

Van Outings

Departure time is 10:00am unless otherwise noted.

7/5 Market Basket

7/6 Walmart

7/11 Bank, Pharmacy, Post Office

7/11 Lunch Outing: Emma's 11:30

7/12 Market Basket

7/13 Target

7/13 Nashua Silver Knights Game 2:00

7/14 CVS

7/18 Bank, Pharmacy, Post Office

7/19 Market Basket

7/20 Dollar Tree/Staples

7/25 Bank, Pharmacy, Post Office

7/25 Lunch: MaryAnn's Diner 11:30

7/26 Market Basket

7/27 Walmart

7/28 CVS



July Birthdays

7/2 Gary Walker

7/14 Betty Snover

7/21 Martha Brown

A Time of Reflection



As we gather to celebrate Independence Day on July 4th, we honor the birth of our great nation and the enduring values of freedom, courage, and unity that have guided the United States for nearly 250 years. It is a day marked by waving flags, patriotic songs, and the sparkle of fireworks — but most importantly, it is a day to reflect on the meaning of independence and

the sacrifices that made it possible.

For many in our community, this holiday brings memories of different times — of serving in the military, of growing up during wartime, of watching leaders and neighbors come together in times of both hardship and hope. You have witnessed and lived through chapters of American history that continue to shape our nation today. Your stories remind us of how far we've come and how important it is to protect the values we hold dear.

Independence Day is also a celebration of resilience — not just the resilience of a country, but of its people. The American spirit is found in everyday acts of kindness, in the strength of communities, and in the bonds we share with one another. Here in our assisted living community, we see that spirit shine every day — in the friendships that grow, the laughter that echoes in the hallways, and the support we give one another.

Let this holiday be a time to give thanks — for the freedoms we enjoy, for the brave men and women who helped secure them, and for the opportunity to continue living with purpose, connection, and pride. Whether you spend the day reminiscing with friends, watching the fireworks, or simply enjoying a slice of pie, know that you are part of something special — a community that honors the past, celebrates the present, and looks forward to the future.

LEDGEWOOD BAY AT MILFORD *Leadership Team*

Melanie Dunn
Executive Director

Jay Duval
Maintenance Director

Brendalee Boisvert
Resident Care Director

Kathy Carter
Engagement Director

Julie Zajchowski
Culinary Director

Landra Gagnon
Business Office Director

Suzanne Demers
Sales Director

Annmarie Scully
Avita Director





Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Ledgewood Bay
at Milford
A NORTHBRIDGE ASSISTED LIVING COMMUNITY
43 Ledgewood Drive
Milford, NH 03055
(603) 672-5037
northbridgecommunities.com
assisted living

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9:30 St. Patrick's Mass
10:00 Walmart
10:45 Categories
1:00 Oddly Obvious
2:00 Sunday Stretch
2:30 Armchair Travel: Best Places in US
4:00 Music & Memories
6:30 Silver Screen

7

9:30 Weights
10:15 Bingo
10:30 Think Fast!
1:30 Amazing Word Twist
2:00 Bridge Game
2:30 Wii Bowling
3:30 Singing to the Oldies
6:30 Silver Screen

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9:30 Gentle Chair Yoga
10:30 Can You Name 5
11:00 Communion
1:30 Guess the Word
1:30 Mexican Train Dominoes
2:30 Music w/Stan
3:30 Rack*O
3:30 Bocce
6:30 Silver Screen
6:30 Sequence

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9:30 Otago Fitness
10:00 Cooking Up Memories
11:00 Oddly Obvious
1:30 Rummikub
1:30 Scrabble
2:00 Documentary: United States of America
3:30 Baked Goods Social
3:30 Wii Bowling
6:30 Silver Screen

10

9:30 Barre Tai Chi
10:15 Bingo
1:30 Mexican Train Dominoes
1:30 Music Trivia
2:30 Music w/Brian K
3:30 Bananagrams
3:30 Bocce
6:30 Silver Screen
6:30 Rummikub

11

9:30 Mindful Movements
10:00 Bank, Pharmacy, & Post Office
10:15 Trivia Mix
1:30 Guess The Word
2:00 Liverpool Rummy
2:30 Walking Club
3:30 Crossword Puzzle
6:30 Silver Screen

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9:30 Barre Balance
10:00 Market Basket
10:15 Bingo
1:30 Saturday Matinee Movie
1:30 Balloon Volleyball
1:30 Minute Mysteries
3:00 Jeopardy
4:00 Music & Memories
6:30 Saturday Movie Night

13

9:30 St. Patrick's Mass
10:00 Target
10:45 Categories
1:00 Oddly Obvious
2:00 Sunday Stretch
2:00 Nashua Silver Knights Baseball Game
2:30 Armchair Travel: Florida Keys
3:30 Hymn Sing & Devotions

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9:30 Weights
10:00 CVS Pharmacy
10:15 Bingo
10:30 Think Fast!
1:30 Amazing Word Twist
2:00 Bridge Game
2:30 Wii Bowling
3:30 Singing to the Oldies
6:30 Silver Screen

