



## CORNERSTONE AT HAMPTON NOVEMBER CALENDAR

### ANNOUNCEMENTS & EVENTS:

Grab Your Passport: Ireland 11/24

Veteran's Day Ceremony 11/11

### STAFF DIRECTORY:

**Executive Director**  
Katrina June

**Director of Community Relations**  
Amanda Jillison

**Director of Business Administration**  
Catherine LaFlamme

**Resident Care Director**  
Tara Wade

**Enriched LIFE Director**  
Robyn Outcalt

**Director of  
Compass Programing**  
Patricia Corso

**Director of Dining Experience**  
Jean Foster- Spillane


**Director of Building & Grounds**  
Jack Demeritt

*How will you spend your day?*

The quest for knowledge, inspiration and enrichment is lifelong.



View event photos on our Community facebook page.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>November</div> <div>2019</div>  </div>			<b>Program Key:</b> <div> <div>High Tide Cafe</div> <div>Winnacunnet Fitness</div> <div>Patio/Courtyard</div> <div>Compass Neighborhood</div> <div>Arts &amp; Crafts Room</div> <div>Boar's Head Pub</div> <div>Legat Library</div> <div>Piano Lounge</div> <div>The Barn Theater</div> <div>Van Trip</div> </div>		<b>1</b> <div> <div>9:45 Toppan's Store Open</div> <div>10:15 Morning Stretch</div> <div>11:00 Holy Grail</div> <div>1:30 Chair Yoga</div> <div>2:30 Karaoke club</div> <div>3:00 Happy Hour!</div> <div>6:00 Friday Night Flicks</div> </div>	<b>2</b> <div> <div>9:45 Morning Walk</div> <div>10:15 Morning Stretch</div> <div>11:00 Craft Corner</div> <div>1:30 Saturday Matinee</div> <div>2:30 Ramblin' Richard</div> <div>3:30 Cards with Jim</div> <div>6:00 Brain Games</div> </div>
<i>* All programs are subject to change based on resident interest.</i>						
<b>3</b> <div> <div>9:45 Mindful Meditation</div> <div>10:15 Morning Stretch</div> <div>11:00 BINGO</div> <div>2:30 Resident's Choice Documentary</div> <div>3:30 Walking Group</div> <div>6:00 Patriots Social/ Game</div> </div> Patriots vs Ravens at 8:20 pm	<b>4</b> <div> <div>9:45 Toppan's Store Open</div> <div>10:15 Morning Stretch</div> <div>11:00 Walking Group</div> <div>1:30 TV Games</div> <div>2:30 Cinemagic Outing</div> <div>3:00 Movie Matinee: Judy</div> <div>6:00 Pizza in the Pub</div> </div>	<b>5</b> <div> <div>9:45 Morning Walk</div> <div>10:15 Morning Stretch</div> <div>11:00 Discovery Series</div> <div>1:30 British Baking Show</div> <div>2:30 Catholic Services</div> <div>3:00 Book Club Reading and Discussion</div> <div>6:00 Music in the Theater</div> </div>	<b>6</b> <div> <div>9:45 Toppan's Store Open</div> <div>10:15 Morning Stretch</div> <div>11:00 Music and Movement</div> <div>1:30 Chair Yoga</div> <div>2:30 Register to Vote</div> <div>3:00 Happy Hour!</div> <div>6:00 NCIS in the Theater</div> </div>	<b>7</b> <div> <div>9:45 Coffee and Crochet</div> <div>10:15 Shawn's Core Strengthening Class</div> <div>11:00 Discovery Series</div> <div>1:30 Lifetime Achievement</div> <div>2:00 Lucie Therrien Performs</div> <div>3:30 BINGO</div> <div>6:30 After Dinner Social</div> </div>	<b>8</b> <div> <div>9:45 Toppan's Store Open</div> <div>10:15 Morning Stretch</div> <div>11:00 Planetarium Trip</div> <div>2:30 Chair Yoga</div> <div>3:30 Happy Hour!</div> <div>6:00 Friday Night Flicks</div> </div>	<b>9</b> <div> <div>9:45 Morning Walk</div> <div>10:15 Morning Stretch</div> <div>11:00 Craft Corner</div> <div>1:30 Saturday Matinee</div> <div>3:30 Cards with Jim</div> <div>6:00 Brain Games</div> </div>
<b>10</b> <div> <div>9:45 Mindful Meditation</div> <div>10:15 Morning Stretch</div> <div>11:00 Walking Group</div> <div>1:30 Faith Community Church</div> <div>2:30 Nick Starr Presents</div> <div>3:30 BINGO</div> <div>6:00 Jumbo Crossword</div> </div>	<b>11 Veterans Day</b> <div> <div>9:45 Toppan's Store Open</div> <div>10:15 Morning Stretch</div> <div>11:00 Veteran's Day Event</div> <div>1:30 Veteran Day Trivia</div> <div>2:00 Library Trip</div> <div>3:30 Veterans Day Movie</div> <div>6:00 Cribbage Game Night</div> </div>	<b>12</b> <div> <div>9:45 Morning Walk</div> <div>10:15 Morning Stretch</div> <div>11:00 Discovery Series</div> <div>12:00 Men's Luncheon</div> <div>1:30 British Baking Show</div> <div>2:30 Catholic Services</div> <div>3:30 Women's Wine Down</div> <div>6:00 Gian Faraone Performs</div> </div>	<b>13</b> <div> <div>9:45 Toppan's Store Open</div> <div>10:15 Morning Stretch</div> <div>11:00 Music and Movement</div> <div>1:30 Chair Yoga</div> <div>2:30 November Birthdays</div> <div>3:00 Happy Hour!