

### Like us on Facebook!

On our Facebook page you'll find several great articles, photos from our events, as well as a link to our monthly activities calendar.



### Seasonal Reminders

As we prepare for the Holiday Season we would like to remind everyone of a few items.

- We ask that you do not use live greenery when decorating for the holidays.
- Candles or any open flame are prohibited.
- Rugs are not allowed in the hallways or decorations on your railings. We want the hallways and railing obstacle free in case of an emergency.
- Please remind your guest that we are a nonsmoking community. Smoking is not allowed anywhere on the premises. If you or your guest are caught smoking on campus, it is a violation of your lease.
- We observe quiet hours in the building between 10:00pm-8:00am. We ask that you and your visitors please be considerate of your neighbors.

### And away we go!

This month we'll be visiting two fantastic places within Omaha, as well as dining at two crowd favorites.

- Friday, November 8: Joslyn Art Museum, we will be leaving at 1:00. Admission is free, unless you would like to tour the temporary exhibits.
- Tuesday, November 19: We'll be going out to lunch at Vidlak's Brookside Café.
- Wednesday, November 20: Dinner out this month will be to Carabba's Italian Grill.
- Monday, November 25: Lauritzen Gardens, we will be leaving at 1:00. Admission to the gardens is \$10+tax. The gardens will be decorated for the Holiday Season, complete with their beautiful poinsettia tree.



The office will be closed Thursday, November 28 and Friday, November 29 in observance of Thanksgiving. If you have a maintenance related emergency please call 402-502-7565. We would like to wish you and your family a safe and Happy Thanksgiving.

# NOVEMBER BIRTHDAYS

Our November Birthday Party will be Thursday, November 21 at 6:00 with entertainment provided by George and the Jrs.

Apt. #	Name	Birthdate
11/1	Madonna S.	264
11/2	Debbie K.	221
11/16	Shirley L.	339
11/18	Darlene W.	144
11/20	Glen R.	136
11/22	Bill J.	G28
11/30	Clara H.	229

### Going Purple

This month we are going **PURPLE** in support of Alzheimer's Awareness month. All month long we are asking that you wear purple to show your support. We will be having representatives from the Alzheimer's Association come in to present on the "10 Warning Signs of Alzheimer's." They will be in Thursday, November 7 at 6:00, don't forget your family and friends are also welcome to attend. Every Wednesday in November at 1:00, we will be doing Brain Games. These games will help exercise your brain, as well as give you take away ideas to do at home. Don't forget Custom Hearing is will be in, Monday, November 11 at 3:30. Studies have proven that hearing loss can cause cognitive disorders. Custom Hearing offers free hearing test and are available by appointment.



### Community Information

Community Manager: Pam Woods

Manager Email: [managergran-dreserve@calamar.com](mailto:managergran-dreserve@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



**"Come as strangers, live as friends"**

### The Calamar Foundation Gives Back to the Community.

Through your generosity, the Calamar Foundation was able to donate back to the incredible organizations, which it supports; **The American Heart Association, Alzheimer's Association and The American Cancer Society**. During the month of October the Calamar Foundation presented each with a check for more than \$6700. The money will go towards research, education and outreach programs.











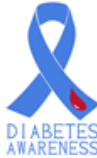









The Calamar Foundation proudly reflects the same vision as the Calamar Corporation - which is to give back to the communities where we live, work and thrive. If you are interested in making a donation or would like more information please see your Community Manager.



This year one of the donations was made locally. The American Cancer Society-Hope Lodge received the above donation, for \$6767.67. The check was presented at Harrison Heights Senior Village, the Community Manager is Steve Rothenberg. Steve has recently been undergoing treatment for cancer.

