

February Birthdays

- Elnora P. 2/1
- Robert D. 2/1
- Kirk S. 2/3
- Chuck P. 2/4
- Ralph McG. 2/10
- Doris D. 2/16
- Joyce B. 2/18
- Helen L. 2/20
- Donna S. 2/24

ATTENTION:

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

Please note
all labels
must remain
intact

Get inspired with
the attached samples!
See your community manager
for all the details



American Heart Association Month

Let this month be a reminder that our choices in life matter! A consistently healthy diet, regular exercise are the road to a healthy heart! You think that it's too late or that you've lived this way your whole life and you've made it this far, unfortunately heart disease doesn't discriminate and it is the leading cause of death for men and women. This is the month for a healthier heart, walk more than usual, eat cleaner, be more active and take care of what truly matters!

NATIONAL GO RED DAY IS FEB 1st 2019. MAKE SURE TO WEAR RED!!

The Springs at Independence

★ ★ **Star Newsletter** ★ ★
February Edition

Office Information

Shawna H.

Community Manager

816-886-2166

Maintenance Technician

Jim

Office Hours

Monday-Friday

8:30 am - 5:00 pm

After hours maintenance emergency's: 8168862166

Call 816-886-2166

Stars Quick Corner

- Valentines Dinner
- Tech Time
- Veterans Picture 4x6 (we can scan and size)
- Can Food Sculpture Competition. Donations needed
- AHA Month

Managers Corner

*Canned Good meetings are held every Tues at 5pm. I would like to see a lot more participation. Please see Susan Johnson with any questions.

This is company wide contest that I know we can win and win the prize too. Please no expired items.

*Trade Day is anything you are willing to part with and may want to trade with your neighbors. This is held in the community room and all leftover stuff not traded or sold must be removed by Monday Morning.








*Please remember to bag, tie & knot all trash. A fee may be assessed if not done properly.

*If we have a guest speaker, please do not bring down side dishes. They provide the meals.

♦ Supper club rules: Do not bring down any side dishes. All food is already provided. Also, Doors do not open until 6pm and you are prohibited from entering the community room until 6pm No Exceptions!

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! ALL DONATIONS START FEB 1st.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				FEBRUARY IS AMERICAN HEART ASSOCIATION MONTH!!!	9am GO RED DAY WEAR RED Breakfast 11 am ZUMBA 2pm Mindful Coloring 6pm Chill and Chat	GROUND HOG DAY 11 am Bag Toss Family Day
Super Bowl Party 3 Bring Snacks 6p 	9 Breakfast Potluck RSVP 11 Fitness BR 4pm Walking Club 6:30pm Cards	Chinese New Year 5 8 am Walking Club 9 am Men's Coffee 10 am Book club 11 am Billiards 2pm Movie Matinee 4pm Canned Good Meeting	8 am Walking Club 9 am Men's Coffee 11:15a Casa Mexico RSVP 3pm Bingo	8 am Walking Club 9 am Men's Coffee 11 am Dietician Talk 2 pm Wii Bowling	9am Free Coffee & Donuts 11 am ZUMBA 2pm Mindful Coloring 6pm Chill and Chat	11 am Bag Toss Family Day 6pm Group Walk
10 Meditation Break	11 Fitness BR 12:30p Luncheon Learn VA Benefits Aaron Love RSVP 4pm Walking Club 6:30pm Cards	8 am Walking Club 9 am Men's Coffee 11am Bible Study 2pm Movie Matinee 4pm Canned Good Meeting	8 am Walking Club 9 am Men's Coffee 3pm Bingo 7pm Dominoes	8 am Walking Club 9 am Men's Coffee 12 Valentines Luncheon RSVP  2 pm Wii Bowling Happy Valentine's Day	9am Donuts w Medicare-Taylor  11 am ZUMBA 2pm Mindful Coloring 4pm Group Walk 6pm Valentine's Day Concert	16 11 am Bag Toss Family Day 6pm Group Walk
17 Meditation Break	11 Fitness BR 12 Casserole Potluck RSVP 4pm Walking Club 6:30pm Cards PRESIDENTS DAY	8 am Walking Club 9 am Men's Coffee 11 am Billiards 12p Lunch Learn Junk Loggers RSVP  2pm Movie Matinee 4pm Canned Good Meeting	8 am Walking Club 9 am Men's Coffee 11:15a Red Robin RSVP 1:30 pm Bunco RSVP 7 pm Dominoes	9 am Men's Coffee 11 am Brain Games 12 PM IN HOME CARE LUNCH RSVP 2 pm Wii Bowling 7 pm Dominos	9am Free Coffee & Donuts 11 am ZUMBA 6pm Chill and Chat National Margarita Day	10a Trade Day/ Bring items to sale or trade in Community Room
24 Meditation Break	11 Fitness BR 4pm Walking Club 6:30 pm Cards	8 am Walking Club 9 am Men's Coffee 11 am Bible Study 11 am Billiards 2pm Movie Matinee 6pm Supper Club RSVP	8 am Walking Club 9 am Men's Coffee 2pm BDAY Party RSVP 3pm Bingo	8 am Walking Club 9 am Men's Coffee 11 am Billiards 11 am AHA HEART TALK 2 pm Wii Bowling 7 pm Dominos	 CONNECT55+ INTELLECTUAL SPIRITUAL PHYSICAL SOCIAL FINANCIAL	