

## Pumpkin Trivia

Pumpkins are grown on six of the seven continents, with Antarctica being the sole exception.



What If...

*I lose my life Savings to a Nursing Home Stay?*



Atty: Edward Beasley

CFA Greg Gagne

Will be here giving a FREE seminar Q & A on many valuable financial questions & tips.

## Tarot Cards & Palm Readings



with Ellen!  
See lobby sign-up board for details & schedule a time for a reading



The recent success in our wine & whiskeys tastings, we having a BYOB Happy Hour. Bring your favorite beverage, glass, or mug. (It can even be milk!) But it's a great way to meet new residents

## Holiday Beauty Tips and Gift Ideas



with our own  
Linda Scott!



## Annual Pre-Thanksgiving Pot Luck

Check the lobby board for sign-up sheet and what entrée to share.



## VETERAN'S DAY LINE-UP

10AM Coffee & Corn Bread

Guest Speaker: Police Chief Bill Hart & Medal Presentation

2PM 100 years of Veteran's Documentary



## Happy Birthday



Joe R.7th, Norma R. 5th, Don T. 19th, Peg R. 5th, Doris F. 14th, John P. 29th, Tom R. 7th, Rachel C.1st, John M.15th, Sue M. 25th, Bill Y. 15th, Bob H. 15th, John S. 14th, Eleanor D. 11th, Diane S. 11th, Paul C. 16th, Harry K. 3rd, Deb C. 8th, Vito D.

(Must've been a cold March those years!)

## Alzheimer's and Dementia: How to Cope when it Hits a Loved one with Suzanne O'Gara



## Alzheimer Awareness Movie Month



As we did with Breast Cancer, each Tuesday at 3PM will be a Hollywood Movie regarding Alzheimer's in order to raise awareness of a rising problem.



The Grand Estate @ Londonderry

# Londonderry Ledger



## "Come as strangers, live as friends"

What is the history of Thanksgiving?

The first "Thanksgiving" was a three-day feast in early autumn of 1621 at the Plymouth Plantation in Massachusetts, celebrated together by Pilgrims and Native Americans—Wampanoag is the name of the Native American tribe that celebrated the first Thanksgiving with the Pilgrims.

Why did the Pilgrims celebrate the first Thanksgiving?

The Pilgrims celebrated the first Thanksgiving because they were grateful for their successful harvest in the New World. During this feast, the Pilgrims demonstrated their tradition of thanking God for a bountiful feast.

While the Pilgrims and Wampanoag tribe dined on enough food to last for a week—according to letters that Edward Winslow, an English leader who attended that first iconic celebration wrote to a friend—the first Thanksgiving meal lacked the delectable delights of today, and instead likely consisted of fowl, flint corn, squash, porridge, chestnuts, shellfish, and venison.

When did Thanksgiving become a National Holiday?

A national day of thanks and prayer was declared by America's first president, George Washington in 1789. However, the Thanksgiving Day as we know it today was proclaimed an official federal holiday in 1863 by President Abraham Lincoln, who referred to it as a national day of "Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens."

**Quote of the Month:** "An act of kindness may take only a moment of our time, but when captured in the heart, the memory lives forever." Molly Friedenfeld

