

Do you Know?

To keep the winter blues at bay, spend at least five to 10 minutes outside



even when it is overcast. When people see natural light, it increases levels of serotonin which keeps mood on an even keel.

THE GRAND ESTATE AT LONDONDERRY PRESENTS...

DEMYSTIFYING ACUPUNCTURE A SPIRITED Q & A

WITH ANDY WEGMAN, LAC OF MANCHESTER ACUPUNCTURE STUDIO

FREE FOR ALL TUESDAY, JANUARY 6 @ 2 PM THE GRAND ESTATE AT LONDONDERRY

MANCHESTERACUPUNCTURESTUDIO .ORG

**Happy Birthday**



Florence R. 27th , Ray V. 15th, J.P. 6th, Paul G. 29th, Jane m. 28th, Bob P. 2nd, John C. 5th, Dick H. 21st, Linda C. 21st, Monica S. 21st, Verna J. 25th

**“The Getting to Know You Game”**

Check calendar for listing

What was your 1st car?

First job? Best Job?



**Canned Food Sculpture Competition**

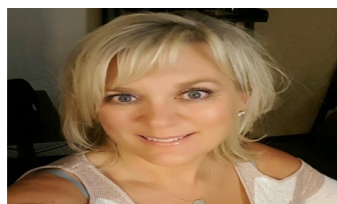
It's a CANTastic way to help! Join in the fun while helping those in need. Bring your imagination & your canned goods to create a CAN sculpture using products that you donate. It's a creative way to help your local food bank, food pantry or shelter. Calamar is celebrating 30 years! Incorporate all or part of our logo in your design! Or the #30. 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 Feb. 3, 2020 + Ends Feb. 21, 2020 Judging February 24-27, 2020 WINNER ANNOUNCED FEBRUARY 28th

Please note all labels must remain intact



**Return of Ceramics by Terry!**



**Londonderry High School Improv!**



**Back by popular demand Trivia with Daria & Maria!**

|             |        |        |        |        |        |
|-------------|--------|--------|--------|--------|--------|
| Londonderry | Other  | Clear  | Wheat  | Marble | Other  |
| \$200       | \$200  | \$200  | \$200  | \$200  | \$200  |
| \$400       | \$400  | \$400  | \$400  | \$400  | \$400  |
| \$600       | \$600  | \$600  | \$600  | \$600  | \$600  |
| \$800       | \$800  | \$800  | \$800  | \$800  | \$800  |
| \$1000      | \$1000 | \$1000 | \$1000 | \$1000 | \$1000 |

Meet Kevin Smith

Londonderry

Town Manager

Check calendar for date!



New Year's Superstitions: Don't sweep the floor during the first day of the new year. You may sweep out the good fortune.



Grand Estates at Londonderry

**Londonderry Ledger**

JANUARY

2020

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

**New Year Motivational Quotes**

“Write it on your heart that every day is the best day in the year.”

Ralph Waldo Emerson

”Cheers to a new year and another chance for us to get it right.”

Oprah Winfrey

“Tomorrow, is the first blank page of a 365 page book. Write a good one.” - Brad Paisley

“One thing with gazing too frequently into the past is that we may turn around to find the future has run out on us.” -Michael Cibeuko

“You are never too old to set another goal or to dream a new dream.”

C.S. Lewis

“This is a new year. A new beginning. And things will change.”

Taylor Swift

“Hope smiles from the threshold of the year to come, Whispering ‘it will be happier.’” Alfred Tennyson

“For last year’s words belong to last year’s language and next year’s words await another voice.” T.S Eliot

“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called opportunity and its first chapter is New Year’s Day.” Edith Lovejoy Pierce

“Drop the last year into the silent limbo of the past. Let it go, for it was imperfect, and thank God that it can go.” Brooks Atkinson

“The object of a new year is not that we should have a new year. It is that we should have a new soul.” G.K. Chesterton

“Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man.” Benjamin Franklin

“Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.” -Carl Bard

**COMMUNITY INFORMATION**

COMMUNITY MANAGER: JANINE PAYNE

CONNECT 55+ COORDINATOR: FRANK PAOLINI

MAINTENANCE: TED SWETT

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.

