

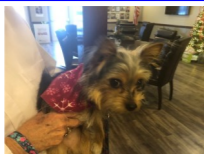
Do you Know?

To keep the winter blues at bay, spend at least five to 10 minutes outside

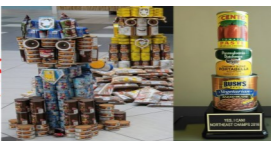


even when it is overcast. When people see natural light, it increases levels of serotonin which keeps mood on an even keel.

**December was a busy month! We had so many wonderful performances and parties!**



**Yes, I CAN!**



**Canned Food Sculpture Competition**

**It's a CANTastic way to help!**

**Join in the fun while helping those in need**

Bring your imagination & your canned goods to create a CAN sculpture using products that you donate. It's a creative way to help your local food bank, food pantry or shelter

*Calamar is celebrating 30 years!*

*Incorporate all or part of our logo in your design! Or the #30*

Each community will be judged on creativity and execution. **ONLY ONE** winner will be selected from all our communities to receive the coveted CAN trophy and bragging rights! Plus a pizza party - So get your CAN involved!

Competition begins Feb. 3, 2020 + Ends Feb. 21, 2020  
Judging February 24-27, 2020  
**WINNER ANNOUNCED FEBRUARY 28th**

Please note all labels must remain intact



**JANUARY BIRTHDAYS!**

- Sue G . 1/2**                      **Terry C 1/9**
- Bud S. 1/10**                    **Judy D 1/13**
- Ernie Z. 1/11**                 **Rosemary A. 1/12**
- Linda M. 1/19**               **Bob B. 1/27**
- Nancy H 1/31**



**Welcome to our newest Maple Ridge Residents! Ruth Norton, Betty Politi Doris Jordan and Trudi Christian**

**Did you know?**

Happy New Year's Day! January was named for the Roman god Janus, the two-faced god of beginnings. Janus looks simultaneously to the future and the past, a fitting symbol for this first day of the year. It's natural for us to reflect on the past year and also look forward to the new. The weather of the first 12 days of the year is said to be indicative of the following 12 months. Also, Janus was known as the protector of gates and doorways, bridges, and passageways, which also symbolize beginnings and ends. Interesting, January was originally the 11th month, not the 1st, until at least 153 B.C. In Rome, this month was often a time of peace when the gates of the temple were closed. Only when the gates were open was Rome at war. Janus am I; oldest of potentates! Forward I look and backward. -Henry Wadsworth Longfellow

New Year's Superstitions: Don't sweep the floor during the first day of the new year. You may sweep out the good fortune.



**MAPLE RIDGE ESTATES**

**JANUARY 2020**

**"Come as strangers, live as friends"**

Happy New Year! Can you believe that 2020 is here? I simply cannot. When I look back at 2019, I see a lot of transition for many of us. Transition can be challenging but it can also create new and wonderful opportunities, new friendships, new social situations. 2020 could be a year of many remarkable things, a trip, a new activity, new furnishings for your home, or even a new romance. Sometimes, many new, exciting and wonderful things are right in front of us just waiting for us to see them! So, the question is, what is waiting for you in 2020? I don't know, but when something interesting or new presents itself, grab it and run with it! Happy New Year to you and your family!

:) Nancy

**COMMUNITY INFORMATION**

**COMMUNITY MANAGER:** NANCY HENDRICKS

**CONNECT 55+ COORDINATOR:** KRISTINA CARUSO

**MAINTENANCE TECH:** RAY ROBERTS

**OFFICE PHONE # & AFTER HOURS EMERGENCY SERVICE #:** 603 232-2463






























**MANAGER EMAIL:** MANAGER-MAPLERIDGEESTATES@CALAMAR.COM

RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO RM23A HOLDINGS PLEASE BE SURE TO WRITE YOUR APARTMENT # IN THE MEMO LINE OF YOUR CHECK.



