




**Monthly Birthday Party!**

**Weds the 26th at 2PM**

**Music with our own Caryl !!!**

**Julie S. Ed P. Joe F. Nancy C. Denise N.**

**Joanne M. Linda H. Gail G.**



**Community Fire Drill**

**Weds. the 18th**

**At 10AM**



**October 31st at 5PM**

**Annual Halloween**

**Pot Luck & Costume Contest**

**Dressing in costume encouraged but not required. Prizes given for 1st, 2nd, and 3rd for best costume.**



**Free Blood Pressure Clinic**

**R.N. Kathy Young**

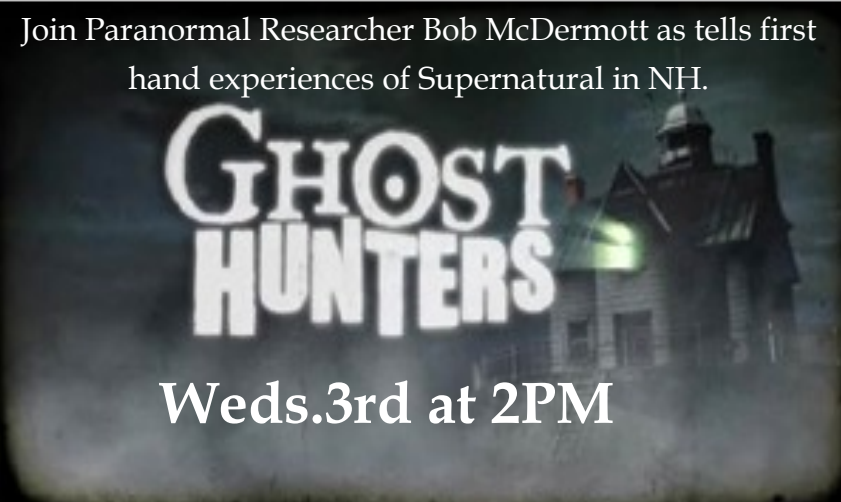
**Thursday the 25th at 2PM**



Join Paranormal Researcher Bob McDermott as tells first hand experiences of Supernatural in NH.

**GHOST HUNTERS**

**Weds. 3rd at 2PM**



Just a shout out to our Tech Trainer of two years John Watkins for the valuable service he provides our Residents and us. Whether he being giving Seminars on Active Shooters, Internet/Phone Safety, Trivia, and Senior Fraud. He is never in a hurry to help our Residents. On behalf of myself and our Residents - Thanks John!

*Frank*



# The Grand Estate at Londonderry

**Property Manager:**

**Janine Payne**

**Phone: 603-268-2734**

**After Hours 603-404-2151**

managerlondonderry@calamar.com

October 2018

**Connect Coordinator:**

**Frank Paolini**



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

**Regional Maintenance  
Technician: Kelvin Rose**

**Utilities Assistant:**

**LeAnn McCann**

I hope you all enjoyed yourselves as we wrapped up summer with Annual Labor Day BBQ. Fall is upon us as we exit one of the hottest Summers in decades!

Holidays are coming with parties, pot lucks, and entertainment. This will be my first season here with you at the Grand Estate at Londonderry. I look forward to many more!

*~ Janine Payne*



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.

