

Pumpkin Trivia

Pumpkins are grown on six of the seven continents, with Antarctica being the sole exception.



Veteran's Day

Veteran's Day is observed on November 11th. This is because the "war to end all wars", "the Great War (1914-1918), and World War 1 ended on the 11th hour of the 11th day of the 11th month in 1918. At this time, armistice with Germany was declared. It has been celebrated since November 1919 as Armistice Day but it wasn't until May 1938 that Congress approved this day to become a legal holiday. It was renamed in 1954 by President Dwight Eisenhower to Veterans' Day. It is meant to honor all who have served in the U.S. military.

What is CONNECT 55+ ?

Connect 55+ is the name of Calamar's wellness-based activity program. It has been designed and geared towards your overall well-being. The program is running here day-to-day in the form of the many wonderful events offered on your monthly calendar. Each of the events we offer is based around our 5 keystones, Physical, Intellectual, Social, Spiritual and Financial. Our goal is to provide you with a wide variety of activities, seminars, programs and events to enhance your health and happiness. To learn more about the program, please come check out any of our events or attend our monthly Connect 55+ activity feedback meeting. This meeting is designed to hear your thoughts on how the program is running and what we can do to make it better and geared towards you. Your suggestions are welcomed and encouraged!



MAKE SURE YOU CHECK THE BULLETIN BOARD OFTEN!!!
SPECIAL NOTICES AND SIGN UP SHEETS ARE POSTED THROUGHOUT THE MONTH!!

FIRST THANKSGIVING DINNER

The Wampanoag tribe of Native Americans helped the Pilgrims survive their first year in the New World, and they celebrated together in the autumn of 1621 with a holiday feast. Information comes from a letter written in December 1621 by Edward Winslow. He was one of the who sailed from England in 1620 that founded Plymouth Colony in Mass. According to Winslow, it was considered a harvest celebration and took place over 3 days sometime between late Sept. and mid Nov. in 1621. They ate wild turkey, venison (Native Americans Brought this), fish and shellfish, wild plants. They also ate foods from their gardens.

YOU KNOW YOU'RE NOT A KID ANYMORE WHEN:



- ◇ You dream about prunes.
- ◇ You constantly talk about the price of gas.
- ◇ The only jogging you do is to your memory.
- ◇ People who call at 9p.m. ask, "Did I wake you?"
- ◇ You would rather go to work than stay home sick.
- ◇ You enjoy hearing about other people's operations.
- ◇ You sing along to elevator music.
- ◇ You quit trying to hold in your stomach, no matter who walks in the room.

Pet owners:

- Please remember to pick up after your pets IMMEDIATELY.
- Pets must be on leashes at all times when outside of your apartment—including hallways.
- Pets must never be unattended, even when restrained outdoors. You must always accompany your pet.
- Pet waste must be disposed of outdoors in either the pet waste receptacle or the dumpster— never in the trash rooms.

ALL PROGRAMS ARE SUBJECT TO CHANGE. CHANGES WILL BE POSTED ON THE BULLETIN/ DAILY EVENT BOARD. THANK YOU.



The office will be closed in observance of Thanksgiving on Thursday, November 28th and Friday, November 29th. Have a safe and happy holiday!



Eagle Crest Senior Village

Eagle Crest Chronicles



"Come as strangers, live as friends"

Happy November! We are so very thankful for each and every one of you as we enter November- the last full month of autumn. This month is a special month. We celebrate our Veterans, saying thank you to these special individuals for their never ending fight for our country and freedom. November is also an important month for our Calamar Foundation as we show support to people who suffer from Alzheimer's. An easy way to show support is to wear purple.

November brings much reflection and gratitude for what we have today. We spend precious time with friends and family celebrating Thanksgiving. It's the time of year where we can throw a warm blanket over us, drink some hot cocoa and grab a good book. We can sit around a fireplace with loved ones while sharing memories of the year before and the new memories to come.

