



Schooner Estates
Retirement Community

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

Highlights

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THE SCHOONER FLASH

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LIFE LONG LEARNING!

Last Spring, Schooner Estates partnered with the Senior College of the University of Southern Maine (Lewiston Campus) to offer a course here at Schooner, open to our residents and the general public as well. It was wonderfully successful and has encouraged us to offer 2 courses here this Fall. Below are the 2 courses which will be held at Schooner Estates:

1.) American Ideals: The Founding of a Republic of Virtue

This course will have as it's focus the principles that guided the founding of our country, the conditions that led to the fateful break with England and the attempt to design institutions capable of fulfilling the ideals expressed in the founding documents.

Instructor: Charles W. Plummer, Ph. D - A long time Senior College Instructor, at both the USM Lewiston-Auburn & Midcoast Senior College programs.
Schedule: 6 Tuesdays - September 22 & 29....October 6, 13, 20 and 27
The class limit is 25. Class hours: 9:30 - 11:30 a.m.

2.) Ancient Rome and Sicily

This course will visit ancient sites of Rome and Sicily utilizing slides. Special attention will be given to St. Peter's and the other major churches in Rome, along with the Vatican Museum, the Forum, Coliseum, fountains and other notable sites.

Instructor: Alan Elze - He has taught a variety of courses over the past several years at Senior College.
Course schedule: 7 Thursdays - September 24....October 8, 15, 22 and 29 November 5 and 12. The class limit is 25. Class hours: 1:00 - 3:00 p.m.

Schooner has created a scholarship fund for people who would like assistance in paying the cost of joining the Senior College and taking a course. The annual membership fee is \$25, which covers the academic year September to June. The first two classes are \$25 each. Any class after that is \$10 each. These fees also apply to other courses offered at the University of Maine (Lewiston Campus). For more information or to register, see Mark Prevost. All classes will be held in the Tenants Harbor Room.



WHO'S NEW IN THE NEIGHBORHOOD?

Schooner welcomes Rowena Lane. Rowena resides in Studio #110

Baby News! A new (3rd) grandchild for Russell Clark in Dietary. A baby girl, (named Allison Rose Kenney) born, literally the last minute of Father's Day as well as the 1st day of summer! Now that is an easy birthday to remember! Congratulations!



SENIOR HEALTH & EXERCISE

Studies show that staying physically active and exercising regularly can help prevent or delay many diseases and disabilities. Even moderate exercise and physical activity can improve the health of people who are frail or who have diseases that accompany aging.



Exercise and physical activity are among the healthiest things you can do for yourself, but some older adults are reluctant to exercise. Some are afraid that exercise will be too strenuous or that physical activity will harm them. Yet, studies show that exercise is safe for people of all age groups and that older adults hurt their health more by not exercising than by exercising.

An inactive lifestyle can cause older people to lose ground in four areas that are important for staying healthy and independent: strength, balance, flexibility and endurance. Research suggests that exercise can help older people maintain or partly restore these four areas.

Increasing strength and endurance make it easier to climb stairs and carry groceries. Improving balance helps prevent falls. Being more flexible may speed recovery from injuries. If you make exercise a regular part of your daily routine, it will have a positive impact on your quality of life as you get older. **Be sure to check with your doctor first before starting any exercise program.**

Listed below are ways to get fit here at Schooner:

*We have an excellent fitness room available. The fitness room is located on the 3rd floor of the Searsport building. Help with the equipment is available if needed.

*An exercise group meets every Monday, Wednesday and Friday at 10:00 a.m. in the Tenants Harbor Room. A group leader will show you many stretching exercises, etc.

*Every Tuesday and Thursday at 10:00 a.m. a "Sitterball" exercise is held. This is a more gentle form of exercise which involves sitting and exercise using an exercise ball.

*Wii bowling- using the popular "Wii" game is a fun exercise activity held every Tuesday, (all day) and

and every Thursday at 10:00 a.m. in the Tenants Harbor Room.

*Evening walks are held every Monday at 6:30 p.m. A group meets in the Camden Living Room to enjoy a walk outside on Schooner's beautiful grounds.



AUGUST BARBEQUE

Save the date on your calendar for Schooner's Southern "Grilled" Summer Feast, to be held rain or shine on Wednesday, August 12th in the center courtyard.

Mike Morton, Director of Dining Services has put together a grilling bonanza of rib eye steaks with hickory char crust, boneless breast of chicken with a bourbon barbeque sauce and swordfish with lemon caper butter all grilled by the master griller himself.

The residents, staff and Mariners Club members have enjoyed these special cookouts for years. Guests have always been welcome! Gus Turbide will entertain with many familiar songs on his keyboard.



AUGUST SIGNATURE MENU ITEM

A delicious Lobster BLT Salad with a lemon aioli is this month's feature meal item. If you love lobster, you will love this dish!



EMPLOYEE NEWS

Paolo DeMarco, grandson of Schooner Hostess Betsy Broughton, placed 7th from a field of 173 participants in the Yarmouth Clam Festival 1 mile race. The race was held on Saturday, July 18th. Grandma Betsy and Grandpa Parker are very proud of you Paolo.