

THE GRAND ESTATE AT LONDONDERRY AUGUST 2018



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Connect Coordinator: Frank Paolini

Property Manager: Janine Payne

Regional Maintenance Technician: Kelvin Rose

Utilities Assistant: LeAnn McCann



Senior Day!

Tuesday the 21st

10AM—7PM



Food! Live Presentations! Live Animal exhibits, Evening Cook out with live Music! Guest Speakers! Check out the lobby Board for event schedule and sign up sheet if you plan to attend!

 CALAMAR
FOUNDATION



NEW!

Weds at 2PM TED X Talks! Check your calendar for August series! Never too old to learn Finance, Health tips you name it from EXPERTS!

Come check it out the first installment
“Why the Rich are Getting Richer?”







Saturday at 12 Noon 2 Noon

“Be Healthy Inside & Out “

With Tiffany



August The Grand Estate at L

Sunday	Monday	Tuesday	Wednesday
<div style="border: 2px solid black; background-color: yellow; padding: 10px; margin: 10px auto; width: fit-content;"> <p>Program is subject to occasional & unforeseen changes.</p> <p>Changes will be posted on lighted board in lobby next to large calendar.</p> </div>			1 10AM Boxing T NEW! 2P <i>"Why the Rich Ge</i> Robert Kiy 3PM Knitting 7PM Cribb
5 2PM Scrabble 4PM Card Games	6 10AM Tai Chi 2PM You Be the Judge 3PM Armchair Travels 3PM Mah Jong  6PM Poker	7 10AM Chair Yoga 11AM Guided Imagery 2PM Trivia with John 3PM Knitting for Charity 6PM Card Club	8 10AM Boxing T 2PM "What if you Ca <i>Paper Clip for a</i> 3PM Knitting 6PM Baptist S 7PM Cribb
12 2PM Scrabble 4PM Card Games	13 10AM Tai Chi 2PM You Be the Judge 3PM Armchair Travels 3PM Mah Jong 6PM Poker	14 10AM Balance Training 11AM Guided Imagery 12Noon Q & A with  Dr. Eddinger Cardiologist 2PM Tech Training with John 6PM FREE! Simplifying Medicare Seminar with Donna Wilton Part II	15 10AM Boxing T 11AM "Top Hack <i>How it's Do</i> 2PM Team T 3PM Knitting 7PM Cribb
19 2PM Scrabble 4PM Card Games	20 10AM Tai Chi 2PM Catholic Mass with Fr. Robert NEW! 3PM Cake Decorating with Gillian 3PM Mah Jong 6PM Poker	21 Senior Day! 10AM—&PM 	22 10AM Walkin 2PMM "Seven Steps <i>Freedom'</i> 3PM Knitting 7PM Cribb
26 2PM Scrabble 4PM Card Games	27 10AM Tai Chi 2PM Men's Club Ladies Club 3PM Armchair Travels 3PM Mah Jong 6PM Poker	28 10AM Balance Training 11AM Guided Imagery 2PM Tech Training with John 3PM Craft Time with Janine 6PM Card Club 	29 10AM Boxing T 11AM "How Tech is <i>Future of Ban</i> 1:30PM Classics v 2PM Monthly B- 3PM Knitting 7PM Cribb



2018

Condonderry-RM16A

day	Thursday	Friday	Saturday
Therapy M "Get Richer" Asaki g Club age	2 10AM Seated Stretch 11AM Morning Chat 2PM Nutrition 101 with Yvonne: "Sugar Dangers" 3PM Wii Bowling 3PM Knitting Club 6PM Card Club 	3 9AM Coffee & Donuts 11AM Isometrics 2PM Pictionary 6PM Poker 7PM Movie	4 11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 7PM Residents Choice Movie
Therapy "Should Trade a House" g Club Service age	9 10AM Seated Stretch 11AM Morning Chat 2PM Team Trivia 3PM Wii Bowling 3PM Knitting for Charity 6PM Card Club	10 9AM Coffee & Donuts 11AM Isometrics 2PM Pictionary 6PM Poker 7PM Movie	11 12 Noon BE Healthy Inside & Out With Tiffany 2PM Parlor Games 4PM Mindful Coloring 7PM Residents Choice Movie
Therapy "Her Shows me" Trivia g Club age	16 10AM Seated Stretch 11AM Morning Chat 2PM NEW! Ancient Discoveries that will Provoke your thoughts 3PM Wii Bowling 3PM Knitting for Charity 6PM Card Club	17 9AM Coffee & Donuts 11AM Isometrics 2PM Pictionary 6PM Poker 7PM Movie	18 11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 7PM Residents Choice Movie
g Club "to Financial " g Club age	23 10AM Seated Stretch 11AM Morning Chat 2PM Team Cornhole Game 3PM Wii Bowling 3PM Knitting for Charity 6PM Card Club	24 9AM Coffee & Donuts 11AM Isometrics 2PM Pictionary 6PM Poker 7PM Movie	25 11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 7PM Residents Choice Movie
Therapy "Shaping the king" with Caryl Day Party g Club age	30 10AM Seated Stretch 2PM Kathy Young R.N. "The Prevention & Effects of Dehy- dration" 3PM Wii Bowling 3PM Knitting for Charity 6PM Card Club	31 9AM Coffee & Donuts 11AM Isometrics 2PM Pictionary 6PM Poker 7PM Movie	

Monthly Birthday Party!

Weds the 25th at 2PM

Music with our own Caryl !!!



August Birthdays all will be announced

at monthly Birthday Party!



Free! Seminar with Donna Wilton

“Simplifying Medicare”

Tuesday the 14th at 6PM

2nd of a two part series



The Calamar Foundation

As a multi-generational organization, we have been brought up to give back to our community. Many people who live and work in our ever growing communities they call home, are able to do this. Our mission is to support and make an impact across all communities where we do business.



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.calalamr.com/foundation

To learn more talk to your community Manager

Guest Speaker Kathy Young R.N.

Thursday August at 2PM



“ Dehydration Effects & Prevention”