

## Historical Facts

1692 Salem Witch Trials.  
 1789 - George Washington was elected the 1st president of the United States by the Electoral College  
 1887 - The first Groundhog Day was observed in Punxsutawney, PA  
 1898 - The battleship USS Maine sank in Havana harbor  
 1910 - The Boy Scouts of America were founded.  
 1990 - Nelson Mandela, was released from prison after 27 years  
 2004 - Facebook launched as "TheFacebook.com"

## New activities

**Tech Tuesday**– Ask your tech ?s  
**Reminisce**– The good ol days  
**Canasta**– In the Rummy family  
**Weight training**– some light resistance training in the morning.  
**History Hour**– historical documentaries  
**Crosswords**–We have the worlds largest crossword puzzle. 28,000 clues !

**Super Bowl** - Come on down and watch the Super Bowl in the Community Room with your neighbors. Bring a drink and a snack to share :)

## Presentations

Feb 6th: Heart Healthy Presentation by Eric  
 Feb 20th: Stroke Awareness by Eric  
 Feb 28th: Blue Cross BlueShield Cholesterol

**Rock Salt:** There are buckets of ice melt at each door in case of extreme ice. We ask that if you use the ice melt, that you use it in moderation. There is no need to use a bucket full on a patch of ice, a sprinkle will work just fine. Thank you for your cooperation.

## Comedy Corner

Q: What do farmers give their wives on Valentine's Day? A: Hog and kisses!

Q: What did the paper clip say to the magnet? A: "I find you very attractive."

Q: Why is lettuce the most loving vegetable? A: Because it's all heart.



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**



Get inspired with the attached samples!

See your community manager for all the details



## 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



# Eagle Crest Chronicles

## February

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

**Happy February, everyone!** I hope everyone is staying warm and safe as we begin another month of winter. Please always keep in mind those winter safety tips!

I am looking forward to a wonderful month of "lovely" activities here at Eagle Crest! Remember, when those cold, snowy days are upon us and you do not want to leave the warm building, that you have friends around and great things to take part in right here! I hope you take advantage of the awesome events that Eric has put together this month and join us for a few! We always love seeing new faces and growing our activities!

February is also an very important month for our Calamar Foundation since we are being recognized at the annual Go Red for Women Luncheon for our contributions to the local chapter of 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 comprehensive 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.

"It's no longer just about wearing red; it's no longer just about sharing heart health facts. It's about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can't bear to live without," the association said. "Making a commitment to your health isn't something you have to do alone either, so grab a friend or a family member and make a Go Red Healthy Behavior Commitment today."

