



Schooner Estates
Retirement Community

**“Comfort in Community,
Confidence in Care”**

H i g h l i g h t s

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**Have a
Safe & Happy
4th of July!**



**Full Bloom in the
Schooner Courtyard**

THE SCHOONER FLASH

July 2009



Issue 16

**All the News That's Fit to Print About the Happenings
at our Wonderful Schooner Estates!**

SUMMER EVENTS

Schooner's first cookout of the season, "Schooner Country Cookout", was held on Wednesday, June 10th. It was raining that day so the barbeque was held in the Village Green. Everyone had a great time!

The next cookout will be held on Wednesday, July 1st. Since Independence Day is upon us, the BBQ has been appropriately named "Independence Day Celebration BBQ". As always, friends and family are invited! Just call the front desk at 784-2900, or stop by to sign them up and pick up a guest ticket.

Following is a list of this year's 2009 scheduled BBQ dates:

- ◆ Wednesday, July 1st
- ◆ Wednesday, August 12th
- ◆ Wednesday, September 9th
- ◆ Wednesday, September 30th

Listed below are just a few of the trips & summer fun planned for July:

- ◆ Bailey's Island and lunch at "Cooks Lobster House".
- ◆ Another delicious lobster bake on the patio.
- ◆ Fine dining at the beautiful "Kawanhee Inn" on Webb Lake in Weld, Maine.
- ◆ "Two Lights" Lobster Shack in Cape Elizabeth.



WHO'S NEW IN THE NEIGHBORHOOD?

Schooner welcomes the following new residents...

- Lorraine Marcoux to studio 109
- Irene Delorme to apartment 322
- Ruth Southworth to apartment 623
- Arriving in July:
- Edith Lachance & Cleveland Stetson to apartment 328
- Richard Agostin is moving into apartment 628



HAVING FUN RAISING FUNDS

It must be an omen, after a rain filled week, the clouds parted and the sun came out - just in time for the June 16th, 5:00 p.m. hot dog cookout! "I can't believe it!" exclaims Mark Prevost, Schooner's Resident Services Director. "When you do something nice for your fellow man, life smiles back on you." For a mere \$1.00, residents and their invited friends and family enjoyed hot dogs with chips, drinks and all the trimmings.

The proceeds go to Camp Sunshine. Camp Sunshine provides respite, and support to children with life threatening illnesses and their families.

We had fun and we'll do it again. The next "\$1.00 Dog Night" will be on Tuesday, June 30th at 5:00 p.m. Invite a guest or two and help with this worthy cause!

AARP CLASS

On Thursday, July 25th, Schooner provided the classroom for an AARP Senior Driver Safety class. Tom Harvey was the instructor. Twenty nine people attended the class which means there are 29 "extra safe" drivers on the road!



IN OUR OWN BACK YARD

A "Butterfly Release" celebration will be held on Saturday, July 25th at the Hospice House on Stetson Road at 3:00 p.m. (Rain date - Sunday, July 26th.)



Schooner Estates is making its' parking lot available to take some pressure off the Hospice House parking lot. A shuttle will be provided to transport people who might need a helping hand up the hill. This event offers a unique opportunity to remember and honor a loved one by dedicating a butterfly in their name. Anyone can attend the celebration, but there is a \$20 donation for each butterfly dedication (donation forms available at the front desk).

Each dedication will include the release of a painted lady butterfly, and the name of the person being honored will be read at the event and listed in the program booklet. The net proceeds will benefit AHCH. Share memories, enjoy the music and light refreshments. The highlight of the celebration will be the mass release of live butterflies.

JULY SIGNATURE MENU ITEM

The month of July will feature: **Crab Cakes w/Creole honey mustard sauce.** Prepared by Chef Mike Morton. Delicious as usual!



SUMMER CONCERTS

The Auburn Community Band is now celebrat-



ing it's 28th concert season. Schooner is sponsoring this wonderful event and will be providing a shuttle for all residents who would like to attend. Each summer since 1982, the group has been presenting outdoor performances every Wednesday evening in downtown Auburn. The groups weekly programs are scheduled through August 26th. These concerts take place at Festival Plaza on Main Street (held inside the Hilton Garden Inn Auburn Riverwatch in case of inclement weather).

HEALTHY SUMMER TIPS

Preparation and moderation are the key regarding enjoying time outdoors during the summer months. By following some common sense tips, seniors can more fully enjoy the good summer weather and avoid over exposure to the sun and heat.

- - **What's The Hurry?** – Summer should be enjoyed, so why rush? The faster you move the more your body heats, especially in warm weather.

– **Shade** – Plan outdoor activities for cooler early morning hours. Look for shaded areas such as a covered porch or under a tree to enjoy an activity. Heat can impact seniors as easily indoors as it can outdoors, so be sure air conditioning is used. Lower shades to keep light and heat out.

– **A Need to Hydrate** – Ice cream, popsicles and other frozen treats are refreshing on a warm day. Also, drink plenty of water, juice and sports drinks while avoiding caffeine. Eat cool or cold foods such as sandwiches and salads. Stay hydrated.

– **Fashion to Stay Cool** – Wear lightweight and loose fitting clothes. Lighter colors and cotton materials are best for warm weather. Wear U/V skin protection while also donning a wide-brimmed hat or use an umbrella to protect from