



The Schooner Flash



June 2017 Issue III

Schooner Estates, Est. 1989

Our Community Is Your Community.

In This Issue:

- ◆ BBQ Season Begins
- ◆ Lobster Bake
- ◆ Welcome
- ◆ Photos
- ◆ Word Search
- ◆ Hydration
- ◆ June BBQ Menu
- ◆ Compassion
- ◆ Ladies Photos

Writers:

Your Schooner Family

Editor-in-Chief:

Sue O'Brien

Designer/Co-Editor:

Linda Hildonen

We're Firing up the Grill!

We are looking forward to our first community barbeque of the season. It took a while for winter to end and summer has been knocking on the door! Our Schooner theme days have been decided and we are excited to share the dates with you. We hope this will help you to plan ahead, in order to not miss a single one. As always, we look forward to meeting family and friends there. Just call the front desk at 784-2900 to sign them up and reserve a spot.

Here are the dates:



- ◆ June 7th: Hawaiian Theme
- ◆ July 5th: Americana Theme
- ◆ August: Ocean Theme, Seafood Buffet (Date to be announced)
- ◆ September 20th: Oktoberfest

Take a look at our June 7th "Hawaiian" menu on page 3.



Never stop doing little things for others. Sometimes those little things occupy the biggest part of their hearts.



Our first lobster bake of the year is scheduled for Friday, June 16th at noon time on our cozy Residential Care Patio.

Held throughout the summer months, this a very tasty and popular event!



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

* Sylvia Everett, apt. 642

* Gus & Joanne Jaccaci, apt. 312

* Larry Rinck, apt. 411

* Susan Warschauer, apt. 530



**Happy
Father's Day!
Sunday,
June 18th**



A Few of our Favorite Pics

A visit from the Pineland Wool Spinners was well received by all.



Schooner resident Irving Isaacson with his Lifetime Achievement Award.



Our Memory Care folks made lovely May Baskets for each Schooner department.



A Parade of Princesses

Word Search

See The USA



Beware, words can go every which way!

Word List:

- | | |
|------------------|------------------|
| 1. Atlanta | 15. Norwalk |
| 2. Boulder | 16. Ocala |
| 3. Dallas | 17. Philadelphia |
| 4. Davenport | 18. Seattle |
| 5. Detroit | 19. Tacoma |
| 6. Enid | 20. Tampa |
| 7. Fargo | 21. Utica |
| 8. Gainesville | 22. Vail |
| 9. Hartford | 23. Washington |
| 10. Indianapolis | 24. Wichita |
| 11. Los Angeles | 25. Xenia |
| 12. Manhattan | 26. Yuma |
| 13. Mesa | 27. Zapata |
| 14. Miami | |

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



A Need to Hydrate

It cannot be said enough - no matter what time of year it is, staying hydrated is essential! Drink plenty of water and try to limit your caffeine consumption. Here at Schooner, check out our Brass Rail Café in the Village Green and the Camden coffee bar area. We have ice cold, fresh fruit flavored water available daily. Stay hydrated and stay healthy!

Hawaiian Luau Menu

Hawaiian Luau 2017

Salads

Hawaiian Macaroni salad

Island Sweet Potato salad

Tropical Fruit Salad

Mixed greens with Bacon,

Coconut, Macadamias,

and Pineapple Vinaigrette

Mains

Char Sui Pork Shanks with Bok Choy

Coconut Curry Shrimp

Huli Huli Chicken

Island Style Fried Rice

Hawaiian Stir Fry Vegetables

Finale

Tropical Fruit Shortcake

Coconut Cream Pie

Mango Sorbet

ENJOY!

Strive to be Compassionate

Despite popular belief that compassion depends solely on you, the way to achieve it may not lie just within yourself, but in your relationships and interactions with others. When we have feelings of caring or love for other people, we feel better.

So how can you tell if you are or not?

You find commonalities with other people. Compassionate people are very outward-focused because they think and feel about other people. They have that ability to feel others' feelings, so they're very socially connected.

You don't put emphasis on money. If money doesn't buy happiness, then it doesn't buy compassion, either. A major component of compassion is giving back, even in the smallest ways. When we take actions that are caring and loving, we feel more love in return.

Be kind to yourself. If we treat ourselves harshly, this is the way we are likely to treat other *people*.

Teach Others. Compassionate people don't want to just keep their gifts to themselves, they want to impart their knowledge onto other people

You Express Gratitude. Empathetic individuals not only acknowledge those acts of kindness done unto them, they actively express gratitude for them.

You're Mindful. When you're exercising compassion, you're putting yourself in the moment. Compassionate people aren't listening and checking their smartphones at the same time — they're present, offering their empathetic response to the story right in front of them.

Info from the *Huffington Post*



SCHOONER LADIES PHOTOS 2017

We hope everyone had a wonderful Mother's Day! The Schooner ladies photos are a yearly tradition here in our community.

As you can see, we had a large turnout!

~~~~~

Also, a note to all Schooner gentlemen - our men's photo will be taken in early June. Check your calendars for times and locations. We hope to see everyone there!

