

The Grand Estate at Londonderry

June 2018



Builder - Developer - Calamar - Manager - Financier

2 Golen Drive Londonderry NH 03053 Managerlondonderry@calamar.com

Phone: 603-404-2151

Connect Coordinator: Frank Paolini

Regional Maintenance Technician: Kelvin Rose

Utilities Assistant: LeAnn McCann

FATHER'S DAY MUSIC WITH DUANE SULLIVAN

SUNDAY JUNE 17TH AT 2PM!



The return of Mah Jong



Mondays at 3PM in Game Room

Thursday June 7th at 2PM

Guest Speaker Series :

“Nutrition 101 with

Yvonne Degarde

“Power of Protein”

Top 10 Sources of Veggie Protein
Where do you get your protein?
design / layout by: O'Mara Images Ltd. www.facebook.com/iberider
(brought to you by The GIVE Project) thegiveproject.org www.facebook.com/giveproject

Spinach 49% protein	Kale 45% protein	Broccoli 45% protein
Cauliflower 40% protein	Mushrooms 38% protein	Parsley 34% protein
Cucumbers 24% protein	Green Pepper 22% protein	Cabbage 22% protein
Tomatoes 18% protein	Protein in Meat: Beef 25.8% protein Chicken 23% protein Eggs 12% protein	



June 2

The Grand Estate at Lo

	<p>Program is subject to <i>occasional</i> & unforeseen changes.</p> <p>Changes will be posted on lighted board in lobby next to large calendar.</p>		
<p>3 2PM Scrabble</p> <p>4PM Card Games</p>	<p>4 10AM Walking Club 2PM Men's Club & Ladies Club 3PM Armchair Travels 3PM Mah Jong 6PM Poker</p>	<p>5 10AM Balance Training 2PM Tech Training 3PM Knitting for Charity 4PM Card Club</p>	<p>6 10AM Boxing Therapy 2PM Laser Light Show Therapy 3PM Knitting Club 7PM Cribbage</p>
<p>10 2PM Scrabble</p> <p>4PM Card Games</p>	<p>11 10AM Guided Imagery 2PM You Be the Judge 3PM Mah Jong 3PM Armchair Travels 6PM Poker</p>	<p>12 10AM Balance Training 2PM Tech Training 3PM Knitting for Charity 4PM Card Club</p>	<p>13 10 Boxing Therapy 2PM Team Trivia 3PM Knitting Club 6PM Baptist Service 7PM Cribbage</p>
<p>17 2PM Father's Day Music by Duane Sullivan</p>	<p>18 10AM Guided Imagery 2PM Catholic Mass 3PM Mah Jong 3PM Armchair Travels 6PM Poker</p>	<p>19 10AM Balance Training 2PM Trivia with John 3PM Knitting for Charity 4PM Card Club</p>	<p>20 10 Boxing Therapy 11AM Tai Chi 2PM Team Trivia 3PM Knitting Club 7PM Cribbage</p>
<p>24 2PM Scrabble</p> <p>4PM Card Games</p>	<p>25 10AM Walking Club 2PM Armchair Travels 3PM Mah Jong 6PM Poker</p>	<p>26 10AM Zumba 2PM Tech Training 3PM Knitting for Charity 4PM Card Club</p>	<p>27 10AM Boxing Therapy 2PM Monthly B-Day Party with Music by Caryl 3PM Knitting Club 7PM Cribbage Club</p>

2018

ndonderry—RM16A



Support The Calamar Foundation

	<p>1 <u><i>AT A NEW TIME!</i></u> 9:00AM Coffee & Donuts 11AM Isometric Exercises 2PM Pictionary 4PM Mindful Coloring 7PM Movie</p>	<p>2 11AM Bingo 2PM Parlor Games 7PM Movie by Resident's Choice</p>
<p>7 10AM Seated Stretch 2PM LIVE: Nutrition 101— Protein Power 3PM Wii Bowling 6PM Card Games</p>	<p>8 9:00AM Coffee & Donuts 11AM Isometric Exercises 2PM Pictionary 4PM Mindful Coloring 7PM Movie</p>	<p>9 11AM Bingo 2PM Parlor Games 7PM Movie by Resident's Choice</p>
<p>14 10AM Seated Stretch 2PM LIVE: Kathy Young R.N "Living with Diabetes" 3PM Wii Bowling 6PM Card Games</p>	<p>15 9:00AM Coffee & Donuts 11AM Isometric Exercises 2PM Pictionary 4PM Mindful Coloring 7PM Movie</p>	<p>16 11AM Bingo 2PM Parlor Games 7PM Movie by Resident's Choice</p>
<p>21 10AM Seated Stretch 2PM Improv Theater Club 3PM Wii Bowling 6PM Card Games</p>	<p>22 9:00AM Coffee & Donuts 11AM Isometric Exercises 2PM Pictionary 4PM Mindful Coloring 7PM Movie</p>	<p>23 11AM Bingo 2PM Parlor Games 7PM Movie by Resident's Choice</p>
<p>28 10AM Seated Stretch 2PM Theater Club 3PM Wii Bowling 6PM Card Games</p>	<p>29 9:00AM Coffee & Donuts 2PM Pictionary 4PM Mindful Coloring 7PM Movie</p>	<p>30 11AM Bingo 2PM Parlor Games 7PM Movie by Resident's Choice</p>

Monthly Birthday Party!

Weds the 30th at 2PM

Music with our own

Caryl !!!



June Birthdays:

Kathy L. Ruth B. Pat H. Eva G. Thomas L.

RuthAnn N. Celine V. Maureen L.

Healthcare Topic: "Diabetes"

June at 2PM

With Guest Speaker

Kathy Young R.N.

Thursday the 26th at 2PM



The Calamar Foundation

Gay Molnar, President

Our Vision:

The Calamar foundation vision is simple. As a multi-generational organization, we have been brought up to give back to our community. Through the Calamar Foundation, and many people who live and work in our ever growing communities they call home, we will be able to do this. Our mission is to support and make an impact across all communities where we do business.

In this regard 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

New Time!

COFFEE & DONUTS

each Friday will now be at 9AM

