

Guess Who Game?

Check your schedule for the Guess Who Game. The participating Residents pics are when they were younger, teens, twenties, or tots up on the Theater screen. Then we will all guess who is you!



Independence Day BBQ July 2nd at 12 Noon

Please sign-up on sheet on Lobby cork board if you wish to participate so we know how much to purchase.

If you wish to contribute at packaged food item such as canned sodas, bottled water, Ice Cream Sandwiches etc. Please include that as well on sign-up sheet.



Burgers, Rolls, Condiments, Hot Dogs, Chips, and Popsicles provided.



Happy Birthday

Pauline G. 11th, Rebecca T. 22nd,
Joan P. 15th, Georgina H. 17th,
Daryl B. 19th, Brian T. 22nd,
Gina J. 21st

July Trivia:
1957 American Bandstand debuted

Famous Seniors:
When this 78 year old's fingers became too stiff to hold a needle to embroider on canvas, she began to paint in oils. These brightly-colored paintings of rural America became popular.
-ANNE MARY MOSES or GRANDMA MOSES

Dog Days of Summer: July 3 – August 11

Puzzle of the Month: What goes up the hill, down the hill, and yet stands still? A road!

NEW!

Cosmic breathing!

According to the Mayo Clinic, there's sufficient evidence that intentional deep breathing can actually calm and regulate the autonomic nervous system (ANS).

This system regulates involuntary body functions such as temperature. It can lower blood pressure and provide an almost immediate sense of calm.

The slow holding of breath allows CO2 to build up in the blood. An increased blood CO2 enhances the cardio-inhibitory response of the vagus nerve when you exhale and stimulates your parasympathetic system. This produces a calm and relaxed feeling in the mind and body.

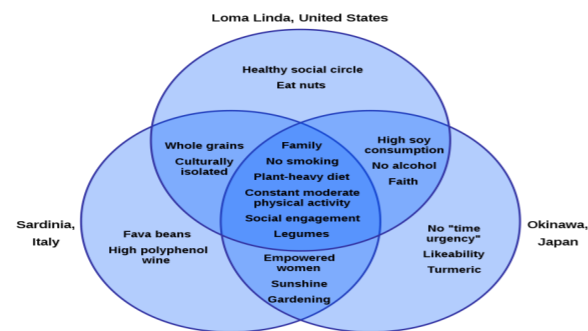
Box breathing can reduce stress and improve your mood. That makes it an exceptional treatment for conditions such as generalized anxiety disorder (GAD), panic disorder, post-traumatic stress disorder (PTSD), and depression.

It can also help treat insomnia by allowing you to calm your nervous system at night before bed. Box breathing can even be efficient at helping with pain management.

NEW!

Health & Nutrition Talks Monday's at 10AM in Theater.

Each Monday a different topic relating to Health and or Nutrition will be presented by video followed by discussion with Frank or guest presenter. Guest presenter's will be at a later date as we are still mindful of the COVID19.



Connect 55 Londonderry

Londonderry Ledger

July 2020

“Come as strangers, live as friends”

With 242 years of tradition behind it, the Fourth of July is one of America's most cherished holidays. It's when we celebrate our nation's mythology with a day off, a backyard barbecue, and plenty of fireworks. But with all that history, you'd be forgiven if you didn't know quite everything about July 4. So from the true story behind the signing of the Declaration of Independence, to some staggering hot dog statistics, here are 8 things you might not know about the Fourth of July:

- The declaration wasn't signed on July 4 (or in July at all).
- The first celebrations weren't much different than today's
- Eating salmon on the fourth is a tradition in New England
- Massachusetts was the first state to recognize the holiday
- The oldest annual fourth of July celebration is held in Bristol, Rhode Island
- The shortest parade is in Aptos, California
- There are around 15,000 Independence Day fireworks celebrations every year
- Americans will spend big on food and drinks this Fourth.

COMMUNITY INFORMATION

COMMUNITY MANAGER:
JANINE PAYNE

CONNECT 55+ COORDINATOR:
FRANK PAOLINI

MAINTENANCE:
TED SWETT








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

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: “A swarm of bees in May is worth a load of hay, a swarm of bees in June is worth a silver spoon, but a swarm of bees in July is not worth a fly.” Proverb

