

Halloween Fun

Grandparent's Halloween Party

Bring the grandkids, great grandkids or even those cute kids of your great niece's, down for an afternoon filled with fun! Saturday, October 19 we will be having a Grandparent's Halloween Party. The fun starts at 1:30pm, there will be a costume parade, Trick or Treating, and a movie. Of course no movie is complete without snacks. If you would like help with the Trick or Treating or donate candy please see Molly. *We will be Trick or Treating around the Common areas, so no little ghouls or goblins should be running in the halls.*

Resident Halloween & October Birthday Party

On Thursday, October 24, join your friends and neighbors as we celebrate Halloween in style! We'll have a Costume Contest for those who would like to participate, games, and prizes. Halloween just isn't Halloween without sweets, so we will be doing a dessert & snack potluck. Please bring along a dessert or snack to share if you would like.

Things to get you in the spirit!

During the month of October we will be having several movies that will help you get into the spirit. Monday Matinees and Friday Night Movies are all themed for the Halloween season. We will also be having a special showing on Halloween at 6:30.



Flu Shots

Wednesday, October 9 at 10:00, Physmed Home Health will be in to administer flu shots. As you know getting your yearly flu shot, is the best way to combat getting the flu. You will need to preregister. On the 9th you will need to bring your Medicare Card with you. Physmed will bill your account directly.



Like us on Facebook!

There you will find several great articles posted, photos from our events, as well as a link to our monthly activities calendar..



You are invited to join the Calamar family in wearing **PINK**, in honor of Breast Cancer Awareness every Friday in October.



October Birthdays

This month we will be celebrating our October Birthdays on Thursday, October 24, during our Halloween Party.

Resident	Birthdate	Apt. #
Dale S.	10/1	224
Ginny G.	10/5	359
Jarred A.	10/6	226
Char G.	10/8	G24
Elaine H.	10/11	346
Linda M.	10/13	263
Lynn B.	10/15	160
Terry H.	10/28	142
Deb C.	10/28	G23
John A.	10/30	122
Arlene H.	10/30	446
Judy S.	10/31	258

Flu Season

I love fall! The slight nip in the air, the beautiful colors, flu season. With that being said, the CDC has issues a list of helpful hints to help keep us healthy this season.

Avoid close contact.

Avoid close contact with people who are sick or when you are sick.

Stay home when you are sick.

If possible, stay home! Leave only to seek medical attention or for other necessities.

Cover your mouth and nose, when you cough or sneeze.

Clean your hands with soap and water.

If soap and water are not available, use an alcohol-based hand sanitizer.

Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated and then touches their eyes, nose, or mouth.

Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



The Grand Reserve

OCTOBER

“Come as strangers, live as friends”

Community Information

Community Manager: Pam Woods

Manager Email: managergrandreserve@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.



October is Breast Cancer Awareness Month

The Calamar Foundation is very proud to support three fantastic causes that have made an impact on the lives of our residents. This month we are promoting Breast Cancer Awareness. Throughout the month we'll be doing several activities that bring focus to the cause. Lakeside Wellness Center will be in to present on the importance of staying active, as well as the services and programs that they provide. The Visiting Nurses Association will be in to present on ways to improve communication with your Doctor or Health Care Provider. We will also be doing a series of different projects for Hope Lodge. Such as making Wish Bracelets, putting together Goodie Bags and writing notes of encouragement.

Hope Lodge

The American Cancer Society Hope Lodge program provides a free home away from home for cancer patients and their caregivers. More than just a roof over their heads, it's a nurturing community that helps patients access the care they need. Each Hope Lodge community offers a supportive, homelike environment where guests can share a meal, join in the evening's activities, or unwind in their own private room.

The Calamar Foundation

The Calamar Foundation's mission to make a difference in the communities where we all reside. All donations made to the Calamar Foundation are matched dollar for dollar. With 100% of contributions go to the designated charities - American Heart Association, American Cancer Society and Alzheimer's Association. Donations to the Foundation are always welcome and appreciated.