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

Have a fantastic February! - Chelsea

## COMMUNITY INFORMATION

**COMMUNITY MANAGER:**  
 CHELSEA HYLEA

**CONNECT 55+ COORDINATOR:**  
 ERIC MORGANSTERN

**MAINTENANCE TECHS:**  
 ART & KEVIN

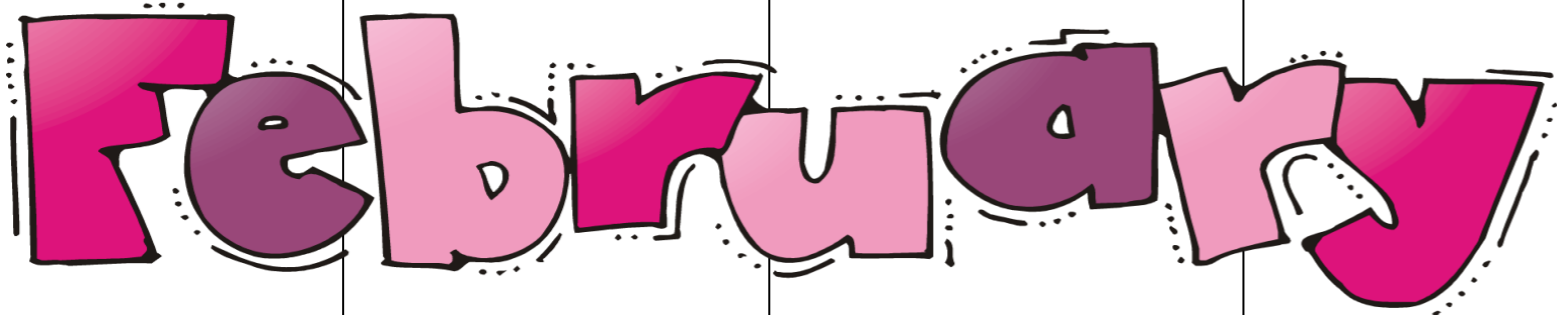






**OFFICE PHONE # & AFTER HOURS EMERGENCY SERVICE #:** (716)771-1439

**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
				<h1>2019</h1>	<b>1 Go Red Day - WEAR RED!</b> 10am-Coffee & Donuts + 10:30am-Mail Carrier thank you card event+ <b>11am- Go Red Group Picture</b> 11:30am- Trivia ++ 1pm-Movie Matinee+ 3:30pm-Mindful Coloring++ 5pm- Happy Hour + <small>American Heart Association.</small> 6pm-Poker +  <i>Canned sculpture</i>	<b>2 Groundhog Day</b> 9am- Morning Meetup+ 10:50am- Exercise Class+ 6pm-Pinochle++
<b>3 Super Bowl Sunday</b> 11am- Rosary + 11:30am Fr Fred Mass Service+ <b>6:30pm- Super Bowl 53 Viewing in Comm Rm.</b> Open Gym- 12-4pm +	<b>4 Thank a Mail Carrier Day</b> 9am-Morning meetup + 10am- Morning stretch+ 11am- Building walk+ 1pm Chess/Checkers 2pm- Wii bowling Practice+ 3:30pm- Canasta+	<b>5 Chinese New Year</b> 9am- Morning Meetup+ 9:30am-Current Events++ 10:30am-Tech Tuesday ++ 11am- Crossword Puzzle+ 11:30a- Blood pressure reading 1pm- Exercise w/ Eric++ 1:30pm- Wii bowling League+ <b>2:15pm Canned sculpture meeting</b> 3pm- Pinochle++ 6pm- Open Gym+	<b>6</b> 9am- Morning Meetup + 9:30am Weight Training+ <b>11am- Tai Chi++</b> 12am-History hour + <b>1pm- Heart healthy presentation and snacks+</b> 3:15pm- Mocktails <b>3:30pm-Welcome Committee mtg</b> 4:30pm- Save a buck++ 6:30pm- Bingo++	<b>7</b> 9am- Morning Meetup+ 9am Aspire Grocery+  11am- Brain health + 12:30pm- Stretch It Out+ <b>1pm-Ice Cream Social+</b> 1pm- Mindful Music ++ 2:30pm You be the Judge++ 3pm- Euchre++ 4:45pm- Dinner by Dave++	<b>8</b> 10am-Coffee & Donuts + 11am- Trivia ++ 1pm- Movie Matinee+ 3:30pm-Mindful Coloring++ 5pm- Happy Hour+ 6pm-Poker ++	<b>9</b> 9am- Morning Meetup+ 10:50am-Exercise Class++ 6pm Euchre++
<b>10</b> 11am- Rosary+ 11:30am- Eucharistic Service+ Open Gym- 12-4pm +	<b>11 National Make a Friend Day</b> 9am-Morning meetup + 10am-Morning Stretch+ 11am- Building walk+ 1pm- Chess/Checkers++ 2pm- Wii bowling Practice+ <b>3pm- Make a Friend activity</b> 3:30pm- Canasta+	<b>12</b> 9am- Morning Meetup+ 9:30am-Current Events++ 10:30am-Tech Tuesday++ 11am- Crossword Puzzle+ 1pm- Exercise w/ Eric+ 2pm- Wii bowling League++ <b>2:45pm- Friend Speed Dating</b> 3:30pm- Pinochle++ 6pm- Open Gym+	<b>13</b> 9am- Morning Meetup + <b>11am Tai Chi++</b> 