



## Resident Spotlight

Congratulations to resident Ray Palmer. Ray was awarded the high honor for being a Mason for 50 years. Fellow Masons presented Ray with a beautifully inscribed 50 year service medal.



*Congratulations!*



## Employee Spotlight

Sandy Johnston has been an essential part of the Activity Team for two years. Residents and staff love her and are always sure she will go over and above to make the residents happy. Sandy often flies "under the radar" but the wonderful things she does not go unnoticed. When thanked for all she does her response was "I'm just doing my job". To us she does much more than her job!



*Meet Sandy*

March | 2019

# COMMUNITY CONNECTION

A NEWSLETTER FOR THE ALL AMERICAN AT LONDONDERRY RESIDENTS

An Emphasis on Living!



### In Like a Lion, Out Like a Lamb

To celebrate March, we take a gander at our favorite sayings.

1. A penny for your thoughts: From John Heywood's 1546 book, *The Proverbs of John Heywood*.
2. Add insult to injury: To make an unfortunate situation worse, often with mockery, found in *Aesop's Fables* (circa 620-560 B.C.).
3. Best thing since sliced bread: A great innovation. (Sliced bread was introduced in 1928 by Otto Frederick Rohwedder, Davenport, Iowa, who invented the first loaf-at-a-time bread slicing machine.)
4. Cut to the chase: The phrase originated in the American film industry when many early movies ended in a chase scene.
5. Desperate times call for desperate measures: When something drastic is needed to make a change, possibly originating with the ancient Greek physician, Hippocrates.
6. Feel a bit under the weather: Traced to maritime sources when sailors who weren't feeling well were sent below deck so that they could get out of the weather.
7. Let sleeping dogs lie: From the 13th Century, it alluded to waking up a fierce watchdog and causing trouble.

Sources:

Idiom definitions: [www.smart-words.org \(https://www.smart-words.org/sayings/idioms-meaning.html\)](https://www.smart-words.org/sayings/idioms-meaning.html)

Idiom origins: [www.gingersoftware.com \(https://www.gingersoftware.com/content/phrase-of-the-day/\)](https://www.gingersoftware.com/content/phrase-of-the-day/)



### Activity Highlight

Superbowl Party

Residents and staff had a great time at our Superbowl party. Decorations, raffles, pizza and lots of yummy food. The best part...New England Patriots won!!!



Refer a friend... get \$1,500!

Contact us for details.

