

The Grand Estate at Londonderry

April 2018



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Phone: 603-404-2151

Community Manager: Renee McAllister

Wellness Coordinator: Frank Paolini

Regional Maintenance Technician: Kelvin Rose

Utilities Assistant: LeAnn McCann

Post Easter Pot Luck Luncheon

Weds. the 4th at 1PM



Managers Corner with Renee McAllister:

We all know what the true meaning of Easter is. I would like to reflect upon what Easter has meant to all of you over the years. Not necessarily from a religious stand point but from a family / memories made standpoint. What memories stand out to you most? Apart from going to Mass, my fondest memory is from when I was about four or five years old. That year, my parents and I spent the holiday weekend at my father's parents' home in Rochester, N.H. On Easter morning, I had an incredible surprise from the Easter Bunny. On the kitchen table sat a large tan wicker basket filled with a big white stuffed mommy and daddy bunny and about 50 little baby bunnies. Each bunny had individually colored eyes, blue, green, purple, orange, etc. Being that young and seeing something so amazing has never left me. I am sure that the car ride home that day was a very pleasant one for not only me but for my parents too. Sometimes it's the small things in life that make a lasting impression. Sometimes it's the big ones. For me, at that time; was a big one! To all of you, I hope that you find warmth and happiness in your reflections. I hope that you all have a wonderful Easter and a great April!

Tuesday the 10th at 2PM

Live Comedy Troupe,

"OFF OUR ROCKERS!"



Maintenance:











If you need to report a Maintenance Work Order, please either email your community manager, call or write a note and drop it off in the Rent Drop Box. Please, do not stop a staff member in the hall to let them know about your maintenance issue. All maintenance related issues must be reported to the manager to ensure proper documentation.

Also ~













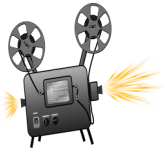
As a reminder to all residents and guests, this community and property is 100% Non-Smoking. If you smoke, you must be at least 100 feet away from the building at all times. Smoking in your vehicles is prohibited on this property.



APRIL 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>1</p> <p>HAPPY EASTER!</p>	<p>2</p> <p>10AM Guided Meditation</p> <p>2PM You Be the Judge</p> <p>3PM Movie</p> <p>6:30PM Poker</p> 	<p>3</p> <p>10AM Balance Training</p> <p>2PM Team Trivia</p> <p>3PM Knitting for Charity</p> <p>4PM Card Club</p>	<p>4</p> <p>10AM Boxing T</p> <p>1PM Post Ea</p> <p>Lunche</p> <p>3PM Knitting C</p> <p>7PM Cribbage</p>
<p>8</p> <p>2PM Scrabble</p>  <p>4PM Card Games</p>	<p>9</p> <p>10AM Balance Training</p> <p>2PM You Be the Judge</p>  <p>3PM Movie</p> <p>6:30PM Poker</p> 	<p>10</p> <p>10AM Balance Training</p>  <p>12Noon Veteran's Club luncheon with Retired Sgt. Bobo</p> <p>2PM FIRST RUN!</p> <p><i>"Off our Rockers!"</i></p> <p>(A comedy performance)</p>  <p>3PM Knitting for Charity</p> <p>4PM Card Club</p> 	<p>11</p> <p>10AM Boxing T</p> <p>2PM Team Triv</p> <p>3PM Knitting C</p> <p>6PM Baptist Se</p> <p>7PM Cribbage</p>
<p>15</p> <p>2PM Scrabble</p> <p>4PM Card Games</p>	<p>16</p> <p>10AM Guided Meditation</p> <p>1PM Men's Club</p> <p>2PM Catholic Mass</p> <p>3PM Movie</p> <p>6:30PM Poker</p> 	<p>17</p> <p>10AM Balance Training</p> <p>2PM Trivia with John</p> <p>3PM Knitting for Charity</p> <p>4PM Card Club</p>	<p>18</p> <p>10AM Boxing T</p> <p>2PM Laser Lig</p> <p>Therapy</p> <p>3PM Knitting C</p> <p>7PM Cribbage</p>
<p>22</p> <p>2PM Scrabble</p>  <p>4PM Card Games</p>	<p>23</p> <p>10AM Walking Club</p> <p>1PM Ladies Club</p> <p>2PM You Be the Judge</p> <p>3PM Movie</p> <p>6:30PM Poker</p> 	<p>24</p> <p>10AM NEW TIME! Zumba</p> <p>2PM Tech Tuesday with John Watkins</p> <p>3PM Knitting for Charity</p> <p>4PM Card Club</p>	<p>25</p> <p>10AM Boxing T</p> <p>2PM Monthly</p> <p>with Musi</p> <p>3PM Knitting C</p> <p>7PM Cribbage</p>
<p>29</p> <p>2PM Scrabble</p> <p>4PM Card Games</p>	<p>30</p> <p>10AM Guided Meditation</p> <p>2PM You Be the Judge</p> <p>3PM Movie</p> <p>6:30PM Poker</p>		<p>Change</p>

