

ST. PATS DOUBLE SHOT OF IRISH MUSIC !

**BOB BAKER 1:30PM**

**PLUS! DUANE SULLIVAN!**

6PM -7:30PM

Bring your own Beverage of choice!



Guess Who Game?

If you bring a picture of yourself when you were Teens, twenties, or tots in to Frank BEFORE Wednesday the 18th. It will be presented on the BIG SCREEN TV during 11AM Rem. When time. Then we will all guess who is you! I will NOT be able to have time to scan it after the 18th. You may leave the picture in mailbox next to my door on 2nd floor. ALL PICTURES will be returned after event.



**March is Women's History Month!**

Three specials for Remember When:

"10 Top 10 Firsts For Women In American History



"Women in History Documentary"



"In the Footsteps of Marie Curie"

LIVE presentation by Reg. Ph.



Kaitlyn "Over the Counter

Meds & Side Effects" Plus!

"Diseases and Aging"

New Discussion Group on

Mondays

"Where Were You When?"



Everyone is living history. Where were you when :

Pearl Harbor was attacked?

Twin Towers attack?

JFK Assination? Etc and more.

I'm looking forward to your stories...aren't you?



Lynne Mize form ComcastX1 Demo- \$25  
visa raffle- giveaways



**Happy Birthday**

Paula M. 6, Brian T. 9, Paul L. 30, Dee L.19, Tom R.14,

Mike M. 28, Bob M. 14, Dave M. 19, Porter S. 30,

Cliff J. 7 Sunny S. 14, Betty C. 30, Richard S. 9,

Dixie M. 24, Pat M. 14

**March Fun Facts**

- ◊ **Josephine Cochrane invented the dishwasher in 1886**
- **March is National Pothole Month**
- **Did you Know: Davy Crockett was an Irish American**



Grand Estate  
at Londonderry

**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

RENT IS DUE TO THE  
OFFICE ON THE 1ST OF  
EVERY MONTH. RENT  
CHECKS CAN BE MADE  
OUT TO RM16 HOLDINGS.

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

**Londonderry Ledger**

**MARCH**

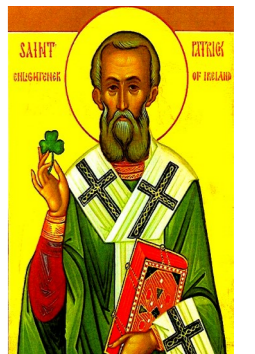
2020

**"Come as strangers, live as friends"**









**St. Patrick's Day March the 17th**

**St. Patrick was born in Scotland in 889. At 19years old he was captured by Pirates and sold as a slave where he cared for pigs. After seven years as a slave, some sailors helped him escape. Eventually he wound up in Italy where he became a Priest and subsequently a Bishop. Later, he returned to Ireland and taught people about God and Christianity. It is said that he used a three leaf clover to explain the Trinity of God, the Father, and the Holy Spirit. He founded churches and schools and spread the Christian faith.**

**All Irish Kings were subject to King Tara. He issued a n ordinance that all fires be extinguished in Ireland before Easter and relit by his personal fire. St Patrick disobeyed his order and angered the King. The arrested Patrick and demanded to know the rebellion. Patrick humbly acknowledged the fire was built to honor Christ who had risen from the dead and became the light of the world. The King was so touched he became a Christian himself. St. Patrick also is said to have driven the snakes from Ireland. He died in 493.**



Quote of the Month: "This life is yours. Take the power to choose what you want to do and do it well. Take the power to love what you want in life and love it honestly. Take the power to walk in the forest and be a part of nature. Take the power to control your own life. No one else can do it for you. Take the power to make your life happy." -- Susan Polis Schutz

