

Portsmouth Music Hall

Silver Square is so proud to be a part of the rich arts scene here on the New Hampshire Seacoast. This month we'll host guest speakers from The Portsmouth Music Hall to share with us about its rich history and all that they have to offer in the way of music, theatre, and talks.

From 1878, when The Music Hall first opened its doors as a Vaudeville theater, to its present incarnation as two robust arts venues, it has helped to position downtown Portsmouth, New Hampshire as one of the most vibrant cultural destinations in New



England. These days, audiences visit the two theaters to see artists from Tony Bennett to Ray LaMontagne; literary giants from Dan Brown to Margaret Atwood, comedians from Lily Tomlin to Trevor Noah, thought leaders from Deepak Chopra to Gary Taubes, Broadway-caliber musical theatre, Oscar-worthy indie movies, and much more.

Its certain that our residents have a dinner and theatre trip on the horizon!

Signature Series Events

Our monthly Signature Series events are a wonderful opportunity for us to share the culture of Silver Square with folks considering a move to our community. Our events focus on our residents and welcome guests and loved ones to experience all that makes living at Silver Square so amazing.

On February 13th we'll host a Charcuterie Workshop where participants will sip signature cocktails and learn the art of creating an inviting charcuterie board. Participants will incorporate local Seacoast meats and cheeses as well as locally sourced fruits and breads.

February 27th will bring our 2nd Annual Chopped Challenge where our associates will get secret ingredients and be asked to create a spectacular dish. Judging will be done by residents and fellow associates.

To RSVP to either event please contact Audra Michel at amichel@residencesilversquare.com.



THE RESIDENCE at Silver Square

THE RESIDENCE AT SILVER SQUARE *Associates*

Chris Kelly

Executive Director

Jessica Hogan

Business Office Director

Audra Michel

Sales and Marketing Director

Pamela Lane

Resident Care Director

Phil Stone

Restaurant Operations Dir.

Monique Foote

Sr. Resident Engagement Dir.

Mike Merrigan

Reflections Director

Kevin Goyette

Maintenance Director

Marching Toward Spring!



Did someone say crocus? Daffodil? Is it too soon to ask about a tulip sighting? Welcome, March! Somehow this month will find a way to remind us that winter is still very much around. We know that, but we can still begin to look for those tiny peeks and pokes of spring.

March brings us Daylight Saving Time as well as St. Patrick's Day, the first day of spring and this year, Easter. Here at Silver Square we'll celebrate St. Patrick's Day with the incredible live music of Jules and Billy. Jules plays the accordion and Billy the guitar-he flies in from Ireland to spend the month playing Irish music. We'll break out the Guinness and enjoy a special Chef's Bistro that will star corned beef and cabbage, Guinness beef stew, and Irish soda bread.

The month of March is Women's History month and we're excited to have this as our theme for our programming. Our film series this month will be dedicated to stories that focus on women and/or are created and directed by women. We'll launch our discussion group that explores women in history with a particular focus on inventors and women who have changed the world.

Our charity of the month will be Arts In Reach. Since 1997, Arts In Reach has engaged teens from southeastern New Hampshire and Maine in community arts programs and mentoring after school and during vacations. Each month Silver Square chooses a charity to partner with. We simply love giving back to the Seacoast community.



