

Pumpkin Trivia

Pumpkins are grown on six of the seven continents, with Antarctica being the sole exception.



Activity Updates

There is now a bulletin board by the mail boxes that will be dedicated to activity information. This will also be a resource for where activities are located in the building.

Senior Fitness Dr. Pat Hill will be here every other Friday for fitness and health related activity and Q&A sessions. Please see your calendar, activity board, or Josh for updates/info.

Helpful Tip

The "Group Me" app is a helpful way to be in communication with our community members and staff. You can send direct messages to folks by clicking on their name as opposed to replying to the community chat. Please see Josh for help with setting up your app or on how to use it.

Thanksgiving Fun Facts

- Benjamin Franklin wanted the turkey to be the national bird, not the eagle.
- Americans eat 46 million turkeys each Thanksgiving.
- Neil Armstrong and Buzz Aldrin's first meal in space after walking on the moon was foil packets with roasted turkey.

Veterans Day 100th Anniversary

Thank you to all of our Prairie View Veterans!!

We will be having a Veterans Day Celebration here at Prairie View with more details to follow. Don't forget to check out our Veterans wall in the community room where we give thanks and appreciation for our vets.

There is a list of local Veterans Day Activities online here:

<https://va.iowa.gov/events>

Notes:

November is Alzheimer's Awareness month and recognized with the color purple. There will be informational speakers and activities this month in conjunction with Alzheimer's. Events in purple on the calendar will highlight these.



Prairie View Senior Village

COMMUNITY INFORMATION

COMMUNITY MANAGER: KARRIE PRATT

CONNECT 55+ COORDINATOR: JOSH CROOKSHANK

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: RM 22 HOLDINGS

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



The View











"Come as strangers, live as friends"

We are nearing the end of the 2019 year and our community has become so much more from where we were a year ago. We are growing, expanding and full of new opportunities. Our activity calendar is full of new ideas thanks to our Connect 55+ Coordinator, Josh who has been teaching us new activities and giving us new ideas. For those that have been with us for some time, your patience could not be more appreciated. For all of us as a community moving forward, I am more than excited to see what the future has in store for Prairie View Senior Village!

-Karrie

Quote of the Month: "An act of kindness may take only a moment of our time, but when captured in the heart, the memory lives forever." Molly Friedenfeld