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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>OCTOBER</h1> <p>October is Breast Cancer Awareness</p>						
		1 National Homemade Cookie Day 9:30 Bible Study 10:30 Pinochle 10:45 Tai Chi 1 Card Games 1 Dominos 1 Mahjong 6 Card Games 7 Poker 	2 9:30 Coffee & Conversation 10 Wellness Clinic* 10:30 Stress Reduction with Sharon 11:30 Catholic Communion 1 Hope Lodge Project: Notes of Encouragement 1 Card Games 2:30 Pokeno 6 Hand & Foot 6 Billiards 6:30 Men's Choice Movie: <i>Valkyrie</i> 	3 National Poetry Day 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 6 Billiards 6 Fraud & Scam Prevention: Better Business Bureau	4 National Diversity Day Wear Pink 8:30 Walking Club 9:30 Coffee & Rolls: Home Care Assistance 1 Card Games 1:30 Jessica's Timeless Apparel 4 Happy Hour 6 Card Games 6 Second Floor Social 6:30 Friday Night Movie: <i>North by Northwest</i>	5 National Be Nice Day 8:30 Morning Stretch with Ann 10:30 Pitch 1:30 Card Games TBD Nebraska vs Northwestern 
6 1 Card Games 1 Mahjong 1:30 How to play Cribbage 6 Cards & Games 6:30 Sunday Night Movie: <i>Brooklyn</i> 	7 8:30 Morning Stretch with Ann 10:30 Rummy 1:30 Monday Matinee: <i>Abbott & Costello Meet Frankenstein</i> 1:30 Card Games 6 Cards & Games 6 Billiards 6:30 Mahjong	8 9:30 Bible Study 10:30 Pinochle 10:45 Tai Chi 1 Card Games 1 Dominos 1 Mahjong 6 Card Games 7 Poker 	9 Yom Kippur 8:30 Morning Stretch with Ann 9:30 Coffee & Conversation 10 Wellness Clinic* 10 Flu Shots by Physmed* 10:30 Stress Reduction with Sharon 1 Color & Crafts 1 Card Games 1 Outing to Holy Family Shrine & Cloisters on the Platte* 2:30 Pokeno 6 Hand & Foot 6 Billiards 6:30 Women's Choice Movie Night: <i>Poms</i> 	10 World Mental Health Day 9:45 Rosary 10 Bridge 10:30 Exercise with Abbie 1:30 Bingo 3 Card Games 3 Travel Club 6 Billiards 6 Importance of staying active: Lakeside Health Center 	11 Wear Pink 8:30 Walking Club 9:30 Coffee & Rolls: Custom Hearing 1 Card Games 1:30 What is it? 4 Happy Hour 6 Card Game 6:30 Friday Night Movie: <i>The Man Who Knew to Much</i>	12 8:30 Morning Stretch with Ann 10:30 Pitch 1:30 Card Games TBD Nebraska vs Minnesota 
13 Train Your Brain Day 1 Card Games 1 Mahjong 1:30 How to play Cribbage 6 Cards & Games 6:30 Sunday Night Movie: <i>Aladdin</i> 	14 Columbus Day 8:30 Morning Stretch with Ann 9:30 Men's Coffee 10:30 Pitch 10:30 Shop 101 1:30 Monday Matinee: <i>The Addam's Family</i> 1:30 Card Games 2 Schwan's 3:30 Custom Hearing Solutions* 6 Cards & Games 6 Billiards 6:30 Mahjong	15 Sweetest Day 9:30 Bible Study 10:30 Pinochle 10:45 Tai Chi 11:30 Lunch Bunch: Dairy Queen* 1 Card Games 1 Health at Home: Nurse's Visit* 1 Dominos 1 Mahjong 6 Card Games 7 Poker	16 9:30 Coffee & Conversation 10 Wellness Clinic* 10:30 Stress Reduction with Sharon 11:30 Catholic Communion 1 Hope Lodge Project: Wish Bracelets 1 Card Games 1:30 Fire Drill 2:30 Pokeno 4:30 Carpool Dinner Out: El Bee's* 6 Hand & Foot 6 Billiards 	17 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 6 Billiards 6 Tips for better communication with your Doctor: Visiting Nurses Association	18 Wear Pink 8:30 Walking Club 9:30 Coffee & Rolls: Hillcrest Health Services 10:45 Ambassador Meeting 12:30 Tech Time with Elkhorn Computers 1 Card Games 1:30 Veteran's Gathering 4 Happy Hour 6 Card Games 6 Third Floor Social 6:30 Friday Night Movie: <i>Rebecca</i>	19 8:30 Morning Stretch with Ann 10:30 Pitch 1:30 Grandparents Halloween Party 1:30 Card Games 