Good Times. Good Friends. *Great Care!*

MARCH	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	<div></div> <div>9:00 Faith Sharing Circle 9:30 Dover NH Today Discussion 10:00 Low Density Cardio 11:00 Community Church Service 11:00 Rummikub Club 1:30 Yoga for Vitality 3:00 Film Series-Women's History 3:30 Group Wheel of Fortune 4:00 Charity Bingo-ArtsInReach</div>	<div></div> <div>4 Happy Bday, Bob C.! 10:00 Catholic Mass w/ Deacon 10:00 NYTimes-Connections 11:00 Strength & Tone by Engage 1:30 Bridge Group 1:30 Outing-Seacoast Views 2:00 Great Poets of America 3:00 Gentle Yoga 4:00 Cribbage Tournament 4:00 Netflix Presents-The Crown 6:00 The Week in Sports</div>	<div></div> <div>5 Happy Bday, Kathy B.! 9:30 Hollywood Legends Talk 10:30 Invigorating Tai Chi 11:15 Court Case Roundtable 12:00 Community Store Open 12:00 Chef's Bistro Hour 2:00 Symphonies Explained 3:15 Theraband Stretch 4:00 Netflix Presents-The Crown 4:00 Charity Bingo-ArtsInReach 6:30 Card & Gamer's Club</div>	<div></div> <div>6 10:00 New York Times Word Bee 11:00 Strength & Tone by Engage 12:00 Chef's Bistro Hour 1:15 Design Studio-Collages 2:00 Bocce Ball Group Challenge 3:00 Tai Chi for Arthritis 3:00 Resident Birthday Party 3:15 Series-Travelogue & Talk 4:00 Netflix Presents-The Crown 4:00 Charity Bingo-ArtsInReach</div>	<div></div> <div>7 9:30 Landmark Learning Session 10:30 Balance & Tone 11:15 Music History Session 12:00 Community Bistro Lunch 1:00 Outing-Panera Restaurant 1:15 Design Studio-Washi Tape 1:30 Barre & Balance Exercise 2:00 Guest Talk-Irish Castles 5:00 Card Game-Canasta Club 6:00 Reflections Support Group</div>	<div></div> <div>8 9:30 Globle-Geography Match 10:30 Balance & Tone 11:00 Invention Discovery Group 12:00 Boar's Head Bistro Deli 1:00 Barre & Balance Exercise 1:00 Radio Show Theater Group 2:30 Cocktail Hour 3:15 Team Knowledge Bout 4:00 Open Art Studio 6:00 Evening Bridge Group</div>	<div></div> <div>2 10:30 Tai Chi for Balance 11:15 New York Times-Wordle 12:00 Community Store Open 1:00 Bridge Group 1:00 Film Committee Meeting 1:00 Golfer's Putting Course 1:00 Hulu History-Mrs. America 2:00 Restorative Yoga 4:00 Netflix Presents-The Crown 6:00 Scrabble Club</div>
	<div></div> <div>3 Happy Bday, Barb K.! 9:00 Faith Sharing Circle 9:30 Dover NH Today Discussion 10:00 Low Density Cardio 11:00 Community Church Service 11:00 Rummikub Club 1:30 Yoga for Vitality 3:00 Film Series-Women's History 3:30 Group Wheel of Fortune 4:00 Charity Bingo-ArtsInReach</div>	<div></div> <div>4 Happy Bday, Bob C.! 10:00 Catholic Mass w/ Deacon 10:00 NYTimes-Connections 11:00 Strength & Tone by Engage 1:30 Bridge Group 1:30 Outing-Seacoast Views 2:00 Great Poets of America 3:00 Gentle Yoga 4:00 Cribbage Tournament 4:00 Netflix Presents-The Crown 6:00 The Week in Sports</div>	<div></div> <div>5 Happy Bday, Kathy B.! 9:30 Hollywood Legends Talk 10:30 Invigorating Tai Chi 11:15 Court Case Roundtable 12:00 Community Store Open 12:00 Chef's Bistro Hour 2:00 Symphonies Explained 3:15 Theraband Stretch 4:00 Netflix Presents-The Crown 4:00 Charity Bingo-ArtsInReach 6:30 Card & Gamer's Club</div>	<div></div> <div>6 10:00 New York Times Word Bee 11:00 Strength & Tone by Engage 12:00 Chef's Bistro Hour 1:15 Design Studio-Collages 2:00 Bocce Ball Group Challenge 3:00 Tai Chi for Arthritis 3:00 Resident Birthday Party 3:15 Series-Travelogue & Talk 4:00 Netflix Presents-The Crown 4:00 Charity Bingo-ArtsInReach</div>	<div></div> <div>7 9:30 Landmark Learning Session 10:30 Balance & Tone 11:15 Music History Session 12:00 Community Bistro Lunch 