



NEW!

Basic Genealogy with Bill Rohr!

Find out about your roots!

Scotch n' Whiskey Tasting!

Inspired by our BYOB wine tasting, a few of our "Bourbonites" have requested equal time! Bring your favorite and shot glass down



AVIATION MUSEUM OF NH PRESENTATION

WITH DAN & KEN



Celebrating Flight!

Breast Cancer Awareness Movie Month!

Each Tuesday at 3PM will be a Hollywood Movie regarding Breast Cancer in order to raise awareness.



10/31 Knock Knock Joke Day

*Knock*Knock*

—"Who's there?"

—"Boo hoo"

—"Boo hoo Who?"

—"Aww, don't cry—it's just a joke"



Knock, knock.

Who's there?

Holmes.

Holmes who?

Holmes is where the heart is.

Quotes of the Month: "Dogs come when they're called: cats take a message and get back to you later." Mary Bly

ANNUAL HALLOWEEN POT LUCK & COSTUME CONTEST GIFT CARD PRIZES FOR 1ST, 2ND, 3RD PLACE WINNERS



Happy Birthday



Bill C. 14th Charlotte W. 3rd

Colleen O. 11th

Irene N. 19th Richard P. 23rd

Jeanne O. 19th Al A. 3rd Helga Y. 18th

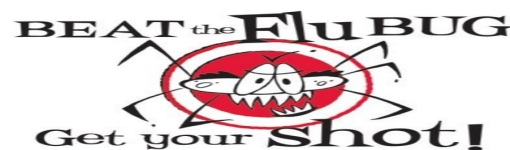
Gini H. 20th Grace S. 18th

Annual Knitting Sale!

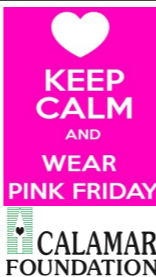


All proceeds go to local charities

Kaitlyn from Osco Pharmacy Visits for



You are invited to join us in wearing PINK for Breast Cancer Awareness every Friday in October.



The Grand Estate at Londonderry

Londonderry Ledger

OCTOBER

"Come as strangers, live as friends"

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 RM16A HOLDINGS.

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



Halloween History

It's one of the most popular holidays, second only to Christmas. Halloween is on October 31st, the last day of the Celtic calendar. It was originally a pagan holiday, honoring the dead. Halloween was referred to as All Hallows Eve and dates back to over 2000 years ago. All Hallows Eve is the evening before All Saints Day, which was created by Christians to convert pagans, and is celebrated on November 1st. The Catholic church honored saints on this designated day.

Origins











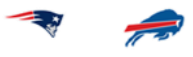







While there are many versions of the origins and old customs of Halloween, some remain consistent by all accounts. Different cultures view Halloween somewhat differently but traditional Halloween practices remain the same. Halloween culture can be traced back to the Druids, a Celtic culture in Ireland, Britain and Northern Europe. Roots lay in the feast of Samhain, which was annually on October 31st to honor the dead. Samhain signifies "summers end" or November. Samhain was a harvest festival with huge sacred bonfires, marking the end of the Celtic year and beginning of a new one. Many of the practices involved in this celebration were fed on superstition. The Celts believed the souls of the dead roamed the streets and villages at night. Since not all spirits were thought to be friendly, gifts and treats were left out to pacify the evil and ensure next years crops would be plentiful. This custom evolved into trick-or-treating.

