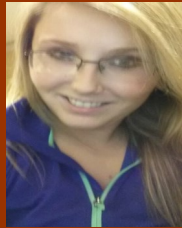




COBBLESTONE CORNER

Cobblestone Pointe Active Living

MAY



Are you ready for the flowers to start blooming after all these April showers?

I certainly am excited to get outdoors and enjoy what our beautiful state has to offer!

I wanted to take this time to thank each and every one of you for being so kind and supportive these past few weeks! Please remember that I am always available to discuss any issues you are having with the community.

Enjoy the lovely weather to come!

Susan

Cobblestone Team



Susan Spielberg

Temp. Property Manager

Danielle Merrill

Wellness Coordinator

Doug Hargreaves

Maintenance Technician

Office Hours

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

News From Your Wellness Coordinator.....

Hope you are all getting ready to spend your days outdoors!

May brings us to share with you about the Calamar Foundation. The foundation is proud to partner with three national organizations ;The American Heart Association, The American Cancer society, and The Alzheimer's Association. During this month, we will honor these organizations with scheduled events.

We will continue to collect items for the Friends Program: Emergency Housing shelter. We will be collecting toiletry items to use for our Blessing Bags. You can find a list of items located on the table in the lobby.

As the warmer weather approaches, we will be holding some events outdoors. Please make sure you check in with the activity board each day in the lobby to see where each event will take place.

As always, thank you for everything you do for the community.

Namaste,

Danielle








- Ann J.....5/2
- Melinda C.....5/2
- Emily B.....5/5
- Norman O.....5/15
- Donald P.....5/17
- Dale B.....5/21
- Annette W.....5/21
- Sheron R.....5/22
- Janet S.....5/23
- Linda E.....5/23
- Beverly D.....5/24
- Richard J.....5/27
- Priscilla O.....5/31



Sun	Mon	Tue	Wed
		1 9:30 am Knitting w/ Pam 10:00 am Guided Meditation 1:00 pm Matter of Balance 1:00 Cribbage 4:30 pm Resident Event Committee 6:30 pm Book Club	2 10:00 am Stre 1:00 pm Zum 2:00 pm Ban 6:00 pm Cara
6 <u>Alzheimer's Association Week</u> 2 pm Pegs & Jokers	7 TBA Alzheimer's Assoc. Speaker 10:00 am Strength & Balance 1:00 pm Bridge 1:00 pm Line Dancing 6:30 pm BINGO	8 9:30 am Knitting w/ Pam 9:30 am Reiki w/ Jan 1:00 pm Matter Of Balance 1:00 pm Cribbage 3:00 pm Movie & Popcorn Feature: <i>Still Alice</i> 5:30 pm- Room RESERVED	9 9:00 am Senior 10:00 am BOO 2:00 pm Banana 4:00 pm Your Seminar 6:00 pm Card G
13 2 pm Pegs & Jokers	14 10:00 am Strength & Balance 1:00 am Bridge 1:00 pm Line Dancing 6:30 pm BINGO	15 9:30 am Knitting w/ Pam 1:00 pm Matter of Balance 1:00 pm Cribbage 3:00 pm Parlor Games	16 10:00 am Streng 1:00 pm Zumb 2:00 pm Banar 6:00 pm Card C
20 <u>American Heart Association Week</u> 2 pm Pegs & Jokers	21 10:00 am Strength & Balance 11:00 am Heart Healthy Foods & Shopping On A Budget Seminar 1:00 pm Bridge 1:00 pm Line Dancing 4:00 pm Girl Scout Troop 2007 Visits 6:30 pm BINGO	22 9:30 am Knitting w/ Pam 9:30 am Reiki w/ Jan 1:00 pm Matter of Balance 1:00 pm Cribbage 4:00 pm Memorial Day Tribute & BBQ	23 TBA American H 10:00 am BOOM 2:00 pm Banan 4:00 pm Seated 6:00 pm Card g
27 <u>American Cancer Society Week</u> 2 pm Pegs & Jokers	28 TBA American Cancer Society Speaker 10:00 am Strength & Balance 1:00 pm Line Dancing 1:00 pm Bridge 6:30 pm BINGO	29 9:30 am Knitting w/ Pam 10:00 am Guided Meditation 1:00 pm Cribbage 4:00 pm Fitness Room Orientations w/ Danielle	30 10:00 am Streng 1:30 pm Residen Talents" Event 2:00 pm Banan 6:00 pm Card C

