



The Woodlands Voice

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September

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COMMUNITY INFORMATION

COMMUNITY
MANAGER:
DOUG FENTON

CONNECT 55+
COORDINATOR:
ERIC MORGANSTERN

MAINTENANCE TECHS:
KEVIN & ART

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Rent is due to the office on the 1st of every month. Rent checks can be made out to **RM1BHoldings**.

"Come as strangers, live as friends"

September is the month that Western New York residents get to enjoy all of our wonderful locally-grown fruits and vegetables, but it also marks another month of fun and exciting activities and programs through our Connect 55 Program at the Woodlands and the arrival of four new residents.

Please check our September activities calendar, this newsletter and all of our bulletin boards for more details! Don't forget that Labor Day does not really mean the official end of Summer...be sure and get outside and enjoy another month of warm weather and the arrival of the changing season as the trees begin to display their beautiful fall colors.

Have a question or comment? Be sure to stop and see Eric or Doug in the office or give us a call at any time at 692-9663.

Woodlands Well Being Challenge

During the month of September we will be having a 4 week emphasis on physical wellness.

I want feel better.

I want to be stronger.

I want to be able to play with my grandkids.

I want to _____

Fill out the blank, come to the **Wellness Kickoff September 5th at 11am**, and learn about what we can do to assist in your goals. We will track progress and have weekly meetings.



Sun	Mon	Tue	Wed
		 	<p>September Wellness Challenge may be held 1x a month by your weekly host, Eric.</p>
<p>2</p> <p>Coupon Club + Open Gym +</p>	<p>3</p> <p>Labor day office closed</p> <p>Dominoes 6pm Bingo 6:30 pm</p>	<p>4</p> <p>Morning Walk 9am ++ Scrabble 10am+ Pastor Bob service 11am+ Lunch Program-11:30am + Tai Chi 1pm ++ Movie 3pm + Pokeno-5:30pm +</p>	<p>5</p> <p>Socialize/Exercise-11am Wellness Challenge Kickoff Lunch Program-11:30am Exercise / Wellness meeting Pastor Mike Service-11:30am Travel abroad Ireland 3:30pm Current Events 345pm pinochle 6pm</p>
<p>9</p> <p>1pm Bills V Ravens + Coupon Club + Open Gym +</p>	<p>10</p> <p>Morning Stretch / wellness meeting 10am ++ Spanish 101 11am ++ Yoga w/ Kandy 1130am + + Lunch program 11:30am ++ Wellness kickoff 1230 pm++ Mocktails 3pm+ Save A Buck 3:15pm + Dominoes 6pm+ Bingo 6:30 pm+</p>  	<p>11</p> <p>Morning Walk 9am ++ Scrabble 10am ++ Lunch Program 11:30am + Tai Chi 1pm + + Dick F Communion 1pm+ Meet and Greet 2pm+ Movie 3 pm + Pokeno-5:30pm +</p>	<p>12</p> <p>Socialize/Exercise 11am Lunch Program 11:30am Circuits with Jill 12:30pm Travel Abroad Spain 3:30pm Current Events 345pm Wii Bowling League 6pm Pinochle 6pm+</p>
<p>16</p> <p>1pm Bills v chargers+ Coupon Club+ Open Gym +</p>	<p>17</p> <p>Morning Stretch / wellness meeting 10am ++ Spanish 101 11am ++ Yoga W/ Kandy 11:30 am ++ Lunch Program 11:30am+ Wine & Cheese 3pm + Save a buck 3:15+ Dominoes 6pm+ Bingo 6:30 pm+</p>  	<p>18</p> <p>Morning Walk 9am ++ Scrabble 10am+ Lunch Program 1130am + Tai Chi 1pm ++ Movie 3pm+ Pokeno 5:30pm+</p>	<p>19</p> <p>Veterans Breakfast 10am Socialize/Exercise-11am Lunch Program-11:30am Flu Shot Clinic 12:30pm Exercise with Eric 1pm Travel Abroad Spain 3:30pm Current Events 330pm Pot Luck Dinner 4pm</p>
<p>23/30</p> <p>1pm Bills V Vikings+ Coupon Club + Open Gym+</p>	<p>24</p> <p>Morning Stretch / wellness meeting 10am ++ Spanish 101 11am+ Lunch Program-11:30am + Wine & Cheese 3pm + Save a Buck 3:15pm + Dominoes 6pm+ Bingo 6:30 pm +</p>  	<p>25</p> <p>Morning Walk 9am ++ Scrabble 10am+ Lunch Program-11:30am+ Tai Chi 1 pm ++ Movie 3pm + Open House 5pm+ Maria Angelova Concert 6pm+</p>	<p>26</p> <p>Socialize/Exercise 11am Lunch Program-11:30am Circuits with Jill 12:30pm Travel Abroad Poland 3:30pm Current Events 345pm Wii Bowling league 6pm Pinochle 6pm</p>