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><i>"Like always you have the right not to attend any event you feel uncomfortable attending, or not use any of the amenities we open you do not feel safe doing so." Management</i></p> <p>Program is subject to occasional and unforeseen changes. Changes will be posted on lobby board and via e-mail when we are made aware of such changes. As restrictions change program may be modified.</p>		1 Canada Day – "O" Canada! 7:30am Early Bird Walking Club 10am Boxing Workout 11am-Dance Exercise-Zumba 2pm- Connect Quest-Word Game 3pm Knitting 6pm Cribbage	2 7:30am Walking Club 10:00am Seated Stretch 12 Noon BBQ 3am Knitting Club 6am Card Club 	3 Office Closed In Observation of Holiday 2pm Pictionary 7pm Friday Nite Movie	4 Independence Day 1PM Outdoor Concert by Duane Sullivan! 7PM Movie 
5 Full Moon 7:30am Walking Club	6 7:30am Early Bird Walking Club 10am Health/Nutrition Talks 11am-Tai Chi 2pm- Scholar Hour/Trivia 3pm Armchair Travels Mah Jong 6pm Poker	7 7:30am Early Bird Walking Club 10am Tech Training with John 11am Balance Training 2am Building Walks 2am Rem. When? 3am Movie Matinee 3am Knitting Club 6am Card Club	8 7:30am Early Bird Walking Club 10am Boxing Workout 11am-Dance Exercise-Zumba 2pm- Connect Quest-Guess Who Game 3am BYOB Happy Hour 3am Knitting 6am Cribbage	9 7:30am Early Bird Walking Club 10:30am Cosmic Breathing 11am-Seated Stretch 2pm- Bingo 3pm Knitting Club 6pm Card Club 	10 7:30am Early Bird Walking Club 9am-10am Coffee & Snack Hour 11am-Isometrics/Exerpath 2pm- Pictionary Mindful Moments/Meditation 4pm Corn Hole 6pm Card Club 7pm Friday Nite Movie	11 7:30am Walking Club 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Saturday Nite Movie
12 7:30am Walking Club 2pm Scrabble 4pm Card Games	13 International Puzzle Day 7:30am Early Bird Walking Club 10am Health/Nutrition Talks 11am-Tai Chi 2pm- Scholar Hour/Trivia 2:30pm Book Club 3pm Armchair Travels Mah Jong 6pm Poker	14 Chick-Fil-A Cow Appreciation Day 7:30am Walking Club 10am Tech Training with John 10:30am Veteran's Club 11am-Balance Training 2pm Building Walks 2pm Rem. When? 3pm Movie Matinee 3pm Knitting Club 6pm Card Club	15 7:30am Early Bird Walking Club 10am Boxing Workout 11am-Dance Exercise-Zumba 2pm- Connect Quest-Word Game 3pm Knitting 6pm Cribbage	16 7:30am Early Bird Walking Club 10:30am Cosmic Breathing 11am-Seated Stretch 2pm- Bingo 3pm Knitting Club 6pm Card Club 	17 65th Anniversary of Opening Disneyland 7:30am Early Bird Walking Club 9am-10am Coffee & Snack Hour 11am- Isometrics/Exerpath 2pm- Pictionary Mindful Moments/Meditation 4pm Corn Hole Game 7pm Friday Nite Movie	18 7:30am Walking Club 2pm Parlor Games 4pm Mindful Coloring 6pm Card Club 7pm Saturday Nite Movie
19 7:30am Walking Club 2pm Scrabble 4pm Card Games	20 7:30am Early Bird Walking Club 10am Health/Nutrition Talks 11am-Tai Chi 2pm- Scholar Hour/You Be the Judge 3pm Armchair Travels Mah Jong 6pm Poker	21 7:30am Walking Club 10am Tech Training with John 11am-Balance Training 2pm Building Walks 2pm Rem. When? 3pm Movie Matinee 3pm Knitting Club 6pm Card Club	22 7:30am Early Bird Walking Club 10am Boxing Workout 11am-Dance Exercise-Zumba 2pm- Connect Quest-Word Game 3pm Knitting 6pm Cribbage 	23 Gorgeous Grandma Day & Hula Hoop Day 7:30am Early Bird Walking Club 10:30am Cosmic Breathing 11am-Seated Stretch 2pm- Bingo 3pm Knitting Club 6pm Card Club	24 7:30am Early Bird Walking Club 9am-10am Coffee & Snack Hour 11am- Isometrics/Exerpath 2pm- Pictionary Mindful Moments/Meditation 4pm Corn Hole Game 7pm Friday Nite Movie	25 7:30am Walking Club 2pm Parlor Games 4pm Mindful Coloring 6pm Card Club 7pm Saturday Nite Movie
26 7:30am Walking Club 2pm Scrabble 4pm Card Games	27 7:30am Early Bird Walking Club 10:30am Seated Stretch 11am-Tai Chi 2pm- Scholar Hour/You Be the Judge 3pm Armchair Travels Mah Jong 6pm Poker 	28 7:30am Walking club 10:30am Exerpath with Frank 11am-Balance Training 2pm Building Walks 2pm Music Trivia with John 3pm Movie Matinee 3pm Knitting Club 6pm Card Club	29 7:30am Early Bird Walking Club 10am Boxing Workout 11am-Dance Exercise-Zumba 1pm Monthly B-Day Party 2:30pm- Connect Quest-Word Game 3pm Knitting 6pm Cribbage	30 7:30am Walking club 10:30am Cosmic Breathing 11am-Seated Stretch 2pm- Bingo 3pm Knitting Club 6pm Card Club	31 7:30am Early Bird Walking Club 9am-10am Coffee & Snack Hour 11am- Isometric /Exerpath 2pm Pictionary Mindful Moments/Meditation 4pm Corn Hole 7pm Friday Nite Movie	