







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
+ Intellectual + Spiritual + Physical + Social + Financial	8 am Walking Club + + + 1 10 am 4 For Fit + + 11 am Billiards + + 12pm Lunch n Learn + + + 2 pm Mindful Coloring + + 3pm Afternoon Stretch + + 6 pm Bunco + +	10 am Fitness Room + + + 2 10:30 am Wii Bowling + + 11 am Serenity Pause + + 1 pm Card Games + + 3 pm Walking Club + + + 4:30 pm Bible Study + 6 pm Quilting Club + +	8 am Walking Club + + + 3 10 am 4 for Fit + + 11 am Game called LIFE! + + 1pm Dominos + + 3pm Coupon Club + + 4:30 pm YOGA + + + 6pm Cards + +	10 am Billiards + + 4 1030 a Mindful Coloring + + 12 Baseball Bag Toss + + 2 pm Wii Bowling + + 3 pm Walking Club + + + 6 pm BINGO + + +	9am Breakfast Meeting + 5 10am 4 for Fit + + 11 am Brunch potluck + 1 pm Wii Golf& Cards + + + 6 pm Chill and Chat + TECH TIME ↑ + +	11 am Golf Toss + + 6 Family Day + 6pm Movie + +
 Sports Fan Club Chiefs @ 12:00 7	8 am Walking Club + + + 8 10 am 4 For Fit + + 11 am Billiards + + 11:30 Travel Time + + + 2 pm Mindful Coloring + + 3pm Educational Video + + 5 pm Baseball Bag + +	10 am Fitness Room + + + 9 10:30 am Wii Bowling + + 11 am Serenity Pause + + 1 pm Card Games + + 3 pm Walking Club + + + 4:30 pm Bible Study + 6 pm Book Club + +	8 am Walking Club + + + 10 10 am 4 for Fit + + 12 pm Lunch Bunch + + 1pm Dominos + + 3pm Coupon Club + + 4:30 pm Deep breathing + + 6pm Cards + +	11 10 am Billiards + + 1030 a Mindful Coloring + + 12 Baseball Bag Toss + + 2 pm Wii Bowling + + 3 pm Walking Club + + + 6 pm BINGO + + +	12 9am Breakfast Meeting + + 10am 4 for Fit + + 11 am Morning Stretch + + + 1 pm Wii Golf& Cards + + 3pm <i>Chilli Cook off</i> + + 6 pm Chill and Chat +	13 11 am Golf Toss + + Family Day + 6pm Movie + +
 Sports Fan Club Chiefs @ 7:20 14	8 am Walking Club + + + 15 10 am 4 For Fit + + 11 am Billiards + + 1pm Healthy Snack + + 2 pm Mindful Coloring + + 3 pm Creative Writing + + 6 pm Bunco + + 5 pm Baseball Bag + +	10 am Fitness Room + + + 16 10:30 am Wii Bowling + + 11 am Serenity Pause + + 1 pm Card Games + + 3 pm Walking Club + + + 4:30 pm Bible Study + 6 pm Evening Stretch + +	8 am Walking Club + + + 17 10 am 4 for Fit + + 11 am Awareness walk + + 1pm Dominos + + 3pm Birthday Party + 4:30 pm YOGA + + + 6pm Cards + +	18 10 am Billiards + + 1030 a Mindful Coloring + + 12 Baseball Bag Toss + + 2 pm Wii Bowling + + 3 pm Walking Club + + + 6 pm BINGO + + +	19 9am Breakfast Meeting + + 10am 4 for Fit + + 11 am Appreciation Lunch + + + 1 pm Wii Golf& Cards + + 3 Creative writing + + 6 pm Chill and Chat +	20 11 am Golf Toss + + Family Day + 6pm Karaoke + +
 Sports Fan Club Chiefs @ 12:00 21	8 am Walking Club + + + 22 10 am 4 For Fit + + 11 am Billiards + + 11:30 Travel Time + + 2 pm Mindful Coloring + + 3 pm Price is Right + + 6 pm Bunco + + 5 pm Baseball Bag + +	10 am Fitness Room + + + 23 10:30 am Wii Bowling + + 11 am Serenity Pause + + 1 pm Card Games + + 3 pm Walking Club + + + 4:30 pm Bible Study + 6 pm Evening Stretch + +	8 am Walking Club + + + 24 10 am 4 for Fit + + 11 am Creative writing + + 1pm Dominos + + 3pm Coupon Club + + 4:30 pm Deep breathing + + 6pm Cards + +	25 10 am Billiards + + 1030 a Mindful Coloring + + 12 Baseball Bag Toss + + 2 pm Wii Bowling + + 3 pm Walking Club + + + 6 pm BINGO + + +	26 9am Breakfast Meeting + + 10am 4 for Fit + + 11 am Morning Stretch + + + 1 pm Wii Golf& Cards + + 3 NOGGIN JOGGIN + + 6 pm Chill and Chat +	27 11 am Golf Toss + + Family Day + 6pm Movie + +
 Sports Fan Club Chiefs @ 12:00 28	8 am Walking Club + + + 29 10 am 4 For Fit + + 11 am Billiards + + 11:30 Travel Time + + 2 pm Mindful Coloring + + 3 pm Joggin Noggin + + 6 pm Bunco + + 5 pm Baseball Bag + +	10 am Fitness Room + + + 30 10:30 am Wii Bowling + + 11 am Serenity Pause + + 1 pm Card Games + + 3 pm Walking Club + + + 4:30 pm Bible Study + 6 pm Evening Stretch + +	8 am Walking Club + + + 31 10 am 4 for Fit + + 11 am Joggin Noggin + + 1pm Dominos + + 3pm Candy Hour + + 4:30 pm Deep breathing + + 6pm Cards + +			



