

Do you Know?

To keep the winter blues at bay, spend at least five 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.



### *Cantastic Can Sculpture Competition!*

It's back!!! No need to brainstorm...we already have the winning design locked away in our cabinet!! This Starting NOW we will be collecting cans in the office. Please join us on Friday January 10th at 11:00am for all the details!! Last year a good time was had by all, and this year promises to be better!!

#### Library Buzz

The Riggi Library now has a wonderful new selection of books on tape! In February, Gail will be reviewing the book *Criss Cross* by James Patterson.

#### Library Humor

What's the longest word in the dictionary?



SMILES

Because there is a mile between each S!!!

#### **January Birthdays:**

- 1/3—Joy Apt. 230
- 1/5—Lenore Apt. 122
- 1/8—Bob Apt. 228
- 1/10—Karen K. Apt. 306
- 1/21—Richard J. Apt. 216
- 1/23—Patty Apt. 104
- 1/26—Dorothy Apt. 106

**Don't forget to wish your neighbors a Happy Birthday!!**



#### **January Dates to Remember:**

- Jan. 2nd @ 11:00am—Greg Kinal : The Life of Thomas Jefferson**
- Jan. 6th @ 1:00pm—Book Club Starts**
- Jan. 8th @ 10:15am - Morton Care Presentation**
- Jan. 8th @ 11:00am—Splash on Canvas**
- Jan. 8th @ 3:00pm -3rd Floor Block Party**
- Jan. 9th @ 1:00pm—Pathways Presentation**
- Jan. 15th @ 3:30pm— Floor Block Party**
- Jan. 21st—Veteran Breakfast**
- Jan. 22nd @ 3:30pm— 1st Floor Block Party**
- Jan. 29th @ 10:30 am—Olmstead Center Presentation**

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



## **Forestview Flash**

# JANUARY

2020

### **“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 #:**  
716-6938439

**MANAGER EMAIL:**

**MANAGER-FORESTVIEW@CALAMAR.COM**

RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO RM2 HOLDINGS.

PLEASE BE SURE TO WRITE YOUR APARTMENT # IN THE MEMO LINE OF YOUR CHECK.



Happy New Year! With 2019 behind us and a new decade beginning, it is the perfect time to try something new this month. Come and hear local historian Greg Kinal, try your hand at billiards, take in a movie in the theater, grab a book from the library, or perhaps join your friends for a cocktail. Remember to check your resident folder for updates throughout the month. On the 10<sup>th</sup>, we will hold our first annual reward token auction- hosted by a very special guest auctioneer and followed by our first concert of the year! There are amazing baskets up for grab – including some great sporting event tickets, craft items, pet pampering, wine baskets, and many more. It will be a fun format, with live bidding and some good spirited competition for the basket of your liking. (Tokens not used will roll over until the next auction.)

