



Resident Spotlight

Meet Resident Steven Gregson. Steve has lived at All American for about 6 months. Steve can be found with a smile on his face and a kind word for anyone who needs to be cheered up. His positive attitude is contagious! Steve is the Activity Departments go to man when we need new, fresh ideas to add to programming. Thank you for always making us smile!



Meet Steven Gregson



Employee Spotlight

Welcome Alesha Cruz the new Nurse Manager at All American at Londonderry. Alesha is married with 2 daughters, 18 and 20 and has 2 dogs. She lives in Manchester and has many years of Assisted Living experience, formally the lead wellness nurse at Ledgewood Bay and the ALF manager of Courville.



Welcome to the team!

May | 2019

COMMUNITY CONNECTION

A NEWSLETTER FOR THE ALL AMERICAN AT LONDONDERRY RESIDENTS

An Emphasis on Living!

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Gardening Is Good For The Soul

Digging in the earth, planting veggies or flowers, weeding, and watering, all can feel like a balm to the soul. However, as one grows older, there are additional considerations to keep gardening a passion and easier on the body.

Ideas from [AgingCare.com](https://www.agingcare.com) for senior-friendly gardening:

- Create raised beds to improve drainage and make harvesting easier. Lightweight plastic landscape timbers can be stacked to form raised beds at waist or wheelchair height if necessary.
- Make vertical gardens by growing vining plants upward using trellises, tomato cages, bamboo stakes, fences, walls or arbors as supports.
- Plant in resin or foam-walled containers and use lightweight "soil-less" mixtures to reduce the weight of each planter. Put individual pots on casters.
- Added safety tips: Use plenty of sunscreen; work during the coolest part of the day; stay hydrated; wear closed-toe shoes, a hat, and gardening gloves.
- Try products designed for seniors (kneeling benches, ergonomic tools, and rolling scooters).
- Have a friend or family help with the heavy stuff!

With the warmer weather finally here, it's time to get outside and plant that rose or tomato. You'll love seeing (and potentially eating) the rewards!

Source:

<https://www.agingcare.com/articles/growing-connections-gardening-with-seniors-147111.htm>



Activity Highlight

The Residents had such a great time at Parker's Maple Barn in Mason NH. The food was amazing. We are going back for 2nds in May! There is plenty of room on the bus and at the table, Join us!



