

August 19th-23rd is dedicated to you! Check out the calendar for exciting activities!



CORNY PUNS

Jumping Corn

KORNGAROO

Corn in a Taxi

CORN ON THE CAB

Real Name of the Legendary James Bond

SEAN CORNNERY

Polluting Corn

CORNBON DIOXIDE

Corn Implants are made of These SILICORN

Happens When Two Corns Talk CORNVERSATION

Some Simple Ways to Stay Hydrated in the Heat

- ◆ **Eat Watermelon:** it's a tasty alternative to water.
- ◆ **Hot or Cold Oatmeal:** it absorbs water when cooking.
- ◆ **Eat a Salad:** most veggies are 94% water.
- ◆ **Freeze Fruit:** use watermelon or any fruit and enjoy.

Use Zucchini Noodles: add your favorite sauce and enjoy a healthy, hydrating meal.

Now Stay Hydrated and Have fun!!



August Lore! If the first week in August is unusually warm the coming winter will be snowy and long!

FUN FACTS: In 1946

- NEW HOUSE-\$5,600
- NATIONAL INCOME-\$2,500
- MINIMUM WAGE-\$0.40
- AVERAGE RENT-\$65 PER MONTH
- GASOLINE-\$0.15 A GALLON
- YEAR END CLOSE OF DOW JONES INDUSTRIAL AVERAGE-176.39
- POSTAGE STAMPS-\$0.03

FUN FACTS: In 2018-19

- NEW HOUSE-\$294,256
- NATIONAL INCOME-\$60,336
- MINIMUM WAGE-\$11.10
- AVERAGE RENT-\$1,442
- GASOLINE-\$2.75 A GALLON
- YEAR END CLOSE OF DOW JONES INDUSTRIAL AVERAGE-26,957.04
- POSTAGE STAMPS-\$0.55

Friendly Reminders:

- ◆ **Quiet hours: 10pm-7am**
- ◆ **Dets are to be on leashes at all times. Please make sure you are cleaning after them as well.**
- ◆ **Trash and recycling is prohibited to be left on 2nd floor.**

Thank you

August Humor: When the temp reached 102. My wife's yearning for snow cones grew. "Why'd you buy only one?" My wife asked. I said, "hon, Cause I only ice for you."



Eagle Crest Senior Village

Eagle Crest Chronicles

August

"Come as strangers, live as friends"

HISTORY OF NATIONAL SENIOR CITIZENS DAY

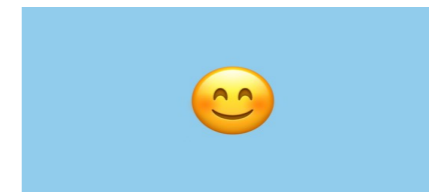
August 21st, 2019

"For all they have achieved through out life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older— places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance and services they need to continue to load lives of independence and dignity."

We would like to thank all the residents for all that you do!!

August 19th—August 23

This week is dedicated to you. Come join us all week long for special activities .



Quote of the Month: "Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie." Jim Davis

COMMUNITY INFORMATION

COMMUNITY MANAGER:
CHELSEA HYLA

CONNECT 55+ COORDINATOR:
DIANE SMITH

MAINTENANCE TECH:
ART









OFFICE PHONE # & AFTER HOURS EMERGENCY SERVICE #: 716-771-1439

MANAGER EMAIL:
MANAGEREAGLE-CREST@CALAMAR.COM

RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO RM3A HOLDINGS.

PLEASE BE SURE TO WRITE YOUR APARTMENT # IN THE MEMO LINE OF YOUR CHECK.