</div> <div>6:00 NCIS in the Theater</div> </div>	<b>14</b> <div> <div>9:45 Coffee and Catch Up</div> <div>10:15 Shawn's Core Strengthening Class</div> <div>11:00 BINGO</div> <div>1:30 Discovery Learning</div> <div>2:00 John Tuohey Speaks</div> <div>3:00 Knitting Group with Sandy</div> <div>6:30 After Dinner Social</div> </div>	<b>15</b> <div> <div>9:45 Toppan's Store Open</div> <div>10:15 Morning Stretch</div> <div>11:00 Book Club Reading and Discussion</div> <div>1:30 Ethan Stone Piano</div> <div>2:30 Chair Yoga</div> <div>3:30 Happy Hour!</div> <div>6:00 Friday Night Flicks</div> </div>	<b>16</b> <div> <div>9:45 Morning Walk</div> <div>10:15 Morning Stretch</div> <div>11:00 Craft Corner</div> <div>1:30 Saturday Matinee</div> <div>3:30 Cards with Jim</div> <div>6:00 Brain Games</div> </div>
<b>17</b> <div> <div>9:45 Mindful Meditation</div> <div>10:15 Morning Stretch</div> <div>11:00 BINGO</div> <div>1:30 Documentary</div> <div>2:30 Walking Group</div> <div>3:30 Walking Group</div> <div>6:00 Patriots Game</div> </div> Patriots vs Eagles at 4:25pm	<b>18</b> <div> <div>9:45 Toppan's Store Open</div> <div>10:15 Morning Stretch</div> <div>11:15 Old Salt Trip</div> <div>2:30 Board Games</div> <div>3:00 Music in Theater</div> <div>6:00 Cribbage Game Night</div> </div>	<b>19</b> <div> <div>9:45 Morning Walk</div> <div>10:15 Morning Stretch</div> <div>11:00 Discovery Series</div> <div>1:30 British Baking Show</div> <div>2:30 Catholic Services</div> <div>3:00 Resident Council</div> <div>6:00 Music in the Theater</div> </div>	<b>20</b> <div> <div>9:45 Toppan's Store Open</div> <div>10:15 Morning Stretch</div> <div>11:00 Music and Movement</div> <div>1:30 Chair Yoga</div> <div>2:30 Resident Round Table</div> <div>3:00 Happy Hour!</div> <div>6:00 NCIS in the Theater</div> </div>	<b>21 GYP Ireland</b> <div> <div>9:45 Coffee and Crochet</div> <div>10:15 Shawn's Core Strengthening Class</div> <div>11:00 Ireland Presentation</div> <div>2:30 Jordan TW Performs</div> <div>3:30 Irish Trivia</div> <div>6:30 After Dinner Social</div> </div>	<b>22</b> <div> <div>9:45 Toppan's Store Open</div> <div>10:15 Morning Stretch</div> <div>11:00 Christmas Tree Shop</div> <div>2:00 Chair Yoga</div> <div>3:00 Happy Hour!</div> <div>6:00 Friday Night Flicks</div> </div>	<b>23</b> <div> <div>9:45 Morning Walk</div> <div>10:15 Morning Stretch</div> <div>11:00 Craft Corner</div> <div>1:30 Saturday Matinee</div> <div>3:30 Cards with Jim</div> <div>6:00 Brain Games</div> </div>
<b>24</b> <div> <div>9:45 Mindful Meditation</div> <div>10:15 Morning Stretch</div> <div>11:00 BINGO</div> <div>1:30 Faith Community Church</div> <div>2:30 Walking Group</div> <div>3:30 Patriot's Game Social</div> <div>6:00 Patriots Game</div> </div>	<b>25</b> <div> <div>9:45 Coffee and Catch up</div> <div>10:15 Morning Stretch</div> <div>11:00 Library Outing</div> <div>1:30 Sing Along</div> <div>2:30 Discovery Learn</div> <div>3:30 Sing alongs</div> <div>6:00 Ben and Brad Perform</div> </div>	<b>26</b> <div> <div>9:45 Morning Walk</div> <div>10:15 Morning Stretch</div> <div>11:00 Discovery Series</div> <div>1:30 British Baking Show</div> <div>2:30 Catholic Services</div> <div>4:30 Irish Step Dancers</div> <div>6:00 Music in the Theater</div> </div>	<b>27</b> <div> <div>9:45 Toppan's Store Open</div> <div>10:15 Morning Stretch</div> <div>11:00 Music and Movement</div> <div>1:30 Chair Yoga</div> <div>2:30 TV Games</div> <div>3:00 Happy Hour!</div> <div>6:00 NCIS in the Theater</div> </div>	<b>28 Happy Thanksgiving!</b> <div> <div>9:45 Walking Group</div> <div>10:15 Morning Stretch</div> <div>11:30 Thanksgiving Lunch</div> <div>1:30 Thursday Matinee</div> <div>2:30 Holiday Movie</div> <div>3:00 Independent Puzzles</div> <div>6:30 Independent Reading Group</div> </div>	<b>29</b> <div> <div>9:30 Coffee with the Chirefs</div> <div>10:15 Morning Stretch</div> <div>11:00 Board Games</div> <div>1:30 Chair Yoga</div> <div>2:30 BINGO</div> <div>3:00 Happy Hour!</div> <div>6:00 Friday Night Flicks</div> </div>	<b>30</b> <div> <div>9:45 Morning Walk</div> <div>10:15 Morning Stretch</div> <div>11:00 Craft Corner</div> <div>1:30 Saturday Matinee</div> <div>3:30 Cards with Jim</div> <div>6:00 Brain Games</div> </div>