

# Signature Series - Seafood Fundraiser!



Our Signature Series events are a wonderful way to open our doors to those curious about life at Silver Square. These special gatherings offer a taste of our vibrant community while supporting meaningful causes close to our heart.

This month, we're thrilled to host our Seafood Celebration & Fundraiser on Thursday, July 24 from 12 noon to 2 PM. It's a delicious summertime tradition with a purpose! Our talented culinary team will

serve a beloved New England classic: fresh, locally sourced seafood paired with golden, hand-cut fries. To top it off, we'll be pouring ice-cold craft beer—because nothing says summer like great food shared in good company. Join us for this festive seafood luncheon as we raise funds for the Alzheimer's Association, combining the joy of a shared meal with the power of giving back.

Please RSVP by Monday, July 21 to Jessica Johnson, Sales and Marketing Director, at [jessica.johnson@residencesilversquare.com](mailto:jessica.johnson@residencesilversquare.com) or 603-845-3978.

# Live Music at Silver Square

July is filled with music at Silver Square! We're thrilled to welcome back award-winning composer William Ogmundson for a live piano concert on Monday, July 28 at 2 PM. Mr. Ogmundson has written for stage and television, and his performances always leave us inspired. We'll also host a variety of live performances, including acoustic guitar and a cheerful ukulele concert by the beloved Silver Strummers.



THE  
RESIDENCE  
at Silver Square

## Welcome, July!



Summer has arrived in full bloom at Silver Square, and we're soaking up every golden moment! The days are longer, the sun is brighter, and our community is buzzing with the joyful energy that only summer can bring. Residents are savoring the season on our front porch, where the scent of blooming flowers creates the perfect setting for a relaxing afternoon. Our gardens are bursting with vibrant blossoms—nature's own fireworks in shades of crimson, gold, and violet.

This July, we'll come together to honor our nation's independence with all the cherished traditions that make the 4th so special. We'll have a festive celebration with residents dressed in red, white, and blue, the sparkle of fireworks lighting up the sky, and a tasty summer barbecue shared with friends and family. Music will fill the air all month long, from the elegant notes of piano concerts to the soulful strumming of acoustic guitar. We're proud to showcase the incredible talent from Dover's vibrant arts scene.

Our summer calendar is brimming with opportunities to move, create, and connect. Residents can stay active with daily fitness classes, including strength training, balance exercises, tai chi, and yoga. For those who love to explore their creative side, we offer hands-on painting and pottery workshops, engaging lectures, and exciting outings—from shopping trips to scenic excursions. At Silver Square, summer isn't just a season—it's a celebration of life, community, and the simple pleasures that make each day shine.

Good Times. Good Friends. *Great Care!*



SundayMondayTuesdayWednesdayThursdayFridaySaturday



**6**

9:00 Steps in Motion  
10:00 Protestant Church Service  
11:00 Catholic Church Service  
12:00 Chef’s Summer Menu Lunch  
2:00 Mexican Train  
2:00 Quilters’ Club  
3:00 Charity Bingo  
4:00 Rummikub Club

**7**

9:30 Local Errands Post+Bank  
10:00 Eucharist Service  
10:30 Balance & Strength  
11:30 Anagrams  
12:30 Outing-The Nook  
1:30 Barre and Balance  
2:00 Cornhole Challenge  
2:00 Guest Music Therapist  
3:00 REACT Neuro  
4:00 Rummikub Club

**13**

9:00 Steps in Motion  
10:00 Protestant Church Service  
11:00 Catholic Church Service  
11:00 Acoustic Guitar Concert  
12:00 Chef’s Summer Menu Lunch  
2:00 Five Crowns Club  
2:00 Quilters’ Club  
3:00 Charity Bingo  
4:00 Rummikub Club

**14**

9:30 Local Errands Post+Bank  
10:30 Weights+Balance  
11:30 NYT Spelling Bee  
12:30 Outing-Shain’s of Maine  
1:30 Barre and Balance  
2:00 Guest Lecture-Grand Canyon  
2:00 Mexican Train  
3:00 Blue Ocean Series  
4:00 Rummikub Club

**20**

9:00 Steps in Motion  
10:00 Protestant Church Service  
11:00 Catholic Church Service  
12:00 Chef’s Summer Menu Lunch  
2:00 Mexican Train  
2:00 Quilters’ Club  
3:00 Charity Bingo  
4:00 Rummikub Club