**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>Activities that promote Alzheimer's Awareness</p> <p>New Activities</p> <p>*Denotes Activities that you need to register for</p>	<p><b>1 Wear Purple</b></p> <p>8:30 Walking Club 9:30 Coffee &amp; Rolls: Tiffany Stalder 1 Card Games 1:30 Balance Clinic: Physmed Home Health Care 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>Hachi a Dog's Tale</i></p> 	<p><b>2</b></p> <p>8:30 Morning Stretch with Ann 10:30 Pitch 1:30 Card Games TBA Nebraska vs Perdue</p> 
<p><b>3 Daylight Savings</b> 1 Card Games <b>1 How to play Mahjong</b> 1:30 Cribbage 6 Cards &amp; Games 6:30 Sunday Night Movie: <i>Phenomenon</i></p> 	<p><b>4 National Candy Day</b> 8:30 Morning Stretch with Ann 10:30 Rummy 12 Medicare 101: Tiffany Staler 1:30 Monday Matinee: Beverly Hillbillies 1:30 Card Games 6 Cards &amp; Games 6 Billiards 6:30 Mahjong</p> 	<p><b>5</b> 9:30 Bible Study 10:30 Pinochle 10:45 Tai Chi 1 Card Games 1 Dominos 1 Mahjong 6 Card Games 7 Poker</p>	<p><b>6</b> 9:30 Coffee &amp; Conversation 10 Wellness Clinic* 10:30 Stress Reduction with Sharon 11:30 Catholic Communion <b>1 Brain Builders</b> 1 Crafts &amp; Color: Unfinished Projects 1 Card Games 2:30 Pokeno 6 Hand &amp; Foot 6 Billiards 6:30 Men's Choice Movie Night: <i>A Few Good Men</i></p>	<p><b>7</b> 8:30 Morning Stretch with Ann 9:45 Rosary 10 Bridge 10:30 Exercise with Abbie 1:30 Bingo 3 Card Games 3 Book Discussion Group 6 Billiards <b>6 Know the 10 Signs of Alzheimer's: American Alzheimer's Association</b> <i>Elkhorn High School "The Music Man" 11/7-11/10</i></p>	<p><b>8 Wear Purple</b> 8:30 Walking Club 9:30 Coffee &amp; Rolls: A Place at Home 12 Medicare 101: Tiffany Staler 1 Card Games 1 Carpool Outing: Joslyn Art Museum* 1:30 Coffee &amp; Pie: Clear Captions* 4 Happy Hour 6 Card Game 6:30 Friday Night Movie: <i>High Crimes</i></p>	<p><b>9</b> 8:30 Morning Stretch with Ann 9 Art &amp; Design Show 10:30 Pitch 1:30 Card Games 7 Nebraska vs Iowa Volleyball</p> 
<p><b>10</b> 1 Card Games <b>1 How to play Mahjong</b> 1:30 Cribbage 6 Cards &amp; Games 6:30 Sunday Night Movie: <i>They Shall Not Grow Old</i></p>	<p><b>11 Veteran's Day</b> 8:30 Morning Stretch with Ann 9:30 Veteran's Breakfast* 10:30 Pitch 10:30 Shop 101 1:30 Monday Matinee: <i>Old Yeller</i> 1:30 Card Games 2 Schwan's <b>3:30 Custom Hearing Solutions*</b> 6 Cards &amp; Games 6 Billiards 6:30 Mahjong</p> 	<p><b>12</b> 9:30 Bible Study 10:30 Pinochle 10:45 Tai Chi <b>10:45 Non-Denominational Service: Peace Presbyterian Church</b> 11:30 Lunch Bunch: Raising Canes* 1 Card Games 1 Dominos 1 Mahjong 6 Card Games 7 Poker</p>	<p><b>13 World Kindness Day</b> 8:30 Morning Stretch with Ann 9:30 Coffee &amp; Conversation 10 Wellness Clinic* 10:30 Stress Reduction with Sharon <b>1 Brain Builders</b> 1 Craft &amp; Color: Unfinished Projects 1 Card Games 2:30 Pokeno 6 Hand &amp; Foot 6 Billiards 6:30 Women's Choice Movie Night: <i>It's Complicated</i></p> 	<p><b>14 World Diabetes Day</b> 9:45 Rosary 10 Bridge 10:30 Exercise with Abbie 1:30 Bingo 3 Card Games 3 Travel Club 6 Billiards <b>6 Team Trivia</b></p>  	<p><b>15 Wear Purple</b> 8:30 Walking Club 9:30 Coffee &amp; Rolls: Hillcrest Health Services 12:30 Tech Time with Elkhorn Computers 1 Card Games 1:30 Author Presentation: Connie Arnold 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>The Right Stuff</i></p>	<p><b>16</b> 8:30 Morning Stretch with Ann 10:30 Pitch 1:30 Card Games TBA Nebraska vs. Wisconsin</p> 
