

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.

We are still noticing Walmart and grocery store bags being used as trash bags. Residents should not be using these bags for trash bags. These bags are leaking on our carpets in the halls and making a mess in our trash containers. Please try to use a study trash bag when taking your trash to the trash room.

The dumpsters are unlocked from 8:30 am to 4:30 pm daily during the week. On the weekends dumpsters will be unlocked for residents use. The dumpster on the right side of the corral is for **only** recyclables.

Please secure the doors of the trash area once you have used the dumpsters where the doors will not be damaged.

Residents please advise the office if you have additional community concerns.

Chili Cook Off

Residents who want to enter in the Chili Cook-Off please sign up in the Community Room on the signup sheet. Your chili can be made with beef or chicken Our maintenance man Bill Manuel will judge the contest and pick the winner.

The winner will receive a \$25.00 gift card. Good Luck!

Can Competition

The Springs will be competing this year in a can sculpture competition with the other Calamar communities. We will have a Connect 55+ meeting on Thursday the 9th of January to determine our design for the competition. Bring all your suggestions for the can sculpture and we will vote on the design at the meeting.

Please try to attend the meeting. I would like this to be a community driven activity. Looking forward to seeing all of you there.

BIRTHDAYS JANUARY



Norma B. 1-2

Dee M. 1-6

Medina B. 1-19

Toby F. 1-19

Jackie H. 1-19

Carla G. 1-20

Sam B, 1-23

Anthony G. 1-28

Christina R.1-29

Happy Birthday to all our January birthday residents!

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



The Springs at Independence

COMMUNITY INFORMATION

COMMUNITY MANAGER:
CINDY COLLINS

MAINTENANCE TECH:
BILL MANUEL

OFFICE PHONE—(816)
886-2166
& AFTER HOURS
EMERGENCY SERVICE
(816) 266-2379

MANAGER EMAIL:

MANAGERINDEPEND-
ENCE@CALAMAR.COM

RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO: RM12 HOLDINGS

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



The Springs

JANUARY

2020

“Come as strangers, live as friends”

Winter Word Search








F	S	N	O	W	M	A	N	Y	P	V	W	R	U	E
X	I	U	E	I	L	I	G	O	F	I	A	R	H	T
U	C	R	C	T	U	O	L	D	N	G	K	L	I	A
C	S	E	E	G	I	A	Z	T	S	O	R	F	B	R
C	N	O	N	P	R	H	E	O	M	H	O	C	E	G
H	M	E	P	B	L	R	W	C	Y	P	K	M	R	T
I	P	O	E	E	K	A	L	F	W	O	N	S	N	M
L	O	A	G	T	O	Q	C	I	Z	U	C	P	A	U
L	R	Z	A	K	O	C	P	E	I	J	J	O	T	Z
Y	T	H	O	T	C	H	O	C	O	L	A	T	E	J



chilly
fireplace
frost
hibernate
hot chocolate
migrate

penguin
polar bear
snowflake
snowman
white
winter

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
			1 New Year's Day  Happy New Year Office Closed 	2 8a. Walking Club 9a Men's Coffee 1p Bowling Leagues 7p Domino's	3 9a Coffee & Donuts 11a Zumba 2p Mindful Coloring 6:30p Cards 7p Domino's	4 Family Fun Day
5 Family Fun Day	6 8a Walking Club 9a Men's Coffee 11a Fitness Class 6:30 Cards 6:30 Cards	7 8 am Walking Club 9:30a Sit-N-Fit Class 2p Pool Leagues 7p Cards	8 Elvis Presley's Birthday 9 8a Walking Club 9a Men's Coffee 11a Hot Cocoa Bar Phoenix Home Health RSVP 12p Book Club 3p Bingo	9 8a Walking Club 9a Men's Coffee 11a Connect 55 Activity Planning Meeting Can Competition 1p Bowling Leagues 7p Dominoes 	10 Full Moon/Winter Moon National Volunteer Fireman's Day 9a Coffee & Donuts 11a ZUMBA 2p Mindful Coloring 6:30p Cards 7p Dominos	11 Open Game Night
12 Chiefs Football Party See Flyer on Bulletin Board for details 	13 8a Walking Club 11p Fitness Class 12p Right at Home Speaker RSVP Lunch 2p Monday Movie 6:30p Cards	14 8 a Walking Club 9:30 Sit-N-Fit 11a Bible Study 6p Cards	15 8a Walking Club 9a Men's Coffee 11a Puzzle Time 11:15 Lunch Bunch Mama Garden RSVP 1:30 Bunco RSVP 7p Dominoes	16 17 8a Walking Club 9a Men's Coffee 1p Bowling Leagues 6p Dominos	17 9a Donuts w/ Medicare 11a ZUMBA 2p Mindful Coloring 3p Coupon Club 6:30p Cards	18 Family Fun Day
19 Family Fun Day	20 Martin Luther King, Jr. Day 8a Walking Club 9a Men's Coffee 9:30 Breakfast Potluck RSVP 11a Fitness Class BR 2p Movie Monday 6:30p Cards	21 National Hugging Day 8 am Walking Club 9:30a Sit-N-Fit Class 12p Chili Cook Off 2p Pool Leagues 7p Cards 	22 8a Walking Club 9a Men's Coffee 11a Puzzle Time 1p Lunch Bunch Golden Corral RSVP 7p Dominos	23 8 a Walking Club 9 a Men's Coffee 1p Bowling Leagues 7p Cards	24 National Compliment Day 9a Coffee & Donuts 11a ZUMBA 2p Mindful Coloring 6:30p Cards 7p Dominos	25 Chinese New Year Begins/The Year of the Rat National Irish Coffee Day The Great Fruitcake Toss
26 Family Fun Day	27 8a Walking Club 9:30 Sit-N-Fit Class 11a Fitness Class 7p Dominos 	28 8 am Walking Club 9:30a Sit-N-Fit Class 11a Bible Study 12p Ham & Bean Dinner RSVP 2p Pool Leagues	29 National Puzzle Day 8a Walking Club 9a Men's Coffee 11a Puzzle Time 11:15 Lunch Bunch 2p Birthday Party RSVP 3p Bingo	30 8a Walking Club 9a Men's Coffee 1p Bowling Leagues 5p Puzzle Time	31 9a Coffee & Donuts 11a ZUMBA 2p Mindful Coloring 6p CHILL & Chat 7p Dominos 