

July Birthdays

Wishing the following residents the Happiest of Birthdays!

Resident	Birthdate	Apt. #
Connie C.	7/1	362
Barb W.	7/1	224
Peggy S.	7/1	336
Rob B.	7/11	239
Lisa H.	7/11	355
Bob S.	7/12	336
Phyllis H.	7/21	338
Bob O.	7/21	326
Jo C.	7/27	129
Diane B.	7/30	260
Peg R.	7/31	360
Carolyn T.	7/31	461

Onsite Medical Services

Anderson Mobile Therapy is excited to announce a brand new weekly wellness clinic coming to Grand Reserve! Stop by and see us each week for blood pressure screenings, weekly monitoring and wellness teaching. Free Physical Therapy quick care consults available.

Anderson Mobile Therapy is a locally owned private Physical Therapy practice founded on the concept of one to one private care. Let our experience and caring get you moving again!

Custom Hearing Solutions will be coming in on Monday, July 13 at 3:30. Custom Hearing is a full service audiology company, offering a wide variety of services. During her monthly visits Emily will replace hearing aid batteries, do a general cleaning of your hearing aids and well as make any needed adjustment. They also offer free hearing test as well as ear cleaning.

Fire Drill

We will be having a Fire Drill Wednesday, July 8 at 10:30am. If you have any questions, or will not be here during the drill please let Pam or Molly know.



July Trivia

1957 American Bandstand debuted

Famous Seniors:

When this 78 year old's fingers became too stiff to hold a needle to embroider on canvas, she began to paint in oils. These brightly-colored paintings of rural America became popular. -Ann Mary Moses (Grandma Moses)

Dog Days of Summer: July 3 – August 11

Puzzle of the Month: What goes up the hill, down the hill, and yet stands still?
-A road!

Filter Change

The Maintenance Department will be in change filters July 14-16. They will be starting on the Fourth Floor and working their way down. Please make sure they have clear access to the HVAC room on your patio or deck. If you have any questions, please see Pam.

What's for dinner?

We are super excited to announce that we have several Food Trucks scheduled for the next couple of months. I won't lie this has been a labor of love to fulfill this request, I have been working on this since March. There will be menus posted in the sign-in book, under the week in which they will be coming. There will be a variety of options available, so hopefully there will be something for everyone.

- **Wednesday, July 1: 402 BBQ, they will start serving at 5:30.**
- **Friday, July 10: Fat & Black, they will start serving at 5:00.**
- **Thursday, July 16: KGB, they will start serving at 5:00**

Hopefully we will be scheduling a few more throughout the month. If there is any certain type of cuisine you would like, please let me know.



The Grand Reserve

July 2020

“Come as strangers, live as friends”

Community Information

Community Manager: Pam Woods

Manager Email: manager-grandreserve@calamar.com

Connect 55+ Coordinator: Molly Gruber

Maintenance Tech: Dan Mazer

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.



What to do when the alarm sounds.

- Grab your shoes, purse or wallet and apartment keys. During the cold weather months don't forget to grab your coat, hat and gloves as well.
- Exit your apartment immediately, calmly and orderly, closing your door behind you. You do not need to lock your door. Pet owners must use leashes or crates to evacuate their pets. Please go to whichever exit is most convenient for you.
- Use the stairways carefully as you make your way down to the ground floor and out the building. Elevators will not function properly, so please avoid using them.
- Congregate away from the building against the garages or on the east side of the main drive.
- Make room for incoming emergency vehicles in the driveway and parking areas.
- For those in wheelchairs, scooters, or who require evacuation assistance, go out onto your balcony and wait for Emergency Personnel to assist you. Please make sure that your door is unlocked, however securely closed behind you.
- Remain in the evacuated safe location until the “All Clear” signal is issued by Emergency Personnel or Staff.

Thank you for following these steps. They are intended to promote the health, safety and welfare of all our residents.

If you would like to add your name to the list of those requiring evacuation assistance during an emergency, please let the Office know ASAP. Evacuation Assistance is for anyone who cannot make it down the stairs quickly or safely.

Just a reminder you are on the “in need of assistance” list for the Fire Department. This means that in case of a fire you are to go out onto your balcony. The Fire Department ask that you unlock your front door, making sure that it is securely closed behind you. Please go out onto your balcony closing the patio door behind you. Please make sure you are visible, while waiting. You are to remain on your balcony until help arrives or the all clear is given by Fire & Rescue or Staff.

During drills, you do not need to evacuate your pets. If you will be gone please let Pam or Molly know as soon as possible.

