

A Few of our Favorite Pictures



Good times were had this summer at the Poland Springs summer concerts.



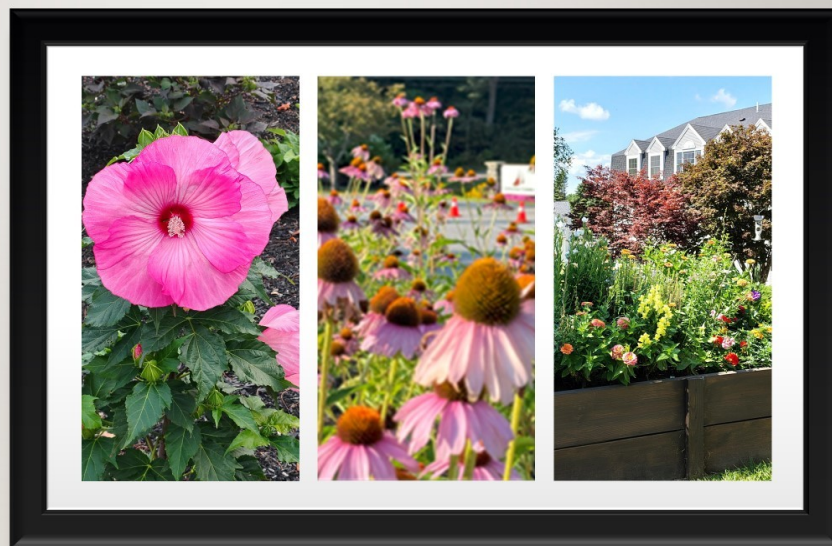
A wonderful day in Cape Elizabeth, at the Lobster Shack!



Our Seafood BBQ was amazing!



Check out the beautiful plants on our grounds. A thank you to Polly Glavine for keeping our courtyard flowers in perfect bloom!



The Schooner Flash *Monthly Newsletter*

SCHOONER ESTATES ~ EST. 1989 • OUR COMMUNITY IS YOUR COMMUNITY

September 2025, Issue 210

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Writers:

Your Schooner Family

Editor: Sue O'Brien



Monday, September 1st

The month of
September,
brings a hint
of Autumn...



Get ready for our last outdoor feast of the summer season, - while the weather is still warm, we will BBQ! Our "Oktoberfest" BBQ will be held on Wednesday, September 10th.

Let's all welcome the crisp Fall weather, featuring blue skies and falling leaves. We won't let summer end without one more outdoor gathering with your friends and neighbors!

Welcome to our Community

- ◆ Conrad Conant, C105
- ◆ Bunny Frost, A101





Word Search

Beware, words can go every which way!

Countries Word Search

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

BAHRAIN
GRENADA
JAPAN
NAMIBIA
PERU
TUVALU

CHAD
IRELAND
KENYA
NEPAL
SPAIN
URUGUAY

CHINA
JAMAICA
MEXICO
NICARAGUA
TOGO
VENEZUELA

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.

~ Let's all welcome new tenant **Bunny Frost**, to studio A101.
Before moving to Schooner, her home was in Poland. Sadly, her husband passed away in July. They have two daughters, three step children, and one stepson in Florida.
Her family wanted her to move to Schooner for safety reasons. Bunny worked for Lewiston for 25 years. Anytime they needed help, she was first on the list!
Her hobbies include golf, cooking, sewing, playing cards, and Bingo. She is excited to meet people and make new friends. We are so happy to have her here!



Tips for staying healthy as the weather changes to Fall

1. Get enough vitamin D by spending time outside in the sunlight.
2. Take a brisk walk.
3. Stay hydrated.
4. Check your calorie intake.
5. Be vigilant about handwashing

Fall is the start of flu season, and influenza can be unpredictable and serious, even if you're healthy. Prevention is the best way to protect yourself and your family, so make sure to get your flu shot and to stay home and alert our nursing team if you suspect signs of sickness.

The new season is a fresh start to healthy habits...



A wonderful thank you note from one of our tenant charities, **Camp Dragonfly**.



Thank You