12pm-History hour + 3pm Social Club+ 4:30pm- Save a buck++ 6:30pm- Bingo++	<b>14 Valentine's Day</b> 9am- Morning Meetup+ 11am- <b>Valentine's Brunch+</b> 1pm- Mindful Music ++ 1:30pm-Reminicse+ 2pm- Stretch It Out+ 2:30pm You be the Judge++ 3pm Euchre++ 4:45pm- Dinner by Dave++  	<b>15</b> 10am-Coffee & Donuts + 11am- Trivia ++ 1pm- Movie Matinee+ 3:30pm-Mindful Coloring++ 5pm-Happy Hour+ 6pm-Poker ++	<b>16</b> 9am- Morning Meetup+ 10:50am-Exercise Class ++ 6pm Pinochle++
<b>17 Random Act of Kindness Day</b> 11am- Rosary+ 11:30am- Fr. Fred Mass+ Open Gym- 12-4pm +	<b>18 President's Day</b> 9am-Morning meetup + 10am Morning Stretch+ 11am- Building Walk+ 1pm Chess/Checkers++ 2pm- Wii bowling Practice+ 3:30pm- Canasta+ 	<b>19</b> 9am- Morning Meetup+ 9:30am-Current Events++ 10:30am- Tech Tuesday++ 11am- Crossword Puzzle+ 1pm- Exercise w/ Eric+ 2pm- Wii bowling League++ 2:15pm- BlueCrossBlueShield table+ <b>2:45pm- March calendar planning &amp; review Meeting</b> 3pm- Pinochle++ 6pm- Open Gym+	<b>20</b> 9am- Morning Meetup + 9:30am Weight Training + <b>10am- Veteran's Gathering+</b> 12pm-History Hour+ 1pm- Yoga W/ Eric++ <b>2:30pm- Health presentation "Signs of a Stroke" +</b> 3:15pm Mocktails 6:30pm- Bingo++	<b>21</b> 9am- Morning Meetup+ 9am- Aspire Grocery+ 9:30am- Morning walk+ 11am- Brain Health+ 12:30pm- Stretch It Out 1pm- Mindful Music+ 2:30pm You be the Judge++ 3pm- Euchre++ 4:45pm- Dinner by Dave++	<b>22</b> 10am- Coffee / Donuts + 11am- Trivia ++ 1pm- Movie Matinee+ 3:30pm- Mindful Coloring++ 5pm-Happy Hour 6pm-Poker ++	<b>23</b> 9am- Morning Meetup+ 10:50am Exercise Class++ 6pm Pinochle ++
<b>24</b> 11am- Rosary + 11:30am- Eucharistic Service+ Open Gym- 12-4pm +	<b>25</b> 9am-Morning meetup + 10am Morning Stretch+ 11am Building Walk+ 1pm Chess/Checkers++ 2pm- Wii bowling Practice+ 3:30pm-Canasta <b>Can Sculpture Judging begins</b>	<b>26</b> 9am- Morning Meetup+ 9:30am-Current Events++ 10:30am-Tech Tuesday++ 11am- Crossword Puzzle+ 1pm- Exercise w/ Eric+ 2pm- Wii bowling League ++ 3:30pm- Pinochle++ 6pm- Open Gym+	<b>27</b> 9am- Morning Meetup + 12pm-History Hour + 3pm Social Club+ 4:30pm- Save a buck++ 4:45pm- Dinner by Dave++ 6:30pm- Bingo++	<b>28</b>  9am- Morning Meetup+ 11am- Brain Health+ 12:30pm- Stretch It Out+ <b>1pm Cholesterol BCBS</b> 1pm- Mindful Music ++ 2:30pm You be the Judge++ <b>2pm- Birthday party+</b> 3pm-Euchre++ 4:45pm- Dinner by Dave++ <b>Can Sculpture winner announced</b>	<b>+ Intellectual</b> <b>+ Spiritual</b> <b>+ Physical</b> <b>+ Social</b> <b>+ Financial</b>  2 points earned for every event attended	