

Piano Tuning

Please note, on October 1st we will have the community room piano tuned from 12 pm-1:30 pm!



Maintenance Notes

Please do not dispose large items (mattresses, furniture, tvs, etc.) into the dumpsters outside. All large items must be disposed at the Transfer station in Concord.

Thank you for your cooperation!

Calendar Location Key Codes

O= Outside

CR= Community Room

CDR= Card Room


FR= Fitness Room

L= Library

** all events outlined in purple are events located in the Concord area.*

10/31 Knock Knock Joke Day

*Knock*Knock*
—"Who's there?"
—"Boo hoo"
—"Boo hoo Who?"
—"Aww, don't cry—it's just a joke"

 Knock, knock.
Who's there?
Holmes.
Holmes who?
Holmes is where the heart is.

Quotes of the Month: "Dogs come when they're called: cats take a message and get back to you later." Mary Bly

Inside This Issue

Massage Therapy Clinic.....2nd, 16th
Senior Health Clinic.....9th
Out To Lunch: Veanos Italian10th
VNA Flu Clinic.....15th
CBD For Pets.....16th
Halloween Potluck.....22nd
The Solutions Band Entertains.....22nd

Sign up Sheets

Effective October 1st, all signup sheets for community and outside events will be located on the back table in the community room.



Happy Birthday!

Mary W.....10/1	Roberta B.....10/18
Mary M.....10/2	Kathleen D.....10/18
Jeanne P.....10/8	Carole F.....10/20
David S.....10/11	Terry K.....10/25
Yvon R.....10/16	Winn P.....10/25
Tom M.....10/26	Richard K.....10/26
Alana M.....10/31	

You are invited to join us in wearing PINK for Breast Cancer Awareness every Friday in October.



Cobblestone Pointe
Active Living

COMMUNITY INFORMATION

COMMUNITY MANAGER:
RICK COTE

CONNECT 55+ COORDINATOR:
DANIELLE MERRILL

MAINTENANCE TECH:
DOUG HARGREAVES

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

MANAGER EMAIL:
MANAGERCOBBLESTONEPOINTE@CALAMAR.COM

RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO : RM 25 HOLDINGS

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



 **CALAMAR FOUNDATION**

COBBLESTONE CORNER

OCTOBER

"Come as strangers, live as friends"

Well Fall is officially here. Time for apples, pumpkins and cooler nights. As we head into the fall/holiday season I do want to take this time to remind everyone of a few things. First, please be sensitive to all the residents as you enter/exit the buildings. Please make sure that you hold the doors when they are shutting and ensure that they are latched each and every time you go through them to keep the building secure. This time of year, with the ever-changing temperatures, the oils in the closures are thinning and thickening several times per day depending on the temp, thus causing the door closures to not work at their maximum efficiency and there is no real way to keep adjusting them throughout the day to ensure proper closing.

Secondly, as the holiday party season approaches, please remember that when you hold parties and gatherings, whether in the community room or in your own apartment, you are responsible for all guests coming in and going out. Please make sure everyone is accounted for so there are no issues or complaints with guests wandering throughout the building as that does cause unrest among the residents.

Lastly, it appears that the annual phishing calls have begun in search of your personal information. Remember to be careful as to what information you give out and to who, and should you feel that some information may have gotten out in error do not hesitate to contact the local authorities.

And, as always please remember that there are designated dog areas to utilize for toileting your dogs. It appears that some have been getting a bit lax on this and just toileting at your closest convenience. Remember, one station is on the back side of the building near garage one, and the other is on near the generator, both being green containers.

Thanks, and let's have a wonderful fall!

