

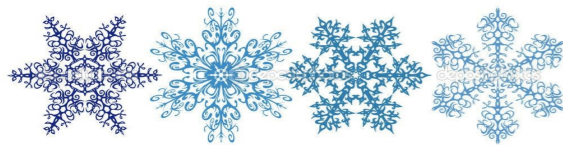
Do you Know? To keep the winter blues at bay, spend at least 5 to 10 minutes outside even when it is overcast. When people see natural light, it increases levels of serotonin which keeps mood on an even keel.



January Birthdays

This month we will be celebrating our January Birthdays on Friday, January 31 at 1:30. Join your friends and neighbors for coffee, cake and conversation.

Birthdate	Resident	Apt. #
1/1	Rose A.	257
1/2	Brian W.	163
1/5	George K.	125
1/5	Kris M.	G35
1/8	Lee B.	222
1/8	Marilyn N.	137
1/9	Eldean G.	344
1/10	Darlene D.	159
1/14	Thor A.	258
1/20	Jan S.	324
1/24	Diane Z.	155
1/27	Kriss K.	221
1/28	Ann S.	358



THANK YOU

As we get ready to start a new year, we would like to take a minute to thank you all for such a fabulous 2019. We look forward to getting to know each of you better as we grow our Grand Reserve family. Once again thank you for choosing The Grand Reserve to be your home and for letting us be a part of your family.

New Activities

Painting with Miss Clara

We will be offering a painting class led by one of our very own resident artist, Miss Clara Hohnstein. Clara will be offering her vast knowledge and expertise to whomever would like to attend. Class will be held Monday mornings at 9:30, in the Pub Room.

Skip-Bo with Lewis

Wednesday mornings at 10:00 Lewis will be teaching "How to Play Skip-Bo". Skip-Bo is the ultimate sequencing card game. Players use skill and strategy to create stacks of sequentially numbered, ascending cards until they have no more left to play.

Exercise with Ren from Comper Care

Our new instructor's name is Ren Combalecer, he is a physical therapist as well as, the Co-Owner of Comper Care Rehab. **Please note: Exercise class will now be starting at 9:30 on Thursday mornings.**

Coffee & Rolls

Every Friday at 9:30 we have Coffee & Rolls, followed by a Town Hall Meeting. During this time additional information is given, concerns are addressed and updates on improvements and repairs are given. The last Friday of every month is an open forum. If you are unable to attend, check-in with Pam or Molly.

We will be implementing a new policy regarding Coffee & Rolls. If Elkhorn Public Schools are closed on a Friday, due to weather; we will not be meeting.

Canned Food Drive

All month long we will be collecting canned food for the Western Douglas County Food Bank. We will also be competing in the annual Calamar Canned Food Sculpture Competition. We will be holding a design planning meeting on Tuesday, January 7 at 3:00.



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



Community Information

Community Manager: Pam Woods

Manager Email: manager-grandreserve@calamar.com

Connect 55+ Coordinator: Molly Gruber

Maintenance Tech: Patrick Buckley

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



The Grand Reserve

JANUARY

2020

"Come as strangers, live as friends"

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 products that you donate. It's a creative way to help your local food bank, food pantry or shelter












*Calamar is celebrating 30 years!
Incorporate all or part of our logo in your design! Or the #30*

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 Feb. 3, 2020 ♦ Ends Feb. 21, 2020
Judging February 24-27, 2020
WINNER ANNOUNCED FEBRUARY 28th**