	Thu	Fri	Sat
<p>Wellness meetings will meet weekly during class with</p>	<p>Connect 55 Keystones</p> <ul style="list-style-type: none"> + Intellectual + Spiritual + Physical + Social + Financial 	<p>Phase 1 Phase 2 Both Communities</p>	<p>1 Open gym + Cards 5:30pm +</p>
<p>10am + kickoff 11am +++ 30am + ing 1pm ++ 30pm 15pm ++ ++</p>	<p>6 Morning Walk 9am ++ Bible Study-11am + Trivia with Karen 1pm + Chef Ben Cooking Demo 2pm Matty's Dinner-4:30pm Euchre 6pm+</p>	<p>7 Coffee/Donuts/calendar review-10am + Socialize/ Exercise 10am ++ You be the Judge 11am ++ Lunch Program-11:30am + Open Gym ++ Hand/Foot-5:30pm+</p>	<p>8 Open gym + Cards 5:30pm +</p>
<p>0am + 30am ++ 2:15 pm ++ n 3pm ++ ++ 530-8pm ++</p>	<p>13 Morning Walk 9 am ++ Bible Study-11am + Zumba 1:15 pm ++ Matty's Dinner-4:30pm ++ Wii Bowling League 530-8pm ++ Euchre 6pm+</p>	<p>14 Coffee/Donuts calendar review 845am ++ Things you should know 915 ++ Socialize/Exercise 10am ++ You be the Judge 11am ++ Lunch Program 11:30am + Exercise / wellness meeting 115pm ++ Music & Meditation 2pm + Hand/Foot-5:30pm+</p>	<p>15 Open gym + Cards 5:30pm +</p>
<p>9:30am + 10am ++ 30am ++ 1230-230 + pm ++ in 3pm ++ pm + pm +</p>	<p>20 Morning Walk 9am ++ Bible Study-11am + Reminisce w/ Karen 1pm + Zumba 1:15 pm ++ Matty's Dinner-4:30pm ++ Wii bowling League 530-8pm ++ Euchre 6pm +</p>	<p>21 Coffee/Donuts-10am ++ Things you should know 1015am Socialize/Exercise-10am + Flu Shot Clinic 10-12 + You be the Judge 11am + Lunch Program-11:30am + Exercise / wellness meeting 115pm + Music & Meditation 2pm + Birthday Party 2pm +</p>	<p>22 Open gym + Cards 5:30pm +</p>
<p>e-10am + 1:30am + 2:15 pm + nd 315pm ++ pm + e 530-8pm +</p>	<p>27 Morning Walk 9 am ++ phase2 wellness clinic 10-11 + phase1 Wellness clinic 11-12 + Bible Study-11am + Reminisce with Karen 1pm + Chef Ben Cooking Demo 2pm Matty's Dinner-4:30pm ++ Wii bowling league 5pm ++ Euchre 6pm +</p>	<p>28 Coffee/Donuts-845am ++ Things you should know 915am ++ Socialize/Exercise 10am ++ You be the Judge 11am + Lunch Program 11:30am ++ Exercise /wellness meeting 115pm ++ Music & Meditation 2pm + Hand/Foot-5:30pm +</p>	<p>29 Open gym + Cards 5:30pm +</p>

Maria Angelova

Concert/ open house



On September 25 at 6pm Maria Angelova will be returning to perform a **FREE CONCERT** in the community room. All are invited to attend.

Comedy Corner

If a child refuses to take a nap, is he resisting a rest?

I wouldn't buy anything with velcro. It's a total rip-off.

What did the buffalo said to his son when he dropped him off at school?

Bi-son.

Potluck Dinner

On September 19th at 4pm we're having a potluck dinner. Bring a dish to pass. Enjoy some delicious food. Sign up is on bulletin board.



September Birthdays:

Kay 152 Sept 24th

Eric M. Sept 29th

Tailgating

Every Sunday at 1pm. Football is back. Wear your jerseys. and Zubaz.

Come down in the community room and cheer on our buffalo bills Bring some goodies to share.



Pest Control

Remove Bird Feeders

Keep All Perishable Food Items, Pet Food Treats in sealed containers

Keep Patio Screen Doors Closed

Pick up Pet waste



Collectively Calamar residents donated over 11 thousand dollars. That total was brought to 22 thousand with the Calamar Foundation matching it 100%. The American Heart Association, American Cancer Society, and the Alzheimer's Association will each be receiving checks of 7,300 \$. This generous donation will help with research and education. Donations can be collected anytime.

