Health & Wellbeing

Flip this sheet over to the exciting stuff!! That's right residents of The Grand Estates on Greenwood; your lifestyle calendar. Now some of you may not have time to go to stretching on Mondays at 2:30 or maybe even play Farkle on Thursdays at 1:00pm. However, these Activities and classes are truly built around your overall Well-being.

Did you know that stretching just 10 minutes a day can give you benefits such as maintaining strength, and increases bloodflow which will help prevent blood clots? Where can I sign up for that?- You don't have to sign up for this at all, it comes to you by simply showing up. "Well its boring, or it hurts to stretch", some may say. Guess what, it hurts your 27 year old Connect 55+ Coordinator too, but understanding the benefits is truly mind-blowing!

Starting March 5th we will start a program called **123 Healthy**– during this 4 week program we will learn different ways to eat heart healthy to understanding the benefits of exercise. No matter your age, take pride in your body, love your body and give your mind and body what it needs to stay healthy and strong!

Your Connect 55+ Coordinator Rylan





Canned Food Sculpture Competition

It's a CANtastic way to help! Join in the fun while helping those in need

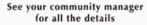
Bring your imagination & your canned goods to create a CAN sculpture using canned food products that you donate. It's a creative way to help your local food bank, food pantry or shelter

Each community will be judged on creativity and execution.
ONLY ONE winner will be selected from all our communities to receive the coveted CAN trophy and bragging rights!
Plus a pizza party - So get your CAN involved!

Competition begins February 1, 2019
Judging February 25-28, 2019
WINNER ANNOUNCED FEBRUARY 28th



Get inspired with the attached samples!





February Birthdays

We will be celebrating our Feb Birthday this month on the 27th at 4:00 pm.

Birthdate	Name	Apt.#	
2/1	Dedee O.	163	





January 2019

Office Information

Community Manager Joy 913-839-2184

Connect 55+ Coordinator Rylan

Maintenance Technicians
Tyrone

Office Hours Monday-Friday 9am-4pm Weekends by appointment

After Hours Maintenance Emergencies please call 913-839-2184





Manager's Corner

I am very excited to be a part of your community. I think I have met the majority of you, but for those who I have not met I will give you a little background on myself.

I have been in the industry since 2003. Primarily Senior living, but also multi-family communities. I am the proud mother of two children. My daughter is a senior at KU and we are very excited about graduation. My son is in the 7th grade. He is in choir and the Improv club. He is a second year Boy Scout, and also a purple belt in karate. His goals are to become an Eagle Scout, and a jr. Black belt by the age of 16. It's a lot of work, but he has the drive and motivation. We have 4 dogs, 2 cats and 2 lizards. We love our little family. We enjoy traveling, camping, and just being outdoors and active as much as possible. The dogs alone keep us very busy with trips to the dog park. That's enough about me.

My door is always open and I am here for you. I will do the best I can to accommodate our properties needs in a timely fashion. If you have any concerns or questions please call or stop by the office.

