



Resident Spotlight

Charlie can be found whistling his way down the hallway at All American. Somehow Charlie manages to brighten up the day of any resident or staff that is having a down day. Charlie loves making jewelry and had given just about every resident in the community a piece of his handcrafted jewelry. Thank you for being our sunshine Charlie!



Meet Charlie Raymond



Employee Spotlight

Jennifer Varney has been a nurse at All American Assisted Living at Londonderry for 2 years. She began her nursing career in 2015 and has proven to be a dedicated nurse – cares deeply for her residents and goes above and beyond to ensure their needs are met. She has grown with the company and has recently been promoted to Nurse

Manager. She is very detail oriented, thorough and compassionate – she truly loves what she does.



Meet Jennifer Varney

1 Button Drive
Londonderry, NH 03053

All American
ASSISTED LIVING

www.AllAmericanAtLondonderry.com
603-537-9898

November | 2018

COMMUNITY CONNECTION

A NEWSLETTER FOR THE ALL AMERICAN AT LONDONDERRY RESIDENTS

An Emphasis on Living!

All American
ASSISTED LIVING

Being Thankful

For many Americans, Thanksgiving represents perfection in a holiday tradition: family, friends, food, shopping, and of course football. There are hundreds of reasons to be grateful. Perhaps most important is that it compels us to live in the present moment. The website, the-benefits-of-positive-thinking.com, reiterates: **“It helps you to be in the present by noticing what you do have and stopping to acknowledge it. This can be the company of a person, having food, or even being able to see.”**

Things you might be thankful for:

- Family, friends, neighbors and co-workers
- Your pets
- Food on the table
- Gainful employment, having a chance to be fruitful
- Being retired with time to relax
- The beauty of nature, the changing seasons, a sunset, sunrise or full moon

The power of positive thinking – shifting from the negative to the positive.

Constructively viewing life elevates the spirit. But did you know that being thankful can also impact goal attainment? By approaching life's ups and downs in a positive,

productive way, you accomplish more, feel better



about the job ahead and stay on course. Conversely, dwelling on the negative can interrupt your stride and hamper productivity.

This Thanksgiving, take time to embrace and express your gratitude fully and to look within as a way for a better life.

Sources:

<https://www.the-benefits-of-positive-thinking.com/importance-of-being-grateful.html>

<https://inspiyr.com/being-grateful/>

<https://www.cbsnews.com/news/the-health-benefits-of-being-thankful/>



Activity Highlight

All American has no talent, talent show. We had an amazing evening showing off the talent of both resident and staff. Sara Santosuosso, Concierge put on a skit Snow White and The Seven Dwarfs. Residents were the dwarfs. It was an amazing night!













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

Contact us for details.