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
			<p>1 New Year Day Office Closed 9:30 Coffee & Conversation 1 Card Games 6 Hand & Foot 6 Billiards 6:30 Men's Choice Movie Night: <i>Avatar</i></p> 	<p>2 8:30 Morning Stretch with Ann 9:45 Rosary 10 Bridge 1:30 Bingo 3 Card Games 3 Book Discussion Group 6 Billiards 6 Card Games</p>	<p>3 8:30 Walking Club 9:30 Coffee & Rolls: Amada Senior Care 1 Card Games 1:30 Pokeno 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>Westside Story</i></p>	<p>4 8:30 Morning Stretch with Ann 10:30 Pitch 1 Card Games 6:30 Saturday Night Movie: <i>When Harry Met Sally</i></p> 
<p>5 1 Hand & Foot 1 Mahjong 1:30 Cribbage 6 Cards & Games 6:30 Sunday Night Movie: <i>The Great Gatsby</i></p>	<p>6 8:30 Morning Stretch with Ann 9:30 Painting with Clara 10:30 Rummy 1 Card Games 1:30 Monday Matinee: <i>Support Your Local Sheriff</i> 6 Cards & Games 6 Billiards 6:30 Mahjong</p> 	<p>7 9:30 Bible Study 10:30 Pinochle 10:45 Tai Chi with Paula 1 Card Games 1 Dominos 1 Mahjong 3 Canned Food Sculpture Design Meeting 6 Card Games 7 Poker</p>	<p>8 Elvis Presley's Birthday 8:30 Morning Stretch with Ann 9:30 Coffee & Conversation 10 Wellness Clinic * 10 Learn to play SkipBo 1 Arts & Crafts 1 Card Games 1:30 Special Showing: <i>GI Blues</i> 2:30 Pokeno 6 Hand & Foot 6 Billiards 6:30 Ladies' Choice Movie Night: <i>Shirley Valentine</i></p> 	<p>9 National Law Enforcement Appreciation Day 9:30 Exercise with Ren from Comper Care Rehab 9:45 Rosary 10 Bridge 1:30 Bingo 3 Card Games 3 Travel Club 6 Billiards 6 Card Games</p>	<p>10 Winter Moon (Full) National Volunteer Fireman Day 8:30 Walking Club 9:30 Coffee & Rolls: Physmed Home Health 1 Card Games 1:30 Presentation by: Kohl's Rx 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>The King and I</i></p>	<p>11 8:30 Morning Stretch with Ann 10:30 Pitch 1 Card Games 6:30 Saturday Night Movie: <i>Goodwill Hunting</i></p>
<p>12 1 Hand & Foot 1 Mahjong 1:30 Cribbage 6 Cards & Games 6:30 Sunday Night Movie: <i>Dances with Wolves</i></p>	<p>13 8:30 Morning Stretch with Ann 9:30 Men's Coffee 9:30 Painting with Clara 10:30 Shop T01 10:30 Pitch 1 Card Games 1:30 Monday Matinee: <i>Support Your Local Gunfighter</i> 3:30 Custom Hearing Solutions* 6 Cards & Games 6 Billiards 6:30 Mahjong</p>	<p>14 9:30 Bible Study 10:30 Pinochle 10:45 Non-Denominational Service with Peace Presbyterian Church 10:45 Tai Chi with Paula 11:30 Lunch Bunch: Runza* 1 Health at Home: Nurse's Visit (Jamie)* 1 Card Games 1 Dominos 1 Mahjong 6 Card Games 7 Poker</p> 	<p>15 9:30 Coffee & Conversation 10 Wellness Clinic with Elle from Physmed Home Health* 10 Learn to play SkipBo 11:30 Catholic Communion 1 Arts & Crafts 1 Monthly Craft: Tube Sock Heat Pack* 1 Card Games 2:30 Pokeno 6 Hand & Foot 6 Billiards</p>	<p>16 8:30 Morning Stretch with Ann 9:30 Exercise with Ren from Comper Care Rehab 9:45 Rosary 10 Bridge 1:30 Bingo 3 Card Games 3 Book Discussion Group 6 Billiards 6 Card Games</p>	<p>17 8:30 Walking Club 9:30 Coffee & Rolls: Home Instead Senior Care 10:45 Ambassador Meeting 12:30 Tech Time with Elkhorn Computer 1 Card Games 1:30 Veteran's Gathering 1:30 Genealogy Club 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>Fiddler on the Roof</i></p>	<p>18 8:30 Morning Stretch with Ann 10:30 Pitch 1 Card Game 6:45 Saturday Night Movie: <i>Megan Leavey</i></p>
<p>19 1 Hand & Foot 1 Mahjong 1:30 Cribbage 6 Cards & Games 6:30 Sunday Night Movie: <i>Sideways</i></p>	<p>20 Martin Luther King Day 8:30 Morning Stretch with Ann 9:30 Ladies Coffee 9:30 Painting with Clara 10:30 Rummy 1 Card Games 1:30 Monday Matinee: <i>The Shadow Riders</i> 6 Cards & Games 6 Billiards 6:30 Mahjong 6:30 Special Showing: <i>Selma</i></p>	<p>21 National give a Hug Day 9:30 Bible Study 10:30 Pinochle 10:45 Tai Chi with Paula 1 Card Games 1 Dominos 1 Mahjong 6 Card Games 7 Poker</p> 	<p>22 9:30 Coffee & Conversation 10 Wellness Clinic with Elle from Physmed Home Health* 10 Learn to play SkipBo 1 Arts & Crafts 1 Card Games 2:30 Pokeno 4:30 Carpool Dinner Out: Red Lobster* 6 Hand & Foot 6 Billiards</p> 	<p>23 Community Manager Appreciation Day 8:30 Morning Stretch with Ann 9:30 Exercise with Ren from Comper Care Rehab 9:45 Rosary 10 Bridge 1:30 Bingo 3 Card Games 3 Foodie Club 6 Billiards 6 Card Games</p>	<p>24 National Compliment Day 8:30 Walking Club 9:30 Coffee & Rolls: Premier Alert System 10:45 Connect 55+ Activity Meeting (March 2020) 1 Card Games 1:30 Presentation by: Radio Talking Books & Newspapers 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>Singing in the Rain</i></p> 	<p>25 Chinese New Year- Year of the Rat 8:30 Morning Stretch with Ann 10:30 Pitch 1 Card Games 6:30 Saturday Night Movie: <i>Manchester by the Sea</i></p> 
<p>26 1 Hand & Foot 1 Mahjong 1:30 Cribbage 6 Cards & Games 5:30 Community Potluck Supper 6:45 Sunday Night Movie: <i>Jerry Maguire</i></p>	<p>27 8:30 Morning Stretch with Ann 9:30 Men's Coffee 9:30 Painting with Clara 10:30 Pitch 1 Card Games 1:30 Monday Matinee: <i>The Sons of Katie Elder</i> 6 Cards & Games 6 Billiards 6:30 Mahjong</p>	<p>28 9:30 Bible Study 10:30 Pinochle 10:45 Tai Chi with Paula 11:30 Carpool Lunch: DJ's Dugout 1 Card Games 1 Dominos 1 Mahjong 6 Card Games 7 Poker</p>	<p>29 National Puzzle Day 8:30 Morning Stretch with Ann 9:30 Coffee & Conversation 10 Wellness Clinic with Elle from Physmed Home Health* 10 Learn to play SkipBo 1 Arts & Crafts 1 Card Games 2:30 Pokeno 6 Hand & Foot 6 Billiards 6:30 Inspirational Movie Night: <i>PK</i></p>	<p>30 9:30 Exercise with Ren from Comper Care Rehab 9:45 Rosary 10 Bridge 1:30 Bingo 3 Card Games 6 Billiards 6 Card Games</p> 	<p>31 8:30 Walking Club 9:30 Coffee & Rolls: Brumm Eye & Laser Vision 1 Card Games 1:30 January Birthday Party 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>The Wizard of Oz</i></p>	