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.





Canned Food Drive

It's a CANtastic way to help!

Join in the fun while helping those in need. Bring your can goods to create a can sculpture using products donated (all labels must remain and not be outdated). Each Community will be judged on creativity and execution. The winner will receive a Can Trophy, plus a pizza party-so get your can involved. Competition begins 02/03-02/21, judging is 02/24-02-27 and the Winner announced 02/28.

The billiard room is open on the 3rd floor. Hours are 9am-9pm. Resident supervision required for anyone under 18 years of age.



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



Penn Crossings

COMMUNITY INFORMATION

COMMUNITY MANAGER: COLLEEN

CONNECT 55+ COORDINATOR: COLLEEN

MAINTENANCE TECH: BILL

OFFICE PHONE # & AFTER HOURS EMERGENCY SERVICE #: 724-392-4401

MANAGER EMAIL: MANAGERPENN-CROSSINGS@CALAMA R.COM

RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO RM20 HOLDINGS

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

CALAMAR CONNECTSS+



Penn Crossings

JANUARY

2020

"Come as strangers, live as friends"



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
JA	NUA	RY 2020	1 New Year's Day Office closed	11:00 Hall walking— meet in library 11:00 Chair Exercise 2:00 500 Bid-Card group 3:00 Puzzles 7:00 WII Bowling Schwan's 11:30 in lobby	3 10:00 Coffee & Donuts 1:30-Kings Corner-Cards 3:00 Crochet & Knitting 3:00 Puzzles 7:00 Movie Night CALAMAR FOUNDATION	4 11:00 Hall walking- meet in lobby 1:30 Cards- 500 Bid-Euchre- Kings Corner-Pinochle
5	6 11:00 Hall walking-meet in library 11:00 Men's Coffee 1:00 Bingo 2:00 Puzzles 3:00 Pinochle-Card group 7:00 Wii Bowling	7 11:00 Chair Exercise 1:30 500 Bid-Card group 2:00 Puzzles 7:00 Card night 500 Bid-Euchre- Kings Corner-Pinochle	8 Elvis Presley's Birthday 11:00 Connect 55+ activity meeting in library-Canned Food Drive Meeting 2:00 Women's Coffee 2:00 Euchre-card group 3:00 Crochet and Knitting 7:00 Dominos	9 11:00 Hall walking 11:00 Chair Exercise 2:00 500 Bid-Euchre-Kings Corner-Pinochle 7:00 WII Bowling CALAMAR FOUNDATION	10 Full Moon/Winter Moon National Volunteer Fireman's Day 10:00 Coffee & Donuts 1:30-Kings Corner-Cards 3:00 Crochet & Knitting 3:00 Puzzles 7:00 Movie Night	11:00 Hall walking-meet in lobby 1:30 Cards- 500 Bid-Euchre- Kings Corner-Pinochle COMMUNITY ROOM RESERVED 10-4
12	13 11:00 Hall walking-meet in library 11:00 Men's Coffee 1:00 A History of Pittsburgh in 17 objects(DVD) -in library 3:00 Pinochle-Card group 7:00 Wii Bowling	11:00 Chair Exercise 1:30 500 Bid-Card group 2:00 Puzzles 7:00 Book Club CALAMAR FOUNDATION	11:00 Hall walking-meet in library 2:00 Women's Lunch outsign up in lobby 2:00 Euchre-card group 3:00 Crochet and Knitting 7:00 Dominos	11:00 Hall walking— meet in library 11:00 Chair Exercise 2:00 500 Bid-Card group 3:00 Puzzles 7:00 WII Bowling Schwan's 11:30 in lobby	17 10:00 Coffee & Donuts-speaker-Ed from Penn township Ambulance 1:30-Kings Corner-Cards 3:00 Crochet & Knitting 3:00 Puzzles 7:00 Movie Night	11:00 Hall walking- meet in lobby 1:30 Cards- 500 Bid-Euchre- Kings Corner-Pinochle
19	20 Martin Luther King, Jr. Day 11:00 Hall walking-meet in library 11:00 Men's Coffee 2:00 Puzzles 3:00 Pinochle-Card group 7:00 Wii Bowling	21 National Hugging Day 11:00 Chair Exercise 1:30 500 Bid-Card group 2:00 Puzzles 7:00 Travel meeting	11:00 Hall walking-meet in library 2:00 Women's Coffee 2:00 Euchre-card group 3:00 Crochet and Knitting 7:00 Dominos	11:00 Hall walking 11:00 Chair Exercise 2:00 500 Bid-Euchre-Kings Corner-Pinochle 7:00 WII Bowling CALAMAR FOUNDATION	24 National Compliment Day 10:00 Coffee & Donuts 1:30-Kings Corner-Cards 3:00 Crochet & Knitting 3:00 Puzzles 7:00 Movie Night	25 Chinese New Year Begins/The Year of the Rat National Irish Coffee Day The Great Fruitcake Toss 11:00 Hall walking- meet in lobby 1:30 Cards- 500 Bid-Euchre- Kings Corner-Pinochle
26	11:00 Hall walking-meet in library 11:00 Men's Coffee 1:00 Bingo 2:00 Puzzles 3:00 Pinochle-Card group 7:00 Wii Bowling	11:00 Chair Exercise 1:30 500 Bid-Card group 2:00 Puzzles 7:00 Card night 500 Bid-Euchre- Kings Corner-Pinochle CALAMAR FOUNDATION	29 National Puzzle Day 11:00 Hall walking-meet in library 2:00 Women's Coffee 2:00 Euchre-card group 3:00 Crochet and Knitting 7:00 Dominos	11:00 Hall walking 11:00 Chair Exercise 2:00 500 Bid-Euchre-Kings Corner-Pinochle 7:00 WII Bowling Schwan's 11:30 in lobby	10:00 Coffee & Donuts 1:30-Kings Corner-Cards 3:00 Crochet & Knitting 3:00 Puzzles 7:00 Movie Night	CONNECTS S+ MILLIANTIAL SPARTIAL PARSAGE STORE FRANCIAL