



Hello Everyone – A few things to catch up on.....

- ◆ I want to extend a hardy welcome to our **newest congregate community residents**; John & Constance “Connie.” They plan to begin the ‘move-in’ process on Saturday and will reside at apartment #107. *So, 100 wing welcoming committee.....you’re on!*
- ◆ There will be a presentation regarding **Honor Flight** on Saturday at 3:30pm in the activity area. Please join me in learning about how it all works as well as how it may provide you or someone you know with a tremendous opportunity.
- ◆ Please find the **Clinton County Focus Services Directory** sponsored by the Office for the Aging and the Aging Services of New York. It is an excellent resource and contains the contact information of organizations and professionals who offer a myriad of services to Senior Citizens throughout Clinton County.
- ◆ The Resident Assistants have asked if the **bi-weekly apartment cleaning** could be rotated in terms of which apartment out of the four being completed each day is cleaned first. In the spirit of being fair and consistent, this seems like a practical approach. A system has been developed to properly track this rotation and is in place. However, if you are not an early riser (cleanings typically begin at 9am) and you would prefer never to have your home cleaned first, please let Janet know so you can be taken out of the rotation and your cleaning will occur later in the day.
- ◆ I wanted to take a moment to write about **security** at the congregate building. My understanding is the current protection system was put into place approximately four years ago. Fobs were distributed to residents (congregate and duplex alike) enabling access through any of the entrances. The main entrance system was designed with the intention of having guests, delivery people, community members (basically all non-residents) utilize as their entrance. Over time, fobs and keys have been provided to various non-residents. As a result, the integrity of the congregate building security and your safety is greatly compromised. In an effort to shore up our safety measures, I am respectfully requesting non-residents to use the main entrance ‘dial/buzz-in’ system that is in place. If any of you have difficulty operating this system from your home phone, please contact the office for assistance. I appreciate your understanding and cooperation.

- Kevin

## Activities: Week of February 29 - March 6

### Monday, March 7, 2016

10am Toenails by Jana Lee  
11am Exercise  
12pm Soup & Salad  
1pm Pool  
3pm Tea Social

### Tuesday, March 8, 2016

9:30am Shuffle Board  
10:30am Price Chopper/\$ Store  
11:30am Tai Chi  
2pm Bingo  
4pm International Women's Day  
Happy Hour

### Wednesday, March 9, 2016

9am Akwesasne Trip  
10am Nurse Janet  
11am Exercise  
12pm Soup & Salad  
1pm Penny Poker  
2pm Craft Group

### Thursday, March 10, 2016

10am Bridge  
12pm Omelet's  
1pm Mah Jongg  
3:30pm Popcorn Social with Matt  
& Wii Bowling

### Friday, March 11, 2016

9:15am Zumba Gold with Tiana!  
10am Yando's  
11am Exercise  
11:30am Ladies' Lunch @ Arnie's  
12pm Soup & Salad Bar  
1pm Bridge for 8  
4:30pm BYOB

### Saturday, March 12, 2016

11am Yoga Tape  
3:30pm Adult Coloring  
6:30pm Movie Night, "West Wing"

### Sunday, March 13, 2016

11:30am Church Service  
12:30pm Brunch  
1:30pm Afternoon Movie  
3pm Wine Tasting with Vladimir

## Activity Information:

On Tuesday, March 8th at 4pm, we have an "International Women's Day Happy Hour." In different regions the focus of this day ranges from general celebration of respect, appreciation, and love towards women to a celebration for women's economic, political, and social achievements. Beverages with and without alcohol will be provided! Please bring memories to share!

Wednesday, March 9th is the trip to Akwesasne! Please note that activities will continue as scheduled. To the people signed up to go, please see me with any questions. We leave at 9:15! There's room for 1 more if you're interested (see Tiana)!

Ladies, Please sign up for the Ladies' Lunch at Arnie's on Friday, March 11th! We leave at 11:30am! There are no stairs, reservation will be made downstairs!

## More Activity Information on Page 4!

### March Birthdays!

2 Dorothy S. 4 Ron P. 8 Minnie B. 8 Bill L. 9 Ross C.  
19 Jerome D. 20 Jim M. 24 Helen R. 24 Pat L. 24 Natasha T.  
26 