Quote of the Month: “A swarm of bees in May is worth a load of hay, a swarm of bees in June is worth a silver spoon, but a swarm of bees in July is not worth a fly.” -Proverb



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>July</p> <p>2020</p>		<p>Activities are subject to change, do to the current situation.</p>	<p>1 Canada Day & International Joke Day 8:30 Morning Stretch with Ann 9:30 Coffee & Conversation 9:30 Wellness Clinic with Anderson Mobile Therapy (Laura) 10 Rosary 11 Dance Exercise 1 Card Games 2 Connect Quest 2:30 Pokeno 5:30 402 BBQ Food Truck 6 Card Games 6 Billiards 6:30 Summer Concert Series: George Strait</p> 	<p>2 UFO Day 10 Kings in the Corner 11 Seated Stretch 12:30 Beginner Bridge with Shirley 2 Bingo 3:30 Card Games 3:30 Book Discussion Group 6 Billiards 6 Card Games 6:30 Special Showing: <i>Close Encounters of the Third Kind (PG)</i></p> 	<p>3 Office Closed 9:30 Coffee & Conversation 11 Exerpath 1 Card Games 1:30 Friday Matinee: <i>The Patriot (R)</i> 2 Mindful Moments 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>The Patriot (R)</i></p> 	<p>4 Happy 4th of July! 8:30 Morning Stretch with Ann 10:30 Pitch 1 Card Games 1:30 Saturday Matinee: <i>Independence Day (PG-13)</i> 6 Card Games 6:30 Saturday Night Movie: <i>Independence Day (PG-13)</i></p> 
<p>5 Full Moon 1 Hand & Foot 1 SkipBo 1 Mahjong 1:30 Sunday Matinee: <i>Call of the Wild (PG)</i> 6 Cards & Games 6:30 Sunday Night Movie: <i>Call of the Wild (PG)</i></p> 	<p>6 8:30 Morning Stretch with Ann 10:30 Pitch 11 Tai Chi 1 Card Games 1:30 Monday Matinee: <i>Old Yeller (G)</i> 2 Scholar Hour 2 Schwan's (Mitch) 6 Cards & Games 6 Billiards 6:30 Mahjong</p>	<p>7 National Strawberry Sundae Day 9:30 Bible Study 10:30 Pinochle 10:45 Tai Chi with Paula 11 Balance Training 1 Card Games 1 Dominos 1 Mahjong 2 Building Walk 6 Card Games 6:30 Summer Concert Series: <i>The Irish Tenors</i> 7 Poker</p>	<p>8 8:30 Morning Stretch with Ann 9:30 Coffee & Conversation 9:30 Wellness Clinic with Anderson Mobile Therapy (Laura) 10 Rosary 10:30 Fire Drill 11 Dance Exercise 1 Card Games 2 Connect Quest 2:30 Pokeno 6 Card Games 6 Billiards 6:30 Summer Concert Series: <i>The Irish Tenors</i></p>	<p>9 9:30 Exercise with Ren from Compher Care 10 Kings in the Corner 11 Seated Stretch 12:30 Beginner Bridge with Shirley 2 Bingo 3:30 Card Games 3:30 Travel Club 6 Billiards 6 Card Games 6 Team Trivia</p> 	<p>10 9:30 Coffee & Rolls by Floor 11 Exerpath 1 Card Games 1:30 Friday Matinee: <i>The Cincinnati Kid (PG-13)</i> 2 Mindful Moments 4 Happy Hour 5 Fat & Black Food Truck 6 Card Games 6:30 Friday Night Movie: <i>The Cincinnati Kid (PG-13)</i></p>	<p>11 8:30 Morning Stretch with Ann 10:30 Pitch 1 Card Games 1:30 Saturday Matinee: <i>The Sting (PG)</i> 6 Card Games 6:30 Saturday Night Movie: <i>The Sting (PG)</i></p>
<p>12 1 Hand & Foot 1 SkipBo 1 Mahjong 1:30 Sunday Matinee: <i>Bombshell (R)</i> 6 Cards & Games 6:30 Sunday Night Movie: <i>Bombshell (R)</i></p> 	<p>13 International Puzzle Day & Barbershop Music Appreciation Day 8:30 Morning Stretch with Ann 9:30 Men's Coffee 10:30 Rummy 11 Tai Chi 1 Card Games 1:30 Monday Matinee: <i>Spies in Disguise (PG)</i> 2 Scholar Hour 3: Custom Hearing (Emily) 6 Cards & Games 6 Billiards 6:30 Mahjong</p>	<p>14 Cow Appreciation Day 9:30 Bible Study 10:30 Pinochle 10:45 Tai Chi with Paula 11 Balance Training 11:30 Lunch Bunch: Wendy's 1 Card Games 1 Dominos 1 Mahjong 2 Building Walk 6 Card Games 6:30 Summer Concert Series: <i>Nitty Gritty Dirt Band & Guest</i> 7 Poker</p> 	<p>15 8:30 Morning Stretch with Ann 9:30 Coffee & Conversation 9:30 Wellness Clinic with Anderson Mobile Therapy (Laura) 10 Rosary 11 Dance Exercise 1 Card Games 2 Connect Quest 2:30 Pokeno 6 Card Games 6 Billiards 6:30 Summer Concert Series: <i>Nitty Gritty Dirt Band & Guest</i></p>	<p>16 9:30 Exercise with Ren