



# The Schooner Flash



August 2016 Issue 101

Schooner Estates, Est. 1989

Our Community Is Your Community.

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### Writers:

Your Schooner Family

### Editor-in-Chief:

Sue O'Brien

### Designer/Co-Editor:

Linda Hildonen

## Calling All Seafood Lovers!

Even though we do not want summer to move along too quickly, we are looking forward to our upcoming "Seafood Buffet Cookout" on Wednesday, August 31st. If you love seafood, you certainly won't be disappointed. Come and enjoy the hospitality of our wonderful staff and a meal you won't soon forget! The entire Schooner team is looking forward to welcoming you and your family. Please call our front desk at 784-2900 for sign up and ticket information. Our menu:

### Served Seafood Chowder

- Strawberry and Goat cheese Spinach Salad with Toasted Almonds, Shaved Red Onion and Balsamic Vinaigrette \*\* Fruit Salad
- Smoked Seafood Platter \*\* Maine Lobster Rolls \*\* Steamed Clams
- Fried Maine Shrimp \*\* Broiled Haddock with Lemon Herb Butter
- Native Corn \*\* Dill Buttered Red Bliss Potatoes
- \*Seafood Alternate Only: Blueberry BBQ Grilled Half-Chickens
- Red Berry Prosecco and Strawberry Lemonade Sorbet
- Blueberry Crisp \*\* Fresh Cream Cheese Biscuits

## Balance - Breath - Energy

Come learn more and try Tai Chi, an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner accompanied by deep breathing.

Mike Elliot has taught this beneficial form of exercise for decades. He will be here at Schooner Estates on Tuesday morning, August 16th at 10:45 a.m. in the Tenants Harbor Room.

Residents, staff, friends and family are all encouraged to attend. Come and see for yourself the benefits Tai Chi can have in store for you.



Always find a reason  
to smile!  
Living at Schooner  
makes it easy.



*It is with great pleasure that  
we welcome you to our community*

- ◆ Neal Hallee, apt. 512
- ◆ Al Prevost, Residential Care



## A Commitment to Excellence

From our perspective, there can be no better place to live or work than right here at Schooner. We don't pretend to say that Schooner is perfect, but it offers a tremendous wealth of experiences for all types of individuals. It has been an inspiration to see so many new relationships and friendships being formed. How very much courage you all exhibit in how you deal with the aging process.

Our community has developed into a large family that really cares for one another. No one loses their own individuality, we only gain in as much as we can let others into our lives (with all their imperfections). Our observation is that those who do let others into their lives are the happiest of people. Love of neighbors, it's not an original idea of ours, but there sure seems to be a lot of truth in it.



## A Bit of Presidential History

For all you presidential history buffs, watch channel 10: **American Experience**, a television program and documentary series which airs documentaries about historic events or historical figures. They will present an interesting six part biography series of six past presidents and the qualities that make an effective president and shape a legacy.

**JFK:** Mon.-Tues. - August 8-9 at 9 pm

**LBJ:** Weds. - August 10, at 8 & 10 pm

**Nixon:** Thurs. - August 11 at 8 pm

**Jimmy Carter:** Mon. - August 15 at 9 pm

**Reagan:** Tues. - Weds. - August 16-17 at 9 pm

**George H.W. Bush:** Thurs. - August 18 at 8 pm

## The Place To Be

Everyone had a great time at our July cookout! As usual, we had an abundance of mouth watering foods and happy people. As you can see below, it's not too hard to get fantastic photos during any of our popular summer cookouts!

We hope to see you at our Seafood Buffet on Wednesday, August 31st.



Take time out from your everyday routine and play a game of pool! Our pool room, beautifully renovated a few years ago, also contains game tables and a large screen television. The perfect place for a friendly get together.

2nd floor, Searsport House





# Resident Article from Tonie Ramsey: Open House 2016

One of the real highlights of living at Schooner Estates comes in the form of it's annual Open House. Have you been a participant in the past? What did you find most exciting?

Join the Schooner staff and residents, and their friends and family for an afternoon of fun on September 10th from 11 am to 3 pm. You will be greeted by a welcome committee that is happy and proud to share their community with you. There will be refreshments (including a cookout from 12-1:30 pm), tours of the campus, displays featuring the accomplishments and interests of our residents, and live music starting at 2:30 pm.

Invitation postcards are available if you would like to invite your own friends and family to experience this event. The Schooner Estates Open House is a happy time for those who wish to invite others into their Schooner home, and show off the active, involved and energized lifestyle that so many of us seniors continue to live!



*Tonie Ramsey is the President of the Tenants Advisory Council, and a long-time Schooner Resident.*

## Word Search

### Word List:

- Schooner Estates
- Community
- Summer
- Flash
- Newsletter
- Seafood
- Buffet
- Excellence
- Castine
- Searsport
- Camden
- Harpswell
- Auburn

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



## “I’m Not Ready Yet”

We hear that comment so often when talking to people about the lifestyle at Schooner Estates and sometimes find it difficult to answer in a brief way. The article below, says exactly what we would like to say to folks who are trying to make this decision.

~ ~ ~ ~ ~

How often a strong and vigorous man or an active and gracious woman enter their retirement years and use this excuse to postpone the planning and decisions that could free them to enjoy the time.

*They’re not ready yet...*

- To live in an attractive and comfortable home without the effort of maintaining it.*
- To enjoy excellent meals, graciously served in an attractive dining room, and give up the chores of constant shopping, cooking, and cleaning up.*
- To eliminate worry concerning health, security and transportation.*

They’re not ready, in short, to simplify their lives. They wait for some sign, some failing, to justify or even compel a move from the home that’s too big, or chores and possessions which require a great deal of attention. Sometimes they wait too long.

Sometimes they find they have wasted what could have been some of their better years. Moving to senior living shouldn’t mean retiring from life, but simplifying life to enjoy new interests and activities, or the old ones there wasn’t enough time for. One doesn’t step into old age by moving to a community, but opens a new door to an active, dignified and interesting life.

What does the senior living home have to offer? Independence, a sense of community, friendships, a place to be private and security.

Our best gift? A gift of time to use constructively and personal services to be used as needed.

## Destination: New Hampshire

Are you yearning for another Schooner mini vacation trip? Well, we are in the process of planning a 2 night Fall trip to the beautiful state of New Hampshire, a place where there is never a shortage of things to do! Take a look below at the fun that awaits you!

- Travel to Moultonborough to “Castle in the Clouds”.
- Two nights - motel accommodations.
- Dinner out at “Hart’s Turkey Farm Restaurant” and “Jonathan’s Seafood Restaurant”.
- Ride the M.S. Mount Washington; a motor ship, on Lake Winnepesaukee.
- A train ride aboard the Conway Scenic Railroad.
- And of course a delicious breakfast and lunch each day and sightseeing.

Trip dates: Tuesday, September 13th, Wednesday, September 14th, and Thursday, September 15th.

Check with Mark Prevost, our Resident Services Director, for sign up information.