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|--|--|---|
|  | | |  2019 | 1 National Mahjong Day 9am– Morning Meetup 9:30am– Chair Yoga 10:30am– 3000 Questions 11:30am– Planning a Meal 2pm– Balloon Volley 3pm– Euchre 4:15pm– Dinner by Dave  | 2 National Coloring Book Day 10am– Coffee/Donuts 2pm– Open Gym 3pm– Movie Matinee 5pm– Happy Hour 6pm– Poker | 3 9am– Morning Meetup 10:50am– Exercise 2pm– Social Hour (Bring a drink and snack to share and socialize) 6pm– Pinochle |
| 4 National Friendship Day 11am– Rosary 11:30am– Faith Services 6:30pm– Left Right Center  | 5 9am–Morning Meetup 11am– Building Walk 2pm– Wii Bowling Practice 3:30pm– Canasta 6pm– Women’s Group | 6 9am– Morning Meetup 10am– Morning Walk 11am– Sunshine Comm. Mtg. 11:30am–Blood Pressure Screening 1pm– Pastor Dave 2pm–Lemonade/Chats on the Patio 3pm– Pinochle 4pm–Mindful Coloring | 7 9am–Morning Meetup 11am– Paint Crosses for Donations to Church 1pm– Current Events 2pm– Wii Bowling 3pm– Yahtzee 4pm– Chair Volleyball 6:30pm– Bingo | 8 9am– Morning Meetup 9:30am– Chair Yoga 10am– Connect 55+ Activity Meeting 12pm–Open House 2pm– BPO Presentation 3pm– Euchre 4:15pm– Dinner by Dave  | 9 Smokey Bear’s 75th Birthday (1944) 10am– Coffee/Donuts 2pm– Open Gym 3pm– Movie Matinee 5pm– Happy Hour 6pm– Poker | 10 9am– Morning Meetup 10:50am– Exercise 2pm– Social Hour (bring a drink and snack to share and socialize) 6pm– Pinochle |
| 11 11am– Rosary 11:30am– Faith Services 6:30pm– Left Right Center | 12 9am– Morning Meetup 10:30am– Tai Chi 11am– Building Walk 2pm– Wii Bowling Practice 3:30pm– Canasta 6pm– Women’s Group | 13 9am– Morning Meetup 10am– Things You Should Know 11am– Stretch Band Exercises 1pm: You Be The Judge 2pm– Setting Up Email 3pm– Pinochle 4pm– Guided Imagery | 14 9am– Morning Meetup 11am– Scrabble 2pm– Wii Bowling 4pm– Word Unscramble 6:30pm– Bingo | 15 National Relaxation Day 9am– Morning Meetup 9:30am– Chair Yoga 10:30am– How Many Words in a Word 1pm– It’s BUNCO Time!!! 3pm– Euchre 4:15pm– Dinner by Dave 6:pm– Men’s Group | 16 National Tell a Joke Day 10am– Coffee/Donuts 2pm– Open Gym 3pm– Movie Matinee 5pm– Happy Hour 6pm– Poker  | 17 50th Anniversary of Woodstock (Aug 15th-18th) 9am– Morning Meetup 10:50am– Exercise 2pm– Social Hour (bring a drink and snack to share and socialize) 6pm– Pinochle |
| 18 11am– Rosary 11:30am– Faith Services 6:30pm– Left Right Center | 19 9am– Morning Meetup 11am– Building Walk 2pm– Wii Bowling Practice 3:30pm– Canasta 6pm– Bring a drink and Share some of your experiences in life with others | 20 9am– Morning Meetup 10am– Stretch Band Exercise 10:30am– You Be The Judge 11am– Home Connections Presentation with Cookies/coffee 1pm– Senior Picture Day!!! (Pictures and Lemonade) 3pm– Pinochle 4pm– Mindful Coloring  | 21 National Senior Citizens Day 9am– Morning Meetup 11am– Easy Stained Glass (bring your own 5x7 or 8x10 glass) 2pm– Wii Bowling 3pm– Group Walk Outside 4pm– Your Choice Cards 5:30pm– Family Fun Night!!! Food by Dave/ Ice Cream— Outside/Inside Games!!!! 7pm– Men’s Group | 22 9am– Morning Meetup 9:30am– Chair Yoga 10:30am– Write Your History 12pm– Lets Cook!!!(Together) 2:30pm– Current Events 3pm– Yahtzee 4:15pm– Dinner by Dave | 23 10am– Coffee/Donuts 2pm– Open Gym 3pm– Movie Matinee (Grumpy Old Men) with popcorn 5pm– Happy Hour 6pm– Poker | 24 9am– Morning Meetup 10:50am– Exercise 2pm– Social Hour (bring a drink and snack to share and socialize) 6pm– Pinochle |
| 25 11am– Rosary 11:30am– Faith Services 6:30pm– Left Right Center | 26 National Dog Day 9am– Morning Meetup 10:30am– Tai Chi 11am– Building Walk 2pm– Wii Bowling Practice 3:30pm– Canasta 6pm– Women’s Group | 27 9am– Morning Meetup 9:30am– Veterans Breakfast 11am– Stretch Band Exercises 1pm– Things you Should Know 2pm– Group Walk Outside 3pm– Pinochle 4pm– Guided Imagery | 28 9am– Morning Meetup 11am– Scramble 2pm– Wii Bowling 4pm– Word Unscramble 6:30– Bingo  | 29 9am– Morning Meetup 9:30am– Chair Yoga 10:30– Simple Writing 11am– Pictionary 2pm– Yahtzee 4:15pm– Dinner by Dave 4:30pm– Birthday Party | 30 10am– Coffee/Donuts 2pm– Open Gym 3pm– Movie Matinee 5pm– Happy Hour 6pm– Poker | 31 9am– Morning Meetup 10:50am– Exercise 2pm– Social Hour (bring a drink and snack to share and socialize) 6pm– Pinochle |