We will be wrapping up the landscaping this month, getting the leaves raked for the last time, and preparing for the start of snow season. We are very excited about the new snow plow vendor we have contracted with this year! The snow plow crew will clear snow from the sidewalks and the front patio entrances on first floor so please clear small items from your doorway. They will plow the driveway, clear the garage door areas, and salt as needed in the driveway and on the sidewalks. Please remember the snowplow crew cannot clear between parked cars and there may be times you are asked to move your car so the parking spaces can be cleaned up.

Enjoy this beautiful month of thanksgiving. We look forward to seeing you at our Connect 55+ events throughout the month!

COMMUNITY INFORMATION

COMMUNITY MANAGER:
CHELSEA HYLA

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.



Quote of the Month: "An act of kindness may take only a moment of our time, but when captured in the heart, the memory lives forever." Molly Friedenfeld

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
 <h1>November</h1>		 <p>Alzheimer's Awareness Month</p>		 <p>Thank You VETERANS</p>		<p>1 WEAR PURPLE</p> <p>10am-Coffee/Donuts 11am-Relaxing Coloring 3pm-Movie Matinee (Alive Inside) 5pm-Women's Get Together 6pm-Poker</p> 	<p>2</p> <p>9am-Morning Meetup 10:50am-Exercise 2pm-65 card game 6pm-Pinochle or Euchre</p>
<p>3 Daylight Savings Ends</p> <p>10:45am-Rosary 11:30am-Faith Services 2pm-Open Gym 6:30pm-Left, Right, Center</p> 	<p>4 National Candy Day</p> <p>9am-Morning Meetup 11am-Resident Candy Social* 1pm-Wii Bowling 2pm-A Bridge To Far (Movie)</p> 	<p>5 Election Day</p> <p>9am-Morning Meetup 9:30am-Stretch Band Exercise 10:30am-Plastic Canvas Club* (New) 1pm-Wii Bowling 1:30pm-Bunco 2pm-TED Talks 3pm-Pinochle 4pm-Exercise w/ Diane (your choice)</p>	<p>6</p> <p>9am-Morning Meetup 11am-Puzzles (in the library) 2pm-Simple Stretching (Video) 3:30pm-Canasta 6:30pm-Bingo</p>	<p>7</p> <p>9am-Morning Meetup 10am-SPECIAL VETERAN'S DAY BREAKFAST 11am-Chair Yoga 1pm-Connect 55+ Meeting 2pm-How To Find Online Coupons 2:30-You Be The Judge 3pm-Euchre 3:15pm-Monopoly Money Bingo 4:15pm-Dinner By Dave</p> 	<p>8 WEAR PURPLE</p> <p>10am-Coffee/Donuts 11am-PAPARAZZI PARTY (\$5 Jewelry!!!) 3pm-Movie Matinee (Away From Her) 5pm-Happy Hour</p> 	<p>9</p> <p>9am-Morning Meetup 10:50am-Exercise 2pm-65 card game 6pm-Pinochle or Euchre</p>	
