

Please remember that after hour emergency calls must be directed to the office phone number. You will be put in touch with the answering service who will get ahold of someone in the event of an emergency. **There are to be no calls made to Art directly at any point.** The number to call is: **607-654-7906**



Please remember that we are a smoke-free complex. Residents and guests that do smoke need to be outside and 50 feet away from the building. Failure to comply will result in repercussions such as (but not limited to) monetary charges to resident accounts.

**5 Things to Do Daily to Keep Your Heart Healthy**

1. Eat healthy fats, NOT trans fats
2. Practice good dental hygiene, especially flossing your teeth daily
3. Get enough sleep
4. Don't sit for too long at one time
5. Avoid smoking

**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 canned food products that you donate. It's a creative way to help your local food bank, food pantry or shelter

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 February 1, 2019  
Judging February 25-28, 2019  
**WINNER ANNOUNCED FEBRUARY 28th**

Please note all labels must remain intact

Get inspired with the attached samples!  
See your community manager for all the details




Birthdate	Resident	Apt. #
2-1	Joseph C.	123
2-2	Kathy R.	114
2-16	Hazel A.	217
2-20	Carolyn E.	117
2-22	Martha C.	125
2-24	Diane D.	306
2-25	Dagmar E.	328



**COMMUNITY INFORMATION**

**INTERIM COMMUNITY MANAGERS:**  
CHELSEA AND COURTNEY

**NEW COMMUNITY MANAGER:** CHARLETTE

**MAINTENANCE TECH:**  
ART

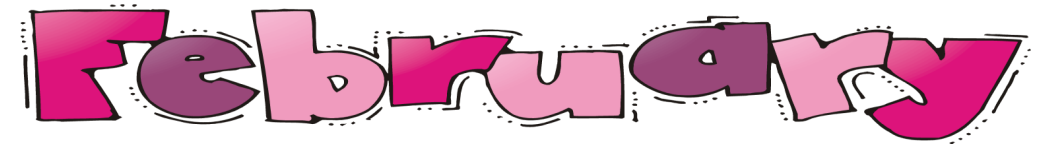
**OFFICE PHONE #**  
607-654-7906  
& AFTER HOURS  
EMERGENCY SERVICE #:  
607-654-7906

**MANAGER EMAIL:**  
MANAGERCOLONIAL@CALAMAR.COM

RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO **RM14A HOLDINGS.** PLEASE BE SURE TO WRITE YOUR APARTMENT # IN THE MEMO LINE OF YOUR CHECK.



**Colonial Square Chronicles**



**Colonial Square Manager's Corner...**

February 2019

**Welcome, Charlette!**

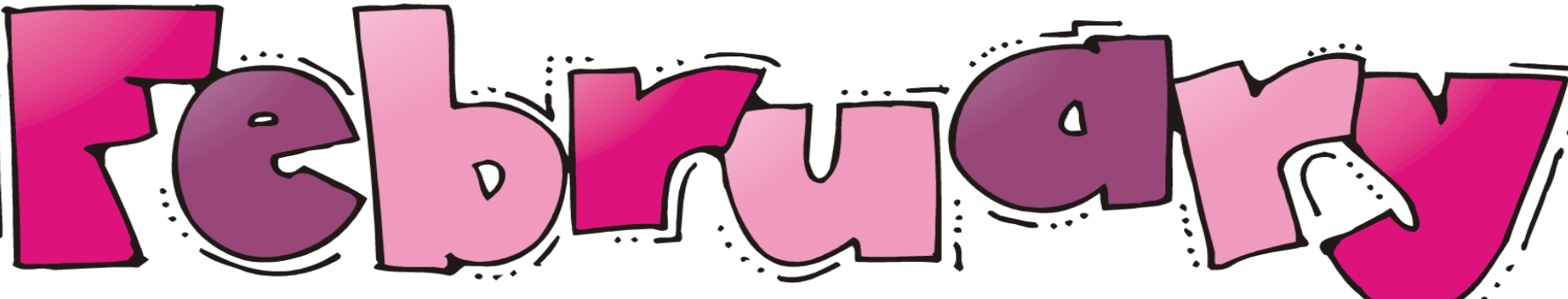





Charlette will be starting here at Colonial Square on February 11th as the new Community Manager. Some of you may know Charlette as she has previously worked here in our community for a brief time when the community opened and as a temp from time to time. Please stop by the office and introduce yourself as we are sure she is very excited to meet and get to know all of you!