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9:30 Gentle Chair Yoga
10:30 Can You Name 5
11:00 Communion
1:30 Guess the Word
1:30 Mexican Train Dominoes
2:00 Resident Council Meeting
2:30 Music w/Max
3:30 Rack*O
3:30 Bocce
6:30 Silver Screen

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9:30 Otago Fitness
10:00 Cooking Up Memories
11:00 Oddly Obvious
1:30 Rummikub
1:30 Scrabble
2:00 Documentary: United States of America
2:30 Artist in Residence: Central Birch Studio
3:30 Baked Goods Social

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9:30 Barre Tai Chi
10:15 Bingo
1:30 Mexican Train Dominoes
1:30 Music Trivia
2:30 Summer Happy Hour
3:30 Bananagrams
3:30 Bocce
6:30 Silver Screen
6:30 Rummikub

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9:30 Mindful Movements
10:00 Bank, Pharmacy, & Post Office
10:00 Guest Speaker: Robin Shelgren
1:30 Guess The Word
2:00 Liverpool Rummy
2:30 Walking Club
3:30 Crossword Puzzle
6:30 Silver Screen

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9:30 Barre Balance
10:00 Market Basket
10:15 Bingo
1:30 Saturday Matinee Movie
1:30 Balloon Volleyball
1:30 Minute Mysteries
3:00 Jeopardy
4:00 Music & Memories
6:30 Saturday Movie Night

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9:30 St. Patrick's Mass
10:00 Dollar Tree/Staples
10:45 Categories
1:00 Oddly Obvious
2:00 Sunday Stretch
2:30 Armchair Travel: Washington DC
4:00 Music & Memories
6:30 Silver Screen

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9:30 Weights
10:15 Bingo
10:30 Think Fast!
1:30 Amazing Word Twist
2:00 Bridge Game
2:30 Wii Bowling
3:30 Singing to the Oldies
6:30 Silver Screen

22

9:30 Gentle Chair Yoga
10:30 Can You Name 5
11:00 Communion
1:30 Guess the Word
1:30 Mexican Train Dominoes
2:30 Music w/Mark
3:30 Rack*O
3:30 Bocce
6:30 Silver Screen
6:30 Sequence

23

9:30 Otago Fitness
10:00 Cooking Up Memories
11:00 Oddly Obvious
1:30 Rummikub
1:30 Scrabble
2:00 Documentary: United States of America
3:30 Baked Goods Social
3:30 Wii Bowling
6:30 Silver Screen

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9:30 Barre Tai Chi
10:15 Bingo
1:30 Mexican Train Dominoes
1:30 Music Trivia
2:30 Summer Berry Bash Social
3:30 Bananagrams
3:30 Bocce
6:30 Silver Screen
6:30 Rummikub

25

9:30 Mindful Movements
10:00 Bank, Pharmacy, & Post Office
10:15 Trivia Mix
1:30 Guess The Word
2:30 Walking Club
3:00 Trivia & Tunes w/Vin
3:30 Crossword Puzzle
6:30 Silver Screen

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9:30 Barre Balance
10:00 Market Basket
10:15 Bingo
1:30 Saturday Matinee Movie
1:30 Balloon Volleyball
1:30 Minute Mysteries
3:00 Jeopardy
4:00 Music & Memories
6:30 Saturday Movie Night

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9:30 St. Patrick's Mass
10:00 Walmart
10:45 Categories
1:00 Oddly Obvious
2:00 Sunday Stretch
2:30 Armchair Travel: Grand Canyon
3:30 Hymn Sing & Devotions
6:30 Silver Screen

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9:30 Weights
10:00 CVS Pharmacy
10:15 Bingo
10:30 Think Fast!
1:30 Amazing Word Twist
2:00 Bridge Game
2:30 Wii Bowling
2:30 Music w/Chris Ekblom
2:30 Monadnock Storyteller
3:30 Singing to the Oldies

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9:30 Gentle Chair Yoga
10:30 Can You Name 5
11:00 Communion
1:30 Guess the Word
1:30 Mexican Train Dominoes
2:30 Music w/Andy
3:30 Rack*O
3:30 Bocce
6:30 Silver Screen
6:30 Sequence

30

9:30 Otago Fitness
10:00 Cooking Up Memories
11:00 Oddly Obvious
1:30 Rummikub
1:30 Scrabble
2:00 Documentary: United States of America
3:30 Baked Goods Social
3:30 Wii Bowling
6:30 Silver Screen

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9:30 Barre Tai Chi
10:15 Bingo
1:30 Mexican Train Dominoes
1:30 Music Trivia
2:30 July Birthday Celebration
3:30 Bananagrams
3:30 Bocce
6:30 Silver Screen
6:30 Rummikub



Special Dates

7/2 Guest Speaker: Joe Callanan

7/3 Patriotic Music w/Andrew

7/4 4th of July Celebration

7/8 Music w/Stan

7/10 Music w/Brian K

7/13 Nashua Silver Knights Game

7/15 Music w/Max

7/15 Resident Council Meeting

7/16 Artist in Residence: Central Birch Studio

7/25 Trivia & Tunes w/Vin

7/28 Monadnock Storyteller

7/29 Music w/Andy

Activity Key

- Connect
- Feel
- Move
- Learn