



**Nat'l Red Day Friday the 8th!**

**Wear Red to Support American Heart Month!**



**Monthly Birthday Party!**

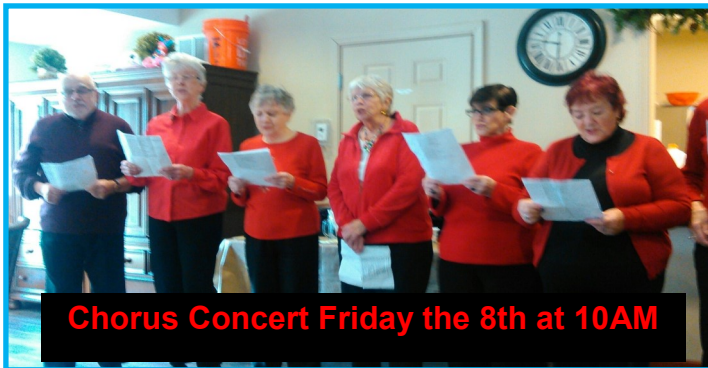
**Weds Feb. 27th at 2PM**

**Music with our own Caryl !!!**

**James P., Delores. G., Pam W., Marie M., Glenn J.,**

**VALENTINES DAY SWEETS AND LIVE MUSIC**

**FEB. 14TH AT 2PM**



**Chorus Concert Friday the 8th at 10AM**



**2PM Friday the 22nd**

**CARIBBEAN SOCIAL & LIVE**

**ISLAND MUSIC BY THE DIS N DAT BAND!**

**Yes, I CAN!**



### **Canned Food Sculpture Competition**

**It's a CANTastic way to help!**

**Join in the fun while helping those in need**

Bring your imagination & your canned goods to create a CAN sculpture using canned food products that you donate. It's a creative way to help your local food bank, food pantry or shelter

Each community will be judged on creativity and execution. **ONLY ONE** winner will be selected from all our communities to receive the coveted CAN trophy and bragging rights! Plus a pizza party - So get your CAN involved!

**Competition begins February 1, 2019**  
**Judging February 25-28, 2019**  
**WINNER ANNOUNCED FEBRUARY 28th**

Please note all labels must remain intact

Get inspired with the attached samples!  
See your community manager for all the details



**The return of...**

**"Off Your Rockers!"**

**a Senior Comedy Troup**

**Tuesday the 5th at 2PM**





# The Grand Estate at Londonderry

**Community Manager:**

**Janine Payne**

**Phone: 603-404-2151**

**Connect Coordinator:**

**Frank Paolini**

**Maintenance Technician:**

**Kelvin Rose**

**Utilities Assistant:**

**LeAnn McCann**

managerlondonderry@calamar.com

February 2019

### Manager's Corner :

As we're in the season, just a reminder regarding snow plowing. Snow plowing of the parking lot takes place the morning **following the completion of a snow storm**. If the storm stops at 10:00 a.m. on any given day of the week, snow removal will take place beginning the following morning at 9:00 a.m. All vehicles must be cleaned off and moved to the street by 9:00 AM (opposite side of the Flag Pole).

Vehicles have been parked on the street as early as two days prior to a storm, there is absolutely **NO parking on the roadway prior to 6 a.m.** the morning after the storm. It is extremely difficult for the plows to properly clear that roadway.

Stay alert and use caution when outside while plowing is taking place! Never walk behind the plow trucks, do not attempt to stop the plow driver to ask questions.











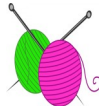
### From the Tool Box :

*Just a brief reminder from the maintenance and cleaning crew to all of the great residents at The Grand Estate of Londonderry. When you put trash down the trash chute, please make sure there are no liquids included, such as cups of coffee or water, and help us by being sure all bags are tied shut. When they come to a sudden stop at the bottom, they can create quite a mess. Avoid dropping heavy items like full bags of cat litter, etc. Please be sure to bag all plants as well. The maintenance and cleaning crew thank you.*



The Calamar Foundation partners with our local residents and our local chapters of the Alzheimer's Association, The American Cancer Society, and The American Heart Association to give back to the community in which we live and do business. Check out thermometer, and watch the donations rise!! For info on becoming a Foundation Donor, please see Janine.

