

ATTENTION:

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

Please note
all labels
must remain
intact

Get inspired with
the attached samples!

See your community manager
for all the details



February Birthdays

Sherri P. 2/3

Janet K. 2/11

Maeloa B. 2/12

Bill B. 2/14

Gladys D. 2/16

Doris G. 2/19

Sheila R. 2/24

Shirley C. 2/29

RED BORDER NATIONAL HEART MONTH

Let this month be a reminder that our choices in life matter! A consistently healthy diet, regular exercise are the road to a healthy heart! You think that it's too late or that you've lived this way your whole life and you've made it this far, unfortunately heart disease doesn't discriminate and it is the leading cause of death for men and women. This is the month for a healthier heart, walk more than usual, eat cleaner, be more active and take care of what truly matters!

Step it up challenge is back! See connect coordinator for details.

The Summit at Viewcrest

★ ★ **Star Newsletter** ★ ★
February Edition

Office Information

Kayleigh Smith

Community Manager

816-214-5914

Graeme Murphy

Connect Coordinator

816-686-3556

Maintenance Technician

Buck

Office Hours

Monday-Friday

8:00 am - 5:00 pm

After hours

maintenance

emergency's:

Call 816-214-5914

Stars Quick Corner










- Sign Up for Tech Time
- Valentines Dinner 2/20
- Canned good donations
- Red Border National Heart Month
- Lunch Bunch 2/13
- Birthday Party 2/20

Managers Corner: Helpful Tips

- How to put in a work order: The work order kiosk, stop by the managers office, or call the office phone 816-214-5914.
- How to call in a maintenance EMERGENCY: Call the office phone 816-214-5914. Outside office hours this phone is directed to a call center, they will contact the on call technician for any maintenance emergencies.
- Pay attention to the bulletin board next to the mail-boxes. There are several beneficial resources available to you located on this board!
- Make sure you are signing up to any event that require a sign-up sheet. This will guarantee enough food to go around!

Calamar Foundation

The Calamar Foundation partners with our local residents and our local chapters of the Alzheimer's Association, The American Cancer Society, and The American Heart Association to give back to the community in which we live and do business. Check out thermometer, and watch the donations rise!! For info on becoming a Foundation Donor, please see Kayleigh!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9am Breakfast Meeting 1 10am 4 for Fit  11am Trivia 1pm Wii Golf& Cards 3pm Go RED Healthy Heart Walk 6pm Chill and Chat	2 11am Golf Toss Family Day 6pm Movie Ground Hog Day
SUPER BOWL 3  5pm Baseball Bag Toss	4 9 am Walking Club 10am Morning Stretch 11am Billiards 11:30am Trivia 1pm Mindful Coloring 3pm Joggin Noggin 6pm Bunco	5 10am Fitness Room 10:30am Wii Bowling 1pm Card Games 2pm Movie Matinee  4:30pm Bible Study 6pm Open Gym Chinese New Year	6 9:30 The Judge 10 am 4 for Fit Rm 368 11 SupportGroup Rm 368 1pm Dominos 3pm Price is Right 4:00 Deep Stretch/Breath 6pm Cards	7 10am Billiards 10:30am Mindful Coloring 2pm Wii Bowling 3pm Walking Club 6pm BINGO	8 9am Breakfast Meeting 10am 4 for Fit 11am Trivia 1pm Wii Golf& Cards 3pm Guest Speaker—Dietitian Healthy Heart 6pm Chill and Chat	9 11am Golf Toss Family Day 6pm Movie
10 5pm Baseball Bag Toss	11 9 am Walking Club 10am Morning Stretch  11am Billiards 1pm Healthy Snack 1pm Mindful Coloring 3pm Creative Writing 4:30pm Birthday Party 6pm Bunco	12 10am Fitness Room 10:30am Wii Bowling 1pm Card Games 2pm Movie Matinee 4:30pm Bible Study 6pm Book Club	13 9:30am The Judge 10am 4 for Fit Rm 368 11am Creative writing 12pm LUNCH BUNCH 3pm Wreath Making 4pm Deep Stretch/Breath 6pm Cards	14 10am Billiards 10:30am Mindful Coloring 2pm Wii Bowling 3pm Walking Club 6pm BINGO Valentines Day!	15 9am Breakfast Meeting 10am 4 for Fit 11am Trivia/Reminiscing 1pm Wii Golf& Cards 3pm Guest Speaker-Healthy Heart Talk	16 11am Golf Toss Family Day 6pm Karaoke
17 5pm Baseball Bag Toss	18 9am Walking Club 11am Billiards 12pm Travel Time-Paris 1pm Mindful Coloring 2pm Guest Speaker-CBD Benefits 3pm Joggin Noggin	19 10 am Fitness Room 10:30 am Wii Bowling  1 pm Card Games 3 pm Walking Club 2pm Movie Matinee 4:30pm Bible Study 6 pm Open Gym	20 9:30am The Judge 10am 4 for Fit Rm 368 11am Joggin Noggin 1pm Dominos 3pm Price is Right 5pm Valentines Day Dinner and Entertainment! (Sign-up) 	21 10am Billiards 10:30am Mindful Coloring 2pm Wii Bowling 3pm Walking Club 6pm BINGO	22 9am Breakfast Meeting 10am 4 for Fit 11am Trivia/Reminiscing 1pm Wii Golf& Cards 3pm Mocktails 6pm Chill and Chat National Margarita Day	23 11am Golf Toss Family Day 6pm Movie
24 5pm Baseball Bag Toss	25 9 am Walking Club 10am Morning Stretch 11am Billiards 12pm Travel Time-Mexico 1pm Mindful Coloring 3pm Creative Writing 6pm Bunco	26 10 am Fitness Room 10:30 am Wii Bowling 1 pm Card Games 3 pm Walking Club 2pm Movie Matinee 4:30pm Bible Study 6 pm Open Gym	27 9:30am The Judge 10am 4 for Fit Rm 368 11am Joggin Noggin 1pm Dominos 3pm Creative Writing 4pm Deep Stretch/Breath 6pm Cards	28 10am Billiards 10:30am Mindful Coloring 2pm Wii Bowling  3pm Walking Club 6pm BINGO	