

**GAY MOLNAR
CALAMAR
FOUNDATION PRESENTATION
DATE TBA**



Happy Birthday



Sandy R. 1st, Lorraine L. 10th, Arlene A. 8th,
Marjorie G. 14th, Bob H. 15th, Doris C. 19th,
Denis C. 23rd, Marilyn E. 23rd, Joanna M. 24th,
Doris F. 26th

**FREE
Pharmacy
Seminar with
Kaitlyn
on 19th**



**What to do With an Active Attacker?
With John Watkins - 20th**

**LIVE Music by Frank
22nd**



LIVE Resident Boxing Demo 23rd

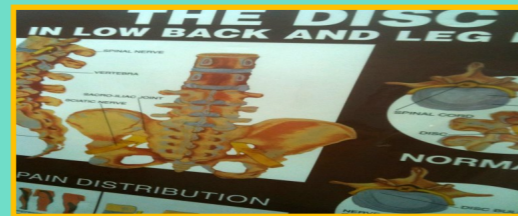


August Lore! If the first week in August is unusually warm the coming winter will be snowy and long!

Nat'l Senior Citizens Day

8/21st

**10AM Chiropractor Demo with
Dr. Bergeron**



2PM Michelle's Menagerie



**6PM Outdoor
evening Tunes
with Bob!
(Weather
providing)**



**7PM Ice Cream
Truck!**

August Humor: When the temp reached 102. My wife's yearning for snow cones grew. "Why'd you buy only one?" My wife asked. I said, "hon, Cause I only ice for you."



Grand Estate at Londonderry

Londonderry Ledger

August

"Come as strangers, live as friends"

Managers Corner:

August Little Known Facts

July was named after Julius Caesar, in 8BC August was named after Augustus Caesar. Born Gaius Octavius, Augustus was adopted by Julius, as was written in his will in the event of his demise. In 44BC, Augustus was named as the heir to his adoptive father, becoming the first ever Emperor of the Roman Empire.

And so, the Roman senate thought it would only be fair to let him have a month named after him too. Previously named 'Sextillus,' meaning the sixth month of the year, the month was renamed aptly, August after Augustus Caesar.

A couple of years back, a video went viral involving panic-stricken cats jumping almost out of their skin by a cucumber placed unsuspectingly behind them. The 8th of August is 'Sneak Some Zucchini Into Your Neighbor's Porch Day.' That'll show em'.

Cast out the sour memories of the tiff you had with your long time lover over whether to have Chinese or Indian for dinner last night. The 25th of August is National Kiss and Make Up Day. Treat them. Order both. With sides. Heck, order pizza as well if you feel like it. With sides. Finally, to the guys that like to give Cupid a run for his money. The 31st of August is National Matchmaker Day, so use your meddling for good and get your pals a date. You've seen them flirting. Go on, work your magic.

How are you going to be spending this August?

Maintenance Corner:

We are in the process of looking for a new Maintenance Tech. We want to be certain to find the right candidate for the position to give you the best service. Until that time, we thank you in advance for your patience, as this is a work in progress. Also, the work order board is not online at this time. Any issues you may have, please fill out the work order form located on table in lobby. Then kindly submit them to Janine and it will go from there. Again, thank you for your understanding at this time.

Quote of the Month: "Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie." Jim Davis

