

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.

# January



Birthday Party

January 23, 2020

6:00PM

Entertainment singer!

Christine Coulsen

Martin Luther King

Day Presentation

Monday

January 20, 2020

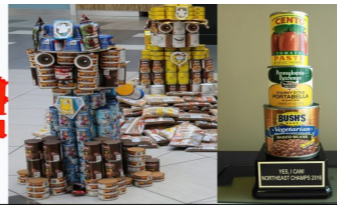
10:30AM

The moving video of the speech

I HAVE A DREAM

Discussion and refreshments

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 products that you donate. It's a creative way to help your local food bank, food pantry or shelter

*Calamar is celebrating 30 years!*

*Incorporate all or part of our logo in your design! Or the #30*

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 Feb. 3, 2020. Ends Feb. 21, 2020

Judging February 24-27, 2019

**WINNER ANNOUNCED FEBRUARY 28th**



## SPECIAL PLANNING

**MEETING!**

**FRIDAY**

**JANUARY 10, 2020**

**10:30AM**

**Join the fun! Let's win this competition!**

**BE CREATIVE FOR A GOOD CAUSE!!!**

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

hello New Year  
LET'S DO THIS!

Harrison Heights

## COMMUNITY INFORMATION

**COMMUNITY MANAGER:**

STEVE ROTHENBERG  
LORI DYKE

**MAINTENANCE TECH:**  
JORDAN ROCHE

**OFFICE PHONE #**

**402-933-8080**  
& AFTER HOURS  
EMERGENCY SERVICE  
#: 402-933-8080

**MANAGER EMAIL:**

LEASINGHARRISON@CALAMAR.COM

RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO [RM9A HOLDINGS](#)

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



# Harrison Happenings

# JANUARY

2020

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

Yes, I **CAN!**



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Quote of the Month: "Hate cannot drive out hate. Only love can do that." - Martin Luther King, Jr.

| Sun   | Mon  | Tue  | Wed  | Thu   | Fri   | Sat   |
|---|--|--|--|---|---|---|
|   |  |  | <b>1</b> New Year's Day<br><br><b>OFFICE CLOSED</b>   | <b>2</b><br>Coffee Talk 8:00AM<br>Jeopardy 11:00AM<br>CRAFTS AND COLORING 1:00PM<br>MEXICAN DOMINOS 3:00PM<br> | <b>3</b><br>Coffee and Rolls 10:00A<br>Resident Activities Meeting<br>Simply Stretch Chair Dancing 11:00AM<br>Cards 1:00PM<br> | <b>4</b><br>Poker and Games 6:00PM<br>   |
| <b>5</b><br>SUNDAY NIGHT AT THE MOVIES 6:00PM<br>Elvis Presley's Jail House Rock<br> | <b>6</b><br>Biography and Writing Class 3:00pm<br>Cards 6:00PM<br>Pitch or whatever<br>   | <b>7</b><br>You Be The Judge 2:00PM<br>Simply Stretch Chair Dancing 3:30PM<br>Meditation 4:00PM  | <b>8</b> EXERCISE 10:00A.M.<br>Celebrate Elvis Presley's Birthday have a peanut butter & banana sandwich<br>11:30AM Community Room<br>Wii Bowling 2:00PM<br>BINGO 6:30PM                                 | <b>9</b><br>Coffee Talk 8:00AM<br>Jeopardy 11:00AM<br>CRAFTS AND COLORING 1:00PM<br>MEXICAN DOMINOS 3:00PM  | <b>10</b> Full Moon/Winter Moon National Volunteer Fireman's Day<br>Coffee and Rolls 10:00A<br>Yes I can planning Meeting 10:30AM<br>Simply Stretch Chair Dancing 11:00AM<br>Cards 1:00PM                         | <b>11</b><br>Poker and Games 6:00PM<br>  |
| <b>12</b><br>SUNDAY NIGHT AT THE MOVIES 6:00PM<br>The Farewell<br>                 | <b>13</b><br>Book Club 10:30AM<br>Biography and Writing Class 3:00pm<br>Cards 6:00PM<br>Pitch or whatever  | <b>14</b><br>You Be The Judge 2:00PM<br>Simply Stretch Chair Dancing 3:30PM<br>Meditation 4:00PM<br>Bible Class 7:00PM   | <b>15</b><br>Coffee Talk 8:00AM<br>EXERCISE 10:00A.M.<br>Wii Bowling 2:00PM<br>BINGO 6:30PM<br>                     | <b>16</b><br>Coffee Talk 8:00AM<br>Jeopardy 11:00AM<br>CRAFTS AND COLORING 1:00PM<br>MEXICAN DOMINOS 3:00PM   | <b>17</b><br>Coffee and Rolls 10:00A<br>Simply Stretch Chair Dancing 11:00AM<br>Cards 1:00PM  | <b>18</b><br>Poker and Games 6:00PM<br>  |
| SUNDAY NIGHT AT THE MOVIES 6:00PM<br>Once Upon a time in Hollywood<br>             | <b>20</b> Martin Luther King, Jr. Day<br>I Have Dream Video and refreshments 10:30AM<br>Library<br>Biography and Writing Class 3:00pm<br>Cards 6:00PM<br>Pitch or whatever | <b>21</b> National Hugging Day<br>Veterans Coffee 10:00AM<br>You Be The Judge 2:00PM<br>Simply Stretch Chair Dancing 3:30PM<br>Meditation 4:00PM<br>BUNCO 6:30PM | <b>22</b><br>Coffee Talk 8:00AM<br>EXERCISE 10:00A.M.<br>Wii Bowling 2:00PM<br>BINGO 6:30PM  | <b>23</b><br>Coffee Talk 8:00AM<br>Jeopardy 11:00AM<br>CRAFTS AND COLORING 1:00PM<br>MEXICAN DOMINOS 3:00PM<br>Birthday Party 6:00PM<br>Entertainment: Christine Coulsen                          | <b>24</b> National Compliment Day<br>Coffee and Rolls 10:00A<br>Simply Stretch Chair Dancing 11:00AM<br>Cards 1:00PM<br>     | <b>25</b> Chinese New Year Begins/The Year of the Rat<br>National Irish Coffee Day<br>The Great Fruitcake Toss<br>Poker and Games 6:00PM<br> |
| <b>26</b><br>SUNDAY NIGHT AT THE MOVIES 6:00PM<br>Still Alice<br>                  | <b>27</b><br>Biography and Writing Class 3:00pm<br>Cards 6:00PM<br>Pitch or whatever   | <b>28</b><br>You Be The Judge 2:00PM<br>Simply Stretch Chair Dancing 3:30PM<br>Meditation 4:00PM<br>Bible Class 7:00PM   | <b>29</b> National Puzzle Day<br>Coffee Talk 8:00AM<br>EXERCISE 10:00A.M.<br>Wii Bowling 2:00PM<br>BINGO 6:30PM<br> | <b>30</b><br>Coffee Talk 8:00AM<br>Jeopardy 11:00AM<br>CRAFTS AND COLORING 1:00PM<br>MEXICAN DOMINOS 3:00PM   | <b>31</b><br>Coffee and Rolls 10:00A<br>Simply Stretch Chair Dancing 11:00AM<br>Cards 1:00PM<br>                             |    |