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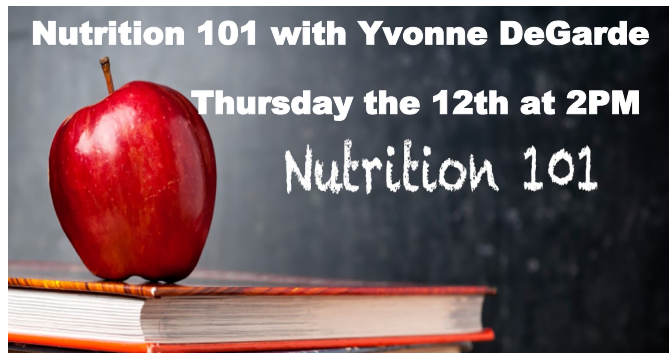
WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Therapy Winter Pot Luck on! Club</p> 	<p>5 10AM Seated Stretch 2PM Charcoal Drawing 102 3PM Wii Bowling  6PM Card Club</p>	<p>6 9:30AM Coffee & Donuts 11AM NEW! Seated Isometric Workout 2PM Pictionary 3PM Mindful Coloring</p>	<p>7 11AM Bingo 2PM Parlor Games 7PM Movie by Resident's Choice</p>
<p>Therapy via Club service</p>  	<p>12 10AM Seated Stretch 2PM Nutrition 101 with Y'Vonne DeGrade</p>  <p>3PM Wii Bowling  6PM Card Club</p>	<p>13 9:30AM Coffee & Donuts 2PM Pictionary</p>  <p>3PM Mindful Coloring 7PM Movie</p>	<p>14 11AM Bingo</p>  <p>2PM Parlor Games 7PM Movie by Resident's Choice</p>
<p>Therapy Light Show Club</p> 	<p>19 10AM Seated Stretch 2PM Broomball  3PM Wii Bowling 6PM Card Club</p>	<p>20 9:30AM Coffee & Donuts 2PM Pictionary 3PM Mindful Coloring 7PM Movie</p>	<p>21 11AM Bingo 2PM Parlor Games 7PM Movie by Resident's Choice</p>
<p>Therapy Birthday Party Group by Caryl!</p> 	<p>26 10AM Seated Stretch 2PM LIVE: Health Topic Presentation with R.N. Kathy Young 3PM Wii Bowling 6PM Card Club</p>	<p>27 9:30AM Coffee & Donuts 2PM Pictionary 3PM Mindful Coloring 7PM Movie</p> 	<p>28 11AM Bingo 2PM Parlor Games 7PM Movie by Resident's Choice</p> 
<p>Program is subject to <i>occasional</i> & unforeseen changes. Changes will be posted on lighted board in lobby <i>next</i> to large calendar.</p>			



Healthcare Topic Presentation:



"The Skin Your In"
With Guest Speaker
Kathy Young R.N.
Thursday the 26th at 2PM



NEW!

SEATED ISOMETRIC WORKOUT !



11AM Friday the 6th
Using your own
body for resistance!

Monthly Birthday Party!

Weds the 25th at 2PM



Music with our own Caryl !!!

- Ed J. 04/07
- Ralph L. 04/30
- Donna S. 04/30
- Meg G. 04/24
- Don M. 04/23
- Carrie H. 4/10
- Marie G. 04/29



The Calamar Foundation

Gay Molnar, President

Our Vision:

The Calamar foundation vision is simple. As a multi-generational organization, we have been brought up to give back to our community. Through the Calamar Foundation, and many people who live and work in our ever growing communities they call home, we will be able to do this. Our mission is to support and make an impact across all communities where we do business.

In this regard we are proud to partner with these national organizations whose missions align with our own = giving back and hope to:

American Heart Association, The American Cancer Society, and The Alzheimer's Association.

Toll Free # 1-800-786-5566

[Www.calamar.com/foundation](http://www.calamar.com/foundation)

To learn more talk to your community Manager