

## COUNTDOWN TO CALAMAR FOUNDATION MONTH – MAY!

### Notable April Dates

- 4/1 April Fools' Day
- 4/7 National Beer Day
- 4/7 No Housework Day
- 4/11 National Pet Day
- 4/14 Palm Sunday
- 4/15 Income Tax Day
- 4/18 National High Five Day
- 4/19 Good Friday
- 4/20 - 27 Passover
- 4/21 Easter Sunday
- 4/22 Earth Day/Dyngus Day
- 4/26 Arbor Day
- 4/27 Write to an Old Friend Day
- 4/28 Pet Parents Day

### Come Join our 3rd Annual. Easter Pot Luck Supper



See Sign-up sheet on lobby cork board if you wish to participate and contribute a dish.

- 4/29 Marie G
- 4/19 Donald W.
- 4/23 Donald M.
- 4/24 Peg G.
- 4/3 Doris P.
- 4/10 Carrie H.
- 4/12 Doreen W.
- 4/23 Arthur N.

### Happy Birthday



### A note from Calamar announcing our Canned Food Sculpture Contest Winner:

**First, congratulations to ALL our communities.** Wow! What effort and such great creativity! We're so proud of you and thankful for all our residents and staff who worked so hard on this! – we're very impressed!!!! Your local food pantries or wherever you chose to give will benefit greatly from all the donations!

#### The winner is:

THE VILLAGE AT AUBURN GROVE!!!

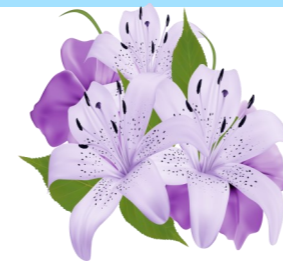
For their sculpture of a football stadium complete with tailgating, cheerleaders & a concession stand!



*Congrats!*



**NEW!!**  
**EARLY BIRD WALKING CLUB!**  
 LIKE TO WALK EARLY AT 7AM BUT DON'T WANT TO DO IT ALONE?  
 SIGN UP ON OUR SIGN-UP SHEET ON LOBBY BOARD AND GET A GROUP OR PARTNER!



Grand Estate at Londonderry

## Grand Estate at Londonderry

*April* 2019

**“Come as strangers, live as friends”**



### COMMUNITY INFORMATION

**COMMUNITY MANAGER:**  
 JANINE PAYNE

**CONNECT 55+ COORDINATOR:**  
 FRANK PAOLINI

**MAINTENANCE TECH:**

**OFFICE PHONE # & AFTER HOURS EMERGENCY SERVICE**  
 603-404-2151

**MANAGER EMAIL:**  
 MANAGERLONDONDERRY@CALAMAR.COM

RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO **RM16A HOLDINGS, LLC.**

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

Spring is a time of renewal and new beginnings. In today's fast-paced world, it is easy to get lost in the hustle and bustle of everyday life; we forget to *stop and smell the roses*. This fast-paced lifestyle can take a toll on our energy and time. With the onset of spring here are ten suggestions for new beginnings and renewal.







- Get eight hours of sleep.
- Get 30 minutes of physical exercise daily.
- Take 10 deep breaths when something overwhelms you.
- Drink water instead of sweetened beverages or soda.
- Eat more vegetables and fruits.
- Say affirmations in the morning and at night.
- Surround yourself with positive people; negative attitudes can drain your enthusiasm.
- Do something nice for yourself.
- Take time to reflect upon each day.
- Treasure every moment.

As you embrace the changing of the season from winter to spring, consider how you can make small changes to your personal life for renewed health and well-being



**CALAMAR FOUNDATION**

Quote of the Month: “No winter lasts forever, no spring skips its turn. April is a promise that May is bound to keep and we know it” - Hal Borland