February is a very important month for our Calamar Foundation as we are being recognized at the annual Go Red for Women Luncheon for our contributions to the American Heart Association through resident donations and foundation matching (dollar-for-dollar) funds.

In addition to the Heart Association, the Calamar Foundation also supports the local chapters of the American Cancer Society and Alzheimer's Association in their efforts to find a cure and help those affected by heart disease, cancer, and all forms of dementia. No donations are used to pay for administrative costs and only the local chapters of these national non-profit agencies receive foundation support. The three organizations were chosen because of the adverse impact of these diseases on our residents, family members and caregivers.

Go Red for Women is the American Heart Association's signature women's initiative. This nationwide effort is a platform designed to increase women's heart health awareness & serve as a catalyst for change to improve the lives of women globally, according to the AHA.

**Please join us by wearing red to show your support on Friday, Feb 1st!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<h1>2019</h1>	<b>1 Go Red Day - WEAR RED!</b> <small>American Heart Association.</small>  10am- Coffee Hour + 10:30am-Mail Carrier thank you card event + 11am- Reminisce ++ 6pm- DJ & Karaoke +	<b>2 Groundhog's Day</b>  1pm- Canasta ++ 2pm- UNO ++
<b>3 Super Bowl Sunday</b> 6:00pm- Super Bowl 53 Viewing in Comm Rm.- Bring a drink and a snack to share + <b>**6:18pm Kick-Off**</b>	<b>4 Thank a Mail Carrier Day</b> 10:30am Monday Morning Stretch/Bone Builders+ 1pm- Mindful Coloring + 6pm-Games & Cards ++	<b>5 Chinese New Year</b> 1pm- Canasta ++ 6pm- Games & Cards ++ 6pm- Open Gym ++	<b>6</b> 10:30a-Bone Builders ++ 1:30pm- Scrabble ++  	<b>7</b> 1:20pm- Canasta ++ 3pm- Mocktails +	<b>8</b> 10am- Coffee Hour + 11am -Reminisce ++ 6pm - DJ & Karaoke +	<b>9</b> 1pm- Canasta ++ 2pm- UNO ++
<b>10</b>  BINGO	<b>11 National Make a Friend Day</b> 10:30a- Monday Morning Stretch/Bone Builders+ 1pm-Mindful Coloring+ 6pm Games & Cards++  	<b>12</b> 1pm- Canasta ++ 6pm- Games & Cards ++ 6pm- Open Gym ++	<b>13</b> 10:30a-Bone Builders ++ 1:30pm- Scrabble ++	<b>14 Valentine's Day</b> 1:20pm- Canasta ++ 3pm- Mocktails +	<b>15</b> 10am- Coffee Hour + 11am -Reminisce ++ 6pm - DJ & Karaoke +	<b>16</b> 1pm- Canasta ++ 2pm- UNO ++  <b>Hazel A</b>
<b>17 Random Act of Kindness Day</b>	<b>18 President's Day</b> 10:30a- Monday Morning Stretch/Bone Builders+ 1pm- Mindful Coloring+ 6pm- Games & Cards++	<b>19</b> 1pm- Canasta ++ 2:00pm-Matinee Movie+++ 6pm- Games & Cards ++ 6pm- Open Gym ++	<b>20</b> 9:30am- Coffee / Cash ++ 10:30a-Bone Builders ++ 1:30pm-Scrabble ++  <b>Carolyn E</b>	<b>21</b> 11am -Brain Health ++ 1:20pm- Canasta ++ 3pm- Mocktails +  	<b>22</b> 10am -Coffee Hour + 11am- Reminisce ++ 6pm- DJ & Karaoke +  <b>Martha C</b>	<b>23</b> 1pm- Canasta ++ 2pm -UNO ++
<b>24</b>  BINGO  <b>Diane D</b>	<b>25</b> 10:30a- Monday Morning Stretch/Bone Builders+ 1pm- Mindful Coloring + 6pm- Games & Cards++ <b>Can Sculpture Judging begins</b>  <b>Dagmar E</b>	<b>26</b> 1pm- Canasta ++ 2:00pm-Matinee Movie+++ 6pm- Games & Cards ++ 6pm- Open Gym ++	<b>27</b> 9:30- Coffee / Cash ++ 10:30a-Bone Builders ++ 1:30pm- Scrabble ++  	<b>28</b> 11am- Brain Health ++ 1:20pm - Canasta ++ 3pm - Mocktails +  <b>Can Sculpture winner announced</b>	+ <b>Intellectual</b> + <b>Spiritual</b> + <b>Physical</b> + <b>Social</b> + <b>Financial</b>	