



Cobblestone Corner

Volume 1, Issue 9

September 2018

Cobblestone Pointe
Active Living

Manager Minutes



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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

As we fast approach the end of summer I just want to take a moment to thank you for a fun and welcoming summer here at Cobblestone Pointe. I was very pleased to see that overall the residents here respected the house rules of the property for the most part as we sang, danced and ate our way through summer. I do, however, have a couple of concerns that I would like to bring to your attention as we move forward into fall. One issue that was brought to my attention on more than one occasion was visiting dogs. It appears that certain guests were bringing their dogs to visit, some even for overnight visits, which is a clear violation of the pet regulations. Additionally, it seems that some of these visiting dogs also clearly violated the size and breed restrictions so once again I urge you to remind your guests that when they bring these animals into the property, they are putting your residency at risk so please do not bring them. **Please remember, however, that this does not apply to service animals wearing proper identification.**

Also, I have been getting reports of family members staying beyond the allowable 14 days per 12-month period, or leaving and returning after just a couple days to restart a "visit". Please remember, that this is not only a lease violation as well, it also increases costs for all with increased utility usages, especially water for those additional showers and loads of laundry. This makes it tough to maintain rents at a reasonable level when these costs skyrocket above budgeted expectations.

Outside of these couple of issues, it has been a great summer and I look forward to an even better fall and holiday season here at Cobblestone Pointe!

Calamar Foundation Presents Check To American Cancer Society



"Gay Molnar, Calamar Foundation President, and the residents of Maple Ridge Estates of Bedford present the 2017-2018 donation check to the American Cancer Society . Donations were also made in August by the Foundation To The American Heart Association, and the American Alzheimer's Association"



COBBLESTON

September **W**

Sunday


Monday

Tuesday

Wedne


Legend:

+ Intellectual + Financial + Social
 + Spiritual + Physical



**CALAMAR
FOUNDATION**




<p>2 2 pm Pegs & Jokers ++</p>	<p>3 <i>Happy Labor Day!</i> </p>	<p>4 9:30 am Knitting w/ Pam ++ 10 am Meditation & Relax +++ 1 pm Cribbage ++ 3:30 pm Fitness Room Orientations +++ 6:30 pm Book Club ++</p> 	<p>5 10 am Strength/B 11:30 am Future In S Presentation +++ 1 pm Better Choice, I ++ 2 pm Bananagrams ++ 4 pm Wine & Cheese Entertainment + 6 pm Card Group ++</p>
<p>9 Happy Grandparents Day! 1 pm Go PATRIOTS! 2 pm Pegs & Jokers ++</p> 	<p>10 10 am Strength/Balance +++ 1 pm Line Dancing + 1 pm Bridge ++ 3 pm Afternoon Stretch +++ 6:30 pm BINGO ++</p> 	<p>11 10 am Strength/Balance +++ 11:30 am Reducing Inflammation Talk w/ Trish ++ 1 pm Cribbage ++ 3 pm DVD/TV Training in CR + 5:30 pm Room RESERVED</p>	<p>12 9 am Senior H 10 am Balance Ther 11:30 Medicare Pre 1 pm Better Choice, I ++ 2 pm Bananagrams ++ 6 pm Card Group ++</p>
<p>16 12 pm– 4 pm Room RESERVED 2 pm Pegs & Jokers ++ 4:25 pm Go PATRIOTS!</p> 	<p>17 10 am Strength/Balance +++ 1 pm Line Dancing + 1 pm Bridge ++ 3 pm Afternoon Stretch +++ 6:30 pm BINGO ++</p>	<p>18 9:30 am Knitting w/ Pam ++ 10 am Meditation & Relax +++ 1 pm Remember When w/ Frank ++ 1 pm Cribbage ++ 4 pm Veterans Group w/ Andy 6 pm Cobblestone Singing Group ++</p>	<p>19 10 am Strength/Bala 11:30 am Out To Lu Garden + 1 pm Better Choice, I ++ 2 pm Bananagrams ++ 6 pm Card Group ++</p>
<p>23 2 pm Pegs & Jokers ++ 8:20 pm Go PATRIOTS!</p> 	<p>24 10 am Strength/Balance +++ 1 pm Line Dancing + 1 pm Bridge ++ 3 pm Afternoon Stretch +++ 6:30 pm BINGO ++</p> 	<p>25 10 am Apple Picking Outing at Carter Hill Orchards 9:30 am Reiki w/ Jan (tentative) 1 pm Cribbage ++ 3:30 pm Fitness Room Orientations +++ 6 pm Chair Yoga +++</p>	<p>26 10 am Balance Ther 11 am VNA Flu Clir 12 pm JJ Food Tru 1 pm Better Choice, I ++ 2 pm Bananagrams ++ 6 pm Card Group ++</p>
<p>30 1 pm Go PATRIOTS! 2 pm Pegs & Jokers ++</p> 			

