

Comfort in community ~
Confidence in care

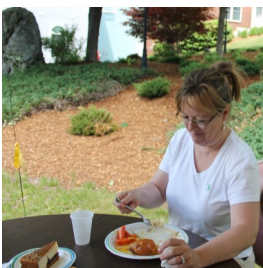
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A group of our residents went on 2 night mini vacation to Vermont in early June. Living at Schooner is never dull!



THE SCHOONER FLASH

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CELEBRATE AMERICA

Everyone loves a good barbeque, especially to commemorate one of the most favorite celebratory times of the year, the Independence of our country! On Wednesday, July 9th, Schooner will be celebrating the land of the free and the home of the brave with an "Americana" themed barbeque. As always, our menu will be loaded with a delicious variety of foods prepared by our Chef Mike Morton and his culinary crew. See our complete menu below.



Friends and family are invited. Please call our front desk at 784-2900 for sign up and ticket information.

~ O U R M E N U

- Grilled chicken breasts with BBQ sauce
- Apple wood smoked pulled pork sandwiches w/raspberry rhythm maker BBQ sauce & apple cider vinaigrette slaw on a crusty roll
- Grilled swordfish teriyaki steaks
- Assorted crusted rolls w/butter
- Mike's 4th of July Firecracker baked beans w/smoked beef brisket
- Fresh corn on the cobb w/melted butter
- Fresh native cuke's in apple cider vinegar
- Fresh green beans w/snipped sage
- Baby shrimp pasta shells salad
- Red Bliss potato salad
- Fresh cut minted fruit salad
- Baked apple crisp w/whipped cream
- Ice tea, lemonade, ice water, coffee and decaf



To the left & right are photos of our June barbeque!

Who's New in the Neighborhood...



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

- Marni Carter - apartment 630
- Holmes Fetherolf - Residential Care

THE CAREFREE WORLD OF SUMMER

Schooner is proud to welcome back Art Historian Cynthia Lee Peer. On Monday, July 14th at 3:30 p.m. in our Tenants Harbor Room she will present to us a beautiful slide show presentation, "Summertime in Art History". You are



invited to explore the world of several great artists and the story behind some of their fabulous works of art. Learn historical information and fascinating stories about such summertime pieces of art as The Swing, by Fragonard, Luncheon of the Boating Party, by Renoir, and Monet's Beaches at St. Antoine. Come, relax and enjoy, it's summertime in art history!

It's that time of year, let's fire up the grill!



SUMMER HEALTH 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. Here at Schooner, check out our Brass Rail Café in the Village Green and the Camden coffee bar area -we have cool drinks available daily.

SCHOONER GENTLEMEN PHOTOS

Father's Day has come and gone. We hope everyone had a great day either being a dad or honoring one! Below are our Schooner photos, in recognition of this very deserving day.

Thank you all for attending!