October Birthdays
PARTY 10/17 @ 3PM

Joyce M. 10-22

Joe C. 10-5

Gloria H. 10-1

Melvin Carlson 10-29

If you would like to share your birthday with the Community let the coordinator know.

Wall of Honor

The wall of honor has been getting a lot of veterans lately! The Summit at Viewcrest is proud to live amongst such amazing veterans! Anyone who would like to be on the Wall of Honor please submit a photo to the front office. With the photo please include your rank, what division you served and the years if you would like. Thank you to all of you that have submitted photos for the wall already.

“Home of the FREE because of the Brave”



Breast Cancer Awareness

October is national Breast cancer awareness month. Everyone knows someone or has personally been effected by breast cancer. 10-17 at 11 am lets all join together and aim to walk a mile around the complex! This month focuses on bringing awareness to the disease and raising funds for research into its cause, prevention, treatment and cure.



Halloween

Friday October 26th we will be having our Halloween party! We will be inviting a preschool from the neighborhood to join us! Please invite your young children in your life to join us! There will be games and we will also have a costume parade in our community room! It would be great if you plan on coming that you wear your favorite Halloween costume as well! If anyone is interested in helping please talk to your Connect Coordinator or Community manager. Thanks!

WELCOME

We welcome all of our new residents. You are invited and encouraged to participate in all scheduled actives. Be sure to pick up a calendar! Calendar's are posted on the bulletin board by the mailboxes . Make sure you attend these activities so you can get to know all our wonderful residents. Remember we all “came as strangers but live as friends”.



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:

Stars Quick Corner

- YOGA 1st and 3rd Wed.
- Breast Cancer awareness month
- Halloween 10/26
- Sign up for Tech Time
- Wall of honor

Managers Corner

For those of you who cannot attend the Friday Breakfast and Coffee, the list below is an overview of some of the conversations discussed.

- A huge shout out to everyone that joined me in a group photo for the Calamar Foundation!
- Volunteers are needed for the Halloween Party that will be held at our community. If you are interested, please make sure you sign up on the sign up sheet in the Community Room.
- If you smoke, please keep our smoking policy in mind. We are a NON-SMOKING COMMUNITY.
- If you happen to make a mess in the hallways (trash, pet, etc.) please make sure you notify the office immediately.
- If you are the “leader” or involved in a club or group we have here (on the calendar or not), please let me know. We will have a Club Intro event in the near future.

Train your brain!

The Summit at Viewcrest values your independence and there are activities that can keep you sharp as a tack! The brain sometimes slows down on us but it is extremely important to keep your brain active! Some activities that can help with training your brain are: **Puzzles**, they are extremely stimulating and good for your motor skills as well. **Books**, books are a great way to be entertained and challenge your mind. **Brain Teaser Puzzles**, look on the calendar for our joggin noggin and come train your brain! Also, regular exercise, proper water intake, a consistently healthy diet and a good sleep schedule are ways to Train your brain!