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

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				ALL SAINT'S DAY 9:45 Strength & Balance 10:30 RESIDENT COUNCIL MEETING 1:30 Bridge Club 1:30 Walking Club 2:00 Indoor Golf 3:00 Cocktails & Conversation 4:00 Scrabble 6:15 Classic Movie Night	2 9:45 Exercise Card Game 10:30 Sing Along 1:30 Walking Group 2:00 Bowling 3:00 MARK S. ENTERTAINS at Happy Hour! 4:00 Puzzlemania 6:15 Comedy Movie Night	3 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 TURN CLOCKS BACK BEFORE BEDTIME!!!
4 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 1:00 Strolling Club 1:30 SUNDAY MOVIE MATINEE: Saving Private Ryan 3:30 Crossword Puzzle Club 8:15 Patriots vs. GB Packers	5 NATIONAL CANDY DAY 9:30 SHOPPING: Walmart 9:45 Resistance Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Walking Group 2:00 Balloon Volleyball 2:30 Name that Candy Social 3:00 Margarita Monday 6:15 Men's Choice Movie Night	6 9:00 Beauty Salon Opens 9:45 Strength, Mobility & Balance 10:30 Hymn, Sing & Gospel 10:30 Socrates Cafe Coffee Social 11:15 New Resident Luncheon 1:15 Candy Bar Bingo 2:00 FOOD COUNCIL MEETING 2:30 Dynamic Walking Club 3:00 Trivia Tuesdays Happy Hour 6:15 Women's Choice Movie Night	7 9:00 Beauty Salon Opens 9:00 Strolling Club 9:15 OUTING: Leach Public Library 9:45 Sit & Fit 10:15 Chorus Rehearsal 10:30 OUTING: Patriots Place 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday 6:15 Residents Choice Movie Night	8  9:45 Strength & Balance 10:30 Culinary Creations: Pumpkin Pie 1:30 Craft Corner: Poppy Field Collages 2:30 Walking Club 3:00 Cocktails & Conversation 4:00 Skip Bo 6:30 Memorial Service	9 9:45 Exercise Card Game 10:15 Veteran's Coffee Club 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 6:30 RICH ARALDI ENTERTAINS!	10  7:30 Veterans Breakfast at Londonderry High School 9:45 Saturday Morning Stretch 10:15 BRIAN C. ENTERTAINS! 1:30 Walking Group 2:00 Candy Bar Bingo 3:00 'Know Your Neighbor' Happy Hour 6:15 Residents Choice Movie Night
11  VETERANS DAY 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 1:00 Patriots vs. Titans 2:00 Half Time Football Toss Game 3:00 Word In A Word Game 6:15 Residents Choice Movie Night	12 9:00 Strolling Club 9:30 SHOPPING: Market Basket 9:45 Resistance Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 HONORING OUR VETERANS Presentation 2:00 Sports Club 3:00 BILL PARKER ENTERTAINS at Happy Hour! 6:15 Men's Choice Movie Night	13 9:00 Beauty Salon Opens 9:45 Strength, Mobility & Balance 10:30 Hymn, Sing & Gospel 1:30 Left Center Right Dice Game 2:30 Dynamic Walking Club 3:00 Trivia Tuesdays Happy Hour 4:00 Jigsaw Puzzles 6:30 Jackpot Bingo (Bring your quarters)!	14 9:00 Beauty Salon Opens 9:00 OUTING: Monarchs Hockey Game 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 6:15 OUTING: Pinkerton Academy Jazz Ensemble & Dance Performance	15 9:45 Strength & Balance 10:30 Craft Corner: Turkey Pins 1:30 Cribbage Club 2:30 Walking Club 3:00 Cocktails & Conversation 4:00 Uno Card Game 6:15 Classic Movie Night	16 NATIONAL HOMEMADE BREAD DAY 9:45 Exercise Card Game 1:30 Walking Group 2:00 Brain Teasers 2:00 Fried Dough Social 2:30 Tai Chi with Justin 3:00 Knitting Group 3:00 TGIF Happy Hour 6:15 Comedy Movie Night	17  WORLD PEACE DAY 9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Indoor Bocce Ball 3:00 Cocktails & Charades 6:15 Residents Choice Movie Night
18 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	19 9:00 Strolling Club 9:30 SHOPPING: Walmart 9:45 Resistance Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Walking Group 2:00 JON M. ENTERTAINS! 3:00 Mudslide Monday Happy Hour 6:15 Men's Choice Movie Night	20 9:00 Beauty Salon Opens 9:45 Strength, Mobility & Balance 10:30 Culinary Creations: Chocolate Balloon Bowls 10:30 Hymn, Sing & Gospel 1:30 Candy Bar Bingo 2:30 Dynamic Walking Club 3:00 Trivia Tuesdays Happy Hour 6:15 Women's Choice Movie Night 6:30 Trivia Team Competition	21 9:00 Beauty Salon Opens 9:00 Strolling Club 9:15 OUTING: Leach Public Library 9:45 Sit & Fit 10:00 OUTING: 'Fez'tival of Trees 10:15 Chorus Rehearsal 1:00 Communion & Prayer Service 2:00 Chocolate Bowl Ice Cream Sundaes 2:00 Sports Club 3:00 Wine Down Wednesday 6:15 Residents Choice Movie Night	22  HAPPY THANKSGIVING! 9:45 Stretchercise with Sandy 10:30 Thanksgiving Trivia 10:45 Balloon Volleyball 4:00 Dominoes 6:15 Classic Movie Night	23 9:45 Exercise Card Game 10:30 Indoor Golf 1:30 Walking Group 2:00 DEVEREUX GEIGER ENTERTAINS! 3:00 TGIF Happy Hour 4:00 Puzzlemania 6:15 Comedy Movie Night	24  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
25 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 1:00 Patriots vs. Jets 1:30 Walking Group 2:00 Half Time Football Toss Game 3:00 Scattergories Word Game 4:00 Color & Conversation 6:15 Residents Choice Movie Night	26 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	27 9:00 Beauty Salon Opens 9:45 Strength, Mobility & Balance 10:30 Hymn, Sing & Gospel 1:30 Candy Bar Bingo 1:30 OUTING: Movie Theater 2:00 Health Discussion with Justin 3:00 Trivia Tuesdays Happy Hour 4:00 Jigsaw Puzzles 6:15 Women's Choice Movie Night	28 9:00 Strolling Club 9:15 OUTING: Leach Public Library 9:45 Sit & Fit 10:15 Chorus Rehearsal 11:15 OUTING: Pilgrimage to the Puritan for Lunch 1:00 Communion & Prayer Service 2:00 CHARLIE D. ENTERTAINS! 3:00 Wine Down Wednesday 6:15 Residents Choice Movie Night	29 9:45 Strength & Balance 10:30 Travel Destination: Washington DC 1:30 Balloon Volleyball 2:30 Walking Club 3:00 Celebrate November Birthdays: Cupcakes & Cocktails! 4:00 Scrabble 6:15 Classic Movie Night	30 9:45 Exercise Card Game 10:30 Craft Corner: Fall Floral Arranging 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	All activities and times are subject to change without notice. Please check the daily schedules for updates.