

Signature Series Events



Our Signature Series events are a wonderful way for visitors to get a feel for what it's like to live at Silver Square. Residents and visitors alike gather and enjoy a great experience.

Our first Signature Series event -- Vintage Treasures Showcase & Appraisal-- will be held on Friday, March 6th at 2 PM. We are hosting Peter Yvanovich, SPA, founder of

New England Inventory & Appraisal Services. Peter will be offering insights into antiques, heirlooms, and collectibles as well as appraising select antique pieces. It's a fun, engaging way to learn more about your own treasures and share the stories that make them special.

Light appetizers and refreshments will be served.

Our next event -- "Taste of Culture" -- will be on Thursday, March 12th at 12 noon. This event will feature fine food paired with wine from three different regions around the world. To join us, please RSVP to Jessica Johnson, Sales and Marketing Director, at jessica.johnson@residencesilversquare.com or call our Front Desk at 603-570-9390.

Community Connections

One of our greatest joys at Silver Square is partnering with our friends in the Dover community. We are pleased to host the Dover Public Library's "Cover to Cover" book club on Thursday, March 5th at 10 AM. All are welcome! We will also host a fun morning planting flowers with our friends from UNH's Pi Kappa Alpha fraternity on Friday, March 13 and finish the day with a competitive round of trivia with the Rotary Club of Dover and the Dover High School Interact Club. Our residents are so excited!



THE RESIDENCE

at Silver Square

Welcome, March!



THE RESIDENCE AT SILVER SQUARE *Associates*

Chris Kelly

Executive Director

Jessica Hogan

Business Office Director

Jessica Johnson

Sales and Marketing Director

Pamela Lane

Resident Care Director

Phil Stone

Restaurant Ops Director

Lisa Moll

Engagement Director

Rachelle Fyfe

Reflections Director

Kevin Goyette

Maintenance Director

March arrives with the gentle promise of change. The light lingers a little longer each afternoon, the air carries a hint of earth's renewal, and signs of spring quietly begin to appear. As we turn our clocks forward for Daylight Saving Time, we welcome brighter mornings and longer evenings—perfect for conversation, laughter, and shared moments with good friends.

This month, we celebrate St. Patrick's Day, a cheerful reminder to wear a touch of green, enjoy festive flavors, and share a bit of Irish luck. We'll listen to live Irish music, host a fascinating lecture about the "Emerald Isle" and feast on Irish food and drink prepared by our talented Culinary Team.

March also marks Women's History Month, a time to honor the strength, contribution, and resilience of women who have shaped our lives, communities, and world. We'll celebrate the impact women have had on the world with our Herstory Series, profiling historical figures that too often have been lost to history.

On March 20th, we'll officially welcome spring! It's been a long, snowy winter in New England, and we're all looking forward to longer days, budding trees and colorful flowers around our beautiful community. Spring is a cherished time of renewal and simple joys. We'll enjoy the warmth of sunshine and take a leisurely walk outside with good friends.

Above all, March reminds us how special it is to live in a community filled with good friends, good food, incredible kindness and care.

Good Times. Good Friends. *Great Care!*



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

9:00 Steps in Motion
10:00 Protestant Church Service
10:15 Weights + Balance
11:00 Catholic Church Service
11:00 Wheel of Fortune
12:00 Chef's Winter Menu Lunch
12:30 Gentle Yoga
1:00 Cinema Sundays
2:00 Quilters' Club
3:00 Charity Bingo

2

9:00 Local Errands Post + Bank
10:00 Eucharist Service
10:30 Balance & Strength
11:30 Words with Friends
12:30 Outing to The Brunch Club
1:00 Barre and Balance
1:00 Mexican Train
3:00 Meditation and Sound Bath
4:00 Card Players Corner

3

10:00 Community Connection- STA
10:30 Balance and Weights
11:00 Sugar+Spice Baking Club
11:00 Court Case Roundtable
12:00 Chef's Bistro Hour
12:00 Community Store Opens
1:00 REACT Neuro
2:00 Stretch+Shine
3:00 Bocce Ball Challenge
4:00 Card Players Corner

4

10:30 Exercise by Engage
11:00 SHIELD - Improving Balance
12:00 Guest Guitar- Island Mike
12:00 Community Bistro Hour
1:00 Cribbage Players Corner
1:00 Barre & Balance
2:00 Tech Support Workshop
3:00 Charity Bingo
4:00 Card Players Corner
6:00 Feature Film Night