# October 2018

Sunday	Monday	Tuesday	Wednesday
	<p>1</p> <p>10AM Tai Chi ++</p> <p>2PM You Be the Judge +</p> <p>3PM Armchair Travels ++</p> <p>3PM Mah Jong ++</p> <p>6PM Poker ++</p> 	<p>2</p> <p>10AM Seated Yoga +++</p> <p>11AM Guided Imagery +</p> <p>1:30PM Senior Fraud &amp; Internet Safety with John +++</p> <p>2PM Trivia with John +</p> <p>3PM Knitting for Charity ++</p> <p>6PM Card Club ++</p>	<p>3</p> <p>10AM Boxing Therapy +</p> <p>2PM "Bob McDermott Paranormal Investigation"</p> <p>3PM Knitting Club ++</p> <p>6PM Card Games ++</p> <p>7PM Cribbage ++</p>
<p>7</p> <p>2PM Scrabble ++</p> <p>4PM Card Games ++</p> <p><b>8PM Patriots vs Detroit +</b></p>	<p>8</p> <p>10AM Tai Chi ++</p> <p>2PM You Be the Judge +</p> <p>3PM Armchair Travels ++</p> <p>3PM Mah Jong ++</p> <p>6PM Poker ++</p>	<p>9</p> <p>10AM Balance Training +</p> <p>11AM Guided Imagery +</p> <p>12Noon Vetreran's Club ++</p> <p>2PM Trivia with John +</p> <p>3PM Knitting for Charity ++</p> <p>6PM Card Club ++</p>	<p>10</p> <p>10AM Boxing Therapy +</p> <p>2PM "Nutrition vs Cancer"</p> <p>3PM Knitting Club ++</p> <p>6PM Baptist Service ++</p> <p>6PM Card Games ++</p> <p>6PM Cribbage ++</p> 
<p>14</p> <p>2PM Scrabble ++</p> <p>4PM Card Games ++</p> <p><b>8PM Patriots vs Detroit +</b></p>	<p>15</p> <p>10AM Tai Chi ++</p> <p>2PM Catholic Mass +</p> <p>3PM Armchair Travels ++</p> <p>3PM Mah Jong ++</p> <p>6PM Poker ++</p>	<p>16</p> <p>10AM Balance Training +</p> <p>11AM Guided Imagery +</p> <p>2PM Trivia with John +</p> <p>3PM Knitting for Charity ++</p> <p>6PM Card Club ++</p>	<p>17</p> <p>10AM Boxing Therapy +</p> <p>2PM "Therapeutic Fastin Solving a 2 Part Problem"</p> <p>3PM Knitting Club ++</p> <p>6PM Card Games ++</p> <p>7PM Cribbage ++</p> 
<p>21</p> <p>2PM Scrabble ++</p> <p>4PM Card Games ++</p> <p><b>8PM Patriots vs Detroit +</b></p>	<p>22</p> <p>10AM Tai Chi ++</p> <p>2PM History Chat: 1911 Sports first Millionaires Gotch vs Hackenschmitt ++</p> <p>3PM Armchair Travels ++</p> <p>3PM Mah Jong ++</p> <p>6PM Poker ++</p> 	<p>23</p> <p>10AM Balance Training +</p> <p>11AM Guided Imagery +</p> <p>2PM Trivia with John +</p> <p>3PM Knitting for Charity ++</p> <p>6PM Card Club ++</p>	<p>24</p> <p>10AM Boxing Therapy +</p> <p>+2PM Monthly Birthday &amp; live Music by Cary</p> <p>3PM Knitting Club ++</p> <p>6PM Card Games ++</p>
<p>28</p> <p>2PM Scrabble ++</p> <p>4PM Card Games ++</p> <p><b>8PM Patriots vs Detroit +</b></p>	<p>29</p> <p>10AM Boxing Therapy +</p> <p>2PM Men's Club +++</p> <p>2PM Woman's Club +++</p> <p>3PM Armchair Travels ++</p> <p>3PM Mah Jong ++</p> <p>6PM Poker ++</p>	<p>30</p> <p>10AM Balance Training +</p> <p>11AM Guided Imagery +</p> <p>2PM Trivia with John +</p> <p>3PM Knitting for Charity ++</p> <p>6PM Card Club ++</p> 	<p>31</p> <p>10AM Walking Club ++</p> <p>2PM Movie "Abbot &amp; Costello Meet Frankstein" ++</p> <p>3PM Knitting Club ++</p> <p>5PM Halloween Party Pot Costume Contest! +</p>



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

	Thursday	Friday	Saturday
tt: or +++	<p>4</p> <p>10AM Seated Stretch ++</p> <p>10:30AM Morning Chat +++</p> <p>2PM Team Trivia +++</p> <p>3PM Wii Bowling +</p> <p>3PM Knitting for Charity++</p> <p>6PM Card Club ++</p>	<p>5</p> <p>9AM Coffee &amp; Donuts +</p> <p>11AM Isometrics +</p> <p>2PM Pictionary ++</p> <p>6PM Card Club ++</p> <p>7PM Movie +</p>	<p>6</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>
er”++  ALAMAR NDATION	<p>11</p> <p>10AM Seated Stretch ++</p> <p>10:30AM Morning Chat +++</p> <p>2PM Team Trivia +++</p> <p>3PM Wii Bowling +</p> <p>3PM Knitting for Charity++</p> <p>6PM Card Club ++</p>	<p>12</p> <p>9AM Coffee &amp; Donuts +</p> <p>11AM Isometrics +</p> <p>2PM Pictionary ++</p> <p>6PM Card Club ++</p> <p>7PM Movie +</p>	<p>13</p> <p>11AM Bingo +++</p> <p>1:30-5PM Knitting Club Sale +++</p> <p>6PM Card Club ++</p> <p>7PM Residents Choice Movie +</p>
ng— ”++  ALAMAR NDATION	<p>18</p> <p><b>10AM Mandatory Fire Drill +++</b></p> <p>2PM Team Trivia +++</p> <p>3PM Wii Bowling +</p> <p>3PM Knitting for Charity++</p> <p>6PM Card Club ++</p>	<p>19</p> <p>9AM Coffee &amp; Donuts +</p> <p>11AM Isometrics +</p> <p>2PM Pictionary ++</p> <p>6PM Card Club ++</p> <p>7PM Movie +</p>	<p>20</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>
Party yl	<p>25</p> <p>10AM Seated Stretch ++</p> <p>10:30AM Morning Chat +++</p> <p>2PM “Arteriosclerosis” - Kathy Young R.N. +</p> <p>3PM FREE Blood Pressure Clinic +++</p> <p>3PM Knitting for Charity++</p> <p>6PM Card Club ++</p>	<p>26</p> <p>9AM Coffee &amp; Donuts +</p> <p>11AM Isometrics +</p> <p>2PM Nutrition with Donna “Fruits &amp; Vegies” ++</p> <p>6PM Card Club ++</p> <p>7PM Movie +</p>	<p>27</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>
ken-  Luck & +	<div style="border: 2px solid black; background-color: yellow; padding: 10px; margin: 10px auto; width: 80%;"> <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> </div>		