00 p.m. Indoor Cornhole CR</b> <b>2:30 pm Cards/Games CR</b>
<b>12</b> 2 pm Pegs/Jokers	<b>13</b> 9 am Chair Yoga DVD CR 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	<b>14</b> 9:30 am Strength/Balance DVD CR 10 am Knitting w/ Pam CR <b>1:00 Cribbage LR</b> 2 pm Isometrics (resident run) CR 3:30 pm Parlor Games CR <b>5:30 Room Reserved</b>  	<b>15</b> 10 am Strength and Balance CR <b>1:30-3:00 p.m. Aging Mastery CR</b> 2 pm Bananagrams LR 6 pm Card Group CR  <b>Final Day Blessing Bag Collection</b>	<b>16</b> 10 am Strength/Balance DVD CR 12:30 pm Line Dancing CR <b>3:00 PM Assemble Blessing Bags CR</b> 4 pm Pound Fit CR 6pm Spades L	<b>17</b> 9 am Coffee/ Donuts CR 11 am Chair Yoga DVD CR 1 pm Bridge CDR 3 pm Chair Beach ball Vball CR 6 pm Resident Social	<b>18</b> <b>Community Room Reserved 12:00—4:30</b> <b>2:30 pm Cards/Games CDR/LR</b>
<b>19</b> 2 pm Pegs/Jokers	<b>20 Martin Luther King, Jr. Day</b> 9 am Chair Yoga DVD CR 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	<b>21 National Hugging Day</b> 9 am Reiki w/ Jan CDR 9:30 am Strength/Balance DVD CR 10 am Knitting w/ Pam CR 1 pm Cribbage LR 2 pm Isometrics (resident run) CR 3:30 pm Parlor Games CR	<b>22</b> 10 am Strength and Balance CR <b>11:30 am Out to Lunch Veanos Italian Kitchen</b> <b>1:30-3:00 Aging Mastery Program CR</b> 2 pm Bananagrams CDR  6 pm Card Group CR	<b>23</b> 10 am Strength/Balance DVD CR 12:30 pm Line Dancing CR 4 pm Pound Fit CR <b>5:30 Community Pizza Dinner CR</b> 6pm Spades L  	<b>24 National Compliment Day</b> 9 am Coffee/ Donuts CR 11 am Chair Yoga DVD CR 1 pm Bridge CDR 3 pm Chair Beach ball Vball CR 6 pm Resident Social	<b>25 Chinese New Year</b> <b>1:00 p.m. Indoor Cornhole CR</b> <b>2:30 pm Cards/Games CR</b>
<b>26</b> 2 pm Pegs/Jokers	<b>27</b> 9 am Chair Yoga DVD CR 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	<b>28</b> 9:30 am Strength/Balance DVD CR 10 am Knitting w/ Pam CR 1 pm Cribbage LR 2 pm Isometrics (resident run) CR 3:30 pm Parlor Games CR <b>4:30 Wine and Cheese CR</b>	<b>29 National Puzzle Day</b> 10 am Strength and Balance CR  <b>1:30-3:00 Aging Mastery</b> 2 pm Bananagrams CDR  6 pm Card Group CR	<b>30</b> 10 am Strength/Balance DVD CR 12:30 pm Line Dancing CR <b>2:30 January Birthday Party CR</b> 4 pm Pound Fit CR 6pm Spades L	<b>31</b> 9 am Coffee/ Donuts CR 11 am Chair Yoga DVD CR 1 pm Bridge CDR 3 pm Chair Beach ball Vball CR 6 pm Resident Social  