

## 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

Yes, I  
**CAN!**



### 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!  
See your community manager  
for all the details



### February Birthdays

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

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



## The Grand Estates on Greenwood



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