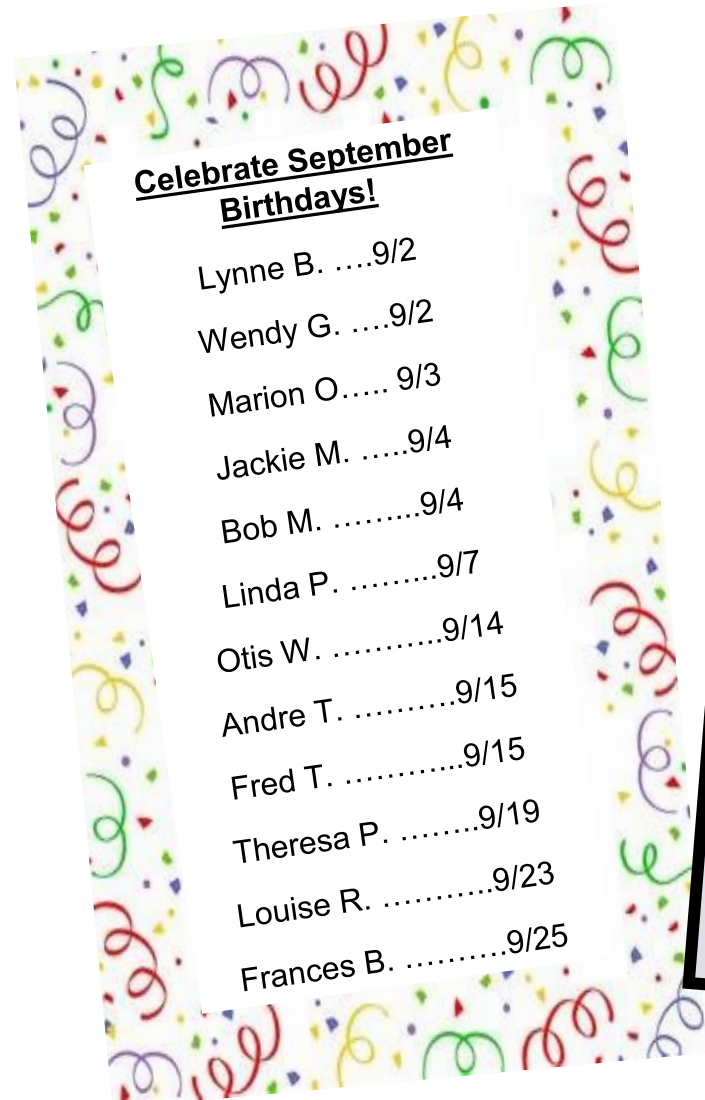
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Wellness Calendar



Wednesday	Thursday	Friday	Saturday
			1 10 am Open Gym + 2 pm Family Time ++
Strength/Balance +++ In Sight + Presentation, Better Health 10 am ++ Presentation w/ ++ 10 pm ++	6 10 am Strength/Balance DVD+++ 1 pm Line Dancing + 2 pm DVD/TV Training in CR + 4 pm Olli Program Presentation++ 6 pm After Labor Day Potluck + 7 pm Entertainment w/ Lani ++	7 9:30 am Coffee/Donuts + 11 am Chair Yoga +++ 1 pm Bridge ++ 3 pm Seated Beach ball Volleyball ++ 6 pm Resident Social +	8 9:30 am– 1 pm Room RESERVED 10 am Open Gym + 2 pm Family Time ++
Doctor Health Clinic++ Therapy ++ Presentation + Presentation, Better Health 10 am ++ 10 pm ++	13 10 am Strength/Balance DVD+++ 1 pm Line Dancing + 4 pm Technology 101 Thursdays + 6 pm Chair Yoga +++ 6:30 pm Pegs & Jokers ++	14 9:30 am Coffee/Donuts + 11 am Chair Yoga +++ 1 pm Bridge ++ 1 pm Remember When w/ Frank ++ 3 pm Color & Convo ++ 6 pm Resident Social +	15 10 am Open Gym + 2 pm Family Time ++
Balance +++ Lunch: Olive Presentation, Better Health 10 am ++ 10 pm ++	20 10 am Strength/Balance +++ 1 pm Line Dancing + 2 pm Memory Lane Day ++ 5 pm Roast Beef Community Dinner 6:30 pm Pegs & Jokers ++	21 Peace Day! 9:30 am Coffee/Donuts + 1 pm Bridge ++ 3 pm Seated Beach ball Volleyball ++ 6 pm Resident Social +	22 Autumn Begins! 10 am Open Gym + 11 am Resident Yard Sale +++ 2 pm Family Time ++
Therapy ++ Clinic ++ Truck Visits! + Presentation, Better Health 10 am ++ 10 pm ++	27 10 am Strength/Balance +++ 1 pm Line Dancing + 2 pm Celebrate Sept. Bdays 4 pm Technology 101 Thursdays + 6:30 pm Pegs & Jokers ++ 7 pm Entertainment w/ Lani	28 9:30 am Coffee/Donuts + 11 am Chair Yoga +++ 1 pm Bridge ++ 3 pm Color & Convo ++ 6 pm Resident Social +	29 10 am Open Gym +
<p>Program is subject to occasional & unforeseen changes. Changes will be posted on lighted board across from mailboxes.</p>			





A Message From The Concord VNA

Seasonal flu activity can begin as early as October and continue as late as May. Concord Regional VNA recommends that older adults and people who have certain medical conditions such as asthma, diabetes, and chronic lung disease protect themselves by getting a yearly flu vaccine. Our agency holds many community flu clinics beginning this month and ending in December including a clinic at Cobblestone Pointe on Wednesday, September 26 from 11 a.m. to Noon. For a complete listing of clinic dates and times, visit www.crvna.org or call (603) 224-4093ext. 5815.

Want something published? Please submit all articles 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 an emergency...

Help is on the way!

Please visit the lobby for a list of contacts

Maintenance Reminders!

Please remember to enter all work orders into the tablet in the lobby.

If you need assistance, please let a staff member know!

Trip Down Memory Lane!

Join us on September 20 as we remember memories back in the day! Bring down any old wedding photos, family vacations, friends, family, or yourself to share! We will be starting a memory lane photo album to display in the library!

There will be refreshments and other games to enjoy as well. What a better way to create and cherish lasting memories!

Senior Citizen Day 8/21

We certainly had a fantastic time on senior citizen day! We enjoyed delicious food from JJ Food Truck, to dancing the evening away to Mr. Elvis himself, to enjoying a sky watch presentation! Thank you all again for participating!

