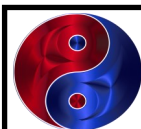


Riddle For the Day: It's not every day that a friend comes along who can be treasured by a great grandmother, grandmother, mother, and daughter. Who is this friend?
Raggedy Ann & Andy dolls.

Happy Birthday



Pat H., Celine V., Eva G., Tom L.



Guided Meditation

is offered here. Is scientifically proven to improve your over-all cognitive abilities helping you to focus more, develop skills quicker, and improve your memory power.

Join us for some Father's Day
music by Bob Desmarais



Music 1950's & 60's with Stan!
Outside weather permitting

**Thank you to all who
donated to the
Calamar Foundation!**

Special Events:



Kathy Young R.N.
Presentation
"Dementia-
Taking Care of the
Caregiver"



Hello & Welcome!

Please join us in welcoming our
newest residents!!

If you see an unfamiliar face next
door, don't be shy ... say, "Hi!"



Linda Sweeney
Mary Reis
Ruth Jones
Dottie and John
Jeanne Osborn and
Stephen Sirota



The Grand Estate
at Londonderry

COMMUNITY INFORMATION

COMMUNITY
MANAGER:
JANINE PAYNE

CONNECT 55+
COORDINATOR:
FRANK PAOLINI

MAINTENANCE TECH:
BILL MONAHAN

UTILITIES TECH:

LEANNE MCCANN
OFFICE PHONE #
& AFTER HOURS
EMERGENCY SERVICE
#: 603404-2151

MANAGER EMAIL:
MANAGERLONDON-
DERRY@CALAMAR
COM

RENT IS DUE TO THE
OFFICE ON THE 1ST OF
EVERY MONTH. RENT
CHECKS CAN BE MADE
OUT TO RM16A HOLD-
INGS.

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



Londonderry Ledger

JUNE

"Come as strangers, live as friends"

HAPPY FATHER'S DAY!

Father's Day is a celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of Fathers in society. In Catholic Europe, it has been celebrated on March 19 since the Middle Ages. This celebration was brought by the Spanish and Portuguese to Latin America, where March 19 is often still used for it, though many countries in Europe and the Americas have adopted the U.S. date, which is the third Sunday of June. Originated in the United States in 1910 to honor Father's nationwide. Mrs. John Bruce Dodd of Spokane Washington is credited for its founding.

"Life is like riding a bicycle. To keep your balance, you must keep moving" -Albert Einstein

Important Reminders:

Smoking Policy:

Smoking of any kind is *NOT* allowed anywhere inside the buildings. You must be at least 50' away from the buildings. Also, please make sure to dispose of your cigarettes in the receptacles provided behind Building's B and C. This policy also applies to guests you may have visit who are smokers.

Pedestrian Safety:

The weather is getting nice and more people are walking outside. Please be mindful of your speed when driving on Golen Drive and through the parking lot.

Maintenance News:

For those of you who have not had the pleasure of meeting our new Maintenance Technician, Please welcome Bill Monahan to our Team.

Quote of the Month: "I want to be remembered as a darn good entertainer, nothing spectacular. A good entertainer who made people enjoy themselves and made them laugh a little. I want them to think "He was a nice guy. He did pretty good and we loved him." Dean Martin

