



### August Birthdays

We will be celebrating our August birthdays this months on the 28th at 4:00pm

Saletha A.	8/1
Don P.	8/5
Jean G.	8/7
Judy O.	8/7
Bob B.	8/8
Vanessa B.	8/14
Erna S.	8/17
Beverly P.	8/26
Shirley K.	8/29

Summer is in full swing and I can't emphasize enough the importance of keeping yourself hydrated. I love seeing so many people coming to stretching and strength & balance groups. I'll be introducing a variation of these classes in the month of August so please come down to try them out. I truly believe these groups, along with drinking plenty of water, will help you feel your best and help you beat this heat. I encourage all of you to join me not only in the exercise groups, but also in the nutrition corners, brain games, and interesting facts groups as well. It's just as important to exercise the mind as well as the body!

Your Connect 55+ Coordinator  
Matt

**August Lore!** If the first week in August is unusually warm the coming winter will be snowy and long!

### Notable August Dates

- 8/1 National Mahjong Day
- 8/2 National Coloring Book Day
- 8/4 National Friendship Day
- 8/6 National Root Beer Float Day
- 8/15 National Relaxation Day
- 8/16 National Tell a Joke Day
- 8/21 National Senior Citizens Day
- 8/26 National Dog Day

**August is National Sandwich month so make sure you set aside time to enjoy your favorite sandwich!!!**

**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 ice for you."



The Grand Estates on Greenwood

# The Greenwood Gazette



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

I would like to welcome our new residents. Judy King and Maurice & Kathleen Peterson. We are so happy to have you join our family.

As a reminder when we get boxes from Amazon or other delivery services, please break down the box and bring it down to the first floor and put it in the recycle bin.

Keep having a great summer!

### COMMUNITY INFORMATION

COMMUNITY MANAGER: JOY

CONNECT 55+ COORDINATOR: MATT

MAINTENANCE TECH: DON

OFFICE PHONE # & AFTER HOURS EMERGENCY SERVICE #: 913-839-2184








MANAGER EMAIL: OLATHEMANAGER@CALAMAR.COM

RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO RM21A HOLDINGS.