from Compher Care 10 Kings in the Corner 11 Seated Stretch 12:30 Beginner Bridge with Shirley 2 Bingo 3:30 Card Games 3:30 Book Discussion Group 5 KGB Food Truck 6 Billiards 6 Card Games 6 The Homeless Problem in Omaha: Presented by Jon & Jackie McAlpin</p>	<p>17 65th Anniversary of the opening of Disneyland & Lottery Day 9:30 Coffee & Conversation 11 Exerpath 11:30 Ambassador Meeting 1 Card Games 12:30 How to connect through social media: Presented by Elkhorn Computers 1:30 Friday Matinee: <i>The Four Seasons (PG)</i> 1:30 Veterans Gathering 2 Mindful Moments 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>The Four Seasons (PG)</i></p> 	<p>18 8:30 Morning Stretch with Ann 10:30 Pitch 1 Card Games 1:30 Saturday Matinee: <i>Contact (PG)</i> 6 Card Games 6:30 Saturday Night Movie: <i>Contact (PG)</i></p> 
<p>19 National Ice Cream Day 1 Hand & Foot 1 SkipBo 1 Mahjong 1:30 Sunday Matinee: <i>Robert the Bruce (NR)</i> 6 Cards & Games 6:30 Sunday Night Movie: <i>Out of Africa (PG)</i></p>	<p>20 8:30 Morning Stretch with Ann 9:30 Ladies Coffee 10:30 Pitch 11 Tai Chi 1 Card Games 1:30 Monday Matinee: <i>Swiss Family Robinson (G)</i> 2 Scholar Hour 2 Schwan's (Mitch) 6 Cards & Games 6 Billiards 6:30 Mahjong</p>	<p>21 9:30 Bible Study 10:30 Pinochle 10:45 Tai Chi with Paula 11 Balance Training with Athletico 1 Card Games 1 Dominos 1 Mahjong 1 Why I'm I Dizzy? Going Beyond Vertigo: Presented by Anderson Mobile Therapy 2 Building Walk 6 Card Games 6:30 Summer Concert Series: <i>Cher</i> 7 Poker</p>	<p>22 National Hotdog Day & National Ratscatcher's Day 8:30 Morning Stretch with Ann 9:30 Coffee & Conversation 9:30 Wellness Clinic with Anderson Mobile Therapy (Laura) 10 Rosary 11 Dance Exercise 11:30 Hotdog Luncheon 1 Card Games 2 Connect Quest 2:30 Pokeno 6 Card Games 6 Billiards 6:30 Summer Concert Series: <i>Cher</i></p> 	<p>23 Gorgeous Grandma Day & Hula Hoop Day 9:30 Exercise with Ren form Compher Care 10 Kings in the Coner 11 Seated Stretch 12:30 Beginner Bridge with Shirley 2 Bingo 3:30 Card Games 3:30 Foodie Club: Favorite Summer-time Treat 6 Billiards 6 Card Games 6 Connect 55+ Activity Meeting (September)</p> 	<p>24 9:00 Coffee & Rolls by Floor 11 Exerpath 1 Card Games 1:30 Friday Matinee: <i>Romancing the Stone (PG)</i> 2 Mindful Moments 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>Romancing the Stone (PG)</i></p> 	<p>25 National Wine & Cheese Day & National Hot Fudge Sundae Day 8:30 Morning Stretch with Ann 10:30 Pitch 1 Card Games 1:30 Saturday Matinee: <i>Jewel of the Nile (PG)</i> 6 Card Games 6:30 Saturday Night Movie: <i>Jewel of the Nile (PG)</i></p>
<p>26 1 Hand & Foot 1 SkipBo 1 Mahjong 1:30 Sunday Matinee: <i>The Big Short (R)</i> 6 Cards & Games 6:30 Sunday Night Movie: <i>The Big Short (R)</i></p>	<p>27 8:30 Morning Stretch with Ann 9:30 Men's Coffee 10:30 Rummy 11 Tai Chi 1 Card Games 1:30 Monday Matinee: <i>Moana (PG)</i> 2 Scholar Hour 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 Balance Training 11:30 Lunch Bunch: Raising Canes 1 Card Games 1 Dominos 1 Mahjong 2 Building Walk 6 Card Games 6:30 Summer Concert Series: <i>Andrea Bocelli</i> 7 Poker</p>	<p>29 8:30 Morning Stretch with Ann 9:30 Coffee & Conversation 9:30 Wellness Clinic with Anderson Mobile Therapy (Laura) 10 Rosary 11 Dance Exercise 1 Card Games 2 Connect Quest 3 Pokeno 6 Card Games 6 Billiards 6:30 Summer Concert Series: <i>Andrea Bocelli</i></p> 	<p>30 9:30 Exercise with Ren from Compher Care 10 Kings in the Corner 11 Seated Stretch 12:30 Beginner Bridge with Shirley 2 Bingo 3:30 Card Games 6 Billiards 6 Card Games</p> 	<p>31 10 Connect 55+ Activity Meeting (August) 11 Exerpath 1 Card Games 1:30 Friday Matinee: <i>Groundhog Day (PG)</i> 2 Mindful Moments 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>Groundhog Day (PG)</i></p> 	<p>Connect55+ ACTIVE LIFESTYLE COMMUNITY</p> 