Resident Reminders

- Please be aware of the reservation calendar on the bulletin in the hallway.
- Please note visitor parking is NOT FRONT **ROW PARKING.** Please have visitors park on far west side of the parking lot.

Rent Reminders

- Rent is due to the office on the 1st- 6th of every month.
- Rent checks need to be made out to RM21A Holdings.
- Be sure to write your apartment # in the memo line of your check.

January Birthdays

We will be celebrating this months birthdays on Wednesday, January 29th at 4:00pm.

Jane I.	1/6				
Nancy L.	1/18				
Tricia J.	1/22				

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.



In the know

- Please be patient with us as we continuously improve the building. We have construction teams working on many projects. We assure the clean up will be done following completion.
- With the recent snow fall we just wanted to remind you of the meal delivery option. If you are interested in getting meal delivery, talk to Matt!
- Keep your eyes peeled for the Salon Grand Opening for residents following an approved inspection.

CANNED FOOD SCULPTURE COMPETITION!

It's that time of the year! Bring down all you canned food donations to the Community Room!

We are looking for great ideas for sculpture to make with the cans. Calamar has a contest with winner to be announced February 28th. Winning Property gets a Pizza Party! The requirement is to include either the Calamar logo or the #30 because of Calamar celebrating 30 years in 2020.