# February 2019

SUNDAY		MONDAY		TUESDAY		WEDNESDAY	
<p><b><u>Programs Encompass Residents:</u></b></p> <p>+ Intellectual      + Financial</p> <p>                                 + Physical</p> <p>+ Spiritual            + Social</p>				<p><b>Program is subject to occasional</b></p> <p><b>Changes will be posted on lighted board</b></p>			
<p>3</p> <p>2PM Scrabble</p> <p>4PM Card Games</p> <p><b>6PM SUPER BOWL LII</b></p> 	<p>4</p> <p>10AM Tai Chi Standing or Seated</p> <p>2PM You Be the Judge</p> <p>3PM Armchair Travels</p> <p style="padding-left: 40px;">Mah Jong</p> <p>6PM Poker</p> 	<p>5</p> <p><b>CHINESE NEW YEAR</b></p> <p>10AM Balance Training</p> <p>11AM Wii Bowling</p> <p><b>2PM Off Your Rockers</b></p> <p>2:30PM Tech with John</p> <p>3PM Knitting Grp</p> <p>6PM Card Club</p> 	<p>6</p> <p>10AM Boxing Therapy</p> <p>11AM Remember When</p> <p><b>2PM "Alzheimer's Not Normal"</b></p> <p style="padding-left: 40px;"><i>Can we Cure It? Dr. Sa...</i></p> <p>3PM Knitting Club</p> <p>6PM Cribbage</p>				
<p>10</p> <p>2PM Scrabble</p> <p>4PM Card Games</p>	<p>11</p> <p>10AM Tai Chi Standing or Seated</p> <p>2PM You Be the Judge +</p> <p>2:30PM Book Club</p> <p>3PM Armchair Travels +</p> <p style="padding-left: 40px;">Mah Jong</p> <p>6PM Poker</p>  	<p>12</p> <p>10AM Chair Yoga with Danielle</p> <p><b>Veteran's Club with Sgt. Bobo</b></p> <p>11AM Wii Bowling</p> <p>2PM Trivia with John</p> <p>3PM Knitting Grp</p> <p>6PM Card Club</p>  	<p>13</p> <p>10AM Boxing Therapy</p> <p>11AM Remember When</p> <p>1PM Ladies Time</p> <p><b>2PM "Forbidden Archeology"</b></p> <p>3PM Knitting Club</p> <p>6PM Cribbage</p> <p style="text-align: center;"><b>Baptist Service</b></p>				
<p>17</p> <p>2PM Scrabble</p> <p>4PM Card Games</p>	<p>18</p> <p><b>PRESIDENT'S DAY</b></p> <p>10AM Tai Chi Standing or Seated</p> <p><b>2PM Catholic Mass</b></p> <p>3PM Armchair Travels</p> <p style="padding-left: 40px;">Mah Jong</p> <p>6PM Poker</p> 	<p>19</p> <p>10AM Balance Training</p> <p>11AM Wii Bowling</p> <p>2PM Tech Training with with John</p> <p>2PM Movie Matinee + +</p> <p>3PM Knitting Grp</p> <p>6PM Card Club</p> 	<p>20</p> <p>10AM Boxing Therapy</p> <p>11AM Remember When</p> <p><b>2PM "When World Politics Collide"</b></p> <p style="padding-left: 40px;"><i>Boxing Match</i></p> <p>3PM Knitting Club</p> <p>6PM Cribbage</p>				
<p>24</p> <p>2PM Scrabble</p> <p>4PM Card Games</p>	<p>25</p> <p>10AM Tai Chi Standing or Seated</p> <p>2PM Men's Club + &amp; Woman's Club</p> <p>3PM Armchair Travels</p> <p style="padding-left: 40px;">Mah Jong</p> <p>6PM Poker</p> 	<p>26</p> <p>10AM Balance Training</p> <p>11AM Wii Bowling</p> <p>2PM Tech Training with John</p> <p>2PM Movie Matinee</p> <p>3PM Knitting Grp</p> <p>6PM Card Club</p> 	<p>27</p> <p>10AM Boxing Therapy</p> <p>11AM Remember When</p> <p><b>2PM Monthly B-Day Party</b></p> <p>3PM Knitting Club</p> <p>6PM Cribbage</p>				





**WEDNESDAY** **THURSDAY**

**& unforeseen changes.**  
**in lobby next to large calendar.**

		<p><b>1 NAT'L RED DAY</b> 9AM Coffee &amp; Donuts 10:30 AM Isometrics 2PM Pictionary 6PM Card Club 7PM Movie</p> 	<p><b>2 GROUND HOG DAY</b> 11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie</p> 
 <i>Normal Aging _</i> <i>m Cohen</i> 	<p><b>7</b> <b>10AM Chair Yoga with Danielle</b> 11AM Guided Imagery 2PM Drama Club 3PM Knitting for Charity Chorus Grp Rehearsal 6PM Card Club</p> 	<p><b>8</b> 9AM Coffee &amp; Donuts <b>10AM Grand Estate Chorus Concert</b> 10:30 AM Isometrics 2PM Pictionary 6PM Card Club 7PM Movie</p> 	<p><b>9</b> 11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie</p> 
	<p><b>14</b> 10AM Seated Stretch 11AM Guided Imagery <b>2PM Valentines Day Social &amp; Live Music</b> 3PM Knitting for Charity Chorus Grp Rehearsal 6PM Card Club</p> 	<p><b>15</b> 9AM Coffee &amp; Donuts + 10:30 AM Isometrics + 2PM Pictionary ++ 6PM Card Club ++ 7PM Movie +</p>  <p>10 seconds</p>	<p><b>16</b> 11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie</p> 
 <i>s Effected a</i>	<p><b>21</b> 10AM Seated Stretch 11AM Guided Imagery 2PM Team Trivia 3PM Knitting for Charity++ Chorus Grp Rehearsal 6PM Card Club</p>  	<p><b>22 NAT'L MARGERITA DAY</b> 9AM Coffee &amp; Donuts 10:30 AM Isometrics + <b>1PM Caribbean Social with Dis n Dat Band!</b> 2PM Pictionary ++ 6PM Card Club ++</p> 	<p><b>23</b> 11AM Bingo + 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie</p> 
 <i>Happy Birthday!</i>	<p><b>28</b> 10AM Seated Stretch 11AM Guided Imagery <b>2PM "Heart /Function &amp; Disorders"</b> Kathy Young R.N. 3PM Knitting for Charity Chorus Grp Rehearsal 6PM Card Club</p> 		