



COBBLESTONE CORNER

Cobblestone Pointe Active Living



Manager Minutes

Good Afternoon Everyone,

Welcome to the very first start of summer! As we begin to enjoy these exciting months ahead, please remember to take care of yourself and your family.

Feel free to stop by in the office to visit and chat. Anytime.

Please remember to email or call me with any questions and./ or concerns.

Regards,

Rick

Cobblestone Team



Rick Cote

Community Manager

Danielle Merrill

Wellness Coordinator

Doug Hargreaves

Maintenance Technician

Office Hours

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

603- 715-5040



News From Your Wellness Coordinator.....

Well finally summer is upon us! We had our first resident outing to Hampton Beach on June 18! The weather was perfect and the ocean breeze felt nice. We enjoyed the sand sculptures and had the best ocean view from The Purple Urchin! Please join us on our next resident outing in August!

I am very honored to inform you that our very own resident, Ellen Oppenheimer, will be hosting a book signing event at Gibson's Bookstore! The event is scheduled for Wednesday, August 8 at 5:30 pm. We welcome everyone to join us as we celebrate her success!

We have some new events coming up this month and I hope to join you at one!

Namaste

Danielle



Angela D.....7/6

Michael H.....7/6

Thomas R.....7/19

Gerald L.....7/21

Jean M.....7/22

Martin O.....7/29









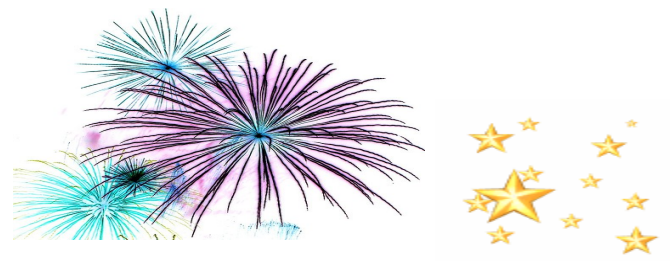
Happy July 4th

Cobblestone

Wellness

Sun	Mon	Tue	Wed
<p>1</p> <p>2 pm Pegs & Jokers</p>	<p>2</p> <p>10 am Strength/Balance</p> <p>1 pm Line Dancing</p> <p>1 pm Bridge</p> <p>6:30 pm BINGO</p>	<p>3</p> <p>9:30 am Knitting w/ Pam</p> <p>10 am Walking Meditation</p> <p>1 pm Cribbage</p> <p>3 pm Beach ball volleyball</p> <p>6:30 pm July 4th Potluck</p> <p>7 pm Entertainment w/ Lani Tunes </p>	<p>4</p> <p>Happy Fourth</p> <p>2 pm Bananagram</p> <p>6 pm Card Group</p> 
<p>8</p> <p>2 pm Pegs & Jokers</p>	<p>9</p> <p>10 am Strength/Balance</p> <p>11 am ACS: Sun Care Safety</p> <p>1 pm Bridge</p> <p>6:30 pm BINGO</p>	<p>10</p> <p><u>Teddy Bear Picnic Day!</u></p> <p>9:30 am Reiki w/ Jan</p> <p>10 am Strength/Balance</p> <p>12 pm Picnic In The Park</p> <p>1 pm Cribbage</p> <p>7 pm Entertainment w/ Stan</p>	<p>11</p> <p>9 am Senior H</p> <p>10 am Strength</p> <p>2 pm Bananagram</p> <p>4 pm Zumba</p> <p>6 pm Card Gr</p>
<p>15</p> <p>2 pm Pegs & Jokers</p>	<p>16</p> <p>10 am Strength & Balance</p> <p>1 pm Line Dancing </p> <p>1 pm Bridge</p> <p>3 pm All About Trains w/ Bill</p> <p>6:30 pm BINGO</p>	<p>17</p> <p>9:30 am Knitting w/ Pam</p> <p>10 am Walking Meditation</p> <p>1 pm Remember When Chat w/ Frank</p> <p>1 pm Cribbage</p> <p>4 pm Veterans Benefits w/ Andrew</p> <p>4 pm Room RESERVED</p>	<p>18</p> <p>10 am Balance T</p> <p>2 pm Bananagram</p> <p>4 pm Wine & C</p> <p>6 pm Card Group</p>
<p>22</p> <p>2 pm Pegs & Jokers</p>	<p>23</p> <p>10 am Strength/ Balance</p> <p>1 pm Line Dancing</p> <p>1 pm Bridge</p> <p>6:30 pm BINGO</p>	<p>24</p> <p>9:30 am Reiki w/ Jan</p> <p>10 am Strength/ Balance</p> <p>1 pm Cribbage</p> <p>6:30 pm Ice Cream Social</p>	<p>25</p> <p>10 am Balance T</p> <p>1 pm "Better C Health" Presentati</p> <p>2 pm Bananagram</p> <p>6 pm Card Group</p>
<p>29</p> <p>2 pm Pegs & Jokers</p>	<p>30</p> <p>10 am Strength/Balance</p> <p>1 pm Line Dancing</p> <p>1 pm Bridge</p> <p>6:30 pm BINGO</p>	<p>31</p> <p>10 am Strength/ Balance</p> <p>1 pm Cribbage</p> <p>3 pm Beach ball Volleyball</p> <p>6 pm Movie & Popcorn Feature: Walk The Line</p>	

