

October

The Grand Estates

Your pastime & v

The Grand Estates on Greenwood

55+ Active Living Community



13350 S Greenwood St

Olathe, Kansas 66062

(913) 839-2184

October 2018

The Grand Estates Team

Community Manager.....Courtney F.

Connect55+ Coordinator..... Rylan B.

Maintenance Technician.....Tyrone W.



We want to thank all of our residents whom had attended our Ribbon Cutting on September 13th and also the Open House, the following evening. The Grand Estates team couldn't have made the event any more perfect without the great residents we have here!

Connect55+ Rewards Program

The Connect55+ Program is designed to empower our residents to live life to the fullest!

We inspire and challenge residents to remain active and to nourish the body and soul.

Included in the program is the opportunity to earn points.

These points are earned by attending activities and redeeming points as accumulated.

Each activity which is on the calendar is worth two points. These points accumulated will earn you prizes such as movie tickets, a trip to the local spa, carpet cleaning and also even up to a staycation at a local Hotel with dinner included



Breast Cancer Awareness Month

October is Breast Cancer Awareness Month. Lets Show our support by donating towards the cause!

October 19th lets were pink as a community and walk the halls in support for Breast cancer awareness!



Sunday	Monday	Tuesday	Wednesday
	10:00am Walking Club ++ 1 1:00 pm Cards/ ++ Monopoly ++ 2:30 pm Stretching+ 4:30 pm Bible Study+ ++ 6:30 pm Bridge++ 7:00pm Chiefs vs Broncos	10:00 am Men's Coffee + 10:45 am Breathing & Relaxation+ 1:30 pm Groupon ++ 2:00 pm Card games++ 4:00 pm Strength & Balance+ 4:10 pm Movie	10:00 am Walki 10:30 am Tai C 10:30 am Armc 11:30 am Nutrit 1:00 pm Hand C 1:00 pm Billiard 3:00 pm BINGO 4:30 pm Stretch
7 12:00 Chiefs vs. Jaguars 2:00 pm Church ++ 4:00pm Card Games++	8 10:00am Walking Club ++ 1:00 pm Cards/ ++ Monopoly ++ 1:00 pm Billiards+ 2:30 pm Stretching+ 4:30 pm Bible Study+ ++ 6:30 pm Bridge++	9 10:00 am Men's Coffee + 10:45 am Breathing & Relaxation+ 1:30 pm Groupon ++ 2:00 pm Card games++ 4:00 pm Strength & Balance+ 4:10 pm Movie	10:00 am Walki 10:30 am Tai C 10:30 am Armc 11:30 am Nutrit 1:00 pm Hand C 1:00 pm Billiard 3:00 pm BINGO 4:30 pm Stretch
14 2:00 pm Church ++ 4:00pm Card Games++ 7:20 pm Chiefs vs. Patriots	15 10:00am Brunch & Open House 1:00 pm Cards/ ++ Monopoly ++ 1:00 pm Tech Time 2:30 pm Stretching+ 4:30 pm Bible Study+ ++ 6:30 pm Bridge++	16 10:00 am Men's Coffee + 10:45 am Breathing & Relaxation+ 1:30 pm Groupon ++ 2:00 pm Card games++ 4:00 pm Strength & Balance+ 4:10 pm Movie	10:00 am Walki 10:30 am Tai C 10:30 am Armc 11:30 am Nutrit 1:00 pm Hand C 1:00 pm Billiard 3:00 pm BINGO 4:30 pm Stretch
21 12:00 Chiefs vs. Bengals 2:00 pm Church ++ 4:00pm Card Games++	22 10:00am Walking Club ++ 1:00 pm Cards/ ++ Monopoly++ 1:00 pm Tech Time+ 1:00 pm Billiards+ 2:30 pm Stretching+ 4:30 pm Bible Study+ ++ 6:30 pm Bridge++	23 10:00 am Men's Coffee + 10:45 am Breathing & Relaxation+ 1:30 pm Groupon ++ 2:00 pm Card games++ 4:00 pm Strength & Balance+ 4:10 pm Movie	10:00 am Walki 10:30 am Tai C 10:30 am Armc 11:30 am Nutrit 1:00 pm Crafts- 1:00 pm Billiard 3:00 pm Birthd 4:30 pm Stretch
28 12:00 Chiefs vs. Broncos 2:00 pm Church ++ 4:00pm Card Games++	29 10:00am Walking Club ++ 1:00 pm Cards/ ++ Monopoly++ 1:00 pm Tech Time+ 1:00pm Billiards+ 2:30 pm Stretching+ 4:30 pm Bible Study+ ++ 6:30 pm Bridge++	30 10:00 am Men's Coffee + 10:45 am Breathing & Relaxation+ 1:30 pm Groupon ++ 2:00 pm Card games++ 4:00 pm Strength & Balance+ 4:10 pm Movie	10:00 am Walki 10:30 am Tai C 10:30 am Armc 11:30 am Nutrit 1:00 pm Crafts- 1:00 pm Billiard 3:00 pm BINGO 5:30 pm Hallow