**COMMUNITY
INFORMATION**

**COMMUNITY
MANAGER:**
JANINE PAYNE

**CONNECT 55+
COORDINATOR:**
FRANK PAOLINI









UTILITIES TECH:
LEANNE MCCANN

**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 .



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 2019	Program is subject to occasional & unforeseen changes. Changes will be posted on lighted board in lobby.	1 National Mahjong Day 7AM Early Bird Walking Club 10AM Seated Stretch 11AM Remember When 11:30AM Rem. When Chat 2PM Team Corn Hole 3PM Knitting for Charity 3PM Dart Club 6PM Card Club 7PM Ice Cream Truck	2 National Coloring Book Day 7AM Early Bird Walking Club 9AM Coffee & Donuts 10:15 AM Isometrics 10:45 AM News & Finance 2PM Pictionary 4PM Ping Pong 6PM Card Club	3 11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie 
4 National Friendship Day 7AM Early Bird Walking Club 2PM Scrabble 4PM Card Games	5 7AM Early Bird Walking Club 10AM Tai Chi Standing or Seated & Energy Work 10:30AM Seated Stretch 2PM You Be the Judge 3PM Armchair Travels 3PM Mah Jong 6PM Poker 	7AM Early Bird Walking Club 10AM Balance Training 11AM Wii Bowling 3PM Movie Matinee 3PM Knitting Club 4PM Parlor Games 6PM Card Club	7 7AM Early Bird Walking Club 10AM Boxing Therapy 1PM Guided Meditation 2PM "Steps to Financial Freedom" 3PM Knitting Club 3PM Dart Club 6PM Cribbage	8 7AM Early Bird Walking Club 10AM Seated Stretch 11AM Remember When - 11:30AM Rem. Chat 2PM Team Trivia 3PM Knitting for Charity 6PM Card Club 7PM Ice Cream Truck	9 Smokey Bear's 75th Birthday (1944) 7AM Early Bird Walking Club 9AM Coffee & Donuts 10:15 AM Isometrics 10:45 AM News 2PM Pictionary 4PM Ping Pong 6PM Card Club	10 11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie
11 7AM Early Bird Walking Club 2PM Scrabble 4PM Card Games	12 7AM Early Bird Walking Club 10AM Tai Chi Standing or Seated & Energy Work 10:30AM Seated Stretch 2PM You Be the Judge 2:30PM Book Club 3PM Armchair Travels 3PM Mah Jong 6PM Poker	13 7AM Early Bird Walking Club 10AM Balance Training 11AM VETERANS Club with Guest Bill Rohr 2PM Tech Training with John 3PM Movie Matinee 3PM Knitting Club 4PM Parlor Games 6PM Card Club	14 7AM Early Bird Walking Club 10AM Boxing Therapy 1PM Guided Meditation 2PM "Nat'l Debt Scam" 3PM Knitting Club 3PM Dart Club 6PM Cribbage Baptist Service 	15 National Relaxation Day 7AM Early Bird Walking Club 10AM Seated Stretch 11AM Connect 55 Activities Meeting 2PM Team Trivia 3PM Knitting for Charity 6PM Card Club 7PM Ice Cream Truck 	16 National Tell a Joke Day 7AM Early Bird Walking Club 9AM Coffee & Donuts 10:15 AM Isometrics 10:45 AM News Chat 2PM Pictionary 4PM Ping Pong 6PM Card Club	17 50th Anniversary of Woodstock (Aug 15th-18th) 11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie
18 7AM Early Bird Walking Club 2PM Scrabble 4PM Card Games	19 7AM Early Bird Walking Club 10AM Benefits of Tai Chi, & 11AM FREE Pharmacy Seminar Kaitlyn 2PM Catholic Mass Fr. Robert 3PM Armchair Travels 3PM Mah Jong 6PM Poker	20 7AM Early Bird Walking Club 10AM Balance Training 11AM Wii Bowling 2PM LIVE: "What Do With an Active Attacker" with John 3PM Movie Matinee 3PM Knitting Club 4PM Parlor Games 6PM Card Club	21 National Senior Citizens Day 10AM Chiropractor Demo With Dr. Bergeron 2PM Michele's Menergie Rain Forrest Animals 6PM Music by Bob! 7PM Ice Cream Truck 	22 7AM Early Bird Walking Club 10AM Seated Stretch 11AM Remember When - 11:30AM Rem. Chat 2PM Oldies Music with Frank 3PM Knitting for Charity 6PM Card Club	23 7AM Early Bird Walking Club 9AM Coffee & Donuts 10:00 Resident Boxing Demo 10:45 News Chat & Finance 2PM Friday Afternoon 4PM Ping Pong 6PM Card Club	24 11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie
25 7AM Early Bird Walking Club 2PM Scrabble 4PM Card Games	26 National Dog Day 7AM Early Bird Walking Club 10AM Tai Chi Standing or Seated & Energy Work 2PM Ladies Club 2PM Men's Club 2:30PM Book Club 3PM Armchair Travels 3PM Mah Jong 6PM Poker 	27 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	28 7AM Early Bird Walking Club 10AM Boxing Therapy 1PM Guided Meditation 1:30PM Classica Music by Caryl 2PM Monthly B-Day Party 3PM Knitting Club 6PM Card Club 6PM Cribbage	29 7AM Early Bird Walking Club 10AM Seated Stretch 11AM Remember When - 11:30AM Rem. Chat 2PM Kathy Young R.N. Urinary Disorders 3PM Knitting for Charity 6PM Card Club 7PM Ice Cream Truck	30 7AM Early Bird Walking Club 9AM Coffee & Donuts 10:15 AM Isometrics 10:45 AM News Chat & Finance 2PM Pictionary 4PM Ping Pong 6PM Card Club	31 11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie