



The Schooner Flash *Monthly Newsletter*

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

March 2024, Issue 192

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Your Schooner Family

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Congratulations Are In Order

We'd like to officially welcome our own Lindsay Remington as the Director of Marketing and Community Relations! Lindsay's office has been relocated across the mezzanine to John Rice's old office (in the Castine building). John has taken up residence in the old marketing office in Camden. Congratulations Lindsay, you deserve it!

And welcome, John Rice, to the Camden building!



springforward

For all of you who are just waiting for the first sign of Spring, cheer up, it is getting closer! One sure sign is the arrival of Daylight Saving Time, which officially begins on Sunday, March 10th. Remember to set your clocks forward one hour on Saturday evening, March 9th.



Welcome to our Community!

* Doug & Phyllis Hodgkin, apt. 533

Happy St. Patrick's Day!



Think Spring!



Word Search

Beware, words can go every which way!

ACTION	H	O	S	T	A	R	O	R	R	O	H	X	R	G
ANIMATED														
BIG SCREEN	P	C	P	N	O	I	S	I	V	E	L	E	T	F
BLANKET														
BONDING	C	G	U	N	R	J	B	O	Q	N	H	R	Q	K
CHICK FLICK														
CHOOSE	C	H	O	O	S	E	R	L	O	S	E	T	E	C
CLASSIC														
COMEDY														
COUCH	R	P	I	E	C	M	L	I	A	N	T	N	A	N
DECIDE														
DIRECTOR	D	O	K	C	D	N	T	L	T	N	J	I	E	G
DVD														
ENJOYABLE	E	P	T	V	K	C	S	A	I	O	K	E	E	N
FAMILY														
FRIENDS	T	C	D	C	A	F	L	D	Y	R	R	E	R	I
GATHER														
HORROR														
NEW RELEASE	A	O	N	F	E	C	L	A	N	C	H	E	T	D
POPCORN														
RENTAL	M	R	E	A	O	R	B	I	S	E	T	T	E	N
ROMANCE														
STAR	I	N	K	M	M	L	I	G	C	S	I	C	Z	O
TELEVISION														
THRILLER	N	U	E	I	E	O	I	D	E	K	I	R	K	B
WEEKEND														
WESTERN	A	D	E	L	W	B	R	W	K	D	L	C	F	D
	Y	H	W	Y	N	E	W	R	E	L	E	A	S	E

Have You Joined?

A creative and fun class,
held here at Schooner!

LA Senior College "Art Lovers Club" Neurography

Neurographica is a cathartic meeting with your unconscious that unfolds through drawing. The method was invented in Russia in 2015 and has grown rapidly around the world.

This creative class is being taught by artist Anita Poulin (started on Feb. 22nd, 5 classes). We hope you enjoy this colorful piece of art, made by you!



SPECIAL PHOTOS TO SHARE

Thank you to all Schooner Tenants and Employees who help put together our wonderful Tenant Profiles!

Do you have a fond memory of a special time in your life that you would like to share, maybe a photo or two? Just let us know, we will be happy to put it in our monthly newsletter.



Pantry News....Just for fun!

Here is a cookie recipe that is low in cholesterol and better for you than most. Give it a try! Share a few with family and friends. This recipe was located in a publication of an older "Schooner Times" Newsletter, printed over 25 years ago.

3/4 cups flour	1 1/2 tsp cinnamon
2 cups sugar	1 1/2 cups margarine
1 tsp baking soda	2/3 cups egg beaters
1 tsp salt	2 cups mashed bananas
1/2 tsp nutmeg	3 1/2 cups dry oatmeal

Enjoy

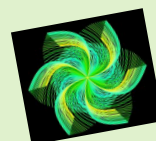
1. Preheat oven to 400 degrees.
2. Mix flour, sugar, soda, salt, nutmeg & cinnamon in large bowl.
3. Add margarine, egg beaters & bananas. Mix well.
4. Mix in oatmeal until thoroughly blended.
5. Bake for 12-15 min. (use teaspoon to flatten a bit)

One cookie: 74 calories, 10g carbs, 1g protein, 3-6g fat, 0 Cholesterol

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Spring is when
you feel like
whistling even with
a shoe full of slush.

✕
DOUG LARSON

A Few of Our Favorite Pictures...Mardi Gras 2024



Did you know...

Ben Franklin—of "Early to bed and Early to rise" fame - was apparently the first person to suggest the concept of daylight savings. Franklin wrote of being awakened at 6 a.m. and realizing, to his surprise, that the sun would rise far earlier than he usually did. Imagine the resources that might be saved if he and others rose before noon and burned less midnight oil. It soon caught on and so it began!.



Mardi
Gras Float
Contest
Winners!
Our
Resident
Services
Dept.



WHY GREEN? St. Patrick's Day occurs annually on March 17 in observance of the death of St. Patrick, the patron saint of Ireland. What began as a religious feast day in the 17th century has evolved into a variety of festivals across the globe celebrating Irish culture. On this proud Irish holiday, you're likely to see every shade of green. Why? It's an American tradition that harkens back to old Irish folklore. Revelers of St. Paddy's Day believed that wearing green made you invisible to leprechauns and therefore, impervious to their mischievous pinching.

Of course, green wasn't always the iconic color of the holiday. Originally, it was blue! Green was thought to have flourished as a tribute to the Emerald Isles and inspired the color change from blue (back in the 17th century) in order to better match the Irish flag.