

### Historical Facts

1692 Salem Witch Trials.  
 1789 - George Washington was elected as the first president of the United States by the Electoral College  
 1887 - The first Groundhog Day was observed in Punxsutawney, PA  
 1898 - the battleship USS Maine sank in Havana harbor  
 1910 - The Boy Scouts of America were founded.  
 1990 - Nelson Mandela, was released from prison after 27 years  
 2004 - Facebook launched as "TheFacebook.com"

### New activities

Napkins for Nursing homes  
 Tai Chi on Mondays  
 Carol Burnett night-Wednesdays  
 & lots more!

**THANK-YOU FOR BEING GREAT RESIDENTS. WE LOVE THAT YOU HAVE CHOSEN SCENIC TRAILS AS YOUR HOME.**

**Rock Salt:** There are buckets of ice melt at each door in case of extreme ice. We ask that if you use the ice melt, that you use it in moderation. Thanks!

### Comedy Corner

Q: What do farmers give their wives on Valentine's Day? A: Hog and kisses!

Q: What did the paper clip say to the magnet? A: "I find you very attractive."

Q: Why is lettuce the most loving vegetable? A: Because it's all heart.



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**



Get inspired with the attached samples!

See your community manager for all the details



### 5 Things to Do Daily to Keep Your Heart Healthy

1. Eat healthy fats, NOT trans fats
2. Practice good dental hygiene, especially flossing your teeth daily
3. Get enough sleep
4. Don't sit for too long at one time
5. Avoid smoking



## Scenic Trails Chronicles

# February

**"Come as strangers, live as friends"**

### COMMUNITY INFORMATION

**COMMUNITY MANAGER:**  
ARWEN CHAPLIN

**MAINTENANCE TECH:**  
JOSH HOWARD

**OFFICE PHONE # & AFTER HOURS EMERGENCY SERVICE #:** 515-442-9681

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

RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO **RM30 HOLDINGS.**

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

**Happy February, everyone!** I hope everyone is staying warm and safe as we begin another month of winter. Please always keep in mind those winter safety tips!

I am looking forward to a wonderful month of "lovely" activities here at Scenic Trails! Remember, when those cold, snowy days are upon us and you do not want to leave the warm building, that you have friends around and great things to take part in right here!

February is also an very important month for our Calamar Foundation since we are being recognized at the annual Go Red for Women Luncheon for our contributions to the local chapter of the American Heart Association through resident donations and foundation matching (dollar-for-dollar) funds.

In addition to the Heart Association, the Calamar Foundation also supports the local chapters of the American Cancer Society and Alzheimer's Association in their efforts to find a cure and help those affected by heart disease, cancer, and all forms of dementia. No donations are used to pay for administrative costs and only the local chapters of these national non-profit agencies receive foundation support. The three organizations were chosen because of the adverse impact of these diseases on our residents, family members and caregivers.

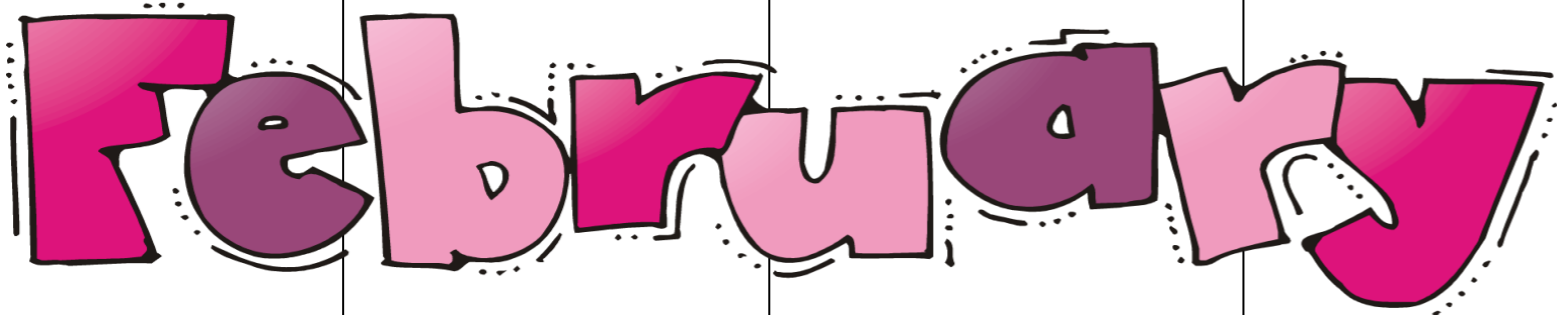






Go Red for Women is the American Heart Association's signature women's initiative. This nationwide effort is a comprehensive platform designed to increase women's heart health awareness & serve as a catalyst for change to improve the lives of women globally, according to the AHA.

"It's no longer just about wearing red; it's no longer just about sharing heart health facts. It's about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can't bear to live without," the association said. "Making a commitment to your health isn't something you have to do alone either, so grab a friend or a family member and make a Go Red Healthy Behavior Commitment today."

**Please join us by wearing red to show your support on Friday, Feb 1st!**

Have a fantastic February! - Arwen



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<h1>2019</h1>	<b>1 Go Red Day - WEAR RED!</b> 9am-Coffee & Donuts 10am- Go Red Group Picture  Canned sculpture competition begins 	<b>2 Groundhog Day</b>
<b>3 Super Bowl Sunday</b> 2:00pm- Tail gate party  Bring snacks	<b>4 Thank a Mail Carrier Day</b> 11:00am-Tai Chi  6:30pm- Game night	<b>5 Chinese New Year</b> 9:00am- Bible Study w/ Deb 10:30am-Brunch 12:30pm-Napkins for nursing homes	<b>6</b> 2:00pm-Sing A Long  6:30pm- Carol Burnett Night by fireplace	<b>7</b> 11:30am -Winn's  6:30pm -Pool in Billards room	<b>8</b> 9am-Coffee & Donuts	<b>9</b>
<b>10</b>	<b>11 National Make a Friend Day</b> 11:00am- Tai Chi  6:30pm -Game night	<b>12</b> 10:00am-Bible study w/ Deb	<b>13</b> 1:00pm- Activity planning 7:00pm -Ice Cream Sundaes	<b>14 Valentine's Day</b> 11:30am -Valentines Day Pot Luck   	<b>15</b> 9am-Coffee & Donuts	<b>16</b>  *Harrold Reserved Community Room*
<b>17 Random Act of Kindness Day</b> 2:00pm-Cabin Fever	<b>18 President's Day</b> 11:00am-Tai Chi 6:30pm-Game night  	<b>19</b> 10:00am-Bible study w/ Deb	<b>20</b> 6:30pm- Carol Burnett Night by fireplace	<b>21</b> 11:30pm Pizza Ranch  *Jeanette Reserved Community Room*	<b>22</b> 9am- Coffee / Donuts	<b>23</b>
<b>24</b>	25 11:00am-Tai Chi  6:30pm-Game night  <i>Can Sculpture Judging begins</i>	<b>26</b> 10:00am- Bible study w/ Deb	<b>27</b> 3:30pm- Hy-Vee Bingo	<b>28</b>   <i>Can Sculpture winner announced</i>	<b>+ Intellectual</b> <b>+ Spiritual</b> <b>+ Physical</b> <b>+ Social</b> <b>+ Financial</b>	