

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.

Please utilize sign up sheets (by mailboxes, North wall) for activities/events that you are interested in attending. It helps us know what all we need to purchase or supply for the activity/event.

“Know your neighbor tags” have been placed by the office door, please take one daily if you would like and write your name and apt# on tag, if you wish. This is a great way to get to know your neighbor. We also have a meet and greet this month, this is for new residents and existing residents to get a chance to meet and mingle. EVERYONE IS WELCOME ALWAYS!!

Reminders:

Please double bag any cat litter or liquids before disposing them down the trash chutes.

Extra ice melt: This is by every door along with shovels and cups . We do have snow removal that does this for us however if you feel more is needed please help yourselves to it.

If you have a pet, the pet fee is \$20.00 a month per pet. Don't forget to add this to your rental payment.

CANNED FOOD SCULPTURE COMPETITION!

It's that time of the year! Bring down all you canned food donations to the Community Room!

We are also looking for great ideas for sculpture to make with the cans. Calamar has a contest with winner to be announced February 28th. Winning Property gets a Pizza Party! Please share some winning ideas for the sculpture with the office! The requirement this year is to include either the Calamar logo or the #30 because of Calamar celebrating 30 years in 2020. Remember this is a Community project! **We will have a meeting regarding our sculpture Jan. 10th at 9am!**



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



Scenic Trails Active Living

Scenic Trails

JANUARY

2020

“Come as strangers, live as friends”

January is the first month of the year in the Julian and Gregorian calendars and the first of seven months to have a length of 31 days. The first day of the month is known as New Year's Day.

White carnations symbolize pure love, while yellow means “wish you were here” and pink says, “you're unforgettable.” Snowdrops, which indicate hope and beauty, are also flowers for this month.