<p><b>17</b> 1 Card Games <b>1 How to play Mahjong</b> 1:30 Cribbage 6 Cards &amp; Games 6:30 Sunday Night Movie: <i>The Art of Racing in the Rain</i></p>	<p><b>18 Mickey Mouse turns 91</b> 8:30 Morning Stretch with Ann 9:30 Ladies Coffee 10:30 Rummy 1:30 Monday Matinee: <i>The Family Man</i> 1:30 Card Games 6 Cards &amp; Games 6 Billiards 6:30 Mahjong</p> 	<p><b>19</b> 9:30 Bible Study 10:30 Pinochle 10:45 Tai Chi 11:30 Carpool Lunch: Vidlak's Brookside Cafe* 1 Health at Home: Nurse's Visit* 1 Card Games 1 Dominos 1 Mahjong 6 Card Games 7 Poker</p> 	<p><b>20</b> 9:30 Coffee &amp; Conversation 9:30 Casino Outing* 10 Wellness Clinic* 10:30 Stress Reduction with Sharon 11:30 Catholic Communion <b>1 Brain Builders</b> 1 Craft &amp; Color: Unfinished Projects 1 Card Games 2:30 Pokeno 4:30 Carpool Dinner Out: Carrabb's Italian Grill* 6 Hand &amp; Foot 6 Billiards</p>	<p><b>21</b> 8:30 Morning Stretch with Ann 9:45 Rosary 10 Bridge 10:30 Exercise with Abbie 1:30 Bingo 3 Card Games 3 Book Discussion Group 6 Billiards 6 November Birthday Party with entertainment provided by George and the Jrs</p>	<p><b>22 Wear Purple</b> 8:30 Walking Club 9:30 Coffee &amp; Rolls: Remington Heights 10:45 Connect 55+ Activity Meeting 1 Card Games 1:30 COPE: Jim Tomanek 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>My Left Foot</i></p> 	<p><b>23</b> 8:30 Morning Stretch with Ann 10:30 Pitch 1:30 Card Games TBA Nebraska vs Maryland</p> 
<p><b>24</b> 1 Card Games <b>1 How to play Mahjong</b> 1:30 Cribbage 6 Cards &amp; Games 6:30 Sunday Night Movie: <i>The Farewell</i></p>	<p><b>25</b> 8:30 Morning Stretch with Ann 9:30 Men's Coffee 10:30 Pitch 1:30 Monday Matinee: <i>McClintock</i> 1:30 Card Games 2 Schwan's 6 Cards &amp; Games 6 Billiards 6:30 Mahjong</p> 	<p><b>26</b> 9:30 Bible Study 10:30 Pinochle 10:45 Tai Chi 1 Card Games 1 Carpool Outing: Lauritzen Gardens 1 Dominos 1 Mahjong 6 Card Games 7 Poker</p>	<p><b>27</b> 8:30 Morning Stretch with Ann 9:30 Coffee &amp; Conversation 10 Wellness Clinic* 10:30 Stress Reduction with Sharon <b>1 Brain Builders</b> 1 Craft &amp; Color: Unfinished Projects 1 Card Games 2:30 Pokeno 6 Hand &amp; Foot 6 Billiards 6:30 Inspirational Movie: <i>Chariots of Fire</i></p>	<p><b>28 Office Closed</b> 10 Bridge 3 Card Games 6 Billiards 6:30 Special Feature: <i>Meet Me in St. Louis</i></p> 	<p><b>29 Office Closed</b></p>  <p>8:30 Walking Club 1 Card Games 1:30 Heroes Game Nebraska vs. Iowa 4 Happy Hour (BYOB) 6 Card Games 6:30 Friday Night Movie: <i>Erin Brockovich</i></p>	<p><b>30 Small Business Saturday</b> 8:30 Morning Stretch with Ann 10:30 Pitch 1:30 Card Games 6:30 Saturday Night Movie: <i>The Family Stone</i></p>