



## Resident Spotlight

Happy Birthday to this beautiful lady. Resident Ann Corker. Ann is the community's cheerleader, always lifting the spirits of both fellow residents and the staff!



## Employee Spotlight

When you think of team spirit at All American at Londonderry you automatically think of this young lady. Concierge Sara Santosuosso . invited 8 residents to practice and perform Snow White and the seven dwarfs (plus the witch) for our All American has no talent show. She not only shopped for the costumes on her own time but also came in many nights to practice with the residents. You are a devoted , sweet associate Sara. Thank you for all you do for the residents!



*Meet Sara*

1 Button Drive  
Londonderry, NH 03053

**All American**  
ASSISTED LIVING

[www.AllAmericanAtLondonderry.com](http://www.AllAmericanAtLondonderry.com)  
603-537-9898

December | 2018

# COMMUNITY CONNECTION

A NEWSLETTER FOR THE ALL AMERICAN AT LONDONDERRY RESIDENTS

*An Emphasis on Living!*

**All American**  
ASSISTED LIVING

## Favorite Holiday Tips

### It's The Most Wonderful Time Of The Year...

The phrase adorns cards and is heard in stores. But how can we truly make this holiday season *the* most wonderful time? Try our favorite tips:

#### Set Reasonable Aspirations

How we anticipate an event can grow in our minds so much that when it finally arrives, we feel let down. If this tends to be you, relax and keep expectations real.

#### Determine a Spending Budget

It's perfectly okay not to overspend! Start with a budget, draft a list and stick to it.

#### Focus on Friends or Family

Remind those you love how much you care. Mail a hand-written letter or call someone you've not seen recently.

#### Stay Healthy

Enjoy things in moderation. Stick to your routine, and you won't have to face the fallout from holiday weight gain.

#### Think Of Yourself

It's okay to say no to invitations or requests for help. Don't feel guilty about taking shortcuts like having dinner delivered or Shipt or TaskRabbit do the shopping.

#### Give To Others

It can be as simple as offering your time, helping a neighbor or sharing a smile.

Sources:

<https://www.psychologytoday.com/us/blog/in-flux/2011/12/7-strategies-happy-holiday-season>  
<https://getthehealthyu.com/4-steps-holiday-happiness/>  
[https://www.huffingtonpost.com/2014/12/16/make-holidays-less-stressful\\_n\\_6337440.html](https://www.huffingtonpost.com/2014/12/16/make-holidays-less-stressful_n_6337440.html)



## Activity Highlight

The Veterans at All American at Londonderry were honored by the students and staff at Londonderry High School for their service to our country. Thank you to every Veteran who has protected our great USA!



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

*Contact us for details.*

1 Button Drive • Londonderry, NH 03053 | 603-537-9898 | [www.AllAmericanAtLondonderry.com](http://www.AllAmericanAtLondonderry.com)



