

**Mindfulness for Stress Reduction
Wednesday mornings at 10:30**

Come and relax as you discover ways to change anxious thoughts, habits and even pain, in order to be healthier in mind, body and spirit. Through a variety of mindful practices you will start to notice a change in the way you handle stressful situations, emotional distress and become able to find to peace in your daily life. By using these practice you may also experience added health benefits such as, a decrease in blood pressure and inflammation in the body. By incorporating mindful practices in your everyday life you will start to see the positive and live with less stress and anxiety. *This class will be led by fellow resident Sharon Anderson. Sharon developed and taught several different mindfulness classes for Metro Community College.*

**Horseshoe Casino
Wednesday, August 28**

This month we will be adding an outing to Horseshoe Casino through Navigator Motorcoach. One of the many services that Navigator Motorcoach offers is their Casino Package. For \$15 they will provide transportation to and from the casino, \$5 in free play and a pass for a free lunch buffet. They will be picking residents up from our facility at 9:30 and be leaving the casino at 3:30. We will be the last group picked-up and the first group dropped off! The \$15 is payable to the driver at the time of pick-up. You must pre-register no later than noon on Monday, August 26 if you plan on attending. A minimum of 10 is required by the company to participate in this program and you must ride the bus to be eligible to receive the special offers. If you have any further question please see Molly.

Woodstock 50th Anniversary

August 15-18 will mark the 50th anniversary of the Woodstock Music Festival. We're going to be having lots of fun events to celebrate this historic event. On Tuesday, August 13 our Tuesday Night Concert will be *Woodstock: 3 Days of Peace & Music*. Friday, August 16 we will be having a 1960's themed day, with a Community Cook-out Luncheon, 1960's trivia and don't for to break out your funky sixties apparel. Annette from Clear Captions, will be suppling dessert following at 1:30. That night our movie will be *Easy Rider* starring Peter Fonda, Dennis Hopper and Jack Nicholson.



August Birthdays

Our August Birthday Party will be Thursday, August 15 at 6:00. Our entertainment for this month will be Bill Chrastil. Bill has been a full time musician and entertainer since 1983. In addition to being a songwriter and producer, he is also an accomplished instrumentalist, playing guitar, piano, bass guitar, drums and harmonica.

Resident	Birthdate	Apt. #
Jacque G.	8/7	337
Kevin M.	8/7	126
Connie P.	8/14	363
Sharon M.	8/17	162
Kay S.	8/18	128
Maryls P.	8/19	G40
Jackie M.	8/19	158
Joanne P.	8/20	357
Rose J.	8/26	328
Debra M.	8/27	237
Terry G.	8/31	337



**Senior Citizen Week
August 19-23**

Each year on August 21, there are various events and activities held across the United States in recognition of National Senior Citizens Day. We will be celebrating all week long with special activities daily.

- Monday: Join us for a friendly game of Wheel of Fortune on the Wii.
- Tuesday: Exercise that brain with Minute to Win It!
- Wednesday: Join your friends for Dinner Out to Taxi's.
- Thursday: Dr. Anna from Hillcrest Health Services will be in to present on Alzheimer's and Dementia.
- Friday: Can you name that tune? Join Bob Patterson for a fun trip down memory lane as you try and guess the classic television theme song.



The Grand Reserve

August

“Come as strangers, live as friends”

Community Information

Community Manager: Pam Woods

Manager Email: managergrandreserve@calamar.com

Connect 55+ Coordinator: Molly Gruber

Maintenance Tech: Jacob Beiring

Office: 402-502-7565

Office Hours: 8:30-5:30 M-F
Weekends by appointment

After Hours & Emergency Service: 402-502-7565

Rent is due to the office on the 1st of every month. Rent checks can be made out to *RM10A Holding*. Please be sure to write your apartment # in the memo line of your check.



Remember starting back to school after having the summer off and all the anxiety that went along with it? What if I have no friends? What if I get Mr. Patterson for Homeroom? After a few days, you and your friends were thick as thieves and you soon found out Mr. Patterson is amazing! Well we would like to throw a challenge out to all of you to try something new this month or to bring a friend/neighbor down to try something. Even as adults sometimes that little push or invite is all we need to get involved. During the month of August every time you come down to try something new or bring along a friend/neighbor you will be entered into a drawing for a prize. So step out of your normal routine and try something new. You just might be pleasantly surprised!

