



*“There are certain things that are fundamental to human fulfillment. The essence of these needs is captured in the phrase “to live, to love, to learn, to leave a legacy.” The need to live is our physical need for such things as food and health. The need to love is our social need to relate to other people, to belong. The need to learn is the fundamental need to develop and grow. And the need to leave a legacy is our spiritual need to have a sense of meaning, purpose and contribution.”*

– Stephen R. Covey

The SELF program at Calamar is an attempt to bring this quote by the famous motivational speaker and author of “The Seven Habits of Highly Effective People” to life.

***There are no age limits to live life to the fullest! The journey continues no matter where you are in your life!***



Our Wellness Program inspires members to have fun and become more active, as well as provides opportunities to collect points and earn rewards!

Find out how you can earn Petal Points by participating in our Endarlay Events and Activities.

Ask your SELF Coordinator for a copy of our TAO catalog and join in today!



[calamar.com](http://calamar.com)



***Nobody gets to live life backwards. Look ahead, that is where your future lies.***

– Ann Landers



## Seniors Empowered to Live Life to the Fullest

Calamar's S.E.L.F. Program is a wellness program designed to empower everyone to live life to the fullest.

Wellness is a positive approach to living that emphasizes the whole person. It is a state of being in which optimal balance is achieved between the mind and body.

In order to achieve a state of wellness in our own lives, we must pay careful attention to each of the dimensions. We may not all be free from obstacles and diseases, but we can all strive for improved wellness.

We are here to support and guide as well as provide healthy opportunities that facilitate growth in the multiple dimensions of wellness: Physical, Social, Intellectual, Financial, & Spiritual.



## The SELF program is defined by five keystones:

### Physical:

The benefits of exercise throughout your life is an important part of the quality of your life. According to the American Academy of Family Physicians, most individuals can benefit from additional physical activity. Join us for unique and innovative exercise programs to stay healthy, feel great and have fun!

### Financial:

Dollars and Sense is important at any age. Attend seminars & lectures given by skilled professionals about fraud, Medicare, estate planning and more. Keep up with the times, it can be important to your wallet!



### Spiritual:

Take a spiritual journey of exploration. Join us for prayer groups, yoga, faith services, relaxation and much more to expand the world around you and explore your inner-self.



### Social:

Get your party on! Socializing is important to living a happy life. Take advantage of a barbeque, ice cream social, or trip to the casino. The world is your oyster! Meet new friends and rekindle old friendships.

### Intellectual:

Learning at any age is extremely beneficial to the brain. When you learn something new, your brain grows new cells & builds new connections which has proven benefits for problem-solving & memory skills. Attend one of our Travel Sagas, play trivia, or learn the ins and outs of technology.