



Schooner Estates

Senior Living Community

Comfort in community ~
Confidence in care

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A June day trip to the coast of Harpswell.

CELEBRATE AMERICA Happy Independence Day!



THE SCHOONER FLASH

JULY 2015

Issue 88

"STARS AND STRIPES" AMERICANA BARBEQUE

It's time to celebrate Independence, Patriotism, all things American – and few things are truly more American than barbeque! This is the theme of our second outdoor get together of the season and we hope to see everyone dressed in their red, white and blues to help celebrate the day! Please call the front desk at 784-2900 to pick up a guest ticket for family and friends. Have a happy 4th!

Americana BBQ Menu

Salads

Tossed

Balsamic Cucumber and Tomato

Fresh Fruit

Macaroni with Shrimp and Peas

Mains

Southern Fried Chicken

Mini Cheeseburgers

Ball Park Sausages

Bacon Wrapped Shrimp Skewers

Blackie's Corn on the Cob

Cheddar Shoestring Au Gratins

Desserts

Apple Pie with Ice Cream

Strawberry Shortcake

Watermelon



Who's New in the Neighborhood...

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

- ◆ Doris Fisher apartment 312
- ◆ Ralph & Hazel Gould apartment 432
- ◆ Carl Harrigan apartment 626
 - ◆ Ella Morse studio 107
- ◆ Virginia Stone apartment 528
- ◆ Jacqueline Whirley apartment 411

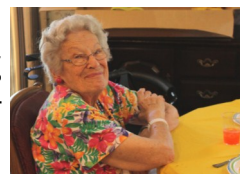
THE SEASON HAS BEGUN

Here at Schooner we provide a wide variety of scheduled activities for residents to choose from each day and throughout the month. From musical events, day and overnight trips, theme barbeques plus much more, we have something for everyone. Our residents had a great time celebrating our first cookout of the season, on June 17th, Hawaiian style! Below are photos from a two night trip to the Berkshires and our June cookout.



SUMMER HEALTH TIPS

Preparation and moderation are the key regarding enjoying time outdoors during the summer months. By following some common sense tips, we can all 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. 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. Stay hydrated and stay healthy!

SAVE THE DATE

This year's open house will be happening Saturday, August 15th. We want YOU involved! We are looking to showcase the talents, interests and lifestyles of our Schooner Residents with tables to show off crafts, artwork, memorabilia and more. If you have an idea of what to share, please contact Mark ASAP as space will be limited and we won't be able to use every idea this time around. Also, please invite your friends and family to share in the fun!

Here they are, our 2015 Gentlemen's photos, in honor of Father's Day.

Mark, our Resident Services Director...he sneaked in the picture!