Here's to good health and good friends in 2020!  
Mary Beth

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
			<b>1 New Year's Day</b>  <b>OFFICE CLOSED</b>  6pm Euchre/Dominos/65	<b>2</b> 9:00 am Mahjongg <b>11am Greg Kinal Presents</b> 1pm Armchair Travels 2pm Corn Hole 3pm Mocktails 4:15pm Matty's Dinner 6pm 65 /Games/Pinochle	<b>3</b> 9:30am Announcements 10am Coffee & Donuts 11:30 am Crossword Puzzle 1pm Stretch w Karen 1:30pm Guided Imagery 2pm BUNCO 6pm Poker/65//Mahjongg	<b>4</b>  <b>Wild-Card Round TBD</b>  <b>6pm– 65/Pay Me</b>
<b>5</b>  <b>Wild-Card Round TBD</b>  <b>6:30 pm BINGO</b>	<b>6</b> 10am Exercise w Kandy 11:00 am Bingo w Karen 12 Poker– All welcome 1pm Mindful Coloring <b>1:30pm Book Club</b> 2pm Wii Bowling 3pm Trivia Challenge 6pm 65/Pay Me/Games	<b>7</b> 9:00am Mahjongg <b>10:30am Men's Coffee</b> <b>11:00am Billiards</b> 11:30am Stretch w Karen 1pm Twisted Stitchers 1:30pm Matinee Movie <b>3:30pm TED Talks</b> 6:30pm Bingo	<b>8 Elvis Presley's Birthday</b> 9:00 am Coffee Hour <b>10 :15am Morton Care Presentation</b> <b>11:00am Splash on Canvas—Sign up</b> 12:30pm Communion w Helen 1pm You Be Judge 1pm Euchre 3pm Rosary <b>3:30pm Third Floor Block Party</b> 6pm Euchre/Dominos/65	<b>9</b> 9:00 am Mahjongg 11am Crossword Puzzle <b>1pm Pathways Presentation</b> 2pm Corn Hole 3pm Mocktails 4:15pm Matty's Dinner 6pm 65 /Games/Pinochle	<b>10 Full Moon/Winter Moon National Volunteer Fireman's Day</b> 9:30am Announcements 10am Coffee & Donuts <b>11:00am Connect 55 Forum/Cantastic Planning!</b> 1:30pm—4:00pm Auction an Entertainment 6pm Poker/65//Mahjongg	<b>11</b>  <b>AFC/NFC Divisional Round TBD</b>  <b>6pm– 65/Pay Me</b>
<b>12</b>  <b>AFC/NFC Divisional Round TBD</b>  <b>6:30 pm BINGO</b>	<b>13</b> 10am Stretch w Karen 11:00 am Bingo w Karen 12 Poker– All welcome 1pm Mindful Coloring <b>1:30pm Book Club</b> 2pm Wii Bowling 3pm Trivia Challenge 6pm 65/Pay Me/Games	<b>14</b> 9:00am Mahjongg 10:30am Stretch w Karen <b>11:00am Men's Coffee / Billiards</b> 1pm Twisted Stitchers 1:30pm Matinee Movie <b>3:30pm TED Talks</b> 6:30pm Bingo	<b>15</b> 9:00 am Coffee Hour 10 :30 am Stretch w Karen 12:30pm Communion w Helen 1pm You Be Judge 1pm Euchre 3pm Rosary <b>3:30pm Second Floor Block Party</b> 6pm Euchre/Dominos/65	<b>16</b> 9:00 am Mahjongg 11am Crossword Puzzle 1pm Armchair Travels 2pm Corn Hole 3pm Mocktails 4:15pm Matty's Dinner 6pm 65 /Games/Pinochle	<b>17</b>  9:30am Announcements 10am Coffee & Donuts <b>11:30am UNO ALL WELCOME</b> 1pm Stretch w Karen 1:30pm Guided Imagery 2pm BUNCO 6pm Poker/65//Mahjongg	<b>18</b>  <b>6pm– 65/Pay Me</b>
<b>19</b>  <b>6:30 pm BINGO</b>	<b>20 Martin Luther King, Jr. Day</b> 10am Exercise w Kandy 11:00 am Bingo w Karen 12 Poker– All welcome 1pm Mindful Coloring <b>1:30pm Book Club</b> 2pm Wii Bowling 3pm Trivia Challenge 6pm 65/Pay Me/Games	<b>21 National Hugging Day</b> 9:00am Mahjongg <b>10:00am Veterans Breakfast</b> <b>11:30am Stretch w Karen</b> 1pm Twisted Stitchers 1:30pm Matinee Movie <b>3:30pm TED Talks</b> 6:30pm Bingo	<b>22</b> 9:00 am Coffee Hour 10 :30 am Stretch w Karen 1pm You Be Judge 1pm Euchre 3pm Mass w Ft. Steve <b>3:30 First Floor Block Party</b> 6pm Euchre/Dominos/65	<b>23</b> 9:00 am Mahjongg 11am Crossword Puzzle 1pm Armchair Travels 2pm Corn Hole 3pm Mocktails 4:15pm Matty's Dinner 6pm 65 /Games/Pinochle	<b>National Compliment Day</b> 9:30am Announcements 10am Coffee & Donuts <b>11:30am UNO ALL WELCOME</b> 1pm Stretch w Karen 1:30pm Guided Imagery 2pm BUNCO 6pm Poker/65//Mahjongg	<b>25 Chinese New Year Begins/The Year of the Rat National Irish Coffee Day The Great Fruitcake Toss</b>  <b>6pm– 65/Pay Me</b>  
<b>26</b>  <b>6:30 pm BINGO</b>	<b>27</b> 10am Stretch w Karen <b>12:00 pm Resident Pot Luck</b> 12 Poker– All welcome 2pm Wii Bowling 3pm Trivia Challenge 4pm Birthday Celebration 6pm 65/Pay Me/Games	<b>28</b> 9:00am Mahjongg <b>10:30am Men's Coffee / Billiards</b> 11:30am Stretch w Karen 1pm Twisted Stitchers 1:30pm Matinee Movie <b>3:30pm TED Talks</b> 6:30pm Bingo	<b>29 National Puzzle Day</b> 9:00 am Coffee Hour <b>10 :30 Olmsted Center Presentation</b> 12:30pm Communion w Helen 1pm You Be Judge 1pm Euchre 3pm Rosary <b>3:30pm UNO ALL WELCOME</b> 6pm Euchre/Dominos/65	<b>30</b> 9:00 am Mahjongg 11am Crossword Puzzle 1pm Armchair Travels 2pm Corn Hole 3pm Mocktails 4:15pm Matty's Dinner 6pm 65 /Games/Pinochle	<b>31</b> 9:30am Announcements 10am Coffee & Donuts <b>11:00am Card Making</b> 1pm Stretch w Karen 1:30pm Guided Imagery 2pm BUNCO 3pm Monthly Birthday Celebration 6pm Poker/65//Mahjongg	  