## COMMUNITY INFORMATION

**COMMUNITY MANAGER:**  
JANINE PAYNE

**CONNECT 55+ COORDINATOR:**  
FRANK PAOLINI

**UTILITIES TECH:**  
LEANNE MCCANN

**OFFICE PHONE #**  
& AFTER HOURS  
EMERGENCY SERVICE #  
603-404-2151

**MANAGER EMAIL:**  
MANAGERLONDONDERRY@CALAMAR.COM

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.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Program is subject to occasional &amp; unforeseen changes. Please check lighted board in Lobby daily for any updated changes.</p>						<p><b>1 WEAR PURPLE</b></p> <p>9AM Coffee &amp; Donuts 9:30AM Meeting with the Manager 10:15 AM Isometrics 10:45 Friday Finance 2PM Pictionary 4PM Corn Hole 6PM Card Club 7PM Movie</p>
<p><b>3 Daylight Savings Ends</b></p> <p>7AM Early Bird Walking Club 2PM Scrabble 4PM Card Games 8:20PM Patriots @ Ravens</p>	<p><b>4 National Candy Day</b></p> <p>7AM Early Bird Walking Club 10AM Tai Chi Standing or Seated &amp; Energy Work 10:30AM Seated Stretch 2PM You Be the Judge 3PM Armchair Travels 3PM Mah Jong 6PM Poker</p>	<p><b>5</b></p> <p>7AM Early Bird Walking Club 10AM Balance Training 10:45AM Wii Bowling 2PM Tech Training with John 3PM <b>Movie Matinee</b> 3PM Knitting Club 4PM Parlor Games 6PM Card Club</p>	<p><b>6</b></p> <p>7AM Early Bird Walking Club 10AM Boxing Therapy 11AM Guided Meditation 1:30PM Crafts with Lynn Mize 3PM Knitting Club Happy Hour 4PM Dart Club 6PM Cribbage</p>	<p><b>7</b></p> <p>7AM Walking Club 10AM Seated Stretch 11AM Remember When - 11:30AM Rem. Chat 2PM <b>Genealogy 101 with Bill Rohr</b> 3PM Grand Estate Chorus 6PM Card Club</p>	<p><b>8 WEAR PURPLE</b></p> <p>7AM Early Bird Walking Club 9AM Coffee &amp; Donuts 10:15 AM Isometrics 11AM Friday Finance 2PM Pictionary 4PM Corn Hole 6PM Card Club 7PM Movie</p>	<p><b>9</b></p> <p>11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie</p>
<p><b>10</b></p> <p>7AM Early Bird Walking Club 2PM Scrabble 4PM Card Games</p>	<p><b>11 Veteran's Day</b></p> <p>7AM Early Bird Walking Club 10AM <b>Veteran's Day Coffee &amp; Corn Bread &amp; Presentation</b> 2PM <b>100 Year's Veteran's Documentary</b> 2:30PM Book Club 3PM Armchair Travels Mah Jong 6PM Poker</p>	<p><b>12 Full Moon/Beaver Moon</b></p> <p>7AM Early Bird Walking Club 10AM Balance Training 10:45AM Wii Bowling 2PM Tech Training with John 3PM <b>Movie Matinee</b> 3PM Knitting Club 4PM Parlor Games 6PM Card Club</p>	<p><b>13 World Kindness Day</b></p> <p>7AM Early Bird Walking Club 10AM Boxing Therapy 1PM Guided Imagery</p> <p>2PM <b>Preparing for the Unthinkable Pt III—with John Watkins</b></p> <p>3PM Knitting Club 4PM Dart Club 6PM Cribbage Baptist Service</p>	<p><b>14 World Diabetes Day</b></p> <p>7AM Walking Club 10AM Seated Stretch 11AM Connect 55 Meeting 2PM Trivia with Daria &amp; Monique 3PM Grand Estate Chorus 6PM Card Club</p>	<p><b>15 WEAR PURPLE</b></p> <p>7AM Early Bird Walking Club 9AM Coffee &amp; Donuts 10:15 AM Isometrics 11AM Friday Finance 2PM Pictionary 4PM Corn Hole 6PM Card Club 7PM Movie</p>	<p><b>16</b></p> <p>11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie</p>
<p><b>17</b></p> <p>7AM Early Bird Walking Club 2PM Scrabble 4PM Card Games 4:25PM Patriots @ Eagles</p>	<p><b>18 Mickey Mouse's 91st Bday</b></p> <p>7AM Early Bird Walking Club 10AM Tai Chi Standing or Seated &amp; Energy Work 10:30AM Seated Stretch 2PM Ladies Club 2PM Men's Club 3PM Armchair Travels 3PM Mah Jong 6PM Poker</p>	<p><b>19</b></p> <p>7AM Early Bird Walking Club 10AM Balance Training 10:45AM Wii Bowling 2PM Tech Training with John 3PM <b>Movie Matinee</b> 3PM Knitting Club 5PM <b>Thanksgiving Pot Luck</b></p>	<p><b>20</b></p> <p>7AM Early Bird Walking Club 10AM Boxing Therapy 1PM Guided Imagery</p> <p>1:30 <b>FREE Q &amp; A Finance Planning Seminar with Atty: E. Beasley &amp; CFA Greg Gagne</b></p> <p>3PM Knitting Club 4PM Dart Club 6PM Cribbage</p>	<p><b>21</b></p> <p>7AM Walking Club 10AM Seated Stretch 11AM Remember When</p> <p>2PM <b>Alzheimer's and Dementia: How to Cope when it Hits a Loved one with Suzanne O'Gara</b></p> <p>3PM Grand Estate Chorus 6PM Card Club</p>	<p><b>22 WEAR PURPLE</b></p> <p>7AM Early Bird Walking Club 9AM Coffee &amp; Donuts 10:15 AM Isometrics 11AM <b>Holiday Beauty Tips and Gift Ideas with our Own Linda Scott</b> 2PM Pictionary 4PM Corn Hole 6PM Card Club 7PM Movie</p>	<p><b>23</b></p> <p>11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie</p>
<p><b>24</b></p> <p>7AM Early Bird Walking Club 2PM Scrabble 4PM Card Games 4:25PM Patriots Vs Cowboys</p>	<p><b>25 National Parfait Day</b></p> <p>7AM Early Bird Walking Club 10AM Tai Chi Standing or Seated &amp; Energy Work 10:30AM Seated Stretch</p> <p>1PM—3PM <b> Psychic Readings by Ellen</b></p> <p>3PM Armchair Travels 3PM Mah Jong 6PM Poker</p>	<p><b>26</b></p> <p>7AM Early Bird Walking Club 10AM Balance Training 10:45AM Wii Bowling 2PM Trivia with John 3PM <b>Movie Matinee</b> 3PM Knitting Club 4PM Parlor Games 6PM Card Club</p>	<p><b>27</b></p> <p>7AM Early Bird Walking Club 10AM Boxing Therapy 11AM Finance TEDX Talk 1PM Guided Meditation 2PM <b>Monthly B-Day Party Grand Estate Chorus Show!</b> 3PM Knitting Club 6PM Card Club 6PM Cribbage</p>	<p><b>28</b></p> <p><b>Happy Thanksgiving!</b></p> <p>Thanksgiving Blessings</p>	<p><b>29 Black Friday</b></p> <p>7AM Early Bird Walking Club 10:15 AM Isometrics 2PM Pictionary 4PM Corn Hole 6PM Card Club 7PM Movie</p> <p><b>WEAR PURPLE</b></p>	<p><b>30 Small Business Saturday</b></p> <p>11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie</p>