# December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
9:15 <b>OUTING: Catholic Mass at St. Jude's</b> 10:00 TV Catholic Mass 1:15 Walking Group 1:45 <b>ST JUDE'S KIDS VISITING</b> 2:00 Corn Hole Game 3:00 Word In A Word Game 3:45 <b>HANUKKAH begins at Sundown</b> 4:00 Lighting the Menorah 4:25 <b>Patriots vs. Vikings</b>	<b>HANUKKAH</b> 9:00 Strolling Club 9:30 <b>SHOPPING: Walmart</b> 9:45 Resistance Training Exercise 10:30 Manicures, Mimosas & Melodies 2:00 Culinary Creations: Potato Latkes 2:00 Sports Club 3:00 Mudslide Monday Happy Hour 4:00 Lighting the Menorah	9:00 Beauty Salon Opens 9:45 Strength, Mobility & Balance 10:30 Hymn, Sing & Gospel 1:15 Candy Bar Bingo 2:00 <b>FOOD COUNCIL MEETING</b> 2:30 Dynamic Walking Club 3:00 Trivia Tuesdays Happy Hour 4:00 Lighting the Menorah 6:30 Left Center Right Dice Game	9:00 Beauty Salon Opens 9:00 Strolling Club 9:15 <b>OUTING: Leach Public Library</b> 9:45 Sit & Fit 10:15 Chorus Rehearsal 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 <b>MARLENA ENTERTAINS!</b> 4:00 Lighting the Menorah	9:45 Strength & Balance 10:30 <b>RESIDENT COUNCIL MEETING</b> 1:30 Bridge Club 1:30 Cribbage Club 2:30 Walking Club 3:00 Cocktails & Conversation 4:00 Lighting the Menorah 4:00 Scrabble 6:15 Classic Movie Night	<b>PEARL HARBOR REMEMBRANCE DAY</b> 9:45 Exercise Card Game 10:15 <b>Veteran's Coffee Club</b> 1:30 Walking Group 2:00 Brain Teasers 2:30 Tai Chi with Justin 3:00 TGIF Happy Hour 4:00 Lighting the Menorah 6:15 Feature Film: Pearl Harbor	9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:15 Walking Group 1:30 Holiday Movie Matinee: 'Elf' 3:00 Cheers! Happy Hour! 6:15 Residents Choice Movie Night
9:15 <b>OUTING: Catholic Mass at St. Jude's</b> 10:00 TV Catholic Mass 1:00 <b>Patriots vs. Dolphins</b> 1:15 <b>OUTING: Pinkerton Academy</b> 'Little Women' Play 2:00 <b>LONDONDERRY WOMEN'S CLUB CAROLERS</b> 6:15 Holiday Movie: 'Christmas Vacation'	9:00 Strolling Club 9:30 <b>SHOPPING: Market Basket</b> 9:45 Resistance Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Walking Group 2:00 <b>KING'S CHOIR CAROLERS</b> 3:00 Margarita Monday 6:15 Men's Choice Movie Night	9:00 Beauty Salon Opens 9:45 Strength, Mobility & Balance 10:30 Hymn, Sing & Gospel 1:30 Craft Corner: Tissue Paper Wreaths 2:30 Dynamic Walking Club 3:00 Trivia Tuesdays Happy Hour 6:15 Women's Choice Movie Night 6:30 <b>OUTING: Christmas Light Peeping</b>	9:00 Beauty Salon Opens 9:00 Strolling Club 9:15 <b>OUTING: Leach Public Library</b> 9:45 Sit & Fit 10:30 Holiday Songs Sing Along 1:00 Communion & Prayer Service 1:45 Craft Corner: Tissue Paper Poinsettias 2:00 Sports Club 3:00 Wine Down Wednesday	<b>NATIONAL HOT COCOA DAY</b> 9:45 Strength & Balance 10:30 <b>Hot Cocoa Social</b> 2:00 <b>'Festive Fashion Frolics' Show</b> 3:00 Cocktails & Conversation 4:00 Skip Bo 6:15 Classic Movie Night	9:45 Exercise Card Game 10:30 <b>TRAVEL DESTINATION PRESENTATION: NORTH POLE!</b> 1:30 Walking Group 2:00 <b>BRIAN C. ENTERTAINS!</b> 3:00 TGIF Happy Hour 4:00 Puzzlemania 6:15 Comedy Movie Night	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
