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Check out this large two-bedroom home that offers excellent space *and* value!

## Reduce Your Holiday Stress— Get Started!

The holidays can be a joyful time, offering a chance to reconnect with friends and family. But they can also be stressful. You may feel pressure to buy and give gifts. Maybe you are worried about money. Plus, there never seems to be enough time to get things done. Think about the kinds of events that trigger stress for you during the holidays. Then you can focus on one or two things you can do that will help the most to reduce stress.

### Prepare for the holidays now with these tips:

- Know your spending limit. Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget, and don't spend more than you've planned. There is nothing wrong with not buying the "hottest" or most expensive toys for your grandkids. Don't buy gifts that you'll spend the rest of the year trying to pay off.
- Give something personal. You can show love and caring with any gift that is meaningful and personal. It doesn't have to cost a lot. Or, use words instead of an expensive gift to let people know how important they are to you. Make a phone call or write a note and share your feelings.

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## Enjoy Your Travels With No Troubles

Village Cooperative offers complimentary "while you're away" services to give you peace of mind as you travel.

Just let your Member Services Manager know when you're traveling and we'll take care of things for you: Mail Collection and Forwarding (if needed), Plant Watering and Complimentary In-Home Checks

# Member Events

## Informational Seminar (Sales Presentation)

Wednesday, November 29<sup>th</sup>

1:00pm

Embassy Suites

7640 NW Tiffany Springs Pkwy

(Tiffany Springs Exit off I-29)

Kansas City, MO 64153

Invite your friends to attend and learn more about what the Village Cooperative has to offer active adults!

## Member Meeting

Wednesday, November 29<sup>th</sup>

3:00pm

Embassy Suites

7640 NW Tiffany Springs Pkwy

(Tiffany Springs Exit off I-29)

Kansas City, MO 64153

Get the latest updates on our community.

# Save the Date!

## Tour of the Village Cooperative of Shawnee (New Members Only)

Wednesday, November 29<sup>th</sup>

This is a great opportunity to see the Village Cooperative in Shawnee, KS. More details coming soon.



# Reduce Holiday Stress

(continued from page 1)

- Get organized. Make lists or use an appointment book to keep track of tasks to do and events to attend. Don't try to remember everything. Write it down and keep it handy!
- Share the tasks. You don't have to do everything yourself. Share your "to do" list with others. Spend time with friends and family while you share tasks like decorating, wrapping gifts, and preparing the holiday meal.
- Learn to say "no." It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.
- Be realistic. Try not to put pressure on yourself to create the perfect holiday for your family. Focus instead on the things that make holidays special for you. And remember that just because it's a holiday, family problems don't go away. If you have a hard time being around some of your relatives, it's okay to set limits on your time at events and visits.

We, at the Village Cooperative, sincerely hope you have an enjoyable holiday season. We believe that the gift of financial freedom in your new community and a better lifestyle will take much of the pressure off during this next chapter of your life. Just think, it won't be long until you no longer have to worry about maintenance, leaving the "surprises" to pleasant things you enjoy, not an unexpected repair bill during the holidays!

To find out more about the benefits of living at the Village Cooperative, **contact Trish today at (816) 995-8500.**

# Remember...

Veterans Day is Saturday, November 11<sup>th</sup>



*There are not words big enough.  
There is not a hug strong enough.  
There is not a smile wide enough.  
All we can offer is "thank you."  
You are our heroes.  
You are in our thoughts.  
You are in our prayers.  
For all you've done, we thank you.*



## Birthdays This Month

Pat M. – Nov. 8<sup>th</sup>

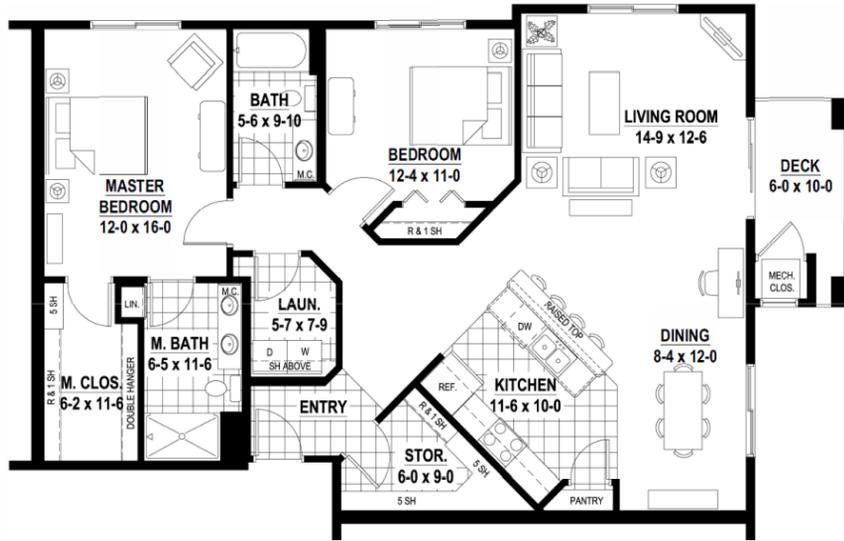
Anita G. – Nov. 17<sup>th</sup>

## Quote of the Month

*"Nothing is more honorable  
than a grateful heart."*

~Seneca

## Featured Floor Plan of the Month



## “K” Home

**2 Bedroom, 2 Bath – 1,453 sq. ft.**

This unique plan offers an open and spacious layout with a kitchen/living/dining room combo that opens to the deck. This home also includes a reserved space in the heated underground parking garage as well as your own private laundry room with side by side washer and dryer, plus lots of storage! **You just can't find a better maintenance-free value with all the amenities in this convenient Kansas City, MO location in the Northland!**



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Like us on  
**Facebook**

[www.facebook.com/villagecooperative](http://www.facebook.com/villagecooperative)

Village Cooperative is a community of active adults, so stay active with us—online! We'll keep you informed about upcoming events as well as share photos from past ones!

