

Please remember to bag up ALL garbage and recyclables. The BLACK garbage cans in the first floor trash rooms are to be used for bagged garbage trash also.

**August Resident Birthdays:**  
*Don't forget to wish your neighbor a "Happy Birthday!"*

*Frank - Apt. 230*  
*Linda B. - Apt. 233*



**August Dates to Remember:**

Friday 8/2—MooCheesy Food Truck  
Wednesday 8/7—Euchre w/ Mary Beth  
Friday 8/9 —Madsauces Food Truck  
Monday 8/12—Excalibur Boat Trip  
Tuesday 8/13—Bedore Casino Trip  
Wednesday 8/14— Northwest Bank  
"FRAUD" Presentation  
Friday 8/16 -"Now I Get It" Lecture  
*Senior Citizen's Week @ Forestview*  
Monday 8/19—Potluck Hawaii Luau  
Tuesday 8/20 - JTM Sales Vendor Table  
Wednesday 8/21—BYOW Winery/Grace  
Turner Drum Circle  
Thursday 8/22—Chilly Billy Novelty Truck  
Friday 8/23—Polish Villa Food Truck  
Monday 8/26—Hot Country Line Dinner

**Tips from the toolbox:**  
Did you know that the elevators close slowly for a reason? The doors are set to close slowly so that there is ample time for us to get safely on and off the elevator. However, it is important that you do not hold the door open for extended periods of time or block it open. I sometimes see this when residents are having furniture delivered or trying to be a good neighbor and hold the door for a friend that is coming down the hallway. If the bell starts to ring, please let the elevator door close and remind anyone who is bringing you furniture, groceries, or other items to please do the same. Your neighbors will understand, and you can send the elevator back to them once you exit safely. Thank you!  
Kevin



**August Humor:** When the temp reached 102. My wife's yearning for snow cones grew. "Why'd you buy only one?" My wife asked. I said, "hon, Cause I only have ice for you."



Forestview

# Forestview Flash

# August

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

## COMMUNITY INFORMATION

COMMUNITY  
MANAGER:

MARY BETH MACCLAREN

CONNECT 55+  
COORDINATOR:

KAREN

MAINTENANCE TECH:

KEVIN

OFFICE PHONE #  
& AFTER HOURS  
EMERGENCY SERVICE #:  
716-693-8439

MANAGER EMAIL:

MANAGERFORESTVIEW@

CALAMAR.COM



It's time for a celebration! This month we are featuring an entire week in recognition of... you! National Senior Day is on August 21<sup>st</sup>, and we are partying all week long! Drum circles, wine tastings, a concert, food truck, vendor tables, and more! The Calamar Foundation will also be preparing to make our annual donation to the agencies we support. Thank you to everyone who donated- it's not too late if you would like to contribute to the Foundation, stop in and see me if you need a form- together we do make a difference!

August will be hot so enjoy the hydration station in the front lobby, and be sure to grab a fresh vegetable or some herbs from the community garden for your salad! I won't be complaining about the heat, soon enough the cool fall weather will arrive. Embrace the day,

