

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.

**Information is regularly posted on the bulletin board. Be sure to check it daily when you get your mail. There may be sign-up sheets or other important updates. Thank you**



Keep an eye on the bulletin board this month!! We will start *Weekly Bulletin Board Trivia!* Each week a series of questions will be posted, and who ever gets the most right for that week will win a prize. If there is a tie there will be a *tie breaker question!*

**It's Gonna Be A Cantastic Way To Help!!**

Calamar is celebrating 30 years!!

Canned Food Sculpture Competition will begin on February 3rd, 2020 and ends on February 21st. There is a meeting to plan our design on Jan. 16th @ 1:30pm. We will be coming up with a unique design and going over the rules. The requirement for this year's sculpture is to include either the Calamar logo or the #30 because of Calamar celebrating 30 years in 2020. Remember this is a Community project!



**January in History 50 years ago:**

- \* **The first episode of *All My Children* was broadcast on T.V.**
- \* **Diana Ross & The Supremes performed their farewell concert in Las Vegas.**
- \* **The first commercial Boeing 747 flight, Pan America World Airways, flew from NYC to London in 61/2 hrs.**
- \* **The movie, *M\*A\*S\*H*, starring Donald Sutherland and Elliot Gould, was released.**
- \* **The fifth and final studio album by Simon & Garfunkle, *Bridge Over Troubled Waters*, was released.**
- \* **Members of the Grateful Dead were busted on LSD charges.**



**CHILI COOKOFF!**

On January 28th we will be having a CHILI COOK OFF! Residents who would like to enter must notify the office by January 22nd.

Each participant will be responsible for a FULL crockpot or large pot of Chili.

Bring your entry down to the community room at 12:15pm.

Pre-selected judges will determine the best Chili! The winner will receive a gift card! Once the judging is done, everyone is invited to come down and enjoy a bowl! So make sure you make a good size pot of Chili!

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



Eagle Crest Senior Village

**Eagle Crest Chronicles**

JANUARY

2020

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

**THOUGHTS FOR THE NEW YEAR**

- Be loyal to your friends.*
- Be understanding to you enemies.*
- Be strong enough to face the world each day.*
- Be weak enough to know that you cannot do everything alone.*
- Be generous to those who need your help.*
- Be frugal with what you need yourself.*
- Be a leader when you see a path others have missed.*
- Be a follower when you are shrouded by the mists of uncertainty.*
- Be the first to congratulate an opponent who succeeds.*
- Be the last to criticize an opponent who fails.*
- Be wise enough to know that you do not know everything.*
- Be foolish enough to believe in miracles.*
- Be willing to share the sorrow of others.*
- Be loving to those who love you.*
- Be loving to those who do not love you, and they may change.*
- Above all, be yourself*