**21**

9:30 Local Errands Post+Bank  
10:00 Eucharist Service  
10:30 Balance & Strength  
10:30 Acoustic Guitar Concert  
11:30 Five Crowns Club  
12:30 Outing-Longhorn Steakhouse  
1:30 Barre and Balance  
2:00 Community Project-PSC  
3:00 REACT Neuro  
4:00 Rummikub Club

**27**

9:00 Steps in Motion  
10:00 Protestant Church Service  
11:00 Catholic Church Service  
12:00 Chef’s Summer Menu Lunch  
2:00 Five Crowns Club  
2:00 Quilters’ Club  
3:00 Charity Bingo  
4:00 Rummikub Club

**28**

9:30 Local Errands Post+Bank  
10:30 Balance + Weights  
10:30 Outing -Sunflower Festival  
11:30 Words with Friends  
1:30 Barre and Balance  
2:00 Live Piano Concert  
3:00 Cornhole Challenge  
4:00 Rummikub Club  
4:00 Card Players Group

**1**

10:30 Balance and Weights  
11:30 Court Case Roundtable  
12:00 Chef’s Bistro Hour  
12:00 Community Store Opens  
1:30 TheraBand Stretch  
2:30 Bocce Ball Challenge  
3:30 How the Earth Was Made  
4:00 Rummikub Club  
5:30 Coheco Quilters Guild

**8**

10:30 Balance and Weights  
11:00 Guest Vocalist-Janet P.  
12:00 Chef’s Bistro Hour  
12:00 Community Store Opens  
1:30 TheraBand Stretch  
2:30 Bocce Ball Challenge  
3:30 Summer Sangria Social  
4:00 Rummikub Club  
4:00 Blue Ocean Series

**15**

10:30 Balance and Weights  
11:30 Court Case Roundtable  
12:00 Chef’s Bistro Hour  
12:00 Community Store Opens  
1:30 TheraBand Stretch  
2:00 Painting Workshop  
3:00 Strategic Bocce Ball  
3:00 Guided Meditation  
4:00 Rummikub Club

**22**

10:30 Balance and Weights  
11:30 Court Case Roundtable  
12:00 Chef’s Bistro Hour  
12:00 Community Store Opens  
1:30 TheraBand Stretch  
2:30 Summer Sangria Social  
3:00 Resident Birthdays Celebn  
4:00 Rummikub Club  
4:00 Card Players Group

**29**

10:30 Balance + Weights  
11:30 Court Case Roundtable  
12:00 Chef’s Bistro Hour  
12:00 Community Store Opens  
1:30 Theraband Stretch  
1:30 Five Crowns Club  
2:30 Bocce Ball Challenge  
3:30 Blue Ocean Series  
4:00 Rummikub Club

**2**

10:30 Exercise by Engage  
10:30 Guest Pet Therapy  
11:15 SHIELD Talk  
12:00 Community Bistro Hour  
1:30 Barre and Balance  
2:00 Tech Support Workshop  
3:00 Charity Bingo  
4:00 Rummikub Club  
6:00 Feature Film Night

**9**

10:30 Exercise by Engage  
10:30 Guest Pet Therapy  
11:30 Pottery Workshop  
12:00 Community Bistro Hour  
1:30 Barre and Balance  
2:00 Silver Strummers Concert  
3:00 Charity Bingo  
4:00 Rummikub Club  
6:00 Feature Film Night

**16**

10:30 Exercise by Engage  
10:30 Guest Pet Therapy  
11:15 Guest Tech Talk-Trent McG.  
12:00 Community Bistro Hour  
1:30 Barre and Balance  
2:00 Culinary Club  
3:00 Charity Bingo  
4:00 Rummikub Club  
6:00 Feature Film Night

**23**

10:30 Exercise by Engage  
10:30 Guest Pet Therapy  
11:30 NYT Spelling Bee  
12:00 Community Bistro Hour  
1:30 Barre and Balance  
2:00 Travel+Discuss Antarctica  
3:00 Charity Bingo  
4:00 Rummikub Club  
6:00 Feature Film Night

**30**

10:30 Exercise by Engage  
10:30 Guest Pet Therapy  
11:00 Irish Music Concert  
12:00 Community Bistro Hour  
1:30 Barre and Balance  
2:30 Tech Support Workshop  
3:00 Charity Bingo  
4:00 Rummikub Club  
6:00 Feature Film Night