Joy Louis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
+ Intellectual + Spiritual + Physical + Social + Financial					GO Red Day- Wear red in Support 9:30 am Breakfast Meeting + 10:30 am Sweating to the Oldies + 1:00 pm Billiards+ 1:00 pm Cards+ + 4:00 pm Happy Hour +	2 Ground Hog day 10:00am Walking Club+ + 10:30am Self guided Stretch+ + 2:00 pm Card Games+ + 6:30 pm Movie
2:00 pm Church + + 4:00pm Card Games+ + Super Bowl LIII	10:00am Walking DVD + + 11:00am Interesting Facts 1:00pm Building Tour 1:00 pm Cards + + 1:00 pm Billiards+ 2:30 pm Stretching+ 3:00 pm Movie Matinee *Jersey Boys 6:30 pm Dominoes++	5 Chinese New Year! 9:30 am Walking Club 10:45 am 123 Healthy Program+ 11:30 am Strength & Balance+ 1:00 pm Bunco+ + 1:00 pm Billiards+ 2:00 pm Greeting Card Making With Linda Hesp	10:00 am Walking DVD++ 11:00 am Armchair Travel Prague*++ 1:00pm Hand Crafts++ 1:00pm Billiards+ 2:30 pm Bingo+ 3:30pm Wine Wednesday 6:30 pm Dominoes++	9:30 am Walking Club+ + 11:00 am Stretching 1:00 pm Farkle+ + 2:45 pm Nutrition Corner ++ 3:15 Movie *Hostiles 6:30 pm Hand & Foot + +	8 9:30 am Breakfast Meeting + 10:30 am Sweating to the Oldies + 1:00 pm Billiards+ 1:00 pm Cards+ + 4:00 pm Happy Hour +	9 10:00am Walking Club+ + 10:30am Self guided Stretch+ + 2:00 pm Card Games+ + 6:30 pm Movie
10 2:00 pm Church + + 4:00pm Card Games+ +	10:00am Walking DVD + + 11:00am Interesting Facts 1:00 pm Cards + + 1:00 pm Billiards+ 2:30 pm Stretching+ 3:00 pm Movie Matinee	9:30 am Walking Club 10:45 am 123 Healthy+ 11:30 am Strength & Balance+ 1:00 pm Bunco+ + 1:00 pm Billiards+ 6:30 pm Cards	13 10:00 am Walking DVD+ + 11:00 am Armchair Travel Bali*++ 1:00pm Hand Crafts 1:00pm Billiards+ 2:30 pm Bingo+ 3:30pm Wine Wednesday 6:30 pm Dominoes+ +	14 Valentines Day 9:30 am Walking Club+ + 11:00 am Stretching 1:00 pm Farkle+ + 2:45 pm Nutrition Corner ++ 4:00 pm Karaoke Pot Luck	9:30 am Breakfast Meeting + 10:30 am Sweating to the Oldies + 1:00 pm Billiards+ 1:00 pm Cards+ + 4:00 pm Happy Hour +	16 10:00am Walking Club+ + 10:30am Self guided Stretch+ + 2:00 pm Card Games+ + 6:30 pm Movie
17 2:00 pm Church + + 4:00pm Card Games+ +	18 Presidents Day 10:00am Walking DVD + + 11:00am Interesting Facts 1:00 pm Cards + + 1:00 pm Billiards+ 2:30 pm Stretching+ 3:00 pm Movie Matinee * The Theory of Everything 6:30 pm Dominoes++	19 9:30 am Walking Club 10:45 am 123 Healthy+ 11:30 am Strength & Balance+ 1:00 pm Bunco+ + 1:00 pm Billiards+ 6:30 pm Cards	:20 10:00 am Walking DVD+ + 11:00 am Armchair Travel Peru*++ 1:00pm Hand Crafts++ 1:00pm Billiards+ 2:30 pm Bingo+ 3:30pm Wine Wednesday	9:30 am Walking Club+ + 11:00 am Stretching 1:00 pm Farkle+ + 2:45 pm Nutrition Corner ++ 3:15 Movie * The Fundamentals of Caring 6:30 pm Hand & Foot + +	22 National Margarita Day 9:30 am Breakfast Meeting + 10:30 am Sweating to the Oldies + 1:00 pm Billiards+ 1:00 pm Cards+ + 4:00 pm Happy Hour +	23 10:00am Walking Club+ + 10:30am Self guided Stretch+ + 2:00 pm Card Games+ + 6:30 pm Movie
2:00 pm Church + + 4:00pm Card Games+ +	10:00am Walking DVD + + 11:00am Interesting Facts 1:00 pm Cards + + 1:00 pm Billiards+ 2:30 pm Stretching+ 3:00 pm Movie Matinee *Meet Joe Black	9:30 am Walking Club 10:45 am 123 Healthy+ 11:30 am Strength & Balance+ 1:00 pm Bunco+ + 1:00 pm Billiards+ 6:30 pm Cards	27 10:00 am Walking DVD+ + 11:00 am Armchair Travel ++	9:30 am Walking Club+ + 11:00 am Stretching 1:00 pm Farkle+ + 2:45 pm Nutrition Corner ++ 3:15 Movie *Daddy Daycare 6:30 pm Hand & Foot + +		