

### COLOR LEGEND

**ORANGE= ASSOCIATED WITH HALLOWEEN**




**PINK= ASSOCIATED WITH BREAST CANCER AWARENESS**



**HALLOWEEN** wasn't always a playful holiday. When Romans conquered much of the Celtic world, they merged Samhain with their own festivals. The ancient Celts observed Samhain at the end of October. They divided the year into two halves, the light half & the dark half, and Samhain signaled the change to the dark half and cold winter months. During this time, the wall between the worlds of the living & the dead was supposedly weakened, allowing the spirits to enter the world of the living. It was a time to be cautious and stay indoors. When Christianity became the principal religion in Europe, the 1st of November became All Saints' Day, a day to honor the saints who did not have



### 10/31 Knock Knock Joke Day

*Knock*Knock*		<b>Knock, knock.</b>
—"Who's there?"		<b>Who's there?</b>
—"Boo hoo"		<b>Holmes.</b>
—"Boo hoo Who?"		<b>Holmes who?</b>
—"Aww, don't cry—it's just a joke"		<b>Holmes is where the heart is.</b>

**Quotes of the Month:** "Dogs come when they're called: cats take a message and get back to you later." Mary Bly

Make sure you check the board frequently as there will be sign-up sheets and information on upcoming activities.



### 100 Years Ago (1919)

In the Black Sox Scandal, 8 members of the Chicago White Sox were accused of intentionally losing the 1919 World Series against Cincinnati Reds in exchange for money from gambling.

### IMPORTANT PARKING REMINDER:

**Please be sure to remind your visitors that parking spaces along the building and in the front, side lot near 128 are for residents only. All visitors are to park in the visitor's lot near the main entrance or along the outer edge of the circle. There are limited spots for residents so we must be neighborly and allow those who live in our community priority to the resident parking spaces. If you are noticing a non-resident parking in resident parking, please do not confront them but rather alert the office.**

**Thank you!**

**You are invited to join us in wearing PINK for Breast Cancer Awareness every Friday in October.**



Eagle Crest Senior Village

# Eagle Crest Chronicles

# OCTOBER

## "Come as strangers, live as friends"

Happy October! We welcome the crisp, Autumn air, the beautiful changing leaves and the smell of cinnamon, apple and pumpkin! We also are recognizing Breast Cancer Awareness this month. We have many events (in pink) scheduled throughout the month which are part of our Calamar Foundation. We encourage you to attend as many as possible. If you would like to donate to the Calamar Foundation during this month to give to the American Cancer Society, please fill out a form at any Pink event or come to the office and we will be happy to help.

We are very pleased to welcome our first ever, **full-time**, maintenance technician, Steve! You may have already seen him running around so please stop and say hi and introduce yourselves. As many of you know, we have always shared a maintenance tech with our other local properties. We are thrilled to now have Steve here in the building full-time, Mon-Fri 8am-4:30pm and on-call to take care of the building and any work orders you may need completed. As always, you must put a work order in through the tablet in the library or in the office. Work orders will not be completed if verbally reported to Steve. Also, having Steve here full-time allows the building cleaning to be done regularly as well. Thank you all for your patience while we navigated through cleaners over the past few months. Steve will be keeping up with our cleaning schedule daily. If there are any areas of concern that you may notice in the day-to-day, please do not hesitate to mention them to the office & we will take care of them right away.

Please take a look at our community activity calendar and try to make it down to at least one of the events we have scheduled for October! We'd love to see you!



