

December Birthdays

- Larry B. 12/5
- Ardis C. 12/6
- Eleanor M. 12/8
- Donna S. 12/19
- Beverly A. 12/22
- Roger W. 12/22
- Regina K. 12/28
- Martha S. 12/28
- Brenda B. 12/30

CONNECT 55+

“Do you have questions, suggestions, or want to share concerns or compliments regarding the Connect55+ program?”

The Connect55+ Director is Mary Beth MacClaren and you can reach her at the main office in Buffalo at 716-946-6444 or 716-693-8439.

She welcomes your feedback! “



Holiday Lunch

Lets all get together and have a wonderful Lunch on Tuesday December 18th at NOON! Your connect coordinator will provide the meat, mashed potatoes and rolls! When signing up remember to write down what side dish you are bringing to the lunch! Remember if you forget to sign up don't be shy! Stop by and join us! There are always plenty of leftovers. We cant wait to get together for another amazing feast with all of the wonderful residents!

A big **THANKYOU** to the residents that help cook and serve thanksgiving lunch!!!! You all rock!

Door/Patio Decoration

Door/ Patio Decorating competition will be under way soon! Be creative and embrace the holiday spirit. The best decorated door will be announced at the Holiday lunch. The winner is decided by YOU the residents! Remember to try and not damage the doors/patios while decorating! Lastly, remember to have FUN!

COOKIE EXCHANGE

Come down to the community room with a some freshly baked (or store bought!) cookies to share with your friends! Monday-December 17th at 2pm!

SANTA NEEDED

Pictures with Santa Sunday 12/16 at 6pm! We have the costume but need the right Jolly fellow to take on the challenge!!!



Office Information

Shawna H.

Community Manager

816-886-2166

Graeme Murphy

Connect Coordinator

816-686-3556

Maintenance Technician

Jim

Office Hours

Monday-Friday

8:00 am - 5: 00 pm

After hours maintenance emergency's: 8168862166

Stars Quick Corner

- Holiday Lunch 12/18
- Cookie Exchange
- NEWYEARS EVE PARTY
- Door/Patio Decorating
- Book Club Meeting 12/11
- Pictures with Santa 12/16
- Santa needed!!!!

Managers Corner

Friendly Reminders:

-100% Non-Smoking Community

-All boxes need to be broken down and brought down to the first floor trash rooms and not left on 2nd or 3rd floors as these will not be removed from maintenance.










-All pet must be on leashes at all times-NO EXCEPTIONS!

-Please remember that if you are on a 2nd or 3rd floor that you have people under you and please be aware that you may have a heavy foot and not realize it. Just be cautious of the people below you.

-Please remember when walking out the doors in the community room that these DO NOT LOCK AUTOMATICALLY. You must make sure put the doors in locking position before walking out them. This is for your safety and the safety of your neighbors

