



# The Grand Estate at Londonderry

**Property Manager:**

**Janine Payne**

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November 2018



## *Manager's Corner.....*

**Connect Coordinator:**

**Frank Paolini**

**Regional Maintenance**

**Technician: Kelvin Rose**

*As we move into a busy Holiday Season, just a few reminders. Residents will be reserving community room for functions please be advised. Mail volume be heavier than usual therefore, all packages will be placed on a table in community room across from mail room. A final reminder, any program changes will be placed on Lobby Lighted board as soon as we are given notice. Looking forward to a beautiful Holiday season with all of you!*

*~ Janine Payne Community Manager*

**Utilities Assistant:**

**LeAnn McCann**



The Calamar Foundation partners with our local residents and our local chapters of the Alzheimer's Association, The American Cancer Society, and The American Heart Association to give back to the community in which we live and do business. Check out thermometer, and watch the donations rise!! For info on becoming a Foundation Donor, please see Janine.



**November is Alzheimer Awareness Month!**



# November 2018



| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY   |
|---|---|--|---|
| <p><b>Program is subject to occasional &amp; unforeseen changes.</b></p> <p><b>Changes will be posted on lighted board in lobby next to large calendar.</b></p> |   |  |   |
| <p>4</p> <p>2PM Scrabble ++</p> <p>4PM Card Games ++</p> <p><b>8PM Patriots Game</b></p>  | <p>5</p> <p>10AM Monday Morning Stretch :<br/>Tai Chi Standing or Seated ++</p> <p>10:30AM Ceramics with Terry ++</p> <p>1PM Mindful Coloring +</p> <p>2PM You Be the Judge +</p> <p>3PM Armchair Travels ++</p> <p>3PM Mah Jong ++</p> <p>6PM Poker ++</p>  | <p>6</p> <p>10AM Balance Training +</p> <p>11AM Wii Bowling + + +</p> <p>2PM Old Movie Matinee + +</p> <p>2PM Tech Training with John + +</p> <p>6PM Card Club ++</p> <p>6PM Open Gym +</p>                                  | <p>7</p> <p>9:30AM Coffee &amp; C</p> <p>11AM Boxing Ther</p> <p>1PM You Be the J</p> <p><b>2PM "Alzheimer's</b></p>  <p><b>5PM Annual Tha</b></p> |
| <p>11</p> <p><b>VETERAN'S DAY</b></p> <p>2PM Scrabble ++</p> <p>4PM Card Games ++</p> <p><b>8PM Patriots Game</b></p>   | <p>12</p> <p>10AM Monday Morning Stretch :<br/>Tai Chi Standing or Seat-<br/>ed ++</p> <p>2PM You Be the Judge +</p> <p>1PM Mindful Coloring +</p> <p>2:30PM Book Club + +</p>  | <p>13</p> <p>10AM Seated Yoga Danielle +</p> <p>11AM Wii Bowling + + +</p> <p>2PM Old Movie Matinee + +</p> <p>2PM Tech Training with John + +</p> <p>6PM Card Club ++</p> <p>6PM Open Gym +</p>                             | <p>14</p> <p>9:30AM Coffee &amp; C</p> <p>11AM Boxing Ther</p> <p>1PM You Be the J</p> <p><b>2PM "Nutrition</b></p> <p>3PM Knitting Club</p> <p>6PM Card Games</p>  |
| <p>18</p> <p>2PM Scrabble ++</p> <p>4PM Card Games ++</p>   | <p>19</p> <p>10AM Monday Morning Stretch :<br/>Tai Chi Standing or Seat-<br/>ed ++</p> <p>1PM Mindful Coloring +</p> <p>2PM Catholic Mass + +</p> <p>3PM Armchair Travels ++</p>    | <p>20</p> <p>10AM Balance Training +</p> <p>Veteran's Club with Sgt. Bobo</p> <p>11AM Wii Bowling + + +</p> <p>2PM Old Movie Matinee + +</p> <p>2PM Tech Training with John + +</p> <p>6PM Card Club ++</p>                  | <p>21</p> <p>9:30AM Coffee &amp; C</p> <p>11AM Boxing Ther</p> <p>1PM You Be the Ju</p> <p><b>2PM "Ancient Te</b></p> <p><b>Shouldn't</b></p> <p>3PM Knitting Club -</p> <p>6PM Card Games +</p>                                      |
| <p>25</p> <p>2PM Scrabble ++</p> <p>4PM Card Games ++</p> <p><b>8PM Patriots Game</b></p>   | <p>26</p> <p>10AM Monday Morning Stretch :<br/>Tai Chi Standing or Seated ++</p> <p>1PM Mindful Coloring +</p> <p>2PM Men's Club +</p> <p>Woman's Club +</p> <p>3PM Armchair Travels ++</p> <p>3PM Mah Jong ++</p> <p>6PM Poker ++</p>                      | <p>27</p> <p>10AM Balance Training +</p> <p>11AM Holiday Decorating!</p> <p>11AM Wii Bowling + + +</p> <p>2PM Old Movie Matinee + +</p> <p>2PM Tech Training with John + +</p> <p>6PM Card Club ++</p> <p>6PM Open Gym +</p> | <p>28</p> <p>9:30AM Coffee &amp; C</p> <p>11AM Boxing Ther</p> <p>1PM You Be the Ju</p> <p>+2PM Monthly</p> <p>&amp; live Musi</p> <p>3PM Sing-a-Long</p> <p>3PM Knitting Club -</p> <p>6PM Card Games +</p>                          |