**3**

9:30 Local Errands Post+Bank  
10:00 DPL Book Club  
10:30 Balance + Weights  
11:30 NYT Spelling Bee  
12:00 Chef’s Bistro Hour  
1:30 Gentle Yoga  
2:00 Travel Lecture -India  
2:00 Outing to Hilton Park  
3:00 How the Earth Was Made  
4:00 Rummikub Club

**10**

9:30 Local Errands Post+Bank  
10:30 Balance + Weights  
11:15 NYT Wordle  
12:00 Chef’s Bistro Hour  
1:00 Card Players Group  
2:00 Sig Series-Masterclass  
2:00 Outing to Goldenrod  
3:30 Guided Meditation  
4:00 Rummikub Club

**17**

9:30 Local Errands Post+Bank  
10:30 Balance and Weights  
11:30 Anagrams  
12:00 Chef’s Bistro Hour  
12:30 Outing-Portsmouth Harbor  
1:30 TheraBand Stretch  
1:30 Mexican Train  
2:30 Film Selection Meeting  
4:00 Rummikub Club

**24**

9:30 Local Errands Post+Bank  
10:30 Balance + Weights  
11:15 NYT Connections  
12:00 Sig Series-Seafood Celebn  
2:00 TheraBand Stretch  
2:00 Outing to Kittery Trading  
3:30 Summer Sips Social  
4:00 Rummikub Club  
4:00 Card Players Group

**31**

9:30 Local Errands Post+Bank  
10:30 Balance and Weights  
11:00 Resident Open Forum  
12:00 Chef’s Bistro Hour  
1:30 TheraBand Stretch  
2:00 NYT Mini Crossword  
2:00 Outing to Prescott Park  
3:00 Bocce Ball Challenge  
4:00 Rummikub Club

**4** Independence Day!

10:30 Strength & Conditioning  
11:30 Smithsonian Discussion  
12:00 July 4th BBQ  
1:30 Tai Chi for Arthritis  
1:30 Five Crowns Club  
2:00 Crafting with Joanne  
3:00 Summer Sips Social Hour  
4:00 Rummikub Club

**11**

10:30 Exercise by Engage  
11:30 Positive News Exchange  
11:30 Five Crowns Club  
12:00 Boar’s Head Bistro Deli  
1:30 Tai Chi for Arthritis  
2:00 Crafting with Joanne  
3:00 Summer Sips Social Hour  
3:00 Team Knowledge Bout  
4:00 Rummikub Club

**18**

10:30 Exercise by Engage  
11:30 Smithsonian Discussion  
11:30 Five Crowns Club  
12:00 Boar’s Head Bistro Deli  
1:30 Tai Chi for Arthritis  
2:30 Summer Sips Social Hour  
2:30 Team Knowledge Bout  
4:00 Rummikub Club

**25**

10:30 Exercise by Engage  
11:30 SHIELD Talk  
12:00 Boar’s Head Bistro Deli  
1:30 Tai Chi for Arthritis  
1:30 Five Crowns Club  
2:00 Live Piano Concert  
3:00 Summer Sangria Social  
4:00 Rummikub Club

**5**

10:30 Strength & Balance  
11:30 Wheel of Fortune  
11:30 Gardening Club  
12:00 Community Store Opens  
1:30 Gentle Yoga  
2:30 Bocce Ball Challenge  
4:00 Rummikub Club  
4:00 Card Players Group

**12**

10:30 Strength & Balance  
11:30 Wheel of Fortune  
11:30 Gardening Club  
12:00 Community Store Opens  
1:00 Open Art Studio  
1:30 Yoga for Balance  
2:30 Bocce Ball Challenge  
4:00 Rummikub Club  
4:00 Virtual Museum Tour

**19**

10:30 Strength & Balance  
11:30 Wheel of Fortune  
11:30 Gardening Club  
12:00 Community Store Opens  
1:30 Gentle Yoga  
2:30 Bocce Ball Challenge  
4:00 Rummikub Club  
4:00 Card Players Group

**26**

10:30 Strength & Balance  
11:30 Wheel of Fortune  
11:30 Gardening Club  
12:00 Community Store Opens  
1:00 Open Art Studio  
1:30 Yoga for Balance  
2:30 Bocce Ball Challenge  
4:00 Rummikub Club  
4:00 Virtual Museum Tour



Welcome,  
Summer!

Happy Birthday!

July 2 Colleen  
July 6 Sue W.  
July 8 Ronalee  
July 12 Lucia  
July 13 Wally  
July 17 Carolyn  
July 17 Elizabeth  
July 19 Connie

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