20 1 Card Games 1 Mahjong 1:30 How to play Cribbage 3:30 Gospel Sing-along 6 Cards & Games 6:30 Sunday Night Movie: <i>Cowboys & Aliens</i> 	21 Community Service Week 8:30 Morning Stretch with Ann 9:30 Ladies Coffee 10:30 Rummy 1:30 Monday Matinee: <i>Addam's Family Values</i> 1:30 Card Games 6 Cards & Games 6 Billiards 6:30 Mahjong #Community Service Project: Wiping down the chairs in the Community Room and Pub at 11:30	22 Community Service Week 9:30 Bible Study 10:30 Pinochle 10:45 Tai Chi 11:30 Outing to Sage Bistro & General Crook House* 1 Card Games 1 Dominos 1 Mahjong 6 Card Games 7 Poker  #Community Service Project: Vacuum the hallway outside your door	23 Community Service Week 8:30 Morning Stretch with Ann 9:30 Coffee & Conversation 10 Wellness Clinic* 10:30 Stress Reduction with Sharon 1 Color & Crafts 1 Card Games 2:30 Pokeno 6 Hand & Foot 6 Billiards #Community Service Project: Spiff up your hallway	24 Community Service Week 9:45 Rosary 10 Bridge 10:30 Exercise with Abbie 1:30 Bingo 3 Card Games 6 Billiards 6:30 October Birthday & Resident Halloween Party #Community Service Project: Wipe down the chairs in the Theater at 11:30 	25 Wear Pink 8:30 Walking Club 9:30 Coffee & Rolls: Visiting Nurses 10:45 Connect 55+ Activity Meeting 1 Card Games 1:30 Medicare 101: Laura with Compass Benefits 4 Happy Hour 6 Card Games 6:30 Friday Night Movie: <i>Strangers on a Train</i>	26 Make a Difference Day/ Community Service Day 8:30 Morning Stretch with Ann 10:30 Pitch 1:30 Card Games TBA Nebraska vs Indiana 
27 1 Card Games 1 Mahjong 1:30 How to play Cribbage 5:30 Community Soup & Salad Supper* 6 Cards & Games 6:45 Sunday Night Movie: <i>Yesterday</i> 	28 8:30 Morning Stretch with Ann 9:30 Men's Coffee 10:30 Pitch 1:30 Monday Matinee: <i>Young Frankenstein</i> 1:30 Card Games 2 Schwan's 6 Cards & Games 6 Billiards 6:30 Mahjong 	29 9:30 Bible Study 10:30 Pinochle 10:45 Tai Chi 1 Card Games 1 Dominos 1 Mahjong 6 Card Games 7 Poker 	30 8:30 Morning Stretch with Ann 9:30 Coffee & Conversation 9:30 Casino Outing* 10 Wellness Clinic* 10:30 Stress Reduction with Sharon 1 Hope Lodge Project: Make Goodie Bags 1 Card Games 2:30 Pokeno 6 Hand & Foot 6 Billiards 6:30 Inspirational Movie: <i>August Rush</i> 	31 Happy Halloween 9:45 Rosary 10 Bridge 10:30 Exercise with Abbie 1:30 Bingo 3 Foodie Club 3 Card Games 6 Billiards 6:30 Halloween Movie: <i>Shaun of the Dead</i> 	Activities that support the Calamar Foundation and Breast Cancer Awareness are in Pink New activities are BOLDED Service projects are Blue * Denotes activities that you need to register for	 