- + Intellectual
- + Spiritual
- + Physical
- + Social

| DAY   | THURSDAY  | FRIDAY  | SATURDAY   |
|---|---|---|--|
|   | <p>1</p> <p>10AM Seated Stretch ++</p> <p>11AM Guided Imagery +</p> <p>2PM Team Trivia +++</p> <p>3PM Knitting for Charity++</p> <p>6PM Card Club ++</p> <p style="text-align: right;"></p>                             | <p>2</p> <p>9AM Coffee &amp; Donuts +</p> <p>10:30AM Isometrics +</p> <p>11AM Remember When + +</p> <p>2PM Pictionary ++</p> <p>6PM Card Club ++</p> <p>7PM Movie +</p>                                 | <p>3</p> <p>11AM Bingo +++</p> <p>2PM Parlor Games ++</p> <p>4PM Mindful Coloring +</p> <p>6PM Card Club ++</p> <p>7PM Residents Choice Movie +</p>  |
| <p>Cash Topics ++</p> <p>Therapy +</p> <p>Judge +</p> <p><i>"Coconut Oil"</i></p> <p>Thanksgiving Pot</p>   | <p>8</p> <p>10AM Seated Stretch + +</p> <p>11AM Guided Imagery +</p> <p>2PM Suzanne O'gara</p> <p><b>"How to Communicate with Your Doctor" + +</b></p> <p>3PM Knitting for Charity ++</p> <p>6PM Card Games +</p>       | <p>9</p> <p>9AM Coffee &amp; Donuts +</p> <p><b>10AM Annual Veteran's Ceremony &amp; Awards + +</b></p> <p>11AM Remember When++</p> <p>2PM Pictionary ++</p> <p>6PM Card Club ++</p> <p>7PM Movie +</p> | <p>10</p> <p>11AM Bingo +++</p> <p>2PM Parlor Games ++</p> <p>4PM Mindful Coloring +</p> <p>6PM Card Club ++</p> <p>7PM Residents Choice Movie +</p> |
| <p>Cash Topics ++</p> <p>Therapy +</p> <p>Judge +</p> <p><i>"vs Cancer"++</i></p> <p>Calamar Foundation</p> | <p>15</p> <p>10AM Seated Stretch ++</p> <p>10:30AM Morning Chat +++</p> <p>11AM Guided Imagery +</p> <p>2PM Team Trivia +++</p> <p>3PM Knitting for Charity++</p> <p>6PM Card Club ++</p>                               | <p>16</p> <p>9AM Coffee &amp; Donuts +</p> <p>11AM Remember When+ +</p> <p>10:30 AM Isometrics +</p> <p>2PM Pictionary ++</p> <p>6PM Card Club ++</p> <p>7PM Movie +</p>                                | <p>17</p> <p>11AM Bingo +++</p> <p>2PM Parlor Games ++</p> <p>4PM Mindful Coloring +</p> <p>6PM Card Club ++</p> <p>7PM Residents Choice Movie +</p> |
| <p>Cash Topics ++</p> <p>Therapy +</p> <p>Judge +</p> <p><i>"Technology that Exist" ++</i></p>              | <p>22</p> <p><b>Happy Thanksgiving</b></p> <p>3PM Knitting for Charity++</p> <p>6PM Card Club ++</p>  | <p>23</p> <p>9AM Coffee &amp; Donuts +</p> <p>2PM Pictionary ++</p> <p>6PM Card Club ++</p> <p>7PM Movie +</p>  | <p>24</p> <p>11AM Bingo +++</p> <p>2PM Parlor Games ++</p> <p>4PM Mindful Coloring +</p> <p>6PM Card Club ++</p> <p>7PM Residents Choice Movie +</p> |
| <p>Cash Topics ++</p> <p>Therapy +</p> <p>Judge +</p> <p>Birthday Party</p> <p>by Caryl</p>                 | <p>29</p> <p>10AM Seated Yoga Danielle + +</p> <p>11AM Guided Imagery +</p> <p><b>2PM "Gastrointestinal Disorders" - Kathy Young R.N. + +</b></p> <p>3PM Knitting for Charity ++</p> <p style="text-align: right;"></p> | <p>30</p> <p>9AM Coffee &amp; Donuts +</p> <p>10:30AM Isometrics +</p> <p>11AM Remember When++</p> <p>2PM Pictionary ++</p> <p>6PM Card Club ++</p> <p>7PM Movie +</p>                                  |  |