Calamar Foundation

The Calamar Foundation partners with our local residents and our local chapters of the Alzheimer's Association, The American Cancer Society, and The American Heart Association to give back to the community in which we live and do business. Check out thermometer, and watch the donations rise!! For info on becoming a Foundation Donor, please see Shawna!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
						+ Intellectual + Spiritual + Physical + Social + Financial	1 11 am Bag Toss ++ Family Day + 6pm Group Walk ++
 Sports Fan Club + 2 Chiefs @ 4:05 Meditation Break + <i>Beginning of Hanukah</i>	3 10a Serenity Pause ++ 11 Morning Stretch BR ++ 1 pm Mindful coloring +++ 2 pm Reminiscing ++ 4pm Walking Club ++	4 8 am Walking Club +++ 9 am MENS COFFEE ++ 9:30 am Group Stretch +++ 10 am Fitness Hour +++ 11 am Serenity + + 2pm Movie Matinee ++ 3pm Creative Writing ++ 6 p Open Gym ++	5 7 am Walking Club ++ + 9 am Mens Coffee ++ 10 am Fitness Hour ++ + 11:15 CASA MEXICO ++ + 1pm Judge + + 3pm Bingo + + 7pm Dominoes +	6 8 am Walking Club ++ + 9 am Mens Coffee ++ + 10 am Fitness Hour ++ + 11 am BrainGames + + 12 Lunch N Learn ++ + 2 pm Wii Bowling ++ 3 pm Mock Tails ++	7 9a Meeting +++ 11 am ZUMBA +++ 11 am Trivia/Reminiscing ++ 2pm Mindful Coloring + + + 3pm Coupon Club ++ 4pm Group Walk ++ <i>PEARL HARBOR DAY</i>	8 11 am Bag Toss ++ Family Day + 6pm Group Walk ++	
 Sports Fan Club + 9 Chiefs @ 1:00 Meditation Break +	10 9am Breakfast Pot Luck 10a Serenity Pause ++ 11 Morning Stretch BR ++ 1 pm Mindful coloring +++ 2 pm Reminiscing ++ 4pm Walking Club ++ <i>End of Hanukah</i>	11 8 am Walking Club +++ 9 am MENS COFFEE ++ 9:30 am Group Stretch +++ 10 am Fitness Hour +++ 11 Bible Study + + 2pm Movie Matinee ++ 3pm Joggin Noggin ++ 6p Open Gym ++ 10 AM BOOK CLUB + +	12 8 am Walking Club +++ 9 am Mens Coffee ++ 10 am Fitness +++ 11:15 Corner Cafe + + 1:30P Bunco Tourney ++ 1 pm The Judge ++	13 8 am Walking Club ++ + 9:30am Group Stretch ++ + 10 am Fitness Hour ++ + 11 Healthy Snack + + 11 am Brain Games ++ + + 2 pm Wii Bowling ++ + 3 pm Mock tails ++ 4 pm Creative Writing ++  Chiefs @ 8:20	14 9am Meeting +++ 11 am ZUMBA +++ 11 am Trivia/Reminiscing ++ 12:00 pm POT LUCK! 2pm Mindful Coloring + + + 4 pm Group Stretch ++ 6pm Chill and Chat +	15 11 am Bag Toss ++ Family Day + 6pm Group Walk ++	
PICTURES WITH SANTA 6PM + 16 Meditation Break +	17 10a Serenity Pause ++ 11 Morning Stretch BR ++ 1 pm Mindful coloring +++ 2 pm Cookie Exchange ++ 4pm Walking Club ++	18 8 am Walking Club +++ 9 am MENS COFFEE ++ 9:30 am Group Stretch +++ 10 am Fitness Hour +++ 12 Holiday Lunch + + 2pm Movie Matinee ++ 3pm Creative Writing + + 6 p Open Gym + +	19 8 am Walking Club +++ 9 am Mens Coffee ++ 10 am Fitness Hour +++ 11:15 am 54TH ST ++ + 1 pm The judge + 3 pm Bingo ++ 7 pm Dominoes ++	20 8 am Walking Club +++ 9:30am Group Stretch +++ 10 am Fitness Hour +++ 11 Healthy Snack ++ 11 am Brain Games ++ 2 pm Wii Bowling +++ 3 pm Mock tails ++ 4 pm Creative Writing ++	21 9 Meeting –Taylor ++ + 11 am ZUMBA +++ 11 am Trivia/Reminiscing ++ 2pm Mindful Coloring + + + 3pm Coupon Club ++ 4pm Group Walk ++	22 11 am Bag Toss ++ Family Day + Day ++	
 Sports Fan Club + 23 Chiefs @ 8:20	 24 OFFICE CLOSED HAPPY HOLIDAYS	25 OFFICE CLOSED HAPPY HOLIDAYS 	26 8 am Walking Club +++ 9 am Mens Coffee ++ 10 am Fitness Hour +++ 11:15 Cheddars ++ + 1PM The Judge + 2pm BDAY ++ 3pm Bingo ++	27 8 am Walking Club ++ + 9:30am Group Stretch + + 10 am Fitness Hour ++ + 11 am Billiards ++ + 11 am Brain Games ++ + 2 pm Wii Bowling ++ + 3 pm Mock-tails ++	28 9a Meeting +++ 11 am ZUMBA +++ 11 am Trivia/Reminiscing ++ 2pm Mindful Coloring + + + 3pm Coupon Club ++ 4pm Group Walk ++	29 11 am Bag Toss ++ Family Day + 6pm Group Walk ++	
 Sports Fan Club Chiefs @ 1:00 30	31 <i>NEW YEARS EVE PARTY</i>	31 <i>NEW YEARS EVE PARTY</i>	BEGINNING OF KWANZA				