<p>10</p> <p>10:45am-Rosary 11:30am-Faith Services 2pm-Open Gym 6:30pm-Left, Right, Center</p> 	<p>11 Veteran's Day</p> <p>9am-Morning Meetup 11:30am-Tribute To American Soldiers (Video) 1pm-Wii Bowling 2pm-Battle of Britain (Movie)</p> 	<p>12 Full Moon/Beaver Moon</p> <p>9am-Morning Meetup 9:30am-Stretch Band Exercise 10am-Plastic Canvas Club 11:30am-Moon Necklaces 1pm-Wii Bowling 1:30pm- "Old Wives Tales" (true/false) 2pm-4pm: CLERK ON THE GO (Presentation about ID changes) 3pm-Pinochle 4pm-Exercise w/ Diane (your choice)</p>	<p>13 World Kindness Day</p> <p>9am-Morning Meetup 9:30am-Zumba 10:45am-Money Saving Apps 1pm-Trivia(How Well Do You know About Alzheimer's) 1:45pm-Breathing Exercises 2pm-Finish Moon Necklaces 3:30pm-Canasta 4pm-Hot Choco/Stories* (New) 6:30pm-Bingo</p>	<p>14 World Diabetes Day</p> <p>9am-Morning Meetup 9:45am-Chair Yoga 11:30am-Telestrations (board game) 1pm-Trivia on Diabetes 2pm-You Be The Judge 3pm-Euchre 3:15pm-Monopoly Money Bingo 4:15pm-Dinner By Dave</p> 	<p>15 WEAR PURPLE</p> <p>10am-Coffee/Donuts 11am-Relaxing Coloring 3pm-Movie Matinee (I'll Be Me) 5pm- Men's Get Together 6pm-Poker</p>	<p>16</p> <p>9am-Morning Meetup 10:50am-Exercise 2pm-65 card game 6pm-Pinochle or Euchre</p>	
<p>17</p> <p>10:45am-Rosary 11:30am-Faith Services 2pm-Open Gym 6:30pm-Left, Right, Center</p> 	<p>18 Mickey Mouse's 91st Bday</p> <p>9am-Morning Meetup 11am-Mickey Mouse Trivia 1pm-Wii Bowling 2pm-The Great Escape (Movie)</p>	<p>19 National Monopoly Day</p> <p>9am-Morning Meetup 9:30am-Stretch Band Exercise 10:30am-Plastic Canvas Club 1pm-Republic Service on Do's and Don'ts of Recycling 1pm-Wii Bowling 2:30pm-Let's Play Monopoly! 3pm-Pinochle 4pm-Exercise w/Diane (your choice)</p>	<p>20</p> <p>9am-Morning Meetup 1pm-Clarity Group (Medicare Question/Options) 3:30pm-Canasta 6:30pm-Bingo</p> 	<p>21</p> <p>9am-Morning Meetup 9:45am-Chair Yoga 11:30am-You Be The Judge 1pm-TED talks 2pm-New Resident Social 3pm-Euchre 3:15pm-Monopoly Money Bingo 4:15pm-Dinner By Dave</p>	<p>22 WEAR PURPLE</p> <p>10am-Coffee/Donuts 11am-Relaxing Coloring 3pm-Movie Matinee (Aurora Borealis) 5pm-Happy Hour 6pm-Poker</p>	<p>23</p> <p>9am-Morning Meetup 10:50am-Exercise 2pm-65 card game 6pm-Pinochle or Euchre</p>	
<p>24</p> <p>10:45am-Rosary 11:30am-Faith Services 2pm-Open Gym 6:30pm-Left, Right, Center</p> 	<p>25 National Parfait Day</p> <p>9am-Morning Meetup 11am-Learn Pinochle w/Paul 1pm-Wii Bowling 2pm-Run Silent, Run Deep (Movie)</p>	<p>26</p> <p>9am-Morning Meetup 9:30am-Stretch Band Exercise 10:30am-Plastic Canvas Club 1pm-Wii Bowling 1pm-Purple Tea Party 1:30pm-Alzheimer's Presentation (Understanding Alzheimer's) 3pm-Pinochle 4pm-Exercise w/ Diane (your choice)</p> 	<p>27 (Community Room Closed until Breakfast)</p> <p>10am-Thanksgiving Breakfast Party with staff (\$3 per person) 1pm-Gobble Gobble Word Search 2pm-Zumba 2:45pm-Breathing Exerc 3:30pm-Canasta 4pm-Birthday Social 6:30pm-Bingo</p> 	<p>28 Thanksgiving</p> <p>OFFICE CLOSED</p>	<p>29 Black Friday</p> <p>OFFICE CLOSED</p>	<p>30 Small Business Saturday</p> <p>9am-Morning Meetup 10:50am-Exercise 2pm-65 card game 6pm-Pinochle or Euchre</p>	