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<p>1 WEAR PURPLE 9am Coffee / Donuts - Marty Rathje with SHIP 11am Stretch Band Workout 12pm Alzheimers Awareness Movie 1pm Chair Exercise 3pm Afternoon Billiards 3pm Workout Buddies/Open Gym 7pm Wii Bowling</p> 	<p>2 Happy Birthday LaVonne!</p>
<p>3 Daylight Savings Ends Happy Birthday Judy W.!</p>	<p>4 National Candy Day 10 am Walk Club 11am Stretch Band Exercise 12pm Men/Women's Lunch Club 12pm Chair Yoga 1pm Mindful Coloring 2pm Qigong 3pm Workout Buddies / Open Gym</p>	<p>5 Election Day Happy Birthday Dick! 9am Social Puzzling 10am Walk Club 10am Community Crafting 11am Movie Matinee 2pm Chair Exercise 3pm Tech 101 4pm Monopoly Money BINGO 7pm Billiards 7:30pm Movie Replay</p>	<p>6 10am Walk Club 11am Stretch Band Exercise 12pm Lunch & Learn 1pm Chair Exercise 1pm Mindful Coloring 2pm Qigong 3pm Workout Buddies / Open Gym 4pm Pitch</p>	<p>7 9am Social Puzzling 10am Walk Club 11am Tech 101 1pm Community Crafting 2pm Lounge & Chat 3pm Mocktails 4pm Interactive Movie Room Trivia 7pm 500</p>	<p>8 WEAR PURPLE 9am Coffee / Donut: • Connect 55+ Meeting 10am Dr. Hill Health & Fit 12pm Alzheimer Awareness Movie 1pm Chair Exercise 3pm Afternoon Billiards 3pm Workout Buddies / Open Gym 7pm Wii Bowling</p>  	<p>9 7pm Karaoke</p>
<p>10 9am Sunday morning coffee 7pm Cards or Board Games</p>	<p>11 Veteran's Day Happy Birthday Sharon! 10 am Walk Club 11am Stretch Band Exercise 12pm Veterans Lunch and Social / 100th Anniversary 1pm Mindful Coloring 2pm Qigong 3pm Workout Buddies / Open Gym 7pm Board Game Night</p>	<p>12 Full Moon/Beaver Moon 9am Social Puzzling 10am Walk Club 11am Movie Matinee 1pm Community Crafting 2pm Chair Exercise 3pm Tech 101 4pm Monopoly Money BINGO 7pm Billiards 7:30pm Movie Replay</p>	<p>13 World Kindness Day 10am Walk Club 11am Stretch Band Exercise 12pm Lunch & Learn 1pm Chair Exercise 1pm Mindful Coloring 2pm Qigong 3pm Workout Buddies / Open Gym 4pm Pitch 7pm Evening Craft Hour</p>	<p>14 World Diabetes Day 9am Social Puzzling 10am Walk Club 11am Tech 101 1pm Community Crafting 2pm Lounge & Chat 3pm Mocktails 4pm Interactive Movie Room Trivia 7pm 500</p>	<p>15 WEAR PURPLE 9am Coffee / Donuts - Phil w/ Acti-Kare 10am Walk Club 11am Stretch Band Workout 12pm Alzheimer Awareness Movie 1pm Chair Exercise 3pm Afternoon Billiards 3pm Workout Buddies 7pm Wii Bowling</p> 	<p>16</p>
<p>17 7pm Cards or Board Games</p>	<p>18 Mickey Mouse's 91st Bday Happy Birthday Rosemary & Sandy! 10 am Walk Club 11am Stretch Band Exercise 12pm Chair Yoga 1pm Mindful Coloring 2pm Qigong 3pm Workout Buddies / Open Gym 7pm Board Game Night</p>	<p>19 9am Social Puzzling 10am Walk Club 11am Movie Matinee 1pm Community Crafting 2pm Chair Exercise 3pm Tech 101 4pm Monopoly Money BINGO 7pm Billiards 7:30pm Movie Replay</p>	<p>20 Happy Birthday Barbara W.! 10am Walk Club 11am Stretch Band Exercise 12pm Friendsgiving Potluck 1pm Chair Exercise 1pm Mindful Coloring 2pm Qigong 3pm Workout Buddies / Open Gym 4pm Pitch</p>	<p>21 9am Social Puzzling 10am Walk Club 11am Tech 101 1pm Community Crafting 2pm Lounge & Chat 3pm Mocktails 4pm Interactive Movie Room Trivia 7pm 500</p>	<p>22 WEAR PURPLE 9am Coffee / Donuts 10am Dr. Hill Health & Fit 12pm Alzheimer Awareness Movie 1pm Chair Exercise 3pm Afternoon Billiards 3pm Workout Buddies / Open Gym 7pm Wii Bowling</p> 	<p>23 7pm Karaoke</p>
<p>24 9am Sunday morning coffee 7pm Cards or Board Games</p>	<p>25 National Parfait Day 10 am Walk Club 11am Stretch Band Exercise 12pm Chair Yoga 1pm Mindful Coloring 2pm Qigong 3pm Workout Buddies / Open Gym 7pm Board Game Night</p>	<p>26 Happy Birthday Suzanne! 9am Social Puzzling 10am Walk Club 11am Movie Matinee Community Crafting 1pm November Community Bday Celebration 2pm Chair Exercise 3pm Tech 101 4pm Monopoly Money BINGO 7pm Billiards 7:30pm Movie Replay</p>	<p>27 Happy Birthday Carolyn Z. & Callie! 10am Walk Club 11am Stretch Band Exercise 1pm Chair Exercise 1pm Mindful Coloring 2pm Qigong 3pm Workout Buddies / Open Gym 4pm Pitch 7pm Evening Craft Hour</p>	<p>28 Thanksgiving Happy Birthday Denny! Happy Thanksgiving! Office Closed</p>	<p>29 Black Friday Office Closed</p>	<p>30 Small Business Saturday</p>