5

9:00 Local Errands Post + Bank
10:00 DPL Book Club
10:30 Weights + Balance
11:00 Herstory Series
12:00 Chef's Bistro Hour
1:00 Restorative Yoga
1:00 Open Art Studio
2:00 Outing to TJ Maxx
3:00 Bocce Ball Challenge
4:00 Card Players Corner

6

10:30 Exercise by Engage
11:00 Music Listening Hour
11:00 Five Crowns Card Club
12:00 Boar's Head Bistro Deli
12:30 Tai Chi for Arthritis
2:00 Sig Series-Vint Treasures
4:00 Our Universe Series
4:00 Card Players Corner

7

10:30 Strength & Balance
11:00 Sugar+Spice Baking Club
11:00 Cribbage Players Club
11:30 Words at Play
12:00 Community Store Opens
12:30 Gentle Yoga
1:00 Saturday Movie Matinee
2:00 Crafting with Joanne
3:00 Bocce Ball Challenge
4:00 Card Players Corner

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Daylight Saving Time
9:00 Steps in Motion
10:00 Protestant Church Service
10:15 Stretch + Move
11:00 Catholic Church Service
11:00 Words at Play
12:00 Chef's Winter Menu Lunch
1:00 Cinema Sundays
2:00 Quilters' Club
3:00 Charity Bingo

9

9:00 Local Errands Post+Bank
10:30 Balance + Strength
11:30 NYT Mini Crossword
12:30 Outing to 99 Restaurant
1:00 Barre and Balance
2:00 Guest Lecture -Ireland
2:00 Mexican Train
3:00 Mindfulness + Music
4:00 Card Players Corner

10

10:30 Balance + Weights
11:00 Sugar + Spice Baking Club
11:00 Court Case Roundtable
12:00 Community Store Opens
12:00 Chef's Bistro Hour
1:00 Bone Builders
2:00 Film Selection Committee
3:00 Strategic Bocce Ball
4:00 Card Players Corner

11

10:30 Exercise by Engage
11:30 Pottery Workshop
12:00 Community Bistro Hour
1:00 Barre and Balance
2:00 Reverend Led Faith Circle
3:00 Charity Bingo
4:00 Card Players Corner
6:00 Feature Film Night

12

9:00 Local Errands Post+Bank
10:30 Weights + Balance
11:30 Anagrams Challenge
12:00 Sig Series-Taste of Culture
1:30 Dance Yoga
2:00 Scenic Drive -Long Sands
2:00 Five Crowns Club
3:00 Bocce Ball Challenge
4:00 Card Players Corner

13

10:00 Veterans Cafe
10:30 Exercise by Engage
11:00 Community Connection-UNH
12:00 Boar's Head Bistro Deli
1:30 Tai Chi for Arthritis
2:30 Cocktail Social
3:00 Team Trivia-Dover Rotary
4:00 Card Players Corner
4:00 Our Universe Series

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National Pi Day
10:30 Strength & Balance
11:00 Sugar+Spice Baking Club
11:00 Pi Day Challenge
12:00 Community Store Opens
12:00 Yoga for Vitality
1:00 Saturday Movie Matinee
2:00 Crafting with Joanne
2:00 Guest Piano Concert-Bill L
3:00 Bocce Ball Challenge
4:00 Card Players Corner

15

9:00 Steps in Motion
10:00 Protestant Church Service
10:15 Weights + Balance
11:00 Catholic Church Service
11:00 Wheel of Fortune
12:00 Chef's Winter Menu Lunch
1:00 Cinema Sundays
2:00 Quilters' Club
3:00 Charity Bingo

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9:00 Local Errands Post+Bank
10:00 Eucharist Service
10:30 Balance + Strength
11:30 Words with Friends
1:00 Barre and Balance
1:00 Five Crowns Club
2:00 Herstory Series
3:00 Meditation and Sound Bath
4:00 Card Players Corner

17

St. Patrick's Day
10:30 Balance and Weights
11:00 Painting Workshop
12:00 Chef's St. Patty's Bistro
12:00 Community Store Opens
12:30 Special Outing -Holy Grail
1:00 REACT Neuro
2:00 Stretch + Shine
3:00 Bocce Ball Challenge
4:00 Card Players Corner

18

10:30 Exercise by Engage
11:30 Guest Pet Therapy
11:30 Words with Friends
12:00 Community Bistro Hour
1:00 Barre and Balance
2:00 Tech Support Workshop
3:00 Charity Bingo
4:00 Card Players Corner
6:00 Feature Film Night