Wednesday	Thursday	Friday	Saturday
Walking Club++ 3 Chi++ Chair Travel++ Activity Corner++ Crafts++ Cards++ Dining+	10:00 am Strength & Mobility + 4 10:45 am Breathing & Relaxation+ 11:30 am Coupon Club ++ + 1:00 pm Dominoes++ 2:00 pm Movie 3:00 pm Wii Sports++	9:30 am Medicare++ 5 10:30 am Walking Club ++ 11:00 am Thrifters+ 1:00 pm Billiards+ 1:00 pm Painting Class 2:30 pm Chair Yoga+ 4:00 pm Happy Hour +	10:00am Walking Club++ 6 10:30am Self guided Stretch++ 2:00 pm Card Games++ 6:30 pm Movie
Walking Club++ 10 Chi++ Chair Travel++ Activity Corner++ Crafts++ Cards++ Dining+	10:00 am Strength & Mobility + 11 10:45 am Breathing & Relaxation+ 11:30 am Coupon Club ++ + 1:00 pm Dominoes++ 2:00 pm Movie 3:00 pm Wii Sports++ 6:30 pm Hand & Foot ++	9:30 am Breakfast Speaker+ 12 10:30 am Walking Club ++ 11:00 am Thrifters+ 1:00 pm Billiards+ 1:00 pm Cards/ Wii Games++ 2:30 pm Chair Yoga+ 4:00 pm Happy Hour +	10:00am Walking Club++ 13 10:30am Self guided Stretch++ 2:00 pm Card Games++ 6:30 pm Movie
Walking Club++ 17 Chi++ Chair Travel++ Activity Corner++ Crafts++ Cards++ Dining+	10:00 am Strength & Mobility + 18 10:45 am Breathing & Relaxation+ 11:30 am Coupon Club++ + 1:00 pm Dominoes++ 2:00 pm Movie 3:00 pm Wii Sports++ 6:30 pm Hand & Foot++	9:30 am Breakfast + 19 10:30 am Walking Club++ 11:00 am Thrifters+ 1:00 pm Billiards+ 1:00 pm Pink Campaign Photo 2:30 pm Chair Yoga+ 4:00 pm Happy Hour+	10:00am Walking Club++ 20 10:30am Self guided Stretch++ 2:00 pm Card Games++ 6:30 pm Movie
Walking Club++ 24 Chi++ Chair Travel++ Activity Corner++ Crafts++ Cards++ Day Party+ Dining+	10:00 am Strength & Mobility + 25 10:45 am Breathing & Relaxation+ 11:30 am Coupon Club++ + 1:00 pm Dominoes++ 2:00 pm Breast Cancer aware 3:00 pm Wii Sports++ 5:30 pm Henna Tattoos	9:30 am Breakfast + 26 10:30 am Walking Club++ 11:00 am Thrifters+ 1:00 pm Billiards+ 1:00 pm Cards/ Wii Games++ 2:30 pm Chair Yoga+ 4:00 pm Happy Hour+	10:00am Walking Club++ 27 10:30am Self guided Stretch++ 2:00 pm Card Games++ 6:30 pm Movie
Walking Club++ 31 Chi++ Chair Travel++ Activity Corner++ Crafts++ Cards++ Teen Party+			

SEPTEMBER BIRTHDAYS

PARTY 9/19 @ 3PM

Jody 10/3

Clarence 10/22

Mary Lu 10/24

Anna Vee 10/24

*If any birthdays were left out please let us know

Happy Birthday!

Happy Birthday to all of our residents celebrating birthdays this month. The world is a better place with you in it, and so is our community!

Hope you have a wonderful Birthday.

Fall makes Scents

Immerse yourself in the scents of the season. Studies have shown that if we change the scents of our living space to the scents of the season, it will help reduce depression. So if you pick a hand soap, a room spray or possibly essential oils. Remember choose the scents of the season to help lighten your mood!

Health & Wellbeing

Exposure to germs is almost inevitable this time of year, but with a strong immune system you can help fight off from getting sick or even catching the common cold!

Here are some ways to help boost your immune system:

Eat nutritious foods: Colorful fruits and veggies contain antioxidants which help fight infection. Also find foods that are rich in zinc, Vitamin C, D, and E. Also Omega-3 Fatty acids are well known for keeping your immune system running strong!

Drink Plenty of water: Water can flush out toxins in the body that lead to disease, while also keeping the body healthy and hydrated.

Sleep Soundly: Not getting enough sleep can make the body more susceptible to illness. A lack of sleep can also release a hormone called cortisol and cause inflammation.

Stay active: Exercising regularly helps improve leukocytes which are cells that fight off infection. Moderate exercise such as walking is a great way to practice this simple way to help boost your immune system!

Stay healthy: Your Connect 55+ Coordinator