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Program is subject to occasional & unforeseen changes.</p> <p>Changes will be posted on lighted board in lobby next to large calendar.</p>					<p>2019</p> <p>June is: National Dementia Caregivers Month see Thursday the 27th</p>	<p>1</p> <p>11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie</p>
<p>2</p> <p>7AM Early Bird Walking Club</p> <p>2PM Scrabble</p> <p>4PM Card Games</p>	<p>3</p> <p>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</p>	<p>4</p> <p>7AM Early Bird Walking Club 10AM Balance Training 11AM Wii Bowling 2PM Tech Training with John 3PM Movie Matinee 3PM Knitting Club 4PM Parlor Games 6PM Card Club</p>	<p>5</p> <p>7AM Early Bird Walking Club 10AM Boxing Therapy 11AM Guided Meditation 2PM Forbidden Archeology 2:30PM Cash Discussion 3PM Knitting Club 3PM Dart Club</p>	<p>6 75th Anniversary of D-Day</p> <p>7AM Early Bird Walking Club 10AM Seated Stretch 11AM Remember When - D Day 11:30AM Rem. Chat 2PM Team Corn Hole 3PM Chorus Rehearsal 3PM Knitting for Charity 6PM Card Club</p>	<p>7 National Doughnut Day</p> <p>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 7PM Movie</p> 	<p>8</p> <p>11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie</p>
<p>9</p> <p>7AM Early Bird Walking Club</p> <p>2PM Scrabble</p> <p>4PM Card Games</p>	<p>10</p> <p>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</p>	<p>11</p> <p>7AM Early Bird Walking Club 10AM Balance Training Veteran's Club 11AM Wii Bowling 2PM Disaster Awareness with John 3PM Movie Matinee 3PM Knitting Club 4PM Parlor Games</p> 	<p>12</p> <p>7AM Early Bird Walking Club 10AM Boxing Therapy 11AM Guided Meditation 2PM "Where does \$ Come From?" 3PM Knitting Club 6PM Card Club Baptist Service</p>	<p>13</p> <p>7AM Early Bird Walking Club 10AM Seated Stretch 11AM Remember When - 11:30AM Rem. Chat 2PM Team Trivia 3PM Chorus Rehearsal 3PM Knitting for Charity 6PM Card Club</p>	<p>14 Flag Day</p> <p>7AM Early Bird Walking Club 9AM FLAG DAY PRESENTATION 9AM Coffee & Donuts 10:15 AM Isometrics 10:45 AM News Chat 2PM Pictionary 4PM Ping Pong 6PM Card Club 7PM Movie</p>	<p>15</p> <p>11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie</p>
<p>16 Father's Day</p> <p>7AM Early Bird Walking Club</p> <p>2PM Dad's Day Music with Bob Desmaras!</p> <p>4PM Card Games</p>	<p>17</p> <p>7AM Early Bird Walking Club 10AM Tai Chi Standing or Seated & Energy Work 10:30AM Fitness RM Q & A 2PM Catholic Mass Fr. Robert 3PM Armchair Travels 3PM Mah Jong</p>	<p>18</p> <p>7AM Early Bird Walking Club 10AM Balance Training 11AM Wii Bowling 2PM Tech Training with John 3PM Movie Matinee 3PM Knitting Club 4PM Parlor Games 6PM Card Club</p>	<p>19</p> <p>7AM Early Bird Walking Club 10AM Boxing Therapy 11AM Guided Meditation 2PM Sing-a -Long 2:30 Cash Discussion 3PM Knitting Club 6PM Card Club</p> 	<p>20</p> <p>7AM Early Bird Walking Club 10AM Seated Stretch 11AM Remember When 11:30AM Rem. Chat 2PM Team Trivia 3PM Chorus Rehearsal 3PM Knitting for Charity 6PM Rock n' Roll Nite with Stan!</p>	<p>21 International Flower Day</p> <p>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</p>	<p>22</p> <p>11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie</p>
<p>23/30</p> <p>7AM Early Bird Walking Club</p> <p>2PM Scrabble</p> <p>4PM Card Games</p>	<p>24</p> <p>7AM Early Bird Walking Club 10AM Tai Chi Standing or Seated & Energy Work 1PM Ladies Club 2PM Men's Club 2:30PM Book Club 3PM Armchair Travels 3PM Mah Jong</p>	<p>25 National Forgiveness Day</p> <p>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</p>	<p>26</p> <p>7AM Early Bird Walking Club 10AM Boxing Therapy 11AM Guided Meditation 2PM Monthly B-Day Party 3PM Cash Discussion 3PM Knitting Club 3PM Dart Club 6PM Card Club 6PM Cribbage</p>	<p>27</p> <p>7AM Early Bird Walking Club 10AM Seated Stretch 11AM Connect 55 Activities Meeting 2PM Kathy Young R.N. Dementia-Taking Care of the Caregiver 3PM Chorus Rehearsal 3PM Knitting for Charity 6PM Card Club</p> 	<p>28</p> <p>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 7PM Movie</p>	<p>29</p> <p>11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie</p>