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



Quote of the Month: “Hate cannot drive out hate. Only love can do that.” - Martin Luther King, Jr.

| Sun   | Mon   | Tue   | Wed   | Thu   | Fri   | Sat  |
|---|---|---|---|---|---|--|
|   |   |   | <p>1</p> <p><b>New Year's Day</b></p> <p><b>Happy 2022!</b></p> <p><i>Office Closed</i></p>   | <p>2</p> <p>7AM Walking Club<br/>10AM Seated Stretch<br/><b>11AM Can Sculpture Meeting</b><br/>2PM Getting to Know You Game<br/>4PM Dart Club<br/>3PM Knitting Club<br/>6PM Card Club</p>                    | <p>3</p> <p>7AM Early Bird Walking Club<br/>9AM Coffee &amp; Donuts<br/><b>9:30AM Meeting with Kevin Smith Town Manager</b><br/>10:15 AM Isometrics<br/>11AM Friday Finance<br/>2PM Pictionary<br/>4PM Corn Hole<br/>6PM Card Club<br/>7PM Movie</p>                                | <p>4</p> <p>11AM Bingo<br/>2PM Parlor Games<br/>4PM Mindful Coloring<br/>6PM Card Club<br/>7PM Residents Choice Movie</p>  |
| <p>5</p> <p><b>Patriots January Schedule not ready for at this printing.</b></p>  <p>7AM Early Bird Walking Club<br/>2PM Scrabble<br/>4PM Card Games</p> | <p>6</p> <p>7AM Early Bird Walking Club<br/>10AM Tai Chi Standing or Seated &amp; Energy Work<br/>10:30AM Seated Stretch<br/><b>2PM The Science of Acupuncture with Andrew Wegman</b><br/>3PM Armchair Travels<br/>3PM Mah Jong<br/>6PM Poker</p>  | <p>7</p> <p>AM Early Bird Walking Club<br/>10AM Balance Training<br/>10:45AM Wii Bowling<br/>1:30PM <b>"Do Diets Work?"</b><br/>2PM Tech Training with John<br/>3PM Movie Matinee<br/>3PM Knitting Club<br/>4PM Parlor Games<br/>6PM Card Club</p>  | <p>8 Elvis Presley's Birthday</p> <p>7AM Early Bird Walking Club<br/>10AM Boxing Fitness<br/>11AM AM Chat<br/>1PM Guided Imagery<br/>2PM Team Target ball<br/>3PM BYOB Happy Hour<br/>6PM Cribbage</p>  | <p>9</p> <p>7AM Walking Club<br/>10AM Seated Stretch<br/><b>11AM Connect 55 Meeting</b><br/><b>2PM Team Trivia with Maria &amp; Daria</b><br/>3PM Knitting Club<br/>4PM Dart Club<br/>6PM Knitting Club</p>  | <p>10 Full Moon/Winter Moon<br/>National Volunteer Fireman's Day</p> <p>7AM Early Bird Walking Club<br/>9AM Coffee &amp; Donuts<br/>10:15 AM Isometrics<br/>11AM Friday Finance<br/>2PM Pictionary<br/>4PM Corn Hole<br/>6PM Card Club<br/>7PM Movie</p>                            | <p>11</p> <p>11AM Bingo<br/>2PM Parlor Games<br/>4PM Mindful Coloring<br/>6PM Card Club<br/>7PM Residents Choice Movie</p>   |
| <p>12</p> <p>7AM Early Bird Walking Club<br/>2PM Scrabble<br/>4PM Card Games</p>  | <p>13</p> <p>7AM Early Bird Walking Club<br/><b>10AM Ceramics by Terry!</b><br/>10:30AM Tai Chi<br/>2PM You Be the Judge<br/>2:30PM Book Club<br/>3PM Armchair Travels<br/>3PM Mah Jong<br/>6PM Poker</p>   | <p>14</p> <p>AM Early Bird Walking Club<br/>10AM Balance Training<br/>10:45AM Wii Bowling<br/>1:30PM <b>"Zero Carb Diet"</b><br/>2PM Tech Training with John<br/>3PM Movie Matinee<br/>3PM Knitting Club<br/>4PM Parlor Games<br/>6PM Card Club</p>   | <p>15</p> <p>7AM Early Bird Walking Club<br/>10AM Boxing Fitness<br/>11AM AM Chat<br/>1PM Guided Imagery<br/>2PM Getting to Know You Game<br/><b>3PM Londonderry High School Improv