

### 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.

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, 2020  
WINNER ANNOUNCED FEBRUARY 28th



CALAMAR



To All Co-Residents

I would like to thank everyone who contributed to our Toys for Tots Campaign here. As most of you are aware I have been an RN for 38 years most of which has been Pediatric Home Care. Toys for Tots has always been a great help to my many parents who could not have otherwise afforded any Christmas presents for their children as having children with special needs is much more expensive than have normal children and we all know how expensive that is! This is even more true in today's Health Care environment.

Thank You Again

-Catherine L Betker RN

### January Fun Facts

The original Roman calendar only had 10 months. January and February were not included, but were added later.

On average, it is the coldest month of the year in the Northern Hemisphere.

In the Southern Hemisphere January is a summer month the equivalent of July.

For a long period of European history, the start of the New Year occurred in March.

January was named after the Roman god Janus. Janus is also the Roman word for door. The god Janus had two faces which allowed him to look forwards into the coming year and backwards into the past year.

- Birthstone: Garnet
- Flower: Carnation
- Zodiac signs: Capricorn and Aquarius

### Extra Information

For this month's potluck, let's take a tour Around the World. Let different areas of the World inspire our taste buds.

A couple new fitness exercises to try. Arm chair exercises to work the upper body and balloon tennis for some fun and healthy competition.

There will be a puzzle set up in the community room for all to work on every week as a group. Feel free to take your turn!

Community Swap- bring down items you are looking to get rid of to the community room and swap for items you might want.

### Happy Birthday!

January 11th- Ron

January 15th- Anita & Carol E.

January 16th- Debbie & Lori

January 23rd- Leilani

January 27th- Jim P



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



Prairie View Senior Village

## The View

# JANUARY

2020

### "Come as strangers, live as friends"

### Happy New Year!

Can you believe it's already 2020?! As we look forward to another year, what are your thoughts, comments and suggestions? What would you like to see stay the same, done differently or improved? We would love to hear from you in any way you are comfortable. Anonymously or simply stop by and chat. My door is always open.

Looking to make some extra cash? Take advantage of our Resident Referral Program! Refer your friends, family members, co-workers etc. to your community and earn yourself \$400! Make sure your referral knows to mention your name at the time of their tour, they move in and it's that easy!

Anyone that would like to donate to the Calamar Foundation with your \$12 donation, please see me for details or questions. Remember, all donations are matched at 100%.

*"Youth is when you're allowed to stay up late on New Year's Eve. Middle Age is when you're forced to."*