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>1</p> <p>7AM Early Bird Walking Club</p> <p>2PM Scrabble</p> <p>4PM Card Games</p>	<p>2</p> <p>7AM Early Bird Walking Club</p> <p>10AM Tai Chi &amp; Reiki Self Energy Work</p> <p>10:30AM Seated Stretch</p> <p>2PM Discussion Where were You When? "Twin Towers Attack"</p> <p>"Japanese Bombed Pearl Harbor"</p> <p>3PM Armchair Travels</p> <p>3PM Mah Jong</p> <p>6PM Poker</p>	<p>3 National I Want You to be Happy Day</p> <p>AM Early Bird Walking Club</p> <p>10AM Balance Training</p> <p>10:45AM Wii Bowling</p> <p>1:00PM "Food Choices" Award winning documentary</p> <p>2PM Tech Training with John</p> <p>3PM Movie Matinee</p> <p>3PM Knitting Club</p> <p>4PM Parlor Games</p> <p>6PM Card Club</p>	<p>4</p> <p>7AM Early Bird Walking Club</p> <p>10AM Boxing for Fitness</p> <p>10:30AM Lynne form Comcast X1 Demo- \$25 visa raffle-giveaways</p> <p>1PM Healing Meditation</p> <p>2PM Target ball</p> <p>3PM BYOB Happy Hour</p> <p>3PM Knitting</p> <p>6PM Cribbage</p> 	<p>5</p> <p>7AM Walking Club</p> <p>10AM Seated Stretch</p> <p>11AM Remember When "10 Firsts for American Woman"</p> <p>11:30AM Rem. When Chat</p> <p>2PM LIVE presentation by Kaitlyn R.Ph "Over the Counter Meds &amp; Side Effects"</p> <p>3PM Knitting Club</p> <p>3PM Chorus Rehearsal</p> <p>6PM Card Club</p>	<p>6</p> <p>7AM Early Bird Walking Club</p> <p>9AM Coffee &amp; Donuts</p> <p>10:15 AM Isometrics</p> <p>11AM Friday Finance</p> <p>2PM Pictionary</p> <p>4PM Corn Hole</p> <p>6PM Card Club</p> <p>7PM Friday Nite Movie</p>	<p>7</p> <p>11AM Bingo</p> <p>2PM Parlor Games</p> <p>4PM Mindful Coloring</p> <p>6PM Card Club</p> <p>7PM Saturday Nite Movie</p>	
<p>8 Daylight Saving Time Begins</p> <p>7AM Early Bird Walking Club</p> <p>2PM Scrabble</p> <p>4PM Card Games</p>	<p>9 Full Moon/ National Napping Day</p> <p>7AM Early Bird Walking Club</p> <p>10AM Tai Chi &amp; Reiki Self Energy Work</p> <p>10:30AM Seated Stretch</p> <p>2PM Discussion Where Were You When? "JFK Assingation"</p> <p>2:30PM Book Club</p> <p>3PM Armchair Travels</p> <p>3PM Mah Jong</p> <p>6PM Poker</p> 	<p>10 Jewish Purim begins March 9th</p> <p>AM Early Bird Walking Club</p> <p>10AM Balance Training</p> <p>10:45AM Wii Bowling</p> <p>11AM Veteran's Club</p> <p>1:30PM Nutrition Tuesdays</p> <p>2PM Tech Training with John</p> <p>3PM Movie Matinee</p> <p>3PM Knitting Club</p> <p>4PM Parlor Games</p> <p>6PM Card Club</p>	<p>11</p> <p>7AM Early Bird Walking Club</p> <p>10AM Boxing for Fitness</p> <p>11AM AM Chat</p> <p>1PM Healing Meditation</p> <p>2PM Getting to Know You Game</p> <p>3PM French Club</p> <p>3PM Knitting</p> <p>6PM Baptist Service</p>	<p>12</p> <p>7AM Walking Club</p> <p>10AM Seated Stretch</p> <p>11AM Remember When "In the Footsteps of Madam Currie"</p> <p>11:30AM Rem. When Chat</p> <p>2PM Trivia in Theater Room</p> <p>3PM Knitting Club</p> <p>3PM Chorus Rehearsal</p> <p>6PM Card Club</p>	<p>13 Friday the 13th</p> <p>7AM Early Bird Walking Club</p> <p>9AM Coffee &amp; Donuts</p> <p>10:15 AM Isometrics</p> <p>11AM Friday Finance</p> <p>2PM Pictionary</p> <p>4PM Corn Hole</p> <p>6PM Card Club</p> <p>7PM Friday Nite Movie</p>	<p>14 Pi Day</p> <p>11AM Bingo</p> <p>2PM Parlor Games</p> <p>4PM Mindful Coloring</p> <p>6PM Card Club</p> <p>7PM Saturday Nite Movie</p>	