9:15 <b>OUTING: Catholic Mass at St. Jude's</b> 10:00 TV Catholic Mass 1:30 Walking Group 2:00 <b>JOYFUL RHYTHM SINGING GROUP</b> 3:00 Last Letter Word Game 4:25 <b>Patriots vs. Steelers</b> 6:15 Residents Choice Movie Night	<b>NATIONAL PAINT YOUR NAILS DAY</b> 9:15 Resistance Training Exercise 10:00 <b>LONDONDERRY HIGH SCHOOL BAND PERFORMANCE</b> 1:30 Walking Group 2:00 Manicures, Mimosas & Music 2:00 Sports Club 3:00 Mudslide Monday Happy Hour 6:15 Men's Choice Movie Night	<b>NATIONAL BAKE COOKIES DAY</b> 9:00 Beauty Salon Opens 9:45 Strength, Mobility & Balance 10:30 Hymn, Sing & Gospel 1:30 Culinary Creations: Holiday Cookies 2:30 Dynamic Walking Club 3:00 Trivia Tuesdays Happy Hour 6:15 Women's Choice Movie Night	9:00 Beauty Salon Opens 9:00 Strolling Club 9:15 <b>OUTING: Leach Public Library</b> 9:45 Sit & Fit 10:15 Chorus Rehearsal 11:15 <b>OUTING: Lunch at T-Bones</b> 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday	9:45 Strength & Balance 10:30 Craft Corner: Tealight Snowmen 1:30 Bridge Club 1:30 Cribbage Club 2:30 Walking Club 3:00 Cocktails & Conversation 4:00 Uno Card Game 6:15 Classic Movie Night	<b>WINTER BEGINS</b> <b>NATIONAL CROSSWORD PUZZLE DAY</b> 9:45 Exercise Card Game 10:30 Team Holiday Crossword Puzzle 1:30 Walking Group 2:00 Brain Teasers 2:30 Chair Yoga with Justin 3:00 TGIF Happy Hour 6:15 Comedy Movie Night	9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Bowling 3:00 Cheers! Happy Hour! 6:15 Residents Choice Movie Night
9:15 <b>OUTING: Catholic Mass at St. Jude's</b> 10:00 TV Catholic Mass 1:00 <b>Patriots vs. Bills</b> 2:15 Half Time Football Toss Game 3:00 Scattergories Word Game 6:15 Merry Movie: 'Home for the Holidays'	<b>CHRISTMAS EVE</b> 9:00 Strolling Club 9:45 Resistance Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 'Twas the Night Before Christmas' 2:00 Sports Club 3:00 <b>Jolly Hollyday Happy Hour</b> 6:15 Holiday Classic Film: Dickens 'A Christmas Carol'	<b>CHRISTMAS DAY</b> 9:45 Stretchercise with Sandy 10:15 Christmas Word Game 4:00 Jigsaw Puzzles 6:15 Feature Film: 'The Night They Saved Christmas'	<b>KWANZAA BEGINS</b> 9:00 Beauty Salon Opens 9:00 Strolling Club 9:15 <b>OUTING: Leach Public Library</b> 10:30 <b>ALL AMERICAN CHORUS HOLIDAY PERFORMANCE!</b> 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday	9:45 Strength & Balance 10:30 Balloon Volleyball 1:30 Bridge Club 1:30 Cribbage Club 2:00 <b>Health Discussion with Justin</b> 3:00 <b>Celebrate December Birthdays: Cupcakes &amp; Cocktails!</b> 4:00 Dominoes 6:15 Classic Movie Night	9:45 Exercise Card Game 10:30 Indoor Golf 1:30 Walking Group 2:00 Brain Teasers 2:30 Tai Chi with Justin 3:00 TGIF Happy Hour 4:00 Puzzlemania 6:15 Comedy Movie Night	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
9:15 <b>OUTING: Catholic Mass at St. Jude's</b> 10:00 TV Catholic Mass 1:00 <b>Patriots vs. Jets</b> 1:30 Walking Group 3:00 Word In A Word Game 4:00 Color & Conversation 6:15 Residents Choice Movie Night	<b>NEW YEAR'S EVE</b> 9:00 Strolling Club 9:45 Resistance Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Walking Group 3:00 'Farewell to 2018' Happy Hour 6:30 New Year's Eve Party	<b>Happy New Year!</b>				All activities and times are subject to change without notice.  Please check the daily schedules for updates.