*Bill Vaughan*

### COMMUNITY INFORMATION

**COMMUNITY MANAGER:** KARRIE PRATT

**MAINTENANCE TECH:** JASON COOPER

**OFFICE PHONE # & AFTER HOURS EMERGENCY SERVICE #:** 515-348-1914








**MANAGER EMAIL:** PRAIRIEVIEWMANAGER@CALAMAR.COM

RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO **RM22 HOLDINGS**

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



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 Office Closed  	<b>2</b> 10am Arm Chair Exercise 1pm Community Puzzle 2pm Group Bible Study 3pm Mocktails 4pm Billiards 7pm Mexican Train Dominos	<b>3</b> 9am Coffee/Donuts 11am Mindful Coloring/ Round Table Talk 1pm Chair Exercise 2pm Lounge & Chat 3pm Open Gym 7pm Wii Bowling	<b>4</b> 11am Lounge & Chat 3pm Cards 7pm Game Night
<b>5</b> 9am Sunday Morning Coffee 3pm Cards 7pm Game Night	<b>6</b> 11am Wii Games 1pm Chair Exercise 2pm Lounge & Chat 3pm Fitness Fun- Balloon Tennis 7pm Monday Night Card Club	<b>7</b> 9am Early Morning Stretch 11am Movie Matinee 2pm Lounge & Chat 3pm Stretch Band Exercise 4pm Monopoly Money Bingo 7pm Game Night	<b>8</b> Elvis Presley's Birthday 9am Coffee & Crosswords 1pm Chair Exercise 2pm Lounge & Chat 4pm Cards 7pm Board Game Night	<b>9</b> 10am Arm Chair Exercise 1pm Community Puzzle 2pm Group Bible Study 3pm Mocktails 4pm Billiards 7pm Mexican Train Dominos  	<b>10</b> Full Moon/Winter Moon National Volunteer Fireman's Day 9am Coffee/Donuts with <b>Connect55+ Meeting &amp; Can Sculpture Planning</b> 11am Mindful Coloring/ Round table Talk 1pm Chair Exercise 2pm Lounge & Chat 3pm Open Gym 7pm Wii Bowling  	<b>11</b> 11am Lounge & Chat 3pm Cards 7pm Karaoke
<b>12</b> 11am Lounge & Chat 3pm Cards 7pm Game Night	<b>13</b> 11am Wii Games 1pm Chair Exercise 2pm Lounge & Chat 3pm Fitness Fun- Balloon Tennis 7pm Monday Night Card Club	<b>14</b> 9am Early Morning Stretch 9:30am <b>Veteran's Breakfast</b> 11am Movie Matinee 2pm Lounge & Chat 3pm Stretch Band Exercise 4pm Monopoly Money Bingo 7pm Game Night	<b>15</b> 9am Coffee & Crosswords 1pm Chair Exercise 2pm Lounge & Chat 4pm Cards 7pm Board Game Night	<b>16</b> 10am Arm Chair Exercise 1pm Community Puzzle 2pm Group Bible Study 3pm Mocktails with <b>January Birthday Celebration</b> 4pm Billiards 7pm Mexican Train Dominos	<b>17</b> 9am Coffee/Donuts 11am Mindful Coloring/ Round Table Talk 1pm Chair Exercise 2pm Lounge & Chat 3pm Open Gym 7pm Wii Bowling  	<b>18</b> 11am Lounge & Chat 3pm Cards 7pm Game Night
<b>19</b> 9am Sunday Morning Coffee 3pm Cards 3:05 NFL AFC Championship Game (CBS) 6:40 NFL NFC Championship Game (FOX) 7pm Game Night	<b>20</b> Martin Luther King, Jr. Day 11am Wii Games 1pm Chair Exercise 2pm Lounge & Chat 3pm Fitness Fun- Balloon Tennis 7pm Monday Night Card Club  	<b>21</b> National Hugging Day 9am Early Morning Stretch 11am Movie Matinee 2pm Lounge & Chat 3pm Stretch Band Exercise 4pm Monopoly Money Bingo 7pm Game Night	<b>22</b> 9am Coffee & Crosswords 11:30am <b>Community Potluck- Around the World Theme</b> 1pm Chair Exercise 2pm Lounge & Chat 4pm Cards 7pm Board Game Night	<b>23</b> 10am Arm Chair Exercise 1pm Community Puzzle 2pm Group Bible Study 3pm Mocktails 4pm Billiards 7pm Mexican Train Dominos	<b>24</b> National Compliment Day 9am Coffee/Donuts 11am Mindful Coloring/ Round Table Talk 1pm Chair Exercise 2pm Lounge & Chat 3pm Open Gym 7pm Wii Bowling	<b>25</b> Chinese New Year Begins/The Year of the Rat National Irish Coffee Day The Great Fruitcake Toss 11am Lounge & Chat 3pm Cards 7pm Karaoke
<b>26</b> 11am Lounge & Chat 3pm Cards 7pm Game Night	<b>27</b> 11am Wii Games 1pm Chair Exercise 2pm Lounge & Chat 3pm Fitness Fun- Balloon Tennis 7pm Monday Night Card Club	<b>28</b> 9am Early Morning Stretch 11am Movie Matinee 2pm Lounge & Chat 3pm Stretch Band Exercise 4pm Monopoly Money Bingo 7pm Game Night  	<b>29</b> National Puzzle Day 9am Coffee & Crosswords 1pm Chair Exercise 2pm Lounge & Chat 4pm Cards 7pm Board Game Night	<b>30</b> 10am Arm Chair Exercise 1pm Community Puzzle 2pm Group Bible Study 3pm Mocktails 4pm Billiards 7pm Mexican Train Dominos	<b>31</b> 9am Coffee/Donuts 11am Mindful Coloring/ Round Table Talk 1pm Chair Exercise 2pm Lounge & Chat 2pm Monopoly Money Bingo Auction 3pm Open Gym 7pm Wii Bowling	