1:00 Outing-Panera Restaurant 1:15 Design Studio-Washi Tape 1:30 Barre & Balance Exercise 2:00 Guest Talk-Irish Castles 5:00 Card Game-Canasta Club 6:00 Reflections Support Group</div>	<div></div> <div>8 9:30 Globle-Geography Match 10:30 Balance & Tone 11:00 Invention Discovery Group 12:00 Boar's Head Bistro Deli 1:00 Barre & Balance Exercise 1:00 Radio Show Theater Group 2:30 Cocktail Hour 3:15 Team Knowledge Bout 4:00 Open Art Studio 6:00 Evening Bridge Group</div>	<div></div> <div>9 10:30 Tai Chi for Balance 11:15 Wordle Group Challenge 12:00 Community Store Open 1:00 Bridge Group 1:00 Open Art Studio 2:00 Gentle Yoga Stretch 4:00 Netflix Presents-The Crown 6:00 Scrabble Club 6:30 Card & Gamer's Club</div>
	<div></div> <div>10 9:30 Dover NH Today Discussion 10:00 Theraband Stretch 11:00 Community Church Service 11:00 Rummikub Club 1:30 Exploring Scriptures 2:00 Acoustic Guitar Concert 3:30 Group Wheel of Fortune 4:00 Mindful Movement 4:00 Charity Bingo-ArtsInReach 4:15 Scrabble Club</div>	<div></div> <div>11 Happy Bday, Katrina! 9:30 Local Errands Library 10:00 NYTimes-Connections 11:00 Strength & Tone by Engage 1:30 Bridge Group 1:30 Outing-Yummies Candy 2:00 Explore Women Inventors 3:00 Tai Chi for Centering 4:00 Scrabble Club 4:00 Netflix Presents-The Crown 6:30 Card & Gamer's Club</div>	<div></div> <div>12 9:00 Discoveries Discussion 10:30 Meditative Tai Chi 11:00 New York Times Contexto 12:00 Community Store Open 12:00 Chef's Bistro Hour 1:00 Cribbage Club 2:00 Guest Talk-Music Hall 3:15 Yoga for Meditation 4:00 Netflix Presents-The Crown 4:00 Charity Bingo-ArtsInReach</div>	<div></div> <div>13 9:00 Seacoast History Group 10:00 New York Times Word Bee 11:00 Strength & Tone by Engage 11:30 Glass Making Workshop 12:00 Chef's Bistro Hour 2:00 Reverend Led Faith Circle 2:00 Charcuterie Workshop 3:00 Invigorating Yoga 3:00 Music Listening Session 3:15 Series-Travelogue & Talk</div>	<div></div> <div>14 9:30 Landmark Learning Session 10:30 Weights & Bone Building 11:00 Invention Discovery Group 11:15 Music History Session 12:00 Community Bistro Lunch 12:30 Therapy Dog Visit 1:00 Outing-Dover Library 1:15 Design Studio-Spring Cards 1:30 Barre & Balance Exercise 3:00 NYT Group Crossword Club</div>	<div></div> <div>15 9:30 Globle-Geography Match 10:30 Strength & Conditioning 11:00 Podcast: It Was Said 11:15 SHIELD & You Group Talk 12:00 Boar's Head Bistro Deli 1:00 Barre & Balance Exercise 2:00 Live Irish Music Concert 3:15 Team Knowledge Bout 4:00 Broadway Musical Session 6:00 Evening Bridge Group</div>	<div></div> <div>16 10:30 Tai Chi for Balance 11:15 Irish Hymn Concert 12:00 Community Store Open 1:00 Bridge Group 1:00 Golfer's Putting Course 1:00 Hulu History-Mrs. America 2:00 Restorative Yoga 4:00 Netflix Presents-The Crown 6:00 Scrabble Club 6:30 Card & Gamer's Club</div>
	<div></div> <div>17 Happy Bday, Mary T.! 9:00 Faith Sharing Circle 9:30 Dover NH Today Discussion 10:00 Low Density Cardio 11:00 Community Church Service 11:00 Rummikub Club 1:30 Yoga for Vitality 3:00 Film Series-Women's History 3:30 Group Wheel of Fortune 4:00 Charity Bingo-ArtsInReach</div>	<div></div> <div>18 10:00 Catholic Mass w/ Deacon 10:00 NYTimes-Connections 11:00 Strength & Tone by Engage 1:30 Bridge Group 1:30 Outing-Kittery Outlets 2:00 Great Poets of America 3:00 Gentle Yoga 4:00 Cribbage Tournament 4:00 Netflix Presents-The Crown 6:00 The Week in Sports</div>	<div></div> <div>19 9:30 Hollywood Legends Talk 10:30 Invigorating Tai Chi 11:15 Court Case Roundtable 12:00 Community Store Open 12:00 Chef's Bistro Hour 