



Resident Spotlight

Resident Mary Conte brings a ray of sunshine into our lives every day at All American at Londonderry. Mary recently attended , along with other residents a senior dance hosted by Gilbert H. Hood Middle School in Derry NH.



You are my Sunshine!



Employee Spotlight

Welcome Christina Lopez. Christina is the new Resident Care Director at All American at Londonderry. She is a Registered Nurse, lives in Manchester NH. with her two daughters and one son. Christina is engaged to the love of her life and will be married in August. We are beyond thrilled to have Christina on our team!



April | 2019

COMMUNITY CONNECTION

A NEWSLETTER FOR THE ALL AMERICAN AT LONDONDERRY RESIDENTS

An Emphasis on Living!

All ★
American
ASSISTED LIVING

A Good Laugh

April is National Humor Month.

The Mayo Clinic explains that a good laugh can stimulate many organs and increase your intake of air and the endorphins in your brain. Your heart can benefit too, by improving the function of blood vessels and increasing your blood flow. Consider the health benefits of laughter as reported in www.HelpGuide.org:

- **Physical:** boosts immunity, lowers stress hormones, decreases pain, relaxes your muscles, and prevents heart disease;
- **Mental:** adds joy and zest to life, eases anxiety and tension, improves mood, and strengthens resilience;
- **Social:** bolsters relationships, enhances teamwork, helps defuse conflict, and promotes group bonding.

Humor is especially helpful for diffusing stressful situations and can build bonds by finding common ground with friends, acquaintances and even strangers.

If there's not enough laughter in your life, look for ways to add some to your day. A few ideas: reconnect with your favorite romantic comedy; sit down and have a chat with young kids; or as HelpGuide.org suggests, seek out the people who make you laugh.

Sources:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

<https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.html/>



Activity Highlight

Two friends that share an apartment also share a glass of wine during National Wine Day! Cheers!



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

Contact us for details.

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





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1 Button Drive
Londonderry, NH 03053