19

9:00 Local Errands Post+Bank
10:30 Balance and Weights
11:15 Herstory Series
12:00 Chef's Bistro Hour
1:00 Yoga for Vitality
2:00 Outing- Shopping at Kohl's
2:00 Mexican Train
3:00 Bocce Ball Challenge
4:00 Card Players Corner

20

First Day of Spring
10:30 Exercise by Engage
11:15 Culture Corner Eid al-Fitr
12:00 Boar's Head Bistro Deli
1:30 Tai Chi for Arthritis
1:30 Cribbage Players Corner
2:00 Cocktail Social Hour
2:00 Guest Piano Concert-Andy C
3:00 Sip + Solve Trivia
4:00 Card Players Corner

21

10:30 Strength & Balance
11:00 Sugar + Spice Baking Club
11:00 Words at Play
12:00 Chef's Spring Menu Lunch
12:00 Community Store Opens
12:30 Gentle Yoga
1:00 Saturday Movie Matinee
2:00 Crafting with Joanne
3:00 Bocce Ball Challenge
4:00 Card Players Corner

22

9:00 Steps in Motion
10:00 Protestant Church Service
10:15 Stretch + Move
11:00 Catholic Church Service
11:00 Words at Play
12:00 Chef's Spring Menu Lunch
1:00 Cinema Sundays
2:00 Quilters' Club
3:00 Charity Bingo

23

9:00 Local Errands Post+Bank
10:30 Balance & Strength
11:30 Words with Friends
12:30 Outing to Newicks
1:00 Barre and Balance
2:00 Mexican Train
2:00 Mindfulness + Music
3:00 Resident B'Day Celebn
4:00 Card Players Corner

24

10:30 Balance + Weights
11:30 Court Case Roundtable
12:00 Community Store Opens
12:00 Chef's Bistro Hour
1:00 Bone Builders
1:00 Five Crowns Club
2:00 Tea Time Social
3:00 Strategic Bocce Ball
4:00 Card Players Corner

25

10:30 Exercise by Engage
10:30 Welcome Home Meeting
12:00 Community Bistro Hour
1:00 Barre and Balance
2:00 Travelogue - London
3:00 Charity Bingo
4:00 Card Players Corner
6:00 Feature Film Night

26

9:00 Local Errands Post+Bank
10:30 Balance + Weights
11:00 Resident Open Forum
12:00 Chef's Bistro Hour
1:00 Yoga for Vitality
1:00 Five Crowns Club
2:00 Outing- Scenic Dr Kittery
3:00 Bocce Ball Challenge
4:00 Card Players Corner

27

10:30 Exercise by Engage
11:15 Herstory Series
12:00 Boar's Head Bistro Deli
1:00 Tai Chi for Arthritis
2:00 Irish Music-Jules+Billy
2:00 Cocktail Social Hour
3:00 Sip + Solve Trivia
4:00 Card Players Corner

28

10:30 Strength & Balance
10:30 Guitar Concert-Chris E.
11:00 Words with Friends
12:00 Community Store Opens
12:30 Gentle Yoga
1:00 Saturday Movie Matinee
2:00 Crafting with Joanne
3:00 Bocce Ball Challenge
4:00 Card Players Corner

29

9:00 Steps in Motion
10:00 Protestant Church Service
10:15 Weights + Balance
11:00 Catholic Church Service
11:00 Wheel of Fortune
12:00 Chef's Spring Menu Lunch
1:00 Cinema Sundays
2:00 Quilters' Club
3:00 Charity Bingo

30

9:00 Local Errands Post+Bank
10:30 Balance & Strength
11:30 Words with Friends
12:30 Outing to Olive Garden
1:00 Barre and Balance
2:00 Mexican Train
2:00 Outings Committee
3:00 Mindfulness + Music
4:00 Card Players Corner

31

10:30 Balance and Weights
11:30 Court Case Roundtable
12:00 Chef's Bistro Hour
12:00 Community Store Opens
1:00 REACT Neuro
1:00 Bone Builders
2:00 SHIELD - Exercise
3:00 Bocce Ball Challenge
4:00 Card Players Corner



Welcome, March!

Happy March
Birthdays!

3 Barbara K.
5 Kathy B.
9 Jeannette L.
20 Dave M.
28 Anne K.
30 Bill S.

March is Women's
History Month!

Our engagement
program is built upon
both our residents'
interests and our Five
Principles for Vitality.

By providing quality
and choice, we hope to
encourage socialization
and well-being for mind,
body, and spirit.

Continued Learning
Arts & Culture
Physical Fitness
Community Connections
Wellness & Self-Care