Show</b><br/>3PM Knitting<br/>4PM Dart Club<br/>6PM Baptist Service</p> | <p>16</p> <p>7AM Walking Club<br/>10AM Seated Stretch<br/>11AM Remember When<br/>11:30AM Rem. When Chat<br/>2PM Team trivia<br/>3PM Knitting Club<br/>4PM Dart Club<br/>6PM Card Club</p>   | <p>17</p> <p>7AM Early Bird Walking Club<br/>9AM Coffee &amp; Donuts<br/>10:15 AM Isometrics<br/>11AM Friday Finance<br/>2PM Pictionary<br/>4PM Corn Hole<br/>6PM Card Club<br/>7PM Movie</p>  | <p>18</p> <p>11AM Bingo<br/>2PM Parlor Games<br/>4PM Mindful Coloring<br/>6PM Card Club<br/>7PM Residents Choice Movie</p>   |
| <p>19</p> <p>7AM Early Bird Walking Club<br/>2PM Scrabble<br/>4PM Card Games</p>  | <p>20 Martin Luther King, Jr. Day</p> <p>7AM Early Bird Walking Club<br/>10AM Tai Chi Standing or Seated &amp; Energy Work<br/>10:30AM Seated Stretch<br/>2PM Catholic Service<br/>3PM Mah Jong<br/>6PM Poker</p>                                | <p>21 National Hugging Day</p> <p>AM Early Bird Walking Club<br/>10AM Balance Training<br/>10:45AM Wii Bowling<br/>1:30PM <b>"Paleo Diet"</b><br/>2PM Tech Training with John<br/>3PM Movie Matinee<br/>3PM Knitting Club<br/>4PM Parlor Games</p>  | <p>22</p> <p>7AM Early Bird Walking Club<br/>10AM Boxing Fitness<br/>11AM AM Chat<br/>1PM Guided Imagery<br/>2PM Team Target ball<br/>3PM Knitting Club<br/>4PM Dart Club<br/>6PM Cribbage</p>  | <p>23</p> <p>7AM Walking Club<br/>10AM Seated Stretch<br/>11AM Rem. When<br/>11:30AM Rem. When Chat<br/>2PM Team Trivia<br/>3PM Knitting Club<br/>4PM Dart Club<br/>6PM Card Club</p>   | <p>24 National Compliment Day</p> <p>7AM Early Bird Walking Club<br/>9AM Coffee &amp; Donuts<br/>10:15 AM Isometrics<br/>11AM Friday Finance<br/>2PM Pictionary<br/>4PM Corn Hole<br/>6PM Card Club<br/>7PM Movie</p>   | <p>25 Chinese New Year</p> <p>Begins/The Year of the Rat<br/>National Irish Coffee Day<br/>The Great Fruitcake Toss</p> <p>11AM Bingo<br/>2PM Parlor Games<br/>4PM Mindful Coloring<br/>6PM Card Club<br/>7PM Residents Choice Movie</p> |
| <p>26</p> <p>7AM Early Bird Walking Club<br/>2PM Scrabble<br/>4PM Card Games</p>  | <p>27</p> <p>7AM Early Bird Walking Club<br/>10AM Tai Chi Standing or Seated &amp; Energy Work<br/>10:30AM Seated Stretch<br/>2PM Ladies Club<br/>2PM Men's Club<br/>3PM Armchair Travels<br/>3PM Mah Jong<br/>6PM Poker</p>  | <p>28</p> <p>AM Early Bird Walking Club<br/>10AM Balance Training<br/>10:45AM Wii Bowling<br/>1:30PM <b>"Nutrition &amp; Diabetics"</b><br/>2PM Trivia with John<br/>3PM Movie Matinee<br/>3PM Knitting Club<br/>4PM Parlor Games</p>  | <p>29 National Puzzle Day</p> <p>7AM Early Bird Walking Club<br/>10AM Boxing Fitness<br/>11AM AM Chat<br/>1PM Guided Imagery<br/>2PM Monthly B-Day Party With Music by Caryl<br/>3PM Knitting Club<br/>4PM Dart Club<br/>6PM Cribbage</p>                   | <p>30</p> <p>7AM Walking Club<br/>10AM Seated Stretch<br/>11AM Remember When<br/>2PM Team Trivia<br/>3PM Knitting Club<br/>4PM Dart Club<br/>6PM Card Club</p>  | <p>31</p> <p>7AM Early Bird Walking Club<br/>9AM Coffee &amp; Donuts<br/>10:15 AM Isometrics<br/>11AM Friday Finance<br/>2PM Pictionary<br/>4PM Corn Hole<br/>6PM Card Club<br/>7PM Movie</p>   |    |