



Schooner Estates
Retirement Community

**"Comfort in Community,
Confidence in Care"**

Highlights

- Mardi Gras
- Welcome
- Knitting
- Wine Tasting
- Heart Disease Awareness
- Employee News



Schooner does take out from local eateries several times a month. Above is a group having fun at one of Schooner's "Pizza Parties"

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THE SCHOONER FLASH

February 2010

Issue 23

IT'S MARDI GRAS TIME!

Schooner Estates will celebrate its annual **Mardi Gras Festival** on February 16th (Fat Tuesday). Chef Mike Morton will create some of his favorite dishes right out of Emeril Lagasse's cookbook. There will be 3 seating's (11:00, 12:15 & 1:30) in the Village Green for residents and guests to



enjoy Louisiana style cuisine from our Mardi Gras Jazz Brunch Buffet. Guests are welcome and encouraged to attend. The buffet is \$12.00 for guests, RSVP to 784-2900 please. Schooner celebrates this event in hi-style right down to the traditional gold, purple and green colors, with live music, costumes, decorations, crowning of the king & queen and a parade at 3:00 p.m. in the Village Green. This event is a highlight of our February activity calendar. Residents and employees will don full Mardi Gras regalia and festive music will fill the halls. Schooner will be decorated with all the Mardi Gras trimmings, decorations and colors!

Feast Your Eyes on This Year's Mardi Gras Buffet Menu!

Roast sweet corn & crab bisque * Jalapeno corn muffins
Green onion cole slaw * Red beans and rice
Bacon smothered collard greens * Three leaf salad with citrus vinaigrette
Lump crab & leek quiche with chive crème fraiche
Green onion cole slaw * Pancakes with bacon & pecans with cane syrup
Chicken Delmonico * Kicked up black eyed peas
Fried green tomatoes with poached eggs topped with creamed ham
Roast loin of pork with apricot Macadamia nut stuffing
Omelet bar featuring wild mushrooms & pepper jack cheese omelets
Coconut Profiteroles with hot fudge * Jitterbugs bread pudding
Pecan pie * Cyclone punch * Coffee and decaf

Who's New in the Neighborhood

Lloyd Crossland to apartment 520
Olive Ross to apartment 513
Irene White to apartment 645

WELCOME!

OH, THE BENEFITS OF KNITTING

Everything you wanted to know about knitting, but were too afraid to ask. Our knitting group meets every Monday at 2:15 p.m. in the Camden Living Room. Knitting baby hats and donating them to local hospitals for the maternity wards is really just a smoke screen concealing the occult knowledge of the benefits and joys of this almost forgotten art...not to mention, this is a great opportunity to make friends and meet your neighbors. Enjoy a social afternoon and join in with their projects or create something on your own.

Beyond being a fulfilling life-long hobby, knitting can improve your health. Knitting has been shown to have the following benefits:

- ◆ Reduces high blood pressure.
- ◆ Relieves stress.
- ◆ Can help keep arthritic hand joints limber.
- ◆ Provides a workout for your brain and can possibly reduce the risk for Alzheimer's disease.
- ◆ Can increase self esteem.
- ◆ Can aid in recovery from surgery or illness by keeping yourself relaxed and restful.



Knitting has been compared to yoga, for its ability to induce a relaxed meditative state. It is rhythmic and calming. Watching a beautiful yarn become something new is gratifying. Your mind becomes calm and you can think clearly and creatively.



A WINE TASTING EVENT

On Thursday, February 25th, Schooner Estates will offer a wine tasting **"Evening of Flavor"** for the Residents to enjoy samples of the different wines that are available today. Chardonnay, Cabernet Sauvignon, Malbec, Merlot, Pinot Grigio....the list is endless. A \$5.00 donation to Camp Sunshine gains access to sample wines of choice, cheese & crackers, with light music in the background. The evening starts at 6:00 p.m. in the Tenants Harbor Room.

HEART DISEASE AWARENESS

On Friday, February 5, 2010, Americans nationwide will wear red to show their support for women's heart disease awareness on National Wear Red Day®. This observance promotes the Red Dress symbol and provides an opportunity for everyone to unite in this life saving awareness movement by showing off a favorite red dress, shirt or tie.

February



American Heart Association lapel pins are available at the front desk for a \$2.00 donation. One hundred percent of your donation goes to this cause.

EMPLOYEE NEWS

Rick Pepin, Schooner maintenance department employee, was the winner of this past quarter's "Excellence in Safety Award". Rick was nominated for his quick response to the tenants needs so that they do not get hurt trying to fix things themselves. "Rick always puts 110% into all that he does here at Schooner. He is a true asset to Schooner", according to Maintenance Director Peter Mercier.