### COMMUNITY INFORMATION

**COMMUNITY MANAGER:**  
CHELSEA HYLEA

**CONNECT 55+ COORDINATOR:**  
DIANE SMITH

**MAINTENANCE TECH:**  
STEVE























**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>OCTOBER</h1> <h2>2019</h2>		<b>1 National Homemade Cookie Day</b> 9am-Morning Meetup 9:30am-Stretch Band Exercises <b>12:30pm-Around The World-Salem, Mass.</b> 2pm-Wii Bowling League <b>2:30pm-Kick off to Breast Cancer Month-see board for details</b> 3pm-Pinochle 3:15-You Might Be a Redneck If.... (Board Game) 4:15pm-Relaxing Coloring	<b>2</b> 9am-Morning Meetup 9:30am-Zumba (YouTube) <b>10:15am-50/50 Raffle</b> -Resident Run 10:30am-Trivia 12pm-Forbidden Archeology (video & discussion) 2:15pm-Spot the Differences <b>3pm-Easy Pumpkin Stress Balls (craft)</b> 6:30pm- Bingo 	<b>3 National Poetry Day</b> 9am- Morning Meetup 9:30am- Chair Yoga 10:15am-Understanding Poetry 11:45am-Word Unscramble <b>1pm-Pink Food Party-see board for details</b> 3pm- Euchre 3:15pm-Monopoly Money Bingo <b>4:15pm- Dinner By Dave</b> 	<b>4 National Diversity Day</b> <b>10am- Coffee/Donut</b> <b>11am-Ta Ta Word Search</b> 3pm- Movie Matinee 5pm- Women's Get Together 6pm- Poker  <b>WEAR PINK DAY</b>	<b>5 Natl Be Nice Day</b> 9am-Morning Meetup 2pm-Social Hour 6pm-Pinochle or Euchre
<b>6</b> 11am-Rosary 11:30am-Faith Services 2pm-Open Gym 6:30pm-Left, Right, Center	<b>7</b> 9am- Morning Meetup 10:30am-Tai Chi 11am-65 (card game) 2pm-Wii Bowling Practice 3:30pm-Canasta 	<b>8</b> 9am- Morning Meetup 9:30am-Stretch Band Exercises <b>12:30pm-Around the World</b> <b>1:30pm-Tea Party</b> 2pm-Wii Bowling League <b>2:30pm-Sujeet Concert</b> 3pm- Pinochle 4pm-Zumba 4:15pm-Relaxing Coloring 	<b>9 Yom Kippur</b> 9am- Morning Meetup 11am-Puzzles (in the library) 2pm-Simple Stretching (video) 6:30pm-Bingo 	<b>10 World Mental Health Day</b> 9am-Morning Meetup 9:30am-Let's Dance <b>10:45am-Pink Luminaries- see board for details</b> <b>1pm-Connect 55+ Meeting</b> 1:45pm-Simple Breathing Exercise <b>2:30pm-Bat Door Decor</b> 3pm- Euchre 3:15pm-Monopoly Money Bingo <b>4:15pm- Dinner By Dave</b> 	<b>11</b> <b>10am- Coffee/Donuts</b> <b>1pm-ROSWELL Representative: Presentation for Breast Cancer Cookies and Coffee</b> 3pm- Movie Matinee 5pm- Men's Group 6pm-Poker   <b>WEAR PINK DAY</b>	<b>12</b> 9am-Morning Meetup 10:50am-Exercise 2pm-Social Hour 6pm-Pinochle or Euchre
<b>13 Train Your Brain Day</b> 11am-Rosary 11:30am-Faith Services 2pm-Open Gym 6:30pm-Left, Right, Center	<b>14 Columbus Day/ Canada Thanksgiving</b> 9am- Morning Meetup 10:30am-Tai Chi  11am-65 (card game) 2pm-Wii Bowling Practice 3:30pm-Canasta	<b>15</b> 9am-Morning Meetup 9:30am-Stretch Band Exercises <b>12:30pm-Around the World</b> 2pm-Wii Bowling League 3pm- Pinochle 4pm-Zumba 4:15pm-Relaxing Coloring 	<b>16 National Liqueur Day</b> 9am- Morning Meetup 9:30am-Zumba 10:15am-Save a Buck <b>1pm-FLU SHOT CLINIC</b> 2:15pm-Remember When <b>2:45pm-Pick out Pumpkin, Teammates and Decorate</b> 4pm-Mocktails 6:30pm- Bingo  	<b>17</b> 9am- Morning Meetup 9:30am-Let's Dance <b>10:45am-Are Vampires Real? (video and discussion)</b> 1pm-Simple Breathing Exercise <b>2pm-Pink Canvas (craft) see board for details</b> 3pm- Euchre 3:15pm-Monopoly Money Bingo <b>4:15pm- Dinner by Dave</b>	<b>18</b> <b>10am- Coffee/Donuts</b> <b>11am-Decorate Cards to Donate</b> 3pm- Movie Matinee 5pm- Happy Hour 6pm- Poker  <b>WEAR PINK DAY</b>	<b>19 Sweetest Day</b> 9am-Morning Meetup 10:50am-Exercise 2pm-Social Hour 6pm-Pinochle or Euchre
<b>20</b> 11am-Rosary 11:30am-Faith Services 2pm-Open Gym 6:30pm-Left, Right, Center	<b>21</b> 9am- Morning Meetup 10:30am-Tai Chi (\$)  11am-65 (card game) 2pm-Wii Bowling Practice 3:30pm-Canasta 	<b>22</b> 9am-Morning Meetup 9:30am-Stretch Band Exercises <b>12:30pm-Around the World</b> 2pm-Wii Bowling League 3pm- Pinochle 4pm-Zumba 4:15pm-Relaxing Coloring 	<b>23</b> 9am- Morning Meetup 11am-Puzzles (in the library) 2pm-Simple Stretching (video) 6:30pm- Bingo 	<b>24</b> 9am- Morning Meetup 9:30am-Let's Dance <b>10:30-Making Bracelets!</b> 12:30pm-Simple Breathing Exercise <b>2pm- New Resident Social</b> 3pm- Euchre 3:15pm-Monopoly Money Bingo <b>4:15pm- Dinner by Dave</b>	<b>25</b> <b>10am- Coffee/Donuts</b> <b>1pm-Pink lemonade w/Friends</b> 3pm- Movie Matinee 5pm- Happy Hour 6pm- Poker  <b>WEAR PINK DAY</b>	<b>26 Make a Difference Day/ Community Service Day</b> 9am-Morning Meetup 10:50am-Exercise 2pm-Social Hour 6pm-Pinochle or Euchre
<b>27</b> 11am-Rosary 11:30am-Faith Services 2pm-Open Gym 6:30pm-Left, Right, Center	<b>28</b> 9am- Morning Meetup 10:30am-Tai Chi 11am-65 (card game) 2pm-Wii Bowling Practice 3:30pm-Canasta 	<b>29</b> 9am-Morning Meetup 9:30am-Stretch Band Exercises <b>12:30pm-Around the World (Witches Brew)</b> 2pm-Wii Bowling League 3pm- Pinochle 4pm-Zumba 4:15pm-Relaxing Coloring	<b>30</b> 9am- Morning Meetup  9:15am-Zumba <b>10am-Special Halloween Veterans Breakfast</b> 11am-Apps (on your phone) To Save Money 2pm-Simple Stretching (video) 2:45pm-Crossword Puzzles <b>4pm-Happy Birthday Social</b>  6:30pm- Bingo	<b>31 Halloween</b> <b>9am-Spooky Morning Meetup</b> <b>9:30am-Thriller Workout</b> <b>10:15am-Weird History of Halloween</b> <b>11am-Scary Unscrambled Words</b> <b>1pm- Halloween Bingo</b> <b>3:30PM-HALLOWEEN PARTY</b> <b>4:15pm- Ghoulish Dinner by Dave</b> 