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

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
JA	NUA	RY 2020	1 New Year's Day HAPPY NEW YEAR! OFFICE CLOSED	2 10:00am Walking DVD 11:00am Strength & Balance 1:00pm Cards 1:00pm Billiards Club 2:00pm Bingo 3:00pm Nutrition Corner "Oral Hygiene" 6:30pm Cards	3 9:30am Breakfast w/staff 9:45am Connect 55+ Feedback Meeting 10:00am Stretching 11:00am Chair Yoga 1:00pm Cards 1:00pm Cards 1:00pm Billiards Club 3:00pm Catch Phrase 4:00pm Happy Hour 6:30pm Dominos	4 10:00am Walking Club 11:00am Self Guided Stretching 2:00pm Puzzles 6:30pm Movie
5 2:00pm Walking Club 4:00pm Cards	6 9:30am Walking Club 10:00am Wii Bowling 1:00pm Cards 1:00pm Billiards Club 2:30pm Movie Matinee "The Irishman" 3:00pm Reminiscent Party - "Photos" 6:30pm Dominos	7 10:00am Walking DVD 11:00am Strength & Balance 1:00pm Billiards Club 1:00pm Bunco 2:00pm Farkle 3:00pm Dance Class—Line Dancing 6:30pm Cards	8 Elvis Presley's Birthday 10:00am Sweating w/Oldies 11:00am AMBASSADOR MEET- ING- MOCK TOUR 1:00pm Cards 1:00pm Billiards Club 2:30pm Movie Matinee "Loving You" 1957 Elvis 3:00pm Uno 4:00pm Wine Wednesday 6:30pm Dominos	9 10:00am Walking DVD 11:00am Stretching 1:00pm Cards 1:00pm Billiards Club 2:00pm Game of Skittles 3:00pm Melaleuca Presenta- tion: Online Wellness Shop 6:30pm Cards	10 Full Moon/Winter Moon National Volunteer Fireman's Day 9:30am Breakfast w/staff 10:00am Can Competition Game Plan Meeting 11:00am Chair Yoga 1:00pm Cards 1:00pm Billiards Club 2:00pm Poker 4:00pm Happy Hour 6:30pm Dominos	11 10:00am Walking Club 11:00am Self Guided Stretching 2:00pm Puzzles 6:30pm Movie
12 2:00pm Walking Club 4:00pm Cards	139:30am Walking Club10:00am Wii Bowling1:00pm Cards1:00pm Billiards Club2:30pm Movie Matinee"City Slickers"3:00pm Reminiscent Party"Music"6:30pm Dominos	14 10:00am Walking DVD 11:00am Guided Meditation 12:00pm RESIDENT POTLUCK w/ MICHELLE HAWKINS 1:00pm Billiards Club 1:00pm Bunco 2:00pm Skip Bo 3:00pm Stretching 6:30pm Cards	15 10:00am Sweating w/Oldies 1:00pm Cards 1:00pm Billiards Club 2:30pm Movie Matinee "Green Zone" 3:00pm Hi Ho Cherry-O 4:00pm Wine Wednesday 6:30pm Dominos	16 10:00am Walking DVD 11:00am Radius Therapy Winter Presentation 1:00pm Cards 1:00pm Billiards Club 2:00pm Bingo 3:00pm Creative Writing Corner "Short Stories of nature" 6:30pm Cards	17 9:30am Breakfast w/staff 10:00am Farkle 11:00am Chair Yoga 1:00pm Cards 1:00pm Billiards Club 3:00pm Catch Phrase 4:00pm Happy Hour 6:30pm Dominos	18 10:00am Walking Club 11:00am Self Guided Stretching 2:00pm Puzzles 6:30pm Movie
19 2:00pm Walking Club 4:00pm Cards	20 Martin Luther King, Jr. Day 9:30am Walking Club 10:00am Wii Bowling 1:00pm Cards 1:00pm Billiards Club 1:30pm Any Book book club 2:30pm Movie Matinee "Open Range" 3:00pm Reminiscent Party "Clothing" 6:30pm Dominos	21 National Hugging Day 10:00am Walking DVD 11:00am Guided Meditation 12:00pm XFINITY LUNCHEON RESIDENT APPRECIATION 1:00pm Billiards Club 1:00pm Bunco 2:00pm WaHoo 3:00pm Art & Crafts—Canvas String Painting 6:30pm Cards	22 10:00am Sweating w/Oldies 1:00pm Cards 1:00pm Billiards Club 2:30pm Movie Matinee "Brothers" 3:00pm Uno 4:00pm Wine Wednesday 6:30pm Dominos	23 10:00am Walking DVD 11:00am Technology Q & A 1:00pm Cards 1:00pm Billiards Club 2:00pm Sequence 3:00pm Nutrition Corner "Caffeine" 6:30pm Cards	24 National Compliment Day 9:30am Breakfast w/staff 10:00am Skip Bo 11:00am Chair Yoga 1:00pm Cards 1:00pm Billiards Club 2:00pm Poker 4:00pm Happy Hour 6:30pm Dominos	25 Chinese New Year Begins/The Year of the Rat National Irish Coffee Day The Great Fruitcake Toss 10:00am Walking Club 11:00am Self Guided Stretching 2:00pm Puzzles 6:30pm Movie
26 2:00pm Walking Club 4:00pm Cards	27 9:30am Walking Club 10:00am Wii Bowling 1:00pm Cards 1:00pm Billiards Club 2:30pm Movie Matinee "Signs Out of Time" 3:00pm Reminiscent Party "Food" 6:30pm Dominos	28 10:00am Walking DVD 11:00am Strength & Balance 1:00pm Billiards Club 1:00pm Bunco 2:00pm Farkle 3:00pm Dance Class—The Twist 6:30pm Cards	29 National Puzzle Day 10:00am Sweating w/Oldies 11:00am Crossword Puzzles 1:00pm Cards 1:00pm Billiards Club 2:00pm Word Search Puzzles 3:00pm Puzzle Race 4:00pm Wine Wednesday 6:30pm Dominos	30 10:00am Walking DVD 11:00am Stretching 1:00pm Cards 1:00pm Billiards Club 2:00pm Game of Skittles 3:00pm Creative Writing Corner "Short Stories of music" 6:30pm Cards	31 9:30am Breakfast w/staff 10:00am Wahoo 11:00am Chair Yoga 1:00pm Cards 1:00pm Billiards Club 3:00pm Catch Phrase 4:00pm Happy Hour 6:30pm Dominos	