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 April Fool's Day</b> 7AM Early Bird Walking Club 10AM Tai Chi Standing or Seated & Energy Work 10:30AM Fitness RM Q & A 2PM You Be the Judge 3PM Armchair Travels 3PM Mah Jong 6PM Poker	<b>2</b> 7AM Early Bird Walking Club 10AM Balance Training 11AM Wii Bowling 2PM Tech Training with John 3PM Movie Matinee 3PM Knitting Club 4PM Parlor Games 6PM Card Club	<b>3</b> 7AM Early Bird Walking Club 10AM Boxing Therapy 11AM Guided Imagery  2PM Improv Skits for Fun 3PM Knitting Club 3PM Dart Club 6PM Card Club 6PM Cribbage	<b>4</b> 7AM Early Bird Walking Club 10AM Seated Stretch 11AM Remember When 11:30AM Rem. Chat 2PM Team Trivia 3PM Chorus Rehearsal 3PM Knitting for Charity 6PM Card Club	<b>5</b> 7AM Early Bird Walking Club 9AM Coffee & Donuts 10:30 AM Isometrics 11AM AM News Chat 2PM Pictionary 4PM Ping Pong 6PM Card Club 7PM Movie	<b>6</b> 11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie
	<b>7</b> 7AM Early Bird Walking Club  2PM Scrabble  4PM Card Games	<b>8</b> 7AM Early Bird Walking Club 10AM Tai Chi Standing or Seated & Energy Work 10:30AM Fitness RM Q & A 2PM You Be the Judge  2:30PM Book Club 3PM Armchair Travels 3PM Mah Jong 6PM Poker	<b>9</b> 7AM Early Bird Walking Club 10AM Balance Training 11AM Wii Bowling 2PM Trivia with John 3PM Movie Matinee 3PM Knitting Club 4PM Parlor Games 6PM Card Club	<b>10</b> 7AM Early Bird Walking Club 10AM Boxing Therapy 11AM Guided Imagery <b>2PM "Will the Future Still Use Cash?"</b> 2:30 Cash Topic Discussion 3PM Knitting Club 6PM Card Club 6PM Baptist Service	<b>11</b> 7AM Early Bird Walking Club 10AM Seated Stretch 11AM Remember When 11:30AM Rem. Chat 2PM Team Trivia 3PM Chorus Rehearsal 3PM Knitting for Charity 6PM Card Club	<b>12</b> 7AM Early Bird Walking Club 9AM Coffee & Donuts 10:30 AM Isometrics 11AM AM News Chat 2PM Pictionary 4PM Ping Pong 6PM Card Club 7PM Movie
<b>14</b> 7AM Early Bird Walking Club  2PM Scrabble  4PM Card Games	<b>15</b> 7AM Early Bird Walking Club 10AM Tai Chi Standing or Seated & Energy Work 10:30AM Fitness RM Q & A 2PM Catholic Mass Fr. Robert 3PM Armchair Travels 3PM Mah Jong 6PM Poker	<b>16</b> 7AM Early Bird Walking Club 10AM Balance Training <b>Veteran's Club with Ret. Sgt. Bobo</b> 11AM Wii Bowling 2PM Tech Training with John 3PM Movie Matinee 4PM Parlor Games 6PM Card Games	<b>17</b> 7AM Early Bird Walking Club 10AM Boxing Therapy 11AM Guided Imagery <b>2PM "Forbidden Archeology"</b> 2:30 Forbidden A. Topic Discussion 3PM Knitting Club 3PM Dart Club 6PM Card Club	<b>18</b> 7AM Early Bird Walking Club 10AM Seated Stretch 11AM Remember When 11:30AM Rem. Chat 2PM Team Trivia 3PM Chorus Rehearsal 3PM Knitting for Charity 6PM Card Club	<b>19 Passover Begins</b> 7AM Early Bird Walking Club 9AM Coffee & Donuts 10:30 AM Isometrics 11AM AM News Chat 2PM Pictionary  4PM Ping Pong 6PM Card Club 7PM Movie	<b>20</b> 11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie
<b>21 Easter</b> 7AM Early Bird Walking Club  2PM Scrabble  4PM Card Games	<b>22 Earth Day</b> 7AM Early Bird Walking Club 10AM Tai Chi Standing or Seated & Energy Work 2PM You Be the Judge 3PM Armchair Travels 3PM Mah Jong 6PM Poker Card Club	<b>23</b> 7AM Early Bird Walking Club 10AM Balance Training 11AM Wii Bowling 2PM Tech Training with John 3PM Movie Matinee 3PM Knitting Club 4PM Parlor Games 6PM Card Club	<b>24</b> 7AM Early Bird Walking Club 10AM Boxing Therapy 11AM Guided Imagery 2PM Monthly B-Day Party 3PM Knitting Club 3PM Dart Club 6PM Card Club 6PM Cribbage	<b>25</b> 7AM Early Bird Walking Club 10AM Seated Stretch 11AM Remember When 11:30AM Rem. Chat 2PM LIVE Presentation— Kathy Young R.N.  3PM Chorus Rehearsal 3PM Knitting for Charity 6PM Card Club	<b>26 Arbor Day</b> 7AM Early Bird Walking Club 9AM Coffee & Donuts 9:30AM Resident Sound-Off 10:30 AM Isometrics 11AM AM News Chat 2PM Pictionary 4PM Ping Pong 6PM Card Club 7PM Movie	<b>27 Passover Ends</b> 11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie
<b>28</b> 7AM Early Bird Walking Club  2PM Scrabble  4PM Card Games	<b>29</b> 7AM Early Bird Walking Club 10AM Tai Chi Standing or Seated & Energy Work 1PM Ladies Club 2PM Men's Club 3PM Armchair Travels 3PM Mah Jong 6PM Poker 6PM Card Club	<b>30</b> 7AM Early Bird Walking Club 10AM Balance Training 11AM Wii Bowling 2PM Tech Training with John 3PM Movie Matinee 3PM Knitting Club 4PM Parlor Games 6PM Card Club	<b>Program is subject to occasional &amp; unforeseen changes.            Changes will be posted on lighted board in lobby next to large calendar.</b>			 INTELLECTUAL SPIRITUAL PHYSICAL SOCIAL FINANCIAL