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

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			MAY DAY! 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 Lunch Outing/ The 99 1:00 Communion & Prayer Service 2:00 Sports Club 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/Kentucky Derby Hats 1:30 Bridge & Cribbage Clubs 1:30 Knitting Group 2:30 Walking Club 3:00 Cocktails & Conversation 4:00 Skip Bo 6:15 Classic Movie Night	9:45 Exercise Card Game 10:30 Sing Along 1:30 Walking Group 2:00 Brain Teasers 2:30 Tai Chi with Justin 3:00 MARK S. ENTERTAINS at Happy Hour! 6:15 Comedy Movie Night	KENTUCKY DERBY DAY! 9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Indoor Bocce Ball 3:00 Happy Hour featuring Mint Julep Derby Drinks 3:30 NH School of Dance Performance 6:00 Kentucky Derby Contest
CINCO DE MAYO! 9:15 OUTING: Catholic Mass at St Jude's 10:00 TV Catholic Mass 2:00 Corn Hole Game 3:00 Cinco De Mayo Happy Hour 4:00 Color & Conversation 6:15 Residents Choice Movie Night	9:00 Morning Walkers Club 9:30 GUEST SPEAKER: WMUR Weatherman Kevin Skatupa 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 6:30 Poker Night	9:00 Beauty Salon Opens 9:45 Circuit Training Exercise 10:30 Hymn, Sing & Gospel 2:00 FOOD COUNCIL MEETING 2:30 Walking Club 3:00 Shopping Trip/Market Basket 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 Sing Along with Patti 1:00 Communion & Prayer Service 2:00 CHARLIE D. ENTERTAINS! 2:00 Sports Club 3:00 Wine Down Wednesday 6:15 OUTING: Londonderry High School Band & Jazz Concert	9:00 Beauty Salon Opens 9:45 Exercise-Interval Training 10:30 Resident Council 1:30 Bridge & Cribbage Clubs 1:30 Knitting Group 2:30 Walking Club 3:00 Cocktails & Conversation 4:00 Uno Card Game 6:15 Classic Movie Night	National Root Beer Day 9:45 Exercise Card Game 1:30 Walking Group 2:00 Brain Teasers 2:00 Shepherd's Pie Baking Contest 2:30 Chair Yoga with Justin 3:00 TGIF Happy Hour and Root Beer Floats 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
MOTHER'S DAY 9:15 Church Service at Londonderry Presbyterian Church 10:00 TV Catholic Mass 2:00 Corn Hole Game 3:00 Mother's Day Ice Cream cone Social 4:00 Color & Conversation 6:15 Residents Choice Movie Night	9:00 Morning Walkers Club 9:30 Shopping Trip/The Dollar Tree 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! 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 2:30 Walking Club 3:00 Trivia Tuesdays Happy Hour 4:00 Jigsaw Puzzles 6:15 Womens Choice Movie Night	NATIONAL CHOCOLATE CHIP DAY 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 1:30 Culinary Creation: Chocolate Chip Ice Cream Sandwiches 2:00 Sports Club 3:00 Wine Down Wednesday 6:15 OUTING: Philkerton Academy Jazz Concert	9:00 Beauty Salon Opens 9:45 Exercise-Interval Training 10:30 Craft Corner/ Mother's Day Pins 1:30 Bridge & Cribbage Clubs 1:30 Knitting Group 2:00 Left Center Right Dice Game 2:30 Walking Club 3:00 Cocktails & Conversation 6:15 Classic Movie Night	Pizza Party Day 9:45 Exercise Card Game 1:30 Walking Group 2:00 Brain Teasers 2:30 Tai Chi with Justin 3:00 TGIF Happy Hour and Pizza Party 6:15 Comedy Movie Night	ARMED FORCES DAY 9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Indoor Bocce Ball 3:00 Happy Hour toasting our Armed Forces Vets 6:15 Residents Choice Movie Night
9:15 OUTING: Catholic Mass at St Jude's 10:00 TV Catholic Mass 1:30 ST JUDE'S KIDS VISITING 2:00 Indoor Golf 2:45 Ice Cream Sundae with the Sunday School Kids! 3:00 Word in a Word Game 4:00 Color & Conversation 6:15 Residents Choice Movie Night	Backyard Games Week Begins 9:00 Morning Walkers Club 9:30 Shopping Trip/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	National Senior Citizen Day 9:00 Beauty Salon Opens 9:00 Morning Walkers Club 9:45 Circuit Training Exercise 10:30 Hymn, Sing & Gospel 1:30 Candy Bar Bingo 2:30 Walking Club 3:00 Trivia Tuesdays Happy Hour 4:00 Jigsaw Puzzles 6:15 Womens Choice Movie Night	9:15 Breakfast Outing: The Bacon Barn 9:00 Beauty Salon Opens 9:00 Morning Walkers Club 9:15 OUTING: Leach Public Library 9:45 Seated Exercises 10:30 ALL AMERICAN CHORUS PERFORMANCE! 1:00 Communion & Prayer Service 2:00 JON M. ENTERTAINS! 2:00 Andrew's VETERANS CHAT with coffee & cocktails 3:00 Wine Down Wednesday 6:15 Residents Choice Movie Night	9:00 Beauty Salon Opens 9:45 Exercise-Interval Training 10:30 Cooking Group/ No bake Cookies 1:30 Bridge & Cribbage Clubs 1:30 Knitting Group 2:30 Walking Club 3:00 Cocktails & Conversation 4:00 Scrabble 6:15 Classic Movie Night	9:45 Exercise Card Game 10:30 Bowling 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 Indoor Bocce Ball 3:00 Cheers! Happy Hour! 6:15 Residents Choice Movie Night
9:15 OUTING: Church Service at Londonderry Presbyterian Church 10:00 TV Catholic Mass 2:00 Corn Hole Game 3:00 Scattergories Word Game 4:00 Color & Conversation 6:15 Residents Choice Movie Night	MEMORIAL DAY 9:30 Morning Walkers Club 10:00 Morning Exercise with Patti 10:30 Culinary Creations/ Memorial Day Fruit Scissors 1:30 Walking Group 2:03 Entertainment/Benes K 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 1:30 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	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 Lunch Outing/ Parker's Maple Barn 1:00 Communion & Prayer Service 2:00 MARLENA ENTERTAINS! 3:00 Wine Down Wednesday 6:15 Residents Choice Movie Night	9:00 Beauty Salon Opens 9:45 Exercise-Interval Training 10:15 Left, Right and Center 1:30 Bridge & Cribbage Clubs 1:30 Knitting Group 2:30 Walking Club 3:00 Celebrate May Birthdays: & Cocktails! 4:00 Kings in the Corner 6:15 Classic Movie Night	9:45 Exercise Card Game 10:30 Sing Along 1:30 Walking Group 2:00 Brain Teasers 2:30 Tai Chi with Justin 3:00 TGIF Happy Hour 6:00 OUTING: Victory Baptist Church to see Army National Guard Band 6:15 Comedy Movie Night	