Foundation Presentation Weds. 16th

with Gay & Dawn CALAMAR FOUNDATION PRESENTATION

Guest Speakers & Details TBA



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>OCTOBER</h1>  <h2>2019</h2>		<p>1 Each Tuesday in Oct. is Breast Cancer Awareness Movie Month</p> <p>7AM Early Bird Walking Club 10AM Balance Training 11AM Wii Bowling 2PM Tech Training with John 3PM Movie Matinee 3PM Knitting Club 4PM Parlor Games 6PM Card Club</p> 	<p>2</p> <p>7AM Early Bird Walking Club 10AM Boxing Therapy 1PM Disaster Preparedness: "Preparing for the Unthinkable" with John Watkins 3PM Knitting Club 4PM Dart Club 6PM Cribbage</p>	<p>3 National Poetry Day</p> <p>7AM Walking Club 10AM Seated Stretch 11AM Rem When 11:30AM Rem When Talk 2PM LIVE: Aviation Museum of NH with Dan & Ken 3PM Knitting for Charity 3PM Grand Estate Chorus 6PM Card Group</p>	<p>4 National Diversity Day</p> <p>7AM Early Bird Walking Club 9AM Coffee & Donuts 10:15 AM Isometrics 10:45 Friday Finance 2PM Pictionary 4PM Corn Hole 6PM Card Club 7PM Movie</p>	<p>5 Natl Be Nice Day</p> <p>2PM - 6PM Knitting Sale</p>  <p>All proceeds go to local charities</p>
<p>6</p> <p>7AM Early Bird Walking Club 1PM Patriots @ Redskins  2PM Scrabble 4PM Card Games</p>	<p>7</p> <p>7AM Early Bird Walking Club 10AM Tai Chi Standing or Seated & Energy Work 10:30AM Seated Stretch 2PM You Be the Judge 3PM Armchair Travels 3PM Mah Jong 6PM Poker</p>	<p>8</p> <p>7AM Early Bird Walking Club 10AM Balance Training 11AM Veteran's Club 2PM Tech Training with John 3PM Movie Matinee 3PM Knitting Club 4PM Parlor Games 6PM Card Club</p> 	<p>9 Yom Kippur</p> <p>7AM Early Bird Walking Club 10AM Boxing Therapy 1PM Guided Meditation 2PM Scotch & Whiskey Tasting 3PM Knitting Club 4PM Dart Club 6PM Cribbage Baptist Service</p>	<p>10 World Mental Health Day</p> <p>7AM Walking Club 10AM Seated Stretch 11AM Connect 55 Meeting 12-2PM Flu Shot Clinic 3PM Knitting for Charity 3PM Grand Estate Chorus 6PM Card Group 8:20PM Patriots vs Giants</p>   	<p>11</p> <p>7AM Early Bird Walking Club 9AM Coffee & Donuts 10:15 AM Isometrics 10:45 Friday Finance 2PM Pictionary 4PM Corn Hole 6PM Card Club 7PM Movie</p>	<p>12</p> <p>11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie</p>
<p>13 Train Your Brain Day</p> <p>7AM Early Bird Walking Club 2PM Scrabble 4PM Card Games</p>	<p>14 Columbus Day/ Canada Thanksgiving</p> <p>7AM Early Bird Walking Club 10AM Ceramics with Terry 10:30AM Seated Stretch 2:30PM Book Club 2PM You Be the Judge 3PM Armchair Travels 3PM Mah Jong 6PM Poker</p>	<p>15</p> <p>7AM Early Bird Walking Club 10AM Balance Training 11AM Wii Bowling 2PM Tech Training with John 3PM Movie Matinee 3PM Knitting Club 4PM Parlor Games 6PM Card Club</p> 	<p>16</p> 	<p>17</p> <p>7AM Walking Club 10AM Seated Stretch 11AM Remember When - 11:30AM Rem. Chat 2PM Basic Genealogy with Bill! 3PM Grand Estate Chorus 6PM Card Club</p>	<p>18</p> <p>7AM Early Bird Walking Club 9AM Coffee & Donuts 10:15 AM Isometrics 10:45 Friday Finance 2PM Pictionary 4PM Corn Hole 6PM Card Club 7PM Movie</p>	<p>19 Sweetest Day</p> <p>11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie</p>
<p>20</p> <p>7AM Early Bird Walking Club 1PM Patriots @ Bills  2PM Scrabble 4PM Card Games</p>	<p>21</p> <p>7AM Early Bird Walking Club 10AM Tai Chi Standing or Seated & Energy Work 10:30AM Seated Stretch 2PM Catholic Mass Fr. Robert 3PM Armchair Travels 3PM Mah Jong 6PM Poker 8:15PM Patriots vs Jets</p> 	<p>22</p> <p>7AM Early Bird Walking Club 10AM Balance Training 11AM Wii Bowling 2PM Tech Training with John 3PM Movie Matinee 3PM Knitting Club 4PM Parlor Games 6PM Card Club</p> 	<p>23</p> <p>7AM Early Bird Walking Club 10AM Boxing Therapy 1PM Guided Meditation 2PM Wine Tasting 3PM Knitting Club 4PM Dart Club 6PM Cribbage</p>	<p>24</p> <p>7AM Walking Club 10AM Seated Stretch 11AM Remember When - 11:30AM Rem. Chat 2PM Team trivia 3PM Grand Estate Chorus 6PM Card Club</p>	<p>25</p> <p>7AM Early Bird Walking Club 9AM Coffee & Donuts 10:15 AM Isometrics 10:45 Friday Finance 2PM Pictionary 4PM Corn Hole 6PM Card Club 7PM Movie</p>	<p>26 Make a Difference Day/ Community Service Day</p> <p>11AM Bingo 2PM Parlor Games 4PM Mindful Coloring 6PM Card Club 7PM Residents Choice Movie</p>
<p>27</p> <p>7AM Early Bird Walking Club 4:25PM Patriots @ Browns  2PM Scrabble 4PM Card Games</p>	<p>28</p> <p>7AM Early Bird Walking Club 10AM Tai Chi Standing or Seated & Energy Work 2PM Ladies Club 2PM Men's Club 3PM Armchair Travels 3PM Mah Jong 6PM Poker</p>	<p>29</p> <p>7AM Early Bird Walking Club 10AM Balance Training 11AM Wii Bowling 2PM Trivia with John 3PM Movie Matinee 3PM Knitting Club 4PM Parlor Games 6PM Card Club</p> 	<p>30</p> <p>7AM Early Bird Walking Club 10AM Boxing Therapy 1PM Guided Meditation 2PM Monthly B-Day Party 3PM Knitting Club 4PM Dart Club 6PM Card Club 6PM Cribbage</p>	<p>31 Halloween</p>  <p>7AM Walking Club 10AM Seated Stretch 11AM Remember When - 11:30AM Rem. Chat 2PM Suzanne O'Gara: Managing the Emotional Response to Illness 3PM Grand Estate Chorus 5PM Halloween Pot Luck & Costume Party</p> 		<p>Program is subject to occasional & unforeseen changes. Changes will be posted on lighted board in lobby.</p>