Mary Beth

**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
			 <b>2019</b>	<b>1 National Mahjong Day</b> 9:30am Mahjongg 11am Brain Health 12:30pm Stretch w Karen <b>1:30pm Connect55+ Forum</b> 3pm Mocktails 4:15pm Matty's Dinner 6pm 65 or Pay Me /Games	<b>2 National Coloring Book Day</b> <b>9:30am Announcements</b> 10am Coffee & Donuts 11am Reminisce <b>11:30am MooCheesy Food Truck</b> <b>Veterans Lunch</b> 1pm Stretch w Karen 2pm BUNCO <b>3:30pm Gardening Club</b> 6pm Poker/65//Mahjongg	<b>3</b>  6pm– 65/Pay Me
<b>4 National Friendship Day</b>  6pm Evening Movie Sign up required  <b>Karen Vacation week!</b>	<b>5</b> 10am Yoga w Kandy 11:00am Guided Imagery 12 Poker– All welcome 1pm Mindful Coloring 2pm Wii Bowling 3pm Trivia Challenge 6pm 65/Pay Me/Games	<b>6</b> 9:30am Mahjongg <b>10:00am 10 Weeks of Wellness</b> <b>11:00am Reiki</b> 1pm Twisted Stitchers 2:00pm Matinee Movie 6pm Open Gym 6:30pm Bingo	<b>7</b> 9:00 Coffee Hour <b>10:00am Euchre w Mary Beth</b> <b>11:15am Let's Walk!</b> 12:30 Communion w Helen 1pm You Be Judge 3pm Rosary 6pm Euchre/Dominos/65	<b>8</b> 9:30am Mahjongg 11am Brain Health <b>12:30pm Let's Walk!</b> 1pm Corn Hole 3pm Mocktails 4:15pm Matty's Dinner 6pm 65 or Pay Me /Games	<b>9</b> <b>9:30am Announcements</b> 10am Coffee & Donuts 11am Reminisce <b>11:30am Madsauces Food Truck</b> 1pm Garden Club 2pm BUNCO 6pm Poker/65//Mahjongg	<b>10</b>  6pm– 65/Pay Me
<b>11</b>  6pm Evening Movie Sign up required	<b>12 9:00am Excalibur Boat</b> 11:00am Guided Imagery 12 Poker– All welcome 1pm Mindful Coloring 2pm Wii Bowling 3pm Trivia Challenge <b>4pm Just Pizza</b> 6pm 65/Pay Me/Games	<b>13 9am Bedore Casino Trip</b> 9:30am Mahjongg <b>10:00am 10 Weeks of Wellness</b> <b>10:30am Stretch w Karen</b> <b>11:00am Walking Club</b> 1pm Twisted Stitchers 2:00pm Matinee Movie 6pm Open Gym	<b>14</b> 9:00 Coffee Hour <b>10 :00am Northwest Bank "Fraud" Presentation</b> 12:30 Communion w Helen 1pm You Be Judge <b>2pm Paws for Love</b> 3pm Rosary 6pm Euchre/Dominos/65	<b>15 National Relaxation Day</b> 9:30am Mahjongg 11am Brain Health 12:30pm Stretch w Karen <b>1pm Niagara Coop/Ext Demo</b> 3pm Mocktails 4:15pm Matty's Dinner 6pm 65/Games	<b>16 National Tell a Joke Day</b> <b>9:30am Announcements</b> 10am Coffee & Donuts <b>10:30am "Now I get It!"</b> 1pm Stretch w Karen 2pm BUNCO <b>3:30pm Gardening Club</b> 6pm Poker/65//Mahjongg	<b>17 50<sup>th</sup> Anniversary of Woodstock (Aug 15th-18th)</b>  6pm– 65/Pay Me
<b>18</b>  6pm Evening Movie Sign up required  <b>Senior Week @ Forestview!!</b>	<b>19</b> 10am Stretch w Karen 11:00am Guided Imagery 12 Poker– All welcome 1pm Mindful Coloring 2pm Wii Bowling 3pm Trivia Challenge <b>4:30pm - POT LUCK/Luau</b> 6pm 65/Pay Me/Games	<b>20</b> 9:30am Mahjongg <b>10:00am 10 Weeks of Wellness</b> <b>10:30am Stretch w Karen</b> <b>11:00am Reiki</b> 1pm Twisted Stitchers <b>1pm JTM Vendor Table</b> 2:00pm Matinee Movie 6pm Open Gym	<b>21 National Senior Citizens Day</b> 9:00 Coffee Hour <b>10 :00am Stretch w Karen</b> <b>10:30am Let's Walk!</b> <b>11:30am Trivia Challenge</b> <b>1pm BYOW Winery</b> <b>3pm Grace Turner Drum Circle</b> 6pm Euchre/Dominos/65	<b>22</b> 9:30am Mahjongg 11am Brain Health <b>12:30pm Chilly Billy Novelty Ice Cream Truck</b> 1pm Corn Hole 3pm Mocktails 4:15pm Matty's Dinner 6pm 65/Games	<b>23 9:30am Announcements</b> 10am Coffee & Donuts 11am Reminisce <b>11:30am Polish Villa Food Truck</b> 1pm Stretch w Karen 2pm BUNCO <b>3:30pm Gardening Club</b> 6pm Poker/65//Mahjongg	<b>24</b>  6pm– 65/Pay Me
<b>25</b>  6pm Evening Movie Sign up required	<b>26 National Dog Day</b> 10am Yoga w Kandy 11:00am Guided Imagery 12 Poker– All welcome 1pm Mindful Coloring 2pm Wii Bowling 3pm Trivia Challenge <b>6pm Hot Country Line Dancer</b> 6pm 65/Pay Me/Games	<b>27</b> 9:30am Mahjongg <b>10:00am 10 Weeks of Wellness</b> <b>10:30am Stretch w Karen</b> <b>11:00am Let's Walk!</b> 1pm Twisted Stitchers 2:00pm Matinee Movie 6pm Open Gym 6:30pm Bingo	<b>28</b> 9:00 Coffee Hour <b>10 :00am Stretch w Karen</b> <b>10:30am Let's Walk!</b> 1pm You Be Judge <b>2pm Paws for Love</b> 3pm Rosary <b>4pm Birthday Celebration</b> 6pm Euchre/Dominos/65	<b>29</b> 9:30am Mahjongg 11am Brain Health 12:30pm Stretch w Karen 1pm Corn Hole 3pm Mocktails 4:15pm Matty's Dinner 6pm 65/Games	<b>30</b> <b>9:30am Announcements</b> 10am Coffee & Donuts 11am Reminisce 11am Card Making w Mary Beth 1pm Stretch w Karen 2pm BUNCO <b>3:30pm Gardening Club</b> 6pm Poker/65//Mahjongg	<b>31</b>  6pm– 65/Pay Me