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



**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
			 2019	1 National Mahjong Day 10:00am Walking DVD 11:00am Strength & Balance 2 1:00pm Woman's Bible Study 1:00pm Cards 1:00pm Billiards 2:00pm Walk & Talk w/Matt 3:00pm Nutrition Corner "Fiber 1" 6:30pm Cards 	2 National Coloring Book Day 9:30am Breakfast w/staff 10:00am-Connect 55+ Feedback Meeting 11:00am Stretching 1 11:30pm-Why Weight Open Gym 1:00pm Cards 1:00pm Billiards 2:00pm Open House w/ASF Chiropractic 4:00pm Happy Hour 6:30 Dominos	3 10:00am Walking Club 11:00am Self Guided Stretching 2:00pm Puzzles 6:30pm Movie
4 National Friendship Day 2:00pm Church 4:00pm Cards	5 9:30am Walking Club 10:00am Brain Games (Scrabble) 11:00am Stretching 1 11:30am Why Weight Open Gym 1:00pm Cards 1:00pm Billiards 2:30 Movie Matinee "Mrs. Doubtfire" 6:30 Dominos	6 National Root Beer Float Day 10:00am Walking DVD 11:00am Strength & Balance 1 12:00pm Root Beer Float Party 1:00pm Billiards 1:00pm Bunco 2:00pm Interesting Facts "Benefits of CBD" 3:00pm Stretching 1 6:30pm Cards 	7 10:00am Stretching 2 11:00am Silver Sneakers 1:00pm Cards 1:00pm Billiards 2:00pm Deals & Coupons 2:30pm Movie Matinee "Turner and Hooch" 4:00pm Wine Wednesday 6:30pm Dominos	8 10:00am Walking DVD 11:00am Strength & Balance 2 1:00pm Woman's Bible Study 1:00pm Cards 1:00pm Billiards 2:00pm Walk & Talk w/Matt 3:00pm Nutrition Corner "Fiber" 2 6:30pm Cards	9 9:30am Breakfast w/staff 11:00am Stretching 1 11:30pm Why Weight Open Gym 1:00pm Cards 1:00pm Billiards 2:00pm Open House w/HCA Midwest Health 4:00pm Happy Hour 6:30 Dominos	10 10:00am Walking Club 11:00am Self Guided Stretching 2:00pm Puzzles 6:30pm Movie
11 2:00pm Church 4:00pm Cards	12 9:30am Walking Club 10:00am Brain Games (WaHoo) 11:00am Stretching 1 11:30am Why Weight Open Gym 1:00pm Cards 1:00pm Billiards 2:30 Movie Matinee "The Sandlot" 6:30 Dominos	13 10:00am Walking DVD 11:00am Strength & Balance 1 12:00pm Sassie Lassies Lunch Bunch 1:00pm Billiards 1:00pm Bunco 2:00pm Interesting Facts "Grand Canyon" 3:00pm Stretching 1 6:30pm Cards	14 10:00am Sweating w/Oldies 11:00am Stretching 2 1:00pm Cards 1:00pm Billiards 2:00pm Deals & Coupons 2:30pm Movie Matinee "Back to the Future" 4:00pm Wine Wednesday 6:30pm Dominos 	15 National Relaxation Day 10:00am Walking DVD 11:00am Strength & Balance 2 1:00pm Woman's Bible Study 1:00pm Cards 1:00pm Billiards 2:00pm Walk & Talk w/Matt 3:00pm Nutrition Corner "Fiber 3" 6:30pm Cards	16 National Tell a Joke Day 9:30am Breakfast w/staff 11:00am Stretching 1 11:30pm Why Weight Open Gym 1:00pm Cards 1:00pm Billiards 2:00pm Open House 4:00pm Happy Hour 6:30 Dominos	17 50 <sup>th</sup> Anniversary of Woodstock (Aug 15th-18th) 10:00am Walking Club 11:00am Self Guided Stretching 2:00pm Puzzles 6:30pm Movie
18 2:00pm Church 4:00pm Cards	19 10:00am Brain Games (SkipBo) 11:00am Stretching 1 11:30am Why Weight Open Gym 12:00pm Ice Cream Social 1:00pm Cards 1:00pm Billiards 2:30 Movie Matinee "Planes, Trains, and Auto.." 6:30 Dominos	20 10:00am Walking DVD 11:00am Strength & Balance 1 12:00pm Taco Pot Luck 1:00pm Billiards 1:00pm Bunco 2:00pm Interesting Facts "Yosemite National Park" 3:00pm Stretching 1 6:30pm Cards 	21 National Senior Citizens Day 10:00am Walking DVD 11:00am Stretching 2 11:00am Silver Sneakers 1:00pm Cards 1:00pm Billiards 2:00pm Deals & Coupons 2:30pm Movie Matinee "Ghostbusters" 3:00pm Candy Exchange 4:00pm Wine Wednesday 6:30pm Dominos	22 10:00am Walking DVD 11:00am Scavenger Hunt 1:00pm Woman's Bible Study 1:00pm Cards 1:00pm Billiards 2:00pm Walk & Talk w/Matt 3:00pm Nutrition Corner "Fiber 4" 6:30pm Cards	23 9:30am Breakfast w/staff 11:00am Minute to Win it Challenge 11:30pm Why Weight Open Gym 1:00pm Cards 1:00pm Billiards 2:00pm Open House 4:00pm Happy Hour 6:30 Dominos	24 10:00am Walking Club 11:00am Self Guided Stretching 2:00pm Puzzles 6:30pm Movie
25 2:00pm Church 4:00pm Cards	26 National Dog Day 9:30am Walking Club 10:00am Brain Games (Farkle) 11:00am Stretching 1 11:30am Why Weight Open Gym 1:00pm Cards 1:00pm Billiards 2:30 Movie Matinee "The Jerk"	27 10:00am Walking DVD 11:00am Strength & Balance 1 1:00pm Billiards 1:00pm Bunco 2:00pm Interesting Facts "Rocky Mountain National Park" 3:00pm Stretching 1 6:30pm Cards 	28 10:00am Sweating w/Oldies 11:00am Stretching 2 1:00pm Cards 1:00pm Billiards 2:00pm Deals & Coupons 2:30pm Movie Matinee "RV" 4:00pm Wine Wednesday 6:30pm Dominos	29 10:00am Walking DVD 11:00am Strength & Balance 2 1:00pm Woman's Bible Study 1:00pm Cards 1:00pm Billiards 2:00pm Walk & Talk w/Matt 3:00pm Nutrition Corner "Fiber 5" 6:30pm Cards	30 9:30am Breakfast w/staff 11:00am Stretching 1 11:30pm Why Weight Open Gym 1:00pm Cards 1:00pm Billiards 2:00pm Open House 4:00pm Happy Hour 6:30 Dominos	31 10:00am Walking Club 11:00am Self Guided Stretching 2:00pm Puzzles 6:30pm Movie