# March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <b>All American ASSISTED LIVING</b>	 <b>Johnny Appleseed</b>	 <b>MARDI GRAS</b>		 <b>International Women's Day IT'S OUR DAY!</b>	 9:45 Exercise Card Game 10:15 VETERANS COFFEE CLUB 10:30 Craft Corner: St. Patrick's Day Door Hanging 1:30 Walking Group 2:00 Brain Teasers 2:30 Chair Yoga with Justin 3:00 TGIF Happy Hour 6:15 Comedy Movie Night	 <b>CAT IN THE HAT DAY</b> 9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Dr. Seuss Social: Reading to the children 3:00 Cheers! Happy Hour! 6:15 Residents Choice Movie Night
3 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	4 NATIONAL POUNDCAKE DAY 9:00 Morning Walkers Club 9:30 SHOPPING: Market Basket 9:45 Strength Training Exercise 10:30 Manicures, Mimosas & Melodies 1:15 Culinary Creations: Butter Poundcake 2:00 Sports Club 3:00 Mudslide Monday Happy Hour 6:15 Mens Choice Movie Night	5 FAT TUESDAY 9:00 Beauty Salon Opens 9:45 Circuit Training Exercise 10:30 Craft Corner: Mardi Gras Masks 10:30 Hymn, Sing & Gospel 1:15 Candy Bar Bingo 2:00 JON M. ENTERTAINS! 2:30 Dynamic Walking Club 3:00 Mardi Gras Celebration	6 ASH WEDNESDAY 9:00 Beauty Salon Opens 9:45 High Intensity Interval Training 10:30 RESIDENT COUNCIL MEETING 1:30 Seated Exercises 1:30 Chorus Rehearsal 11:30 LUNCH OUTING: Applebees 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday	7 9:00 Beauty Salon Opens 9:45 High Intensity Interval Training 10:30 RESIDENT COUNCIL MEETING 1:30 Bridge Club 1:30 Cribbage Club 2:30 Dynamic Walking Club 3:00 Cocktails & Conversation 6:15 Classic Movie Night 6:30 Poker Night	8 INTERNATIONAL WOMEN'S DAY 9:45 Exercise Card Game 10:30 Tea Party Celebrating Amazing Women's Accomplishments 1:00 OUTING: Senior Dance at Hood Middle School 2:00 Brain Teasers 2:30 Tai Chi with Justin 3:00 TGIF Happy Hour	9 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 9:00 <i>Eve of Daylight Savings</i> <b>TURN CLOCKS AHEAD 1 HOUR BEFORE BEDTIME!!</b>
10 DAYLIGHT SAVINGS TIME BEGINS 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	11 NATIONAL JOHNNY APPLESEED DAY 9:00 Morning Walkers Club 9:30 SHOPPING: Ocean State Job Lot 9:45 Strength Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Walking Group 2:00 Sports Club 3:00 BILL PARKER ENTERTAINS at HAPPY HOUR featuring Apple Wine & Cider	12 9:00 Beauty Salon Opens 9:45 Circuit Training Exercise 10:30 Garden Club Begins 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 6:15 Women's Choice Movie Night	13 9:00 Beauty Salon Opens 9:45 High Intensity Interval Training 10:30 RESIDENT COUNCIL MEETING 1:30 Seated Exercises 1:30 CHORUS PERFORMANCE 11:45 LUNCH OUTING: Lobster Boat 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday	14 9:00 Beauty Salon Opens 9:45 High Intensity Interval Training 10:30 Bridge Club 1:30 Cribbage Club 2:00 Armchair Travel: Ireland 2:30 Dynamic Walking Club 3:00 Cocktails & Conversation 4:00 Uno Card Game 6:15 Classic Movie Night	15 9:45 Exercise Card Game 10:30 Culinary Creations: Irish Soda Bread 1:30 Walking Group 2:00 Brain Teasers 3:00 MARK S. ENTERTAINS AT HAPPY HOUR! 6:15 Comedy Movie Night	 <b>16</b> 9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Balloon Volleyball 3:00 'Know Your Neighbor' Happy Hour 6:15 Residents Choice Movie Night
17 ST. PATRICK'S DAY 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 Shamrock Shakes & Truth or Blarney 4:00 St. Pat's Day Word Puzzles 6:15 Residents Choice Movie Night	18 9:00 Morning Walkers Club 9:15 OUTING: Bentley Commons to see Meteorologist Kevin Skarupa 9:45 Strength Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Walking Group 2:00 SHOPPING: Walmart 2:00 Sports Club 3:00 Mudslide Monday Happy Hour	19 POPPIN' FRESH DAY 9:00 Beauty Salon Opens 9:45 Circuit Training Exercise 10:30 Culinary Creations: Biscuits 10:30 Hymn, Sing & Gospel 1:30 Candy Bar Bingo 2:00 FOOD COUNCIL MEETING 2:30 Dynamic Walking Club 3:00 Trivia Tuesdays Happy Hour 6:15 Womens Choice Movie Night	20 9:00 Beauty Salon Opens 9:45 High Intensity Interval Training 10:30 RESIDENT COUNCIL MEETING 1:30 Seated Exercises 1:30 Sing Along 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday	21 9:00 Beauty Salon Opens 9:45 High Intensity Interval Training 10:30 Name That Fragrance Contest 1:30 Bridge Club & Cribbage Club 2:30 Dynamic Walking Club 3:00 Thirsty Thursday Happy Hour <b>PURIM begins at Sundown</b> 6:30 Poker Night	22 9:45 Exercise Card Game 10:30 Craft Corner: Spring Flower Arranging 1:30 Walking Group 2:00 Brain Teasers 2:30 Tai Chi with Justin 3:00 TGIF Happy Hour <b>PURIM ends at Sundown</b> 6:15 Comedy Movie Night	 <b>23</b> 9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Indoor Golf 3:00 Cheers! Happy Hour! 6:15 Residents Choice Movie Night
24 9:15 OUTING: Catholic Mass at St Jude's 10:00 TV Catholic Mass 1:00 OUTING: Pinkerton Academy Play Singin' in the Rain 1:30 Sunday Movie Matinee: 'Fever Pitch' 4:00 Color & Conversation 6:15 Residents Choice Movie Night	25 DUNCAN HINES BIRTHDAY 9:00 Morning Walkers Club 9:30 SHOPPING: Market Basket 9:45 Strength Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Culinary Creations: Cake Baking 2:00 Sports Club 3:00 Margarita Monday Happy Hour 6:15 Mens Choice Movie Night	26 9:00 Beauty Salon Opens 9:45 Circuit Training Exercise 10:30 Hymn, Sing & Gospel 1:15 Candy Bar Bingo 2:00 Health Discussion with Justin 3:00 Trivia Tuesdays Happy Hour 4:00 Jigsaw Puzzles 6:15 Womens Choice Movie Night	27 9:00 Beauty Salon Opens 9:45 High Intensity Interval Training 10:30 RESIDENT COUNCIL MEETING 1:30 Seated Exercises 1:30 Chorus Rehearsal 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday 6:15 Residents Choice Movie Night	28 9:00 Beauty Salon Opens 9:45 High Intensity Interval Training 1:30 Bridge Club & Cribbage Club 2:30 Dynamic Walking Club 3:00 Celebrate March Birthdays: Cupcakes & Cocktails! 4:00 Scrabble 7:00 RED SOX SEASON OPENER vs. Mariners	29 9:45 Exercise Card Game 10:30 Craft Corner: Tissue Paper Flowers 1:30 Walking Group 2:00 Brain Teasers 2:30 Chair Yoga with Justin 3:00 TGIF Happy Hour 6:15 Comedy Movie Night	 <b>30</b> 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
31 9:15 OUTING: Catholic Mass at St Jude's 10:00 TV Catholic Mass 1:30 ST JUDE'S KIDS VISITING 2:00 Bowling 3:00 Scattergories Word Game 4:00 Color & Conversation 4:10 Red Sox vs. Mariners	 <b>Spring Forward! Daylight Savings Begins</b>					<p>All activities and times are subject to change without notice.</p> <p>Please check the daily schedules for updates.</p>