Cobblestone Pointe Wellness Calendar



	Thu	Fri	Sat
Strength & Balance Yoga Gold Programs Group 	3 10:00 am Strength & Balance 1:00 pm Goodlife Program Seminar on Outside Trips 4:00 pm Bible Study w/ Paul 6:30 pm Pegs & Jokers	4 9:30 am Coffee & Donuts Foundation Kickoff Day! 11:00 am Chair Yoga 1:00 pm Bridge 3:30 pm Color & Conversation 6:00 pm Resident Social	5 10:00 am Walking Group 11:30 am Mothers Day Celebration Entertainment w/ Lana 
Health Clinics M Move! Exercise Programs Pets Health Group	10 10:00 am Strength & Balance 11:30 am You Be The Judge w/ Frank 4:00 pm Technology 101 Thursdays 6:30 pm Neighbors Helping Neighbors 6:30 pm Pegs & Jokers	11 9:30 am Coffee & Donuts 11:00 am Chair Yoga 1:00 pm Bridge  3:30 pm Color & Conversation 6:00 pm Resident Social	12 9:30 am Room RESERVED 10:00 am Walking Group
Strength & Balance Yoga Gold Programs Group	17 10:00 am Strength & Balance 2:00 pm Introduction To Essential Oils 4:00 pm Wine & Cheese Hour 6:00 pm Girl Scouts Troop 2007 visits	18 9:30 am Coffee & Donuts 11:00 am Chair Yoga 1:00 pm Bridge 3:30 pm Color & Conversation 6:00 pm Spaghetti Potluck Social 7:00 pm Entertainment w/ Marlana	19 10:00 am Walking Group
Heart Assoc. Speaker M Move! Exercise Programs Beachball Volleyball Group	24 10:00 am Strength & Balance 1:00 pm Managing Stress At Any Age Seminar 4:00 pm Tai Chi w/ Ben  6:00 pm Cobblestone Chorus 6:30 pm Pegs & Jokers 7:00 pm S. NH Ukulele Entertainment	25 9:30 am Coffee & Donuts 11:00 am Chair Yoga 1:00 pm Bridge 1:30 pm Floral Design w/ Karen 3:00 pm Color & Conversation 6:00 pm Resident Social	26 10:00 am Walking Group
Strength & Balance Exercise at "Display Your Programs Group	31 10:00 am Strength & Balance 2:00 pm Celebrate May Birthdays 2:30 pm Country Music w/ Don Smith 4:00 pm Technology 101 Thursdays 6:00 pm Popcorn & Movie Feature: Forest Gump 	<div style="border: 2px solid blue; padding: 10px;"> <p>Program is subject to occasional & unforeseen changes.</p> <p>Changes will be posted on lighted board across from mailboxes.</p> </div>	



A Message From The Concord VNA.....

Find Resources and Support at Capital Area Memory Café

The Capital Area Memory Café at Granite Ledges of Concord held on the third Wednesday of each month from 2 to 4 p.m. provides a safe and supportive environment for people with memory impairment and for their caregivers to socialize and learn from others. Participants can also seek information from medical specialists. The

Memory Café is a collaboration of Concord Regional VNA, Concord Hospital, Dartmouth-Hitchcock Concord, and Granite Ledges of Concord. For more information, call (603) 230-5673

Maintenance
Reminders!!

Please remember to fill out a work order if you apartment requires attention.

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

Neighbors Healing Neighbors Program

"You never have to feel alone"

Neighbors helping neighbors is a group of Cobblestone residents wanting to help others in our community. You never have to feel like you are alone or in a pinch when you have such wonderful neighbors at Cobblestone!

Join us at our next meeting on Thursday, May 10 at 6:30 pm. All are welcome!

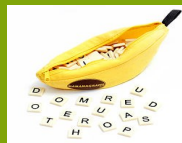
If any resident notices a red light on from one of the plugs located in the kitchen, please open the refrigerator door to see if it is still working. If not, try resetting the GFCI plug with the red light on!

Resident Event Committee

*First Tuesday each month
at 4:30 pm*

**This meeting is for anyone
with new ideas for the
wellness calendar each
month!**

Bananagrams



Join us and spell out
words using
lettered tiles!

Wednesdays 2 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.

Remember to clean up after yourselves after using the kitchen!