Trash and Recycling Reminders:

All trash needs to be placed in a trash bag and tied tightly, before it is sent down the trash chute.

Newspapers and Magazine recycling is located in the Trash Room on the Ground Floor.

Boxes are to be broken down and taken to the Ground Floor Trash Rooms. All other recyclables are to be taken out to the Recycle Bin located by the dumpster. The Recycle Bin is located on the north or left side of the Trash Dumpster and has yellow lids.

Rigid Plastics/Bottles

Any plastic bottles or containers found in your kitchen

Paper and Cardboard

Cereal/snack cardboard boxes

Phonebooks, magazines, and mail
























Office Paper, newspaper, and cardboard

Metals

Tin, aluminum, and steel cans

Please note that they do not recycle glass, fast food containers, or pizza boxes.

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
			 CONNECT55+ <small>INTELLECTUAL SPIRITUAL PHYSICAL SOCIAL FINANCIAL</small> 	1 National Mahjong Day 9:45 Rosary 10 Bridge 10:30 Exercise with Abbie 1:30 Bingo 3 Card Games 3 Travel Club 6 Billiards 6 Fremont Midland Entertainment Group	2 National Coloring Book Day 8:30 Walking Club 9:30 Coffee & Rolls 1 Card Games 1:30 Travel Cat Tours 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>Airplane</i>	3 8:30 Morning Stretch with Ann 10:30 Pitch 1:30 Card Games 6:30 Saturday Night Movie: <i>Blazing Saddles</i> 7 Poker 
4 National Friendship Day 1 Card Games 1 Mahjong 1:30 Cribbage 6:30 Sunday Night Movie: <i>Tender Mercies</i> 	5 8:30 Morning Stretch with Ann 10:30 Rummy 10:30 Shop 101 1:30 Monday Matinee: <i>La La Land</i> 1:30 Card Games 2 Schwan's 6 Cards & Games 6 Billiards 6:30 Mahjong	6 National Root Beer Float Day 9:30 Bible Study 10:30 Pinochle 1 Card Games 1 Dominos 1 Mahjong 2:30 Root Beer Floats Social 6:30 Tuesday Night Concert: <i>John Denver</i> 7:30 Poker 	7 9:30 Coffee & Conversation 10 Wellness Clinic* 10:30 Stress Reduction with Sharon 1 Color Craft 1 Card Games 2:30 Pokeno 6 Hand & Foot 6 Billiards 6:30 Men's Choice Movie: <i>Good Morning Vietnam</i>	8 8:30 Morning Stretch with Ann 9:45 Rosary 10 Bridge 10:30 Exercise with Abbie 1:30 Bingo 3 Card Games 3 Travel Club 6 Billiards 6 Ways to Pay/ What's Next: Presented by At Home 	9 Smokey the Bear's turns 75  8:30 Walking Club 9:30 Coffee & Rolls 1 Card Games 1:30 Understanding Estate Planning: Bill Bianco Law Office 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>Murder on the Orient Express</i>	10 8:30 Morning Stretch with Ann 10:30 Pitch 1:30 Card Games 6:30 Saturday Night Movie: <i>High Noon</i> 7 Poker 
11 1 Card Games 1 Mahjong 1:30 Cribbage 6:30 Sunday Night Movie: <i>An Affair to Remember</i> 	12 8:30 Morning Stretch with Ann 9:30 Ladies Coffee 10:30 Pitch 10:30 Shop 101 1:30 Monday Matinee: <i>State Fair</i> 1:30 Card Games 3:30 Custom Hearing Solutions* 6 Cards & Games 6 Billiards 6:30 Mahjong 	13 9:30 Bible Study 10:30 Pinochle 11:30 Lunch Bunch: Wendy's* 1 Card Games 1 Dominos 1 Mahjong 6:30 Tuesday Night Concert: <i>Woodstock</i> 7:30 Poker 	14 8:30 Morning Stretch with Ann 9:30 Coffee & Conversation 10 Wellness Clinic* 10:30 Stress Reduction with Sharon 1 No Sew Fleece Blankets 1 Card Games 2:30 Pokeno 6 Hand & Foot 6 Billiards 6:30 Ladies Choice Movie: <i>Book Club</i>	15 National Relaxation Day 50th Anniversary of Woodstock 9:45 Rosary 10:30 Exercise with Abbie 1:30 Bingo 3 Card Games 3 Travel Club 6 Billiards 6 August Birthday Party, entertainment by Bill Chrastil 	16 National Tell a Joke Day 1960's Day 8:30 Walking Club 9:30 Coffee & Rolls 12 Community Cookout Luncheon* 1 Card Games 1:30 Dessert with Clear Captions* 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>Easy Rider</i>	17 8:30 Morning Stretch with Ann 10:30 Pitch 1:30 Card Games 6:30 Saturday Night Movie: <i>El Dorado</i> 7 Poker 
18 1 Card Games 1 Mahjong 1:30 Cribbage 6:30 Sunday Night Movie: <i>Amazing Grace</i> 	19 Senior Citizen's Week 8:30 Morning Stretch with Ann 9:30 Men's Coffee 10:30 Rummy 10:30 Wheel of Fortune 1:30 Monday Matinee: <i>Grease</i> 1:30 Card Games 2 Schwan's 6 Cards & Games 6 Billiards 6:30 Mahjong	20 9:30 Bible Study 10:30 Pinochle 10:30 Minute to Win It! 1 Card Games 1 Dominos 1 Mahjong 6:30 Tuesday Night Concerts: <i>The Beach Boys</i> 7:30 Poker 	21 National Senior Citizen Day 9:30 Coffee & Conversation 10 Wellness Clinic* 10:30 Stress Reduction with Sharon 10:30 Bunco 11:30 Catholic Communion 1 Craft-No Sew Fleece Blankets 1 Card Games 2:30 Pokeno 4:30 Carpool Dinner Out: Taxi's 6 Hand & Foot 6 Billiards	22 8:30 Morning Stretch with Ann 9:45 Rosary 10 Bridge 10:30 Exercise with Abbie 10:30 Point of Law 1:30 Bingo 3 Card Games 3 Book Discussion Group 6 Billiards 6 Team Trivia 	23 8:30 Walking Club 9:30 Coffee & Rolls 11 Name That Tune 1 Card Games 1:30 Veteran's Gathering 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>Planes, Trains and Automobiles</i>	24 8:30 Morning Stretch with Ann 10:30 Pitch 1:30 Card Games 6:30 Saturday Night Movie: <i>Skin Game</i> 7 Poker 
25 1 Card Games 1 Mahjong 1:30 Cribbage 5:30 Community Potluck Supper 6:30 Sunday Night Movie: <i>Poms</i> 	26 8:30 Morning Stretch with Ann 10:30 Rummy 1:30 Monday Matinee: <i>The Greatest Showman</i> 1:30 Card Games 6 Cards & Games 6 Billiards 6:30 Mahjong	27 9:30 Bible Study 10:30 Pinochle 11:30 Carpool Lunch out: <i>La Casa</i> 1 Card Games 1 Dominos 1 Mahjong 6:30 Tuesday Night Concert: <i>Neil Diamond</i> 7:30 Poker 	28 8:30 Morning Stretch with Ann 9:30 Coffee & Conversation 9:30 Outing to Horseshoe Casino* 10 Wellness Clinic* 10:30 Stress Reduction with Sharon 10:30 Bunco 1 Coloring or unfinished projects 1 Card Games 2:30 Pokeno 6 Hand & Foot 6 Billiards 6:30 Inspirational Movie: <i>Freedom Riders</i> 	29 9:45 Rosary 10 Bridge 10:30 Exercise with Abbie 1:30 Bingo 3 Card Games 6 Billiards 6 Wine Shop at Home Wine Tasting* 	30 8:30 Walking Club 9:30 Coffee & Rolls 11 Connect 55+ Activity Meeting 1 Card Games 1:30 Metro Community College 1:30 Genealogy Club* 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>American Graffiti</i> 	31 8:30 Morning Stretch with Ann 10:30 Pitch 1:30 Card Games 6:30 Saturday Night Movie: <i>Unforgiven</i> 7 Poker 