-Rick



Sun	Mon	Tue	Wed	Thu	Fri	Sat
OCTOBER 2019		1 National Homemade Cookie Day 9:30 am Strength/Balance CR 10 am Knitting w/ Pam CR 11:30 am Make & Share Cookies CR 12 pm Piano Tuning CR 1 pm Bridge CDR 2 pm Isometrics CR 4 pm Technology 101 CR	2 9-12 pm Massage Clinic CDR 10 am Strength/Balance CR 11 am Coffee Chat w/ Presidential Oaks Team CR 2 pm Bananagrams CR 4 pm Cat Chat Group CR 5-7 pm Massage Clinic CDR 6 pm Card Group CR	3 National Poetry Day 9 am Walking Group O 10 am Strength/Balance CR 10:30 AM Friends Program Shoe Drive L 11 am Coffee Chat w/ Presidential Oaks Team CR 12:30 pm Line Dancing CR 3:30 on Technology 101 CR 4pm Spades L	4 National Diversity Day 9 am Coffee/ Donuts Wear PINK CR 11 am Chair Yoga CR 1 pm Bridge CDR 1:30 Nintendo Wii CR 2:30 pm Grateful Jars For Our Emergency Responders 3 pm Chair Beach ball Vball CR 6 pm Resident Social	5 Natl Be Nice Day 8:30 am—12 pm Concord Farmer's Market—DOWNTOWN 1-5 pm Room RESERVED 2:30 pm Cards/Games
6 1 pm GO Patriots! 2 pm Pegs/Jokers 4 pm Alpha Group Room RESERVED	7 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	8 9 am Reiki w/ Jan CDR 9:30 am Strength/Balance (DVD) CR 10 am Knitting w/ Pam CR 2 pm Isometrics (resident run) CR 2:30 pm Breast Cancer Awareness Movie: Miss You Already CR 3:30 pm Parlor Games CR 6 pm Preserving Old Barns—Gibson's Bookstore, Concord	9 Yom Kippur 9 am Senior Health Clinic CDR 10 am Strength/Balance CR 11am Stay Hydrated Discussion & Light Snacks w/ Amedisys CR 1 pm Nintendo Wii CR 2 pm Bananagrams CR 4 pm Chair Pilates CR 6 pm Card Group CR	10 World Mental Health Day 9 am Walking Group O 10 am Strength/Balance CR 11:30 am Out To Lunch: Veanos 12:30 pm Line Dancing CR 3:30 pm Technology 101 CR 4 pm Spades L 4:30 pm Intro to Foam Rolling CR 8:20 pm Go Patriots!	11 9 am Coffee/Donuts Wear PINK CR 11 am Chair Yoga CR 1 pm Bridge CDR 1:30 Nintendo Wii CR 2 pm VNA: Coping w/ Loss Discussion CR 3 pm Chair Beach ball Vball CR 6 pm Resident Social	12 8:30 am—12 pm Concord Farmer's Market—DOWNTOWN 2:30 pm Cards/Games
13 Train Your Brain Day 2 pm Pegs/Jokers 4 pm Alpha Group Room RESERVED	14 Columbus Day/ Canada Thanksgiving 9 am Chair Yoga CR 10 am Strength/Balance CR 11:30 am Fitness Room Orientations FR 12:30 pm Line Dancing CR 1 pm Bridge CDR 3 pm Seated Stretch (DVD) CR 6:30 pm BINGO CR	15 9:30 am Strength/Balance CR 10 am VNA Flu Clinic CR 10 am Knitting w/ Pam CR 2 pm Isometrics CR 4 pm Balance Therapy CR 6 pm Evening Chair Yoga CR 6 pm Real People Real Recovery- Gibson's Bookstore, Concord	16 9-12 pm Massage Clinic CDR 10 am Strength/Balance CR 11:30 am CBD Oil for Pets Discussion CR 2 pm Bananagrams CR 4 pm POUND Fit CR 5-7 pm Massage Clinic CDR 6 pm Card Group CR	17 9 am Walking Group O 10 am Strength/Balance CR 11 am Pharmacy Services by Rite Aid CR 12:30 pm Line Dancing CR 3 pm Wellness Food: "Surprise" Snack CR 3:30 pm Technology 101 CR 4pm Spades L	18 9 am Coffee/. Donuts Wear PINK CR 11 am Chair Yoga CR 1 pm Bridge CDR 1:30 pm Nintendo Wii CR 3 pm Chair Beach ball Vball CR 6 pm Resident Social	19 Sweetest Day 8:30 am—12 pm Concord Farmer's Market—DOWNTOWN 2:30 pm Cards/Games
20 2 pm Pegs/Jokers 4 pm Alpha Group Room RESERVED	21 9 am Chair Yoga CR 10 am Strength/Balance CR 11 am Active Shooter Safety Presentation CR 12:30 pm Line Dancing CR 1 pm Bridge CDR 3 pm Seated Stretch (DVD) CR 6:30 pm BINGO CR 8:15 pm Go Patriots!	22 9 am Reiki w/ Jan CDR 9:30 am Strength/Balance CR 10 am Knitting w/ Pam CR 11 am OUTING: Tour Mary Baker Eddy House 2 pm Isometrics CR 5:30 pm Halloween Party/Potluck CR 6:30 pm The Solutions Band Entertainment CR	23 9:30 am Strength/Balance CR 10:am Pelvic Health Discussion w/ PT Sheryl CR 2 pm Importance of planning a Will presentation CR 2 pm Bananagrams CR 3:30 pm Parlor Games L 4 pm Chair Pilates CR	24 9 am Walking Group O 10 am Strength/Balance CR 12:30 pm Line Dancing CR 2:30 pm Travel Destination: Oktoberst Germany & Cultural Food CR 3:30 pm Technology 101 CR 4 pm Spades L 4:30 pm Intro to Foam Rolling CR	25 9 am Coffee/ Donuts Wear PINK CR 1 pm Bridge CDR 11 am Chair Yoga CR 1 pm Nintendo Wii CR 2 pm Resident Calendar Mtg. CR 3 pm Chair Beach ball Vball CR 6 pm Resident Social	26 Make a Difference Day/ Community Service Day 2:30 pm Cards/Games
27 2 pm Pegs/Jokers 4 pm Alpha Group Room RESERVED 4:25 pm Go Patriots!	28 9 am Chair Yoga CR 10 am Strength/Balance CR 11:30 am Fitness Room Orientations FR 12:30 pm Line Dancing CR 1 pm Bridge CDR 3 pm Seated Stretch (DVD) CR 6:30 pm BINGO CR	29 9:30 am Strength/Balance DVD 10 am Knitting w/ Pam CR 1 pm Grief Goes to the Movies - Ordinary People—Concord Library 2 pm Isometrics CR 2:30 pm Movie: Modern Times CR 4:30 pm Balance Therapy CR 6 pm Evening Chair Yoga CR	30 10 am Strength/Balance CR 11:30 am POUND Fit CR 1 pm OUTING: NH Historical Society 2 pm Bananagrams CR 4 pm Wine & Cheese Social CR 6 pm Card Group CR	31 Halloween 9 am Walking Group O 10 am Strength/Balance CR 12:30 pm Line Dancing CR 1 pm Coping w/ Cancer Grievance CDR 2:30 pm Celebrate Oct. Birthdays CR 3:30 pm Technology 101 CR 4 pm Spades L	