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	APRIL FOOLS DAY 1 9:00 Morning Walkers Club 9:30 SHOPPING: Dollar Tree 9:45 Strength Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Walking Group 2:00 Sports Club 3:00 Mudslide Monday Happy Hour & Silly Jokes 6:15 Mens Choice Movie Night	PEANUT BUTTER & JELLY DAY 2 9:00 Beauty Salon Opens 9:45 Circuit Training Exercise 10:30 Culinary Creations: Peanut Butter & Jelly Cookies 10:30 Hymn, Sing & Gospel 1:15 Candy Bar Bingo 2:00 FOOD COUNCIL MEETING 2:30 Walking Club 3:00 Trivia Tuesdays Happy Hour 6:15 Womens Choice Movie Night	9:00 Beauty Salon Opens 9:00 Morning Walkers Club 9:15 OUTING: Leach Public Library 9:45 Seated Exercises 10:15 Chorus Rehearsal 10:30 OUTING: Lunch at Parker's Maple Barn 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday & 'Would you rather?'	9:00 Beauty Salon Opens 9:45 Exercise-Interval Training 10:30 RESIDENT COUNCIL MEETING 1:30 Bridge & Cribbage Clubs 2:00 Steal the Table Game 2:30 Walking Club 3:00 Thirsty Thursday Happy Hour 3:30 Knitting Group 6:15 Classic Movie Night	9:45 Exercise Card Game 10:15 VETERANS COFFEE CLUB 1:30 Walking Group 2:00 Brain Teasers 2:30 Tai Chi with Justin 3:00 MARK S. ENTERTAINS AT HAPPY HOUR! 4:00 Farkle Dice Game 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 Cheers! Happy Hour! 6:15 Residents Choice Movie Night
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 4:10 RED SOX vs. D-Backs 6:15 Residents Choice Movie Night	9:00 Morning Walkers Club 9:30 SHOPPING: Walmart 9:45 Strength Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Walking Group 2:00 Sports Club 3:00 Margarita Monday Happy Hour 6:15 Mens Choice Movie Night	9:00 Beauty Salon Opens 9:45 Circuit Training Exercise 10:30 Hymn, Sing & Gospel 1:30 Candy Bar Bingo 2:00 RED SOX HOME OPENER vs. Blue Jays 2:30 Walking Club 3:00 RED SOX RALLY HAPPY HOUR! 6:15 Womens Choice Movie Night	9:00 Beauty Salon Opens 9:00 Morning Walkers Club 9:15 OUTING: Leach Public Library 9:45 Seated Exercises 10:15 Chorus Rehearsal 1:00 Communion & Prayer Service 2:00 CHARLIE D. ENTERTAINS! 3:00 Wine Down Wednesday 6:15 Residents Choice Movie Night	9:00 Beauty Salon Opens 9:45 Exercise-Interval Training 10:30 Craft Corner: Easter Egg Wreaths 1:30 Bridge & Cribbage Clubs 2:30 Walking Club 3:00 Cocktails & Conversation 3:30 Knitting Group 4:00 Uno Card Game 6:15 Classic Movie Night	9:45 Exercise Card Game 10:30 Name That Tune 1:30 Walking Group 2:00 Brain Teasers 2:30 Chair Yoga with Justin 3:00 TGIF Happy Hour 6:15 Comedy Movie Night	NATIONAL SCRABBLE DAY 9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:05 RED SOX vs. Orioles 1:30 Walking Group 2:00 Team Scrabble Game 3:00 Cheers! Happy Hour! 6:15 Residents Choice Movie Night
PALM SUNDAY 9:15 OUTING: Catholic Mass at St Jude's 10:00 TV Catholic Mass 1:05 RED SOX vs. Orioles 2:00 Baseball Toss Game 3:00 Scattergories Word Game 6:15 Residents Choice Movie Night	9:00 Morning Walkers Club 9:30 SHOPPING: Market Basket 9:45 Strength Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Walking Group 2:00 Sports Club 3:00 Mudslide Monday Happy Hour 3:30 The Kings Choir Entertains! 6:15 Mens Choice Movie Night	9:00 Beauty Salon Opens 9:45 Circuit Training Exercise 10:30 Hymn, Sing & Gospel 1:30 Armchair Travel to PARIS! 2:30 Walking Club 3:00 Trivia Tuesdays Happy Hour 4:00 Jigsaw Puzzles 6:15 Womens Choice Movie Night	9:00 Beauty Salon Opens 9:00 Morning Walkers Club 9:15 OUTING: Leach Public Library 9:45 Seated Exercises 10:15 Chorus Rehearsal 1:00 Communion & Prayer Service 2:00 MARLENA ENTERTAINS! 3:00 Wine Down Wednesday 6:15 OUTING: Pinkerton Academy Instrumental Concert	9:00 Beauty Salon Opens 9:45 Exercise-Interval Training 10:30 Craft Corner: Eiffel Tower Centerpieces 1:30 Bridge & Cribbage Clubs 2:30 Walking Club 3:00 Cocktails & Conversation 3:30 Knitting Group 6:15 Classic Movie Night	GOOD FRIDAY 9:45 Exercise Card Game 10:30 Last Letter Word Game 1:30 Walking Group 2:00 Brain Teasers 2:30 Tai Chi with Justin 3:00 TGIF Happy Hour PASSOVER begins at Sundown	9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:15 Craft Corner: Floral Arranging 2:00 Indoor Bocce Ball 3:00 'Know your Neighbor' Happy Hour 6:10 RED SOX vs. TB Rays
EASTER 7:30 Sunrise Service 9:30 Family Easter Egg Hunt & Visit from the Easter Bunny 10:00 TV Catholic Mass 2:00 Easter Tea Social 2:10 RED SOX vs. TB Rays 6:15 Feature Film: 'Easter Parade'	EARTH DAY 9:00 Morning Walkers Club 9:30 SHOPPING: Walmart 9:45 Strength Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Earth Day Trivia: Learn to 'go green' 2:00 Sports Club 3:00 Margarita Monday Happy Hour	9:00 Beauty Salon Opens 9:45 Circuit Training Exercise 10:30 Hymn, Sing & Gospel 1:15 Candy Bar Bingo 2:00 DEVEREUX GEIGER ENTERTAINS! 2:30 Walking Club 3:00 Trivia Tuesdays Happy Hour 6:15 Womens Choice Movie Night	9:00 Beauty Salon Opens 9:00 Morning Walkers Club 9:15 OUTING: Leach Public Library 9:45 Seated Exercises 10:15 Chorus Rehearsal 11:30 OUTING: Lunch at T-Bones 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday	9:00 Beauty Salon Opens 9:45 Exercise-Interval Training 10:30 Craft Corner: Painting Spring Flowers 1:30 Bridge & Cribbage Clubs 2:00 KEVIN FARLEY 'The Irish Guy' ENTERTAINS! 3:00 Celebrate April Birthdays: Cupcakes & Cocktails! 3:30 Knitting Group 4:00 Skip Bo	NATIONAL ARBOR DAY 9:45 Exercise Card Game 10:30 Balloon Volleyball 1:30 <i>Help plant a tree in memory of our loved ones</i> 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 Indoor Bocce Ball 3:00 Cheers! Happy Hour! 4:05 RED SOX vs. TB Rays PASSOVER ends at Sundown 6:15 Residents Choice Movie Night
9:15 OUTING: Catholic Mass at St Jude's 10:00 TV Catholic Mass 1:05 RED SOX vs. TB Rays 1:45 SAINT JUDE'S KIDS VISITING 2:00 Indoor Golf 2:45 Ice Cream Sundaes with the Sunday School Kids 3:15 Word in a Word Game 6:15 Residents Choice Movie Night	9:00 Morning Walkers Club 9:30 SHOPPING: Dollar Tree 9:45 Strength Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Walking Group 2:00 Sports Club 3:00 Mudslide Monday Happy Hour 6:15 Mens Choice Movie Night	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 6:15 Womens Choice Movie Night				<p>All activities and times are subject to change without notice.</p> <p>Please check the daily schedules for updates.</p>