**COMMUNITY INFORMATION**

**COMMUNITY MANAGER:**  
CHELSEA HYLEA

**CONNECT 55+ COORDINATOR:**  
DIANE SMITH

**MAINTENANCE TECH:**  
STEVE O.

**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 AND DO NOT USE AN ENVELOPE.**



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
			<b>1 New Year's Day</b>  <b>Office Closed</b>	<b>2</b> 9am-Morning Meetup 9:30am-Zumba 10:15am-"Who Knew" 11am-Grocery Store Talks!! 1pm-Snack and Chat <b>1:45pm-Make Your Best Snow Flake</b> 3pm-Pinochle 3pm-Free Bingo 4:15pm-Dinner By Dave 	<b>3</b> 10am-Manager's Coffee 11am-Creative Coloring 3pm-Movie Matinee 6pm-Poker 7pm-Women's Get Together	<b>4</b> 9am-Morning Meetup 10:50am-Exercise 2pm-65 Card Game 6pm-Choice of Cards
<b>5</b> 10:45am-Rosary 11:30am-Faith Services 2pm-Open Gym 6:30pm-Left, Right, Center	<b>6</b> 9am-Morning Meetup 10:30am-Tai Chi 1pm-Wii Bowling 1pm-Chess w/ Dick 2:30pm-Afternoon (indoor) Walk	<b>7</b> 9am-Morning Meetup 9:30am-Chair Yoga 10:30am-American Trivia 11am-Plastic Canvas Club 1pm-Wii Bowling <b>1:30pm-Penguin Craft</b> 3pm-Pinochle 3:30pm-Your Choice Exercise 	<b>8 Elvis Presley's Birthday</b> 9am-A Rockin' Morning Meetup 9:30am-Hip Movin' Zumba <b>12pm-Elvis Presley's Famous Favorite Sandwich (Sign-Up Only)*</b> 1pm-How Well Do You Know Elvis 2pm-Video on the Life of Elvis 3:30pm-Canasta 3:45pm-Your Memories of Elvis 6:30pm-Bingo 	<b>9</b> 9am-Morning Meetup 9:30am-Zumba 10:15am-"Who Knew" <b>11am-Snow Globe Pictures*</b> 1pm-Meet & Greet <b>1:30pm-Connect 55+ Mtg.</b> 3pm-Pinochle 3pm-Free Bingo 4:15pm-Dinner By Dave 	<b>10 Full Moon/Winter Moon National Volunteer Fireman's Day</b> 10am-Manager's Coffee 11am-Creative Coloring 3pm-Movie Matinee 6pm-Poker	<b>11</b> 9am-Morning Meetup 10:50am-Exercise 2pm-65 Card Game 6pm-Choice of Cards
<b>12</b> 10:45am-Rosary 11:30am-Faith Services 2pm-Open Gym 6:30pm-Left, Right, Center	<b>13</b> 9am-Morning Meetup 10:30am-Tai Chi (\$)  1pm-Wii Bowling 1pm-Chess w/ Dick 2:30pm-Afternoon (indoor) Walk	<b>14</b> 9am-Morning Meetup 9:30am-Chair Yoga 10:30am-American Trivia 11am-Plastic Canvas Club 1pm-Wii Bowling <b>1:30pm-Tea Party Luncheon (sign-up only)*</b> 3pm-Pinochle 3:30pm-Your Choice Exercise	<b>15</b> 9am-Morning Meetup 10am-Hidden Pictures 2pm-Simple Stretching 3:30pm-Canasta 6:30pm-Bingo	<b>16</b> 9am-Morning Meetup 9:30am-Zumba 10:15am-"Who Knew" 11am-Life Hacks! <b>1:30pm-Can Sculpture Mtg.</b> 3pm-Pinochle 3pm-Free Bingo 4:15pm-Dinner By Dave 	<b>17</b> 10am-Manager's Coffee 11am-Creative Coloring 3pm-Movie Matinee 6pm-Poker 7pm-Men's Get Together	<b>18</b> 9am-Morning Meetup 10:50am-Exercise 2pm-65 Card Game 6pm-Choice of Cards
<b>19</b> 10:45am-Rosary 11:30am-Faith Services 2pm-Open Gym 6:30pm-Left, Right, Center	<b>20 Martin Luther King, Jr. Day</b> 9am-Morning Meetup 10:30am-Tai Chi 11am-History Hour (YouTube) 1pm-Wii Bowling 1pm-Chess w/ Dick 2:30pm-Afternoon (indoor) Walk 	<b>21 National Hugging Day</b> 9am-Morning Meetup 9:30am-Chair Yoga 10:30am-American Trivia 11am-Plastic Canvas Club 1pm-Wii Bowling <b>1:30pm-Easy Sudoku Together</b> 3pm-Pinochle 3:30pm-Your Choice Exercise	<b>22</b> 9am-Morning Meetup <b>10am-Veteran's Breakfast</b> <b>12:30pm-Snow Day!!! (see board for details)*</b> 2:30pm-Rummy 3:30pm-Canasta 3:30pm-Choice of Exercise 6:30pm-Bingo 	<b>23</b> 9am-Morning Meetup 9:30am-Zumba 10:15am-"Who Knew" 11am-Local Deals 1:30pm-Ted Talks & Discussion 3pm-Pinochle 3pm-Free Bingo 4:15pm-Dinner By Dave	<b>24 National Compliment Day</b> 10am-Manager's Coffee 11am-Creative Coloring 1pm-Write a Nice Letter to Someone Special Today 3pm-Movie Matinee 6pm-Poker 	<b>25 Chinese New Year Begins/The Year of the Rat National Irish Coffee Day The Great Fruitcake Toss</b> 9am-Morning Meetup 10:50am-Exercise 2pm-65 Card Game 6pm-Choice of Cards
<b>26</b> 10:45am-Rosary 11:30am-Faith Services 2pm-Open Gym 6:30pm-Left, Right, Center	<b>27</b> 9am-Morning Meetup 1pm-Wii Bowling 1pm-Chess w/ Dick 2:30pm-Afternoon (indoor) Walk	<b>28</b> 9am-Morning Meetup 9:30am-Chair Yoga 10:30am-American Trivia 11am-Plastic Canvas Club <b>12:30pm-Chili Cook-Off Day!!!*</b> 2pm-Wii Bowling <b>3:30pm-Birthday Social</b> 3pm-Pinochle 3:30pm-Your Choice Exercise 	<b>29 National Puzzle Day</b> 9am-Morning Meetup 10am-Jigsaw Puzzle (Comm. Rm.) 2pm-Simple Stretching 3:30pm-Canasta 6:30pm-Bingo 	<b>30</b> 9am-Morning Meetup 9:30am-Zumba 10:15am-"Who Knew" 11am-What are your Options? 1:30pm-Ted Talks & Discussion 3pm-Pinochle 3pm-Free Bingo 4:15pm-Dinner By Dave	<b>31</b> 10am-Manager's Coffee 11am-Creative Coloring 3pm-Movie Matinee 6pm-Poker 