

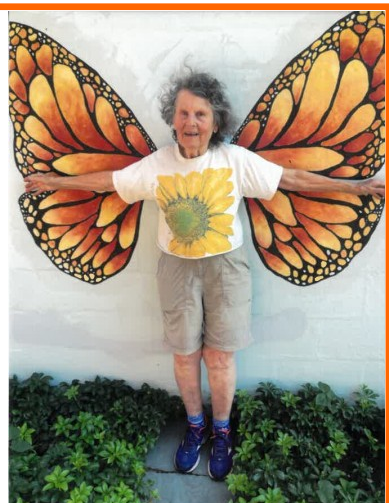


Twins?

### A Few of Our Favorite Photos



We're looking forward to some warm weather outings!



Pensacola, FL THEN and NOW Lewiston, ME



April 2026, Issue 216

### In This Issue:

- ◆ April Showers Bring ...
- ◆ Pet Profile: Sunny
- ◆ Word Search
- ◆ New Arrivals
- ◆ "What I'm Reading" by Helen McKinley
- ◆ Recipe Corner
- ◆ Our Favorite Photos

### Writers:

Your Schooner Family  
Editor: Theresa Nardone

### Pet Profile



**Sunny:** "I lived with Jim Williams. Now I am with his sister Anne. I nap a lot during the day and hunt for catnip toys at night."



The most beautiful things can grow when we simply provide the space for them. We bet that our resident gardeners Polly Glavine, Dot Cobb, and Martha Bania can't wait to get started planting beautiful flowers and other annuals in our raised garden beds.

**Thank you to all Schooner tenants and employees who help put together our *Flash* newsletter!**

Do you have a fond memory of a special time in your life that you would like to share, maybe a photo or two? A photo of your pet? Just let us know—we will be happy to put it in our monthly newsletter.

### Welcome to our Community!

- ~ Phyllis Garland A105
- ~ Patricia Morris studio 103
- ~ Dick Rosenberg A107



# WORD SEARCH

# Spring

WORDS GO EVERY WAY!

C A R N D I H C R O X H E A T H E R O S  
 H S M X I R I S N R S I T A M E L C H P  
 G Y X A F I M A R R T U I C A Y H G Y A  
 O O C O R N F L O W E R E S O R L A L S  
 L I R F F H A R X O S T A R X O I N L T  
 D L I R U Y O R R I R I A S D T U L P E  
 M U R E C S E F L O W A S T A R E I O R  
 T X A E F O X L F O W Y T X F O X P N A  
 L I L A C Y Y U F W X H U O F M O R R Y  
 M J Y X X R C C A R N A T I O N O I X N  
 E D A I A H L A V E N D E R D C I Q U O  
 L A C M S U N F L O W E R X I K X X I E  
 C J A I H Y A R O E J O V A L I L I V P  
 W L A X F O X G L O V E H T N I C A Y H  
 Y G L A D I O L U S L A V E T D A I S Y

AMARYLLIS  
 ASTER  
 CARNATION  
 CLEMATIS  
 CORNFLOWER

DAFFODIL  
 DAISY  
 FOXGLOVE  
 FUCHSIA  
 GLADIOLUS

HEATHER  
 HYACINTH  
 IRIS  
 LAVENDER  
 LILAC

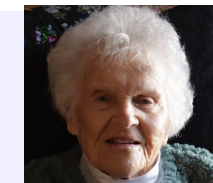
PEONY  
 ORCHID  
 ROSE  
 SUNFLOWER

## Schooner Tenant Profiles

Please give these folks a warm Schooner welcome!

**Note: Some of our profiles do not have photographs included. It all depends on a tenant's preference.**

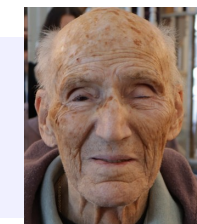
Please welcome our newest neighbor, **Phyllis Garland**, in A105. Phyllis joins us from nearby Freeport. She is thrilled to be closer to her three adult children and is looking forward to enjoying our chef-prepared meals and vibrant social scene.



Meet new resident **Patricia Morris** in **studio apt. 103!** A former teacher and inn-keeper with a lifetime of stories, she is originally from California but has lived all across the United States. She makes the move to us from Quincy, Massachusetts, to be closer to her daughter in Brunswick. Fun fact: Patricia has written a novel!

Welcome **Richard, "Dick," Rosenberg** to A107!

A longtime Sabattus resident, Dick is thrilled to be part of our community. He is looking forward to enjoying good food and social activities.



## What I'm reading ...

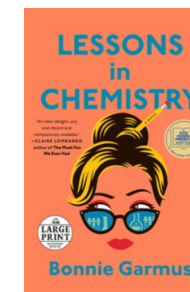
*Lessons in Chemistry* by Bonnie Garmus

**"This was a delightfully fun book to read!"**  
 —Helen McKinley

Elizabeth Zott enjoyed a great relationship with her husband, Calvin Evans. After Calvin passed away, Elizabeth was pregnant and alone with her dog Six-Thirty. Elizabeth realized that she would have to reenter the workforce.

She faced challenges being a single mother. Her previous life had included a career as a scientist dealing with chemistry.

Elizabeth was lucky to be hired as an afternoon TV host on a cooking show. The TV producers were shocked to see what she did in front of an audience with food. Elizabeth changed many women's lives with her show.



**Check out the Schooner Mates Book Club, and go on a reading adventure with friends!**

## Recipe Corner

### Easy Overnight Oats

Combine in a bowl or Mason jar:

- 1/2 cup oats
- 1/2 cup milk
- A handful of raisins

Cover, and, as indicated in the title, pop this into your fridge overnight!

This dish can be microwaved for 1–2 minutes to enjoy warm, or it can be eaten cold straight out of the fridge, since instant oats are already cooked when you buy them.

### Variations include:

- For a higher protein content, add 1 scoop of protein powder.
- Replace the raisins with maple syrup, honey, brown sugar, or mashed banana.