



Resident Spotlight

Dorothy Eliason may have only called All American her home for a short time she has made a big impact in the community. Dorothy is the 1st to welcome a new resident, assuring they know what is going on in the building, where activities are happening and makes sure they have a smooth transition in to their new home. Dorothy is a gifted

artist who has recently started a "seasoned" artist group that is meeting every Monday. She is hoping to have enough artwork collected in the spring to hold an Art Show.



Meet Dorothy



Employee Spotlight

Meet the newest member to All American at Londonderry's management team, Cindy Moulton. Cindy is the new Director of Business Administration. Cindy has worked in the field for 12 years and in healthcare for 23 years in various positions. Cindy has been married to her husband Jason for 21 years. They have 3 children,

David 23, Jason 21 and Caylee 18. They have 2 dogs and 2 cats. Cindy was born and raised in Manchester where she still resides. Cindy's Mom and Sister both live in Londonderry. Welcome to the team Cindy



Meet Cindy

October | 2018

COMMUNITY CONNECTION

A NEWSLETTER FOR THE ALL AMERICAN AT LONDONDERRY RESIDENTS

An Emphasis on Living!

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Wellness For Life

A plan for a healthier lifestyle is at your fingertips.

Wellness can be achieved at almost any point in life. It can include eating right, exercising more and improving your mental outlook.

You Are What You Eat.

Eating a plethora of fruits and vegetables is one way to improve your health. So is reducing your caloric intake. Experts typically suggest a 25 to 40 percent reduction to help achieve a healthier lifestyle. While *decreasing* your calories can lead to greater longevity, experts also recommend *increasing* your quantity of food, which means eating higher volumes of quality, lower calorie foods. Diets rich in antioxidants, like berries, beans and dark leafy green vegetables, can help with this goal.

Exercise And Keep Moving.

Have you heard the phrase, "Sitting is the new smoking?" Roughly translated, Americans spend more time sitting today than ever before, both at work and leisure, with increased screen time on their phones, tablets and TVs, all which can have a negative impact on health.

The key is not to fall into the habit of a sedentary lifestyle. You'll feel better, and regular exercise can improve your balance and cardiovascular health. Strive for 30 minutes a day; even light walking can benefit.

Before starting any exercise program, please consult your doctor.



Activity Highlight

All American at Londonderry residents refused to begin Autumn without one last trip to the Atlantic Ocean and lunch at the famous Browns Seafood. This month we will be going to the White Mountains for a foliage trip on the Hobo Railroad ! We are very fortunate to live in a part of the USA where we get to enjoy the ocean and the mountains.



Refer a friend... get \$3,000!

Contact us for details.

I Button Drive • Londonderry, NH 03053 | 603-537-9898 | www.AllAmericanAtLondonderry.com

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I Button Drive
Londonderry, NH 03053

OCTOBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Columbus Day	 1 9:00 Strolling Club 9:45 Resistance Training Exercise 10:15 Chorus Rehearsal 1:30 Walking Group 2:00 Sports Club 3:00 Margarita Monday 6:15 Men's Choice Movie Night	2 9:00 Beauty Salon Opens 9:45 Strength, Mobility & Balance 10:30 Craft Corner: Pinecone Wreath 10:30 Hymn, Sing & Gospel 1:15 Candy Bar Bingo 2:00 FOOD COUNCIL MEETING 2:30 Dynamic Walking Club 3:00 Trivia Tuesdays Happy Hour 4:00 Jigsaw Puzzles 6:15 Women's Choice Movie Night	3 9:00 Beauty Salon Opens 9:00 Strolling Club 9:15 OUTING: Leach Public Library 9:45 Sit & Fit 10:30 Sing Along 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday 6:15 Residents Choice Movie Night	4 NATIONAL GOLF LOVER'S DAY 9:45 Strength & Balance 10:30 RESIDENT COUNCIL MEETING 1:15 Indoor Golf 1:30 Bridge Club 2:30 Walking Club 3:00 Cocktails & Conversation 4:00 Scrabble 6:15 Classic Movie Night	5 9:45 Exercise Card Game 10:30 New Hampshire Fun Facts 1:30 Walking Group 2:00 Brain Teasers 2:30 Chair Yoga with Justin 3:00 Knitting Group 3:00 TGIF Happy Hour 4:00 Puzzlemania 6:15 Comedy Movie Night	 6 9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Indoor Bocce Ball 3:00 Cheers! Happy Hour! 6:15 Residents Choice Movie Night
7 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 1:30 Walking Group 2:00 Corn Hole Game 3:00 Word In A Word Game 4:00 Color & Conversation 6:15 Residents Choice Movie Night	8 COLUMBUS DAY 9:00 Strolling Club 9:30 SHOPPING: The Dollar Tree Store 9:45 Resistance Training Exercise 10:30 Manicures, Mimosas & Melodies 1:15 OUTING: Apple Picking at Mack's 1:30 Walking Group 2:00 Sports Club 3:00 Mudslide Monday Happy Hour 6:15 Men's Choice Movie Night	9 9:00 Beauty Salon Opens 9:45 Strength, Mobility & Balance 10:30 Culinary Creations: Apple Crisp 10:30 Hymn, Sing & Gospel 1:15 Candy Bar Bingo 2:00 Apple Crisp Social 2:30 Dynamic Walking Club 3:00 Trivia Tuesdays Happy Hour 4:00 Jigsaw Puzzles 6:15 Women's Choice Movie Night	10 HANDBAG DAY 8:00 OUTING: Trip on the Hobo Railroad 9:00 Beauty Salon Opens 9:00 Strolling Club 9:15 OUTING: Leach Public Library 9:45 Sit & Fit 10:15 Chorus Rehearsal 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday	11 9:45 Strength & Balance 10:30 Lucky Ladies: Pick a Purse Game 1:15 Fall Scattergories Word Game 2:00 'Welcome Committee' Meeting 2:30 Walking Club 3:00 Cocktails & Conversation 4:00 Skip Bo 6:15 Classic Movie Night	12 9:45 Exercise Card Game 10:15 Veteran's Coffee Club 1:30 Walking Group 2:00 Brain Teasers 2:30 Tai Chi with Justin 3:00 Knitting Group 3:00 TGIF Happy Hour 4:00 Puzzlemania 6:15 Comedy Movie Night	13 9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Indoor Bocce Ball 3:00 'Know Your Neighbor' Happy Hour 6:15 Residents Choice Movie Night
14 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 1:30 Walking Group 2:00 Corn Hole Game 3:00 Last Letter Word Game 4:00 Color & Conversation 6:15 Residents Choice Movie Night	15 9:00 Strolling Club 9:30 SHOPPING: Market Basket 9:45 Resistance Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Walking Group 2:00 KEVIN FARLEY ENTERTAINS! 3:00 Margarita Monday 6:15 Men's Choice Movie Night	16 9:00 Beauty Salon Opens 9:45 Strength, Mobility & Balance 10:30 Craft Corner: Halloween Banner 10:30 Hymn, Sing & Gospel 1:30 Candy Bar Bingo 2:30 Dynamic Walking Club 3:00 Trivia Tuesdays Happy Hour 4:00 Jigsaw Puzzles 6:15 Women's Choice Movie Night 6:30 Left Center Right Dice Game	17 NATIONAL MULLIGAN DAY 9:00 Beauty Salon Opens 9:00 Strolling Club 9:15 OUTING: Leach Public Library 9:45 Sit & Fit 10:30 ALL AMERICAN CHORUS PERFORMANCE! 