One Pointe Business Calendar



	Thu	Fri	Sat
1st of July! Programs Group	5 10 am Strength /Balance 1 pm Line Dancing 3pm Technology 101 Thursdays 6 pm Cobblestone Chorus 6:30 pm Pegs & Jokers	6 9:30 am Coffee/Donuts 11 am Chair Yoga 12:15 pm Hearing Clinic 1 pm Bridge 6 pm Resident Social	7
Health Clinic Strength & Balance Programs Gold Group	12 10 am Strength & Balance 11 am Art Class w/ Allison 1 pm Line Dancing 4 pm Emergency Shelter Blessing Bags 6:30 pm Pegs & Jokers	13 9:30 am Coffee/Donuts 11 am Chair Yoga 1 pm Bridge 1:30 pm Floral Design w/ Karen 6 pm Resident Social	14 2 pm Resident Swap Fair
Therapy Class Programs Cheese Pairing Group	19 10 am Strength & Balance 11 am Become A Healthier You Talk! 1 pm Line Dancing 6:30 pm Entertainment w/ The Solutions Band	20 Nat'l Lollipop Day! 9:30 am Coffee/Donuts 11 am Chair Yoga 1 pm Bridge 6 pm Resident Social	21
Therapy Class Choices, Better Programs Group	26 10 am Cardio Fit Class 11 am Art Class w/ Allison 1 pm Line Dancing 3pm Technology 101 Thursdays 6:30 pm Pegs & Jokers	27 9:30 am Coffee/Donuts 11 am Chair Yoga 1 pm Bridge 6 pm Resident Social	28

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



A Message From The Concord VNA.....

Remembering Sun Safety



It's important to remember to be sun smart. If you must be active, limit your activity to the morning or evening when the temperature is lower and the sun is less intense. Wear clothing to protect skin with SPF 15 or higher. Drink 6-8 glass of water each day. Review your prescriptions as some medications can cause side effects like increased sensitivity to ultraviolet (UV) rays .

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

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 had an emergency

Help is just a phone call away!

Please visit the lobby for a list of contacts



Maintenance
Reminders!!

For all work orders, please write a note about all fixtures and drop it in the rent box next to the office. Please include the following on the note:

- Date*
- Permission to enter the unit if resident is not home*

Thank you

Balance Therapy Class

Come join us in this new class!
This will be an obstacle challenge to best your balance strength!

Please wear sneakers to class

Wednesday, July 18 and 25

10 AM

Hearing Clinic!



Come get your hearing checked or have your hearing aids cleaned!

Friday, July 6

12:15 pm

REMINDERS

Please note events on calendar are subject to change. All updates and reschedules will be located on the enlarged calendar in the lobby.