<p>15</p> <p>7AM Early Bird Walking Club</p> <p>2PM Scrabble</p> <p>4PM Card Games</p>	<p>16</p> <p>7AM Early Bird Walking Club</p> <p>10AM Tai Chi &amp; Reiki Self Energy Work</p> <p>10:30AM Seated Stretch</p> <p>2PM Catholic Mass</p> <p>3PM Armchair Travels</p> <p>3PM Mah Jong</p> <p>6PM Poker</p> 	<p>17 ST. PATRICKS DAY</p> <p>AM Early Bird Walking Club</p> <p>10AM Balance Training</p> <p>10:45AM Wii Bowling</p> <p>1:30PM Music with Bob Baker &amp; Corn Muffins</p> <p>2PM Tech Training with John</p> <p>3PM Movie Matinee</p> <p>3PM Knitting Club</p> <p>4PM Parlor Game</p> <p>6PM Irish Music by Duane Sullivan</p>	<p>18</p> <p>7AM Early Bird Walking Club</p> <p>10AM Boxing for Fitness</p> <p>11AM Connect 55 Meeting</p> <p>1PM Healing Meditation</p> <p>2PM Harvard Step Challenge</p> <p>3PM Knitting Club</p> <p>6PM Cribbage</p> 	<p>19 SPRING BEGINS!</p> <p>7AM Walking Club</p> <p>10AM Seated Stretch</p> <p>11AM Rem When "Women in History Documentary"</p> <p>11:30AM Rem. When Chat</p> <p>2PM Trivia in Theater Room</p> <p>3PM Knitting Club</p> <p>3PM Chorus Rehearsal</p> <p>6PM Card Club</p>	<p>20</p> <p>7AM Early Bird Walking Club</p> <p>9AM Coffee &amp; Donuts</p> <p>10:15 AM Isometrics</p> <p>11AM Friday Finance</p> <p>2PM Pictionary</p> <p>4PM Corn Hole</p> <p>6PM Card Club</p> <p>7PM Friday Nite Movie</p>	<p>21</p> <p>11AM Bingo</p> <p>2PM Parlor Games</p> <p>4PM Mindful Coloring</p> <p>6PM Card Club</p> <p>7PM Saturday Nite Movie</p>	
<p>22</p> <p>7AM Early Bird Walking Club</p> <p>2PM Scrabble</p> <p>4PM Card Games</p>	<p>23</p> <p>7AM Early Bird Walking Club</p> <p>10AM Tai Chi &amp; reiki Self Energy Work</p> <p>10:30AM Seated Stretch</p> <p>2PM Ladies &amp; Men's Club</p> <p>3PM Mah Jong</p> <p>Armchair Travels</p> <p>6PM Poker</p>	<p>24</p> <p>AM Early Bird Walking Club</p> <p>10AM Balance Training</p> <p>10:45AM Wii Bowling</p> <p>1:30PM Nutrition Tuesdays</p> <p>2PM Tech Training with John</p> <p>3PM Movie Matinee</p> <p>3PM Knitting Club</p> <p>4PM Parlor Games</p> <p>6PM Card Club</p>	<p>25</p> <p>7AM Early Bird Walking Club</p> <p>10AM Boxing for Fitness</p> <p>1PM Healing Meditation</p> <p>1:30PM Classical with Caryl</p> <p>2PM Monthly B-Day Party With Music by Caryl</p> <p>3PM Knitting Club</p> <p>6PM Cribbage</p>	<p>26 Opening Day of Baseball</p> <p>7AM Walking Club</p> <p>10AM Seated Stretch</p> <p>11AM Guess Who?</p> <p>2PM LIVE presentation by Kaitlyn R.Ph "Diseases &amp; Aging"</p> <p>3PM Knitting Club</p> <p>3PM Chorus Rehearsal</p> <p>6PM Card Club</p>	<p>27</p> <p>7AM Early Bird Walking Club</p> <p>9AM Coffee &amp; Donuts</p> <p>10:15 AM Isometrics</p> <p>11AM Friday Finance</p> <p>2PM Pictionary</p> <p>4PM Corn Hole</p> <p>6PM Card Club</p> <p>7PM Friday Nite Movie</p> 	<p>28</p> <p>11AM Bingo</p> <p>2PM Parlor Games</p> <p>4PM Mindful Coloring</p> <p>6PM Card Club</p> <p>7PM Saturday Nite Movie</p>	
<p>29 National Vietnam War Veterans Day</p> <p>7AM Early Bird Walking Club</p> <p>2PM Scrabble</p> <p>4PM Card Games</p>	<p>30</p> <p>7AM Early Bird Walking Club</p> <p>10AM Tai Chi &amp; Reiki Self Energy Work</p> <p>10:30AM Seated Stretch</p> <p>2PM Where Were You When? "Apollo Moon Landing"</p> <p>3PM Armchair Travels</p> <p>3PM Mah Jong</p> <p>6PM Poker</p>	<p>31</p> <p>AM Early Bird Walking Club</p> <p>10AM Balance Training</p> <p>10:45AM Wii Bowling</p> <p>1:00PM "</p> <p>2PM Trivia with John</p> <p>3PM Movie Matinee</p> <p>3PM Knitting Club</p> <p>4PM Parlor Games</p> <p>6PM Card Club</p> 				<p>Program is subject to occasional &amp; unforeseen changes. Changes will be posted on lighted board in lobby.</p>	 <p>2020</p>