The Grand Estate at Londonderry

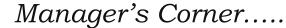
Property Manager:

managerlondonderry@calamar.com

November 2018

Janine Payne

Phone: 603-603-404-2151





Connect Coordinator:

Frank Paolini

Regional Maintenance

Technician: Kelvin Rose

Utilities Assistant:

LeAnn McCann

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



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!

ANNUAL PRE-THANKSGIVING POT LUCK

WEDS, 7TH AT 5PM



IF PLANNING TO ATTENDING YOU MUST SIGN-UP ON CORK BOARD SHEET TO RESERVE A SPOT AND WRITE THE DISH YOUR BRINGING.

Veteran's Day Awards

Friday the 9th at10AM Com. RM.

 \star

During Coffee &

Donuts

 $\wedge \wedge \wedge \wedge \wedge \wedge \wedge \wedge$



DECORATING COMMITTEE! HELP DECORATE THE BUILDING FOR THE HOLIDAY SEASON.

TUESDAY NOV. 27TH IN LOBBY AT 11AM





PLEASE SEE SIGN -UP SHEET IN LOBBY CORK BOARD TO JOIN IN FOR SOME

Monthly Birthday Party!

Weds the 28th at 2PM

Music with our own Caryl !!!

Colleen O. Charlotte W. Bill C. Irene N.

Harrison T. Diane T. John K. Al A. Helga Y.

Linda S. Gini H. Fred C. Grace S.

Richard & Marie P.



The Calamar Connect program is undergoing program development. The calendar has added programs, changed some names, and varied times. Any questions please ask Frank our Connect Coordinator.

Thanks, Frank

November 2018



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



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

DAY	THURSDAY	FRIDAY	SATURDAY
Cash Topics ++ erapy + udge + & Coconut Oil"	1 10AM Seated Stretch ++ 11AM Guided Imagery + 2PM Team Trivia +++ 3PM Knitting for Charity++ 6PM Card Club ++ CALAMAR FOUNDATION 8 10AM Seated Stretch ++ 11AM Guided Imagery + 2PM Suzanne O'gara "How to Communicate with Your Doctor" ++	2 9AM Coffee & Donuts + 10:30AM Isometrics + 11AM Remember When + + 2PM Pictionary ++ 6PM Card Club ++ 7PM Movie + 9 9AM Coffee & Donuts + 10AM Annual Veteran's Ceremony & Awards + + 11AM Remember When++ 2PM Pictionary ++ 6PM Card Club ++	3 11AM Bingo +++ 2PM Parlor Games ++ 4PM Mindful Coloring + 6PM Card Club ++ 7PM Residents Choice Movie + 10 11AM Bingo +++ 2PM Parlor Games ++ 4PM Mindful Coloring + 6PM Card Club ++ 7PM Residents Choice Movie +
Cash Topics ++ erapy + udge + vs Cancer"++ O ++ ++ CALAMAR ++ FOUNDATION	3PM Knitting for Charity ++ 6PM Card Games + 15 10AM Seated Stretch ++ 10:30AM Morning Chat +++ 11AM Guided Imagery + 2PM Team Trivia +++ 3PM Knitting for Charity++ 6PM Card Club ++	7PM Movie + 16 9AM Coffee & Donuts + 11AM Remember When+ + 10:30 AM Isometrics + 2PM Pictionary ++ 6PM Card Club ++ 7PM Movie +	17 11AM Bingo +++ 2PM Parlor Games ++ 4PM Mindful Coloring + 6PM Card Club ++ 7PM Residents Choice Movie +
ash Topics ++ apy + dge + echnology that Exist" ++ +	Happy Thanksgiving 3PM Knitting for Charity++ 6PM Card Club ++	23 9AM Coffee & Donuts + 2PM Pictionary ++ 6PM Card Club ++ 7PM Movie +	24 11AM Bingo +++ 2PM Parlor Games ++ 4PM Mindful Coloring + 6PM Card Club ++ 7PM Residents Choice Movie +
ash Topics ++ apy + dge + Birthday Party c by Caryl	29 10AM Seated Yoga Danielle + + 11AM Guided Imagery + 2PM "Gastrointestinal Disorders" - Kathy Young R.N. + + 3PM Knitting for Charity ++ CALAMAR FOUNDATION	30 9AM Coffee & Donuts + 10:30AM Isometrics + 11AM Remember When++ 2PM Pictionary ++ 6PM Card Club ++ 7PM Movie +	