Quote of the Month: "Hate cannot drive out hate. Only love can do that." - Martin Luther King, Jr.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Year's Day  OFFICE CLOSED  	2  9:30 Men's Coffee and conversation 11:00 Bone Builders 1:00 Bunco 2:00 Pool 3:00 Darts 4:00 Library Social  	3  9:30 Coffee and Donuts 11:00 Ping Pong 1:00 Game of choice 2:00 Pool 3:00 Women's Handcrafts 4:00 Library Social 7:00 Movie Night  	4  BINGO  
5  	6  9:00 Open Discussion 11:00 Yoga with Daylne 1:00 Bridge 1:00 Cribbage 2:00 Dart's 3:00 Men's Pool 4:00 Library Social	7  10:00 Women's coffee and recipe exchange 11:00 Bone Builders 1:00 Scrabble 2:00 Movie Residents choice 4:00 Library Social 6:30 Evening Game  	8 Elvis Presley's Birthday  10:00 Puzzletime 11:00 Catch Phrase (new game) 1:00 Dance Fusion 2:00 Canned Food Competition planning meeting 3:00 Connect 55+ Residents Feedback Meeting 4:00 Library Social  	9  9:30 Men's Coffee and conversation 11:00 Bone Builders 12:00 New Resident's Meeting with Kristina 1:00 Auxiliary club to plan Veteran's Brunch 1:30 "How to Budget" 2:00 Matinee 4:00 Library Social	10 Full Moon/Winter Moon National Volunteer Fireman's Day  9:30 Coffee and Donut 11:00 Ping Pong 1:00 Game of choice 2:00 Guest Speaker "Importance of Fiber" 3:00 Women's Handcrafts 4:00 Piano Performance by Craig Fahey  	11  BINGO  
12  	13  9:00 Open Discussion 11:00 Dart tournament 1:00 Bridge 1:00 Cribbage 2:30 Matinee 3:00 Men's Pool 4:00 Library Social  	14  10:00 Book Club 11:00 Bone Builders 1:00 Live Performance "Off our Rockers" 2:30 Matinee 4:00 Library Social 6:30 Evening Game   	15  10:00 Puzzletime 11:00 Catch Phrase (new game) 1:00 Dance Fusion 2:00 Let's Paint 3:00 Pool 4:00 Library Social 7:00 Bone Builders	16  9:30 Men's Coffee and conversation 11:00 Bone Builders 1:00 Bunco 2:00 Guest Speaker "Beasley Estate Planning" 3:30 Indoor Bowling 4:00 Library Social  	17  9:30 Coffee and Donuts 11:00 Ping Pong 1:00 Game of choice 2:00 Cooking Demo w/ Jackleen 3:00 Women's Handcrafts 4:00 Library Social 7:00 Movie Night  	18  BINGO  
19  	20 Martin Luther King, Jr. Day  9:00 Open Discussion 11:00 Yoga with Daylne 10:00 CURRIER MUSEUM FREE TOUR - Residents carpool 1:00 Bridge 1:00 Cribbage 3:00 Men's Pool 4:00 Library Social  	21 National Hugging Day 10:00 Women's coffee and recipe exchange 11:00 Bone Builders 11:00 Tech Tuesday 1:00 Charades 3:00 Crafts with Kristina 4:00 Library Social 6:30 Guest Speaker Lourdes Aviles "Professor of Meteorology" The Hurricanes of 1938  	22  10:00 Puzzletime 11:00 Catch Phrase (new game) 1:00 Dance Fusion 2:00 Jewelry Making 3:00 BIRTHDAY BASH! 4:00 Library Social 7:00 Bone Builders  	23  9:30 Men's Coffee and conversation 11:00 Veteran's Brunch 1:00 Bunco 2:00 Bone Builders 3:00 Indoor Bowling 4:00 Library Social 6:00 Caribbean Party!  	24 National Compliment Day 9:30 Coffee and Donuts 11:00 Ping Pong 1:00 Game of choice 2:00 Winter Craft 3:00 Women's Handcraft 4:00 Library Social 7:00 Movie Night  	25 Chinese New Year Begins/The Year of the Rat National Irish Coffee Day The Great Fruitcake Toss  BINGO  
26  	27  9:00 Open Discussion 11:00 Dart tournament 1:00 Bridge 1:00 Cribbage 2:00 Matinee 3:00 Men's Pool 4:00 Library Social  	28  10:00 Women's coffee and recipe exchange 11:00 Bone Builders 12:00 Pizza Party 1:00 Game Residents choice 4:00 Library Social 6:30 Evening Game  	29 National Puzzle Day  10:00 Puzzletime 11:00 Catch Phrase (new game) 1:00 Dance Fusion 2:00 Trivia with Right At Home Homecare 3:00 Pool 4:00 Library Social 7:00 Bone Builders   	30  9:30 Men's Coffee and conversation 11:00 Bone Builders 1:00 Bunco 2:00 "10 Things to always buy at the Dollar Store" 3:00 Maple Ridge Carnival Games and prizes 5:00 Library Social	31  9:30 Coffee and Donuts 10:00 Coffee with a cop 11:00 Ping Pong 1:00 Game of choice 2:00 Name that baby. Bring in a baby picture of yourself and we will post to a board to have Resident's guess who it is? 4:00 Library Social 7:00 Movie Night  