2:00 Symphonies Explained 3:15 Theraband Stretch 4:00 Netflix Presents-The Crown 4:00 Charity Bingo-ArtsInReach 6:30 Card & Gamer's Club</div>	<div></div> <div>20 10:00 New York Times Word Bee 11:00 Resident Ambassador Mtg 11:00 Strength & Tone by Engage 12:00 Chef's Bistro Hour 1:15 Design Studio-Collages 2:00 Guest-Black Heritage Trail 3:00 Tai Chi for Arthritis 3:15 Series-Travelogue & Talk 4:00 Netflix Presents-The Crown 4:00 Charity Bingo-ArtsInReach</div>	<div></div> <div>21 9:30 Landmark Learning Session 10:30 Balance & Tone 11:15 Music History Session 12:00 Community Bistro Lunch 1:00 Outing-Prescot Park Views 1:15 Design Studio-Washi Tape 1:30 Resident Council Meeting 1:30 Barre & Balance Exercise 3:00 NYT Group Crossword Club 5:00 Card Game-Canasta Club</div>	<div></div> <div>22 9:30 Globle-Geography Match 10:30 Balance & Tone 11:00 Let's Talk New Tech 12:00 Boar's Head Bistro Deli 1:00 Barre & Balance Exercise 1:00 Radio Show Theater Group 2:30 Cocktail Hour 3:15 Team Knowledge Bout 4:00 Open Art Studio 6:00 Evening Bridge Group</div>	<div></div> <div>23 10:30 Tai Chi for Balance 11:15 Wordle Group Challenge 12:00 Community Store Open 1:00 Bridge Group 1:00 Open Art Studio 2:00 Gentle Yoga Stretch 4:00 Netflix Presents-The Crown 6:00 Scrabble Club 6:30 Card & Gamer's Club</div>
	<div></div> <div>24 9:30 Dover NH Today Discussion 10:00 Theraband Stretch 11:00 Community Church Service 11:00 Rummikub Club 1:30 Exploring Scriptures 3:00 Film Series-Women's History 3:30 Group Wheel of Fortune 4:00 Mindful Movement 4:00 Charity Bingo-ArtsInReach</div>	<div></div> <div>25 9:30 Local Errands Library 10:00 NYTimes-Connections 11:00 Strength & Tone by Engage 11:00 Outing-Congdon's Donuts 1:30 Bridge Group 2:00 Live Guitar Concert 3:00 Tai Chi for Centering 4:00 Scrabble Club 4:00 Netflix Presents-The Crown 6:30 Card & Gamer's Club</div>	<div></div> <div>26 9:00 Discoveries Discussion 10:30 Meditative Tai Chi 11:00 New York Times Contexto 12:00 Community Store Open 12:00 Chef's Bistro Hour 1:00 Cribbage Club 2:00 Strategic Bocce Ball 3:15 Yoga for Meditation 4:00 Netflix Presents-The Crown 4:00 Charity Bingo-ArtsInReach</div>	<div></div> <div>27 9:00 Seacoast History Group 11:00 Strength & Tone by Engage 11:30 Chopped Challenge Event 12:00 Chef's Bistro Hour 2:00 Guest Talk-Travel Ireland 3:00 Engagement Committee 3:00 Invigorating Yoga 3:00 Music Listening Session 3:15 Series-Travelogue & Talk 4:00 Netflix Presents-The Crown</div>	<div></div> <div>28 Happy Bday, Anne! 9:30 Landmark Learning Session 10:30 Weights & Bone Building 11:00 Invention Discovery Group 11:15 Music History Session 12:00 Community Bistro Lunch 1:00 Outing-Olive Garden 1:15 Design Studio-Easter Cards 1:30 Barre & Balance Exercise 3:00 NYT Group Crossword Club 4:00 Card Game-Rummy Club</div>	<div></div> <div>29 9:30 Globle-Geography Match 10:30 Strength & Conditioning 11:00 Podcast: It Was Said 11:15 SHIELD & You Group Talk 12:00 Boar's Head Bistro Deli 1:00 Barre & Balance Exercise 2:30 Cocktail Hour 3:15 Team Knowledge Bout 4:00 Broadway Musical Session 6:00 Evening Bridge Group</div>	<div></div> <div>30 10:30 Tai Chi for Balance 11:15 New York Times-Wordle 12:00 Community Store Open 1:00 Bridge Group 1:00 Golfer's Putting Course 1:00 Hulu History-Mrs. America 2:00 Restorative Yoga 4:00 Netflix Presents-The Crown 6:00 Scrabble Club 6:30 Card & Gamer's Club</div>

Be Wowed!

Live Concerts

Guest Talks

Exercise Sessions

Yoga Flow

Amazing Outings

Cooking Demos

Glass Workshops

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