COMMUNITY INFORMATION

COMMUNITY MANAGER: ARWEN CHAPLIN

CONNECT 55+ COORDINATOR: KIM YEAGER

MAINTENANCE TECH: SHAWN BRIGHT

OFFICE PHONE # 515-442-9681 & AFTER HOURS EMERGENCY SERVICE #: 515-257-1040








MANAGER EMAIL: SCE-NICTRAILSMANAGER@CALAMAR.COM

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

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
			1 New Year's Day CLOSED FOR HOLIDAY COLLECT BABY PICTURES FOR BABY ITS COLD OUTSIDE. <small>*Canned good collection for sculpture started in community room, NW corner) Lets keep on collecting!!</small>	2 9AM COFFEE 9AM CHAT 10AM CHAIR EXERCISES 1PM CONNECT 55+ ACTIVITY PLANNING. 2PM BOOK CLUB 2PM CHAT 3PM PUZZLES 	3 9AM COFFEE & DONUTS 9AM WEEKLY COMMUNITY UPDATE MEETING 930AM WESLEY LIFE 930AM FINANCIAL 11AM PUZZLES 1PM CARDS CHOICE 2PM KARAOKE SING ALONG	4 IF ANY ONE HAS ANY QUESTIONS ABOUT ANYTHING ON THE CALENDER FEEL FREE TO CONTACT KIM OR ARWEN THANKS SO MUCH! <small>*KNOW YOUR NEIGHBOR TAGS AVAILABLE AT THE OFFICE*</small>
5 4PM BRING YOUR OWN SNACK & CHAT 630PM BIBLE STUDY GAME ROOM	6 9AM COFFEE 9AM CHAT 11AM PUZZLES 1PM COLORING 3PM SOCIAL HOUR 615PM PINOCHLE 630PM GAMES	7 10AM BIBLE STUDY APT. 241 10AM CHAIR EXERCISES 11AM PUZZLES 1PM SOCIAL SUPPORT GROUP 2PM REMEMBER WHEN (CELEBS NOW & THEN) 6PM CHAPS CHAT 630PM BILLIARDS 	8 Elvis Presley's Birthday 10AM REMEMBER WHEN (ELVIS PRESLEY) 11AM CHAT W/ FRIENDS 11AM COLORING 1PM CRAFTS 2PM WII BOWLING 3PM GAMES CHOICE 4PM CHAT WITH FRIENDS	9 OPEN HOUSE 11AM-2PM 9AM COFFEE 9AM CHAT 10AM CHAIR EXERCISES 1130 AM JIMMY JOHNS LUNCH DELIVERY OR BRING SACK LUNCH 1PM COLORING 3PM FITNESS ROOM TRAIN. 4PM WII BOWLING	10 Full Moon/Winter Moon National Volunteer Fireman's DAY 9AM COFFEE & DONUTS 9AM WEEKLY COMMUNITY UPDATE MEETING/ CAN SCULPTURE MEETING 930AM FINANCIAL 10AM CONNECT 55+ MEETING  11AM PUZZLES 1PM YAHTZEE 2PM KARAOKE SING ALONG	11 <small>*Don't forget to contribute \$12.00 or more to the Calamar Foundation* (for more information, come see us @ the office)</small>
12 4PM BRING YOUR OWN SNACK & CHAT	13 9AM COFFEE 9AM CHAT 11AM PUZZLES 1PM COLORING 3PM TURN IN BABY PICTURES/ FOR BABY ITS COLD OUTSIDE 615PM PINOCHLE 630 PM GAMES	14 10AM BIBLE STUDY APT 241 10AM CHAIR EXERCISES 11AM PUZZLES 1PM SOCIAL SUPPORT GROUP 2PM SMARTPHONE TRAINING 3PM PUZZLES 4PM KARAOKE SING ALONG	15  9AM COFFEE 9AM CHAT 11AM REMEMBER WHEN (BLOOPERS) 1PM YOGA 2PM STORY TELLING WITH JEAN GILPIN 3PM B-DAY CELEBRATION 4PM CHAT	16 9AM COFFEE 9AM CHAT 10AM CHAIR EXERCISES 1PM COLORING 3PM CARDS CHOICE 4PM SMART PHONE TRAINING 6PM MOVIE NIGHT	17 9AM COFFEE & DONUTS 9AM WEEKLY COMMUNITY UPDATE MEETING 9AM CARMEN WIEGEL HOME INSTEAD 930 FINANCIAL 11AM COLORING 11AM CHAT 4PM PJ PARTY 4PM WINE & CHEESE PARTY	18
19 4PM BRING YOUR OWN SNACK & CHAT 630PM BIBLE STUDY GAME ROOM	20 Martin Luther King, Jr. Day 9AM COFFEE 9AM CHAT 11AM PUZZLES 1PM COLORING 3PM SOCIAL HOUR 615PM PINOCHLE 630PM GAMES	21 National Hugging Day 10AM BIBLE STUDY APT. 241 10AM CHAIR EXERCISES 11AM PUZZLES 1PM SOCIAL SUPPORT GROUP 2PM REMEMBER WHEN 6PM CHAPS CHAT 630PM BILLIARDS 	22 9AM COFFEE 9AM CHAT 10AM PUZZLES 11AM CRAFTS 11AM REMEMBR WHEN (60S COMMERCIALS) 1PM PUZZLES 330PM HYVEE BINGO	23 OPEN HOUSE NOON-3PM 9AM COFFEE 9AM CHAT 10AM CHAIR EXERCISES 11AM FITNESS ROOM TRAINING 1PM COLORING 3PM GAMES CHOICE 4PM PUZZLES	24 National Compliment Day 9AM COFFEE & DONUTS 9AM COMMUNITY UPDATE MEETING 930AM FINANCIAL 10AM SOCIAL HOUR 11AM WII BOWLING 1PM COLORING 3PM CHAT	25 Chinese New Year Begins/The Year of the Rat National Irish Coffee Day The Great Fruitcake Toss
26 4PM BRING YOUR OWN SNACK & CHAT	27 9AM COFFEE 9AM CHAT 11AM PUZZLES 1PM COLORING 3PM SOCIAL HOUR 615PM PINOCHLE 630PM GAMES	28 10AM BIBLE STUDY APT. 241 10AM CHAIR EXERCISES 11AM PUZZLES 1PM SOCIAL SUPPORT GROUP 2PM NEW RESIDENTS MEET & GREET (NEW RESIDENTS MEET EXISTING) 3PM WII GAMES 4PM PING PONG	29 National Puzzle Day 10AM REMEMBER WHEN (50'S & 60'S MUSIC) 10AM CHAT 1130AM COMMUNITY POTLUCK 1PM GAMES CHOICE 2PM CHAT WITH FRIENDS 3PM PUZZLES 4PM SOCIAL HOUR	30  9AM COFFEE 9AM CHAT 10AM CHAIR EXERCISES 11AM CHAT 1PM COLORING 2PM CARDS WITH JEANIE HOPCUS 4PM GAMES CHOICE	31 (BABY PIC REVEAL DAY) 9AM COFFEE& DONUTS 9AM WEEKLY COMMUNITY UPDATE MEETING 930AM FINANCIAL 10AM PUZZLES 10AM CHAT 11AM WII GAMES 1PM CRAFTS 3PM CHAT	