1:00 Communion & Prayer Service 2:00 Sports Club: Golf & Mulligans 3:00 MARLENA ENTERTAINS at Happy Hour!	18 9:45 Strength & Balance 10:30 Steal the Table Game 1:15 Balloon Volleyball 2:00 Memorial Service 2:30 Walking Club 3:15 Cocktails & Conversation 4:00 Uno Card Game 6:15 Classic Movie Night	19 9:45 Exercise Card Game 10:30 Bowling 11:00 OUTING: Men's Club - Aviation Museum & Lunch at Red Arrow Diner 1:30 Walking Group 2:00 Brain Teasers 2:30 Chair Yoga with Justin 3:00 Knitting Group 3:00 TGIF Happy Hour 4:00 Puzzlemania 6:15 Comedy Movie Night	20 NATIONAL SWEETEST DAY 9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:15 Craft Corner: Spooky Pops 2:00 Indoor Bocce Ball 3:00 Happy Hour & Sweet Treats 6:15 Residents Choice Movie Night
 21 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 1:00 Patriots vs. Bears 1:15 Patriots Coloring Contest 1:30 Walking Group 2:15 Half Time Football Toss Game 3:00 Team Scrabble Game 6:15 Residents Choice Movie Night	 22 9:00 Strolling Club 9:30 SHOPPING: Walmart 9:45 Resistance Training Exercise 10:30 Manicures, Mimosas & Melodies 1:15 OUTING: Leaf Peeping Foliage Ride 2:00 Sports Club 3:00 Mudslide Monday Happy Hour 6:15 Men's Choice Movie Night	23 9:00 Beauty Salon Opens 9:45 Strength, Mobility & Balance 10:30 Culinary Creations: Pumpkin Cheese Cake Muffins 10:30 Hymn, Sing & Gospel 1:30 Candy Bar Bingo 2:30 Dynamic Walking Club 3:00 Trivia Tuesdays Happy Hour 4:00 Jigsaw Puzzles 6:15 Women's Choice Movie Night	24 UNITED NATIONS DAY 9:00 Beauty Salon Opens 9:00 Strolling Club 9:15 OUTING: Leach Public Library 9:45 Sit & Fit 10:30 Sing Along 11:00 OUTING: Lunch at Cracker Barrel 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 Happy Hour & 'Around the World' Trivia	25 9:45 Strength & Balance 10:30 Halloween Word Game 12:30 'Welcome New Residents' Luncheon 2:30 Walking Club 3:00 Celebrate October Birthdays: Cupcakes & Cocktails! 4:00 Dominoes 6:45 JACKPOT BINGO!	26 NATIONAL PUMPKIN DAY 9:45 Exercise Card Game 10:30 Craft Corner: Pumpkin Face Cut-outs 1:15 Walking Group 2:00 Brain Teasers 2:30 Tai Chi with Justin 3:00 BRIAN C. ENTERTAINS at Happy Hour! 6:15 OUTING: Pinkerton Academy Choral Performance	 27 9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:15 Walking Group 2:00 KIDS' TRICK OR TREAT DAY! 3:30 Cheers! Happy Hour! 6:15 Residents Choice Movie Night
NATIONAL CHOCOLATE DAY 28 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 1:30 Walking Group 2:00 Corn Hole Game 3:00 Culinary Creations: Chocolate Milkshakes 3:30 Word In A Word Game 4:00 Color & Conversation 6:15 Residents Choice Movie Night	29 9:00 Strolling Club 9:30 SHOPPING: Market Basket 9:45 Resistance Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Walking Group 2:00 Sports Club 3:00 Margarita Monday 6:15 Men's Choice Movie Night	30 9:00 Beauty Salon Opens 9:45 Strength, Mobility & Balance 10:30 Craft Corner: Pumpkin Decorating 10:30 Hymn, Sing & Gospel 1:15 Candy Bar Bingo 2:00 Health Discussion with Justin 3:00 Happy Hour featuring Carmel Apple Cocktails 3:00 RAMBLIN' RICHARD ENTERTAINS! 4:00 Jigsaw Puzzles 6:15 Women's Choice Movie Night	31 HAPPY HALLOWEEN! 9:00 Beauty Salon Opens 9:00 Strolling Club 9:15 OUTING: Leach Public Library 9:45 Sit & Fit 10:30 Word In A Word Game 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 HALLOWEEN COSTUME PARTY with Witch's Brew Cocktails		<p>All activities and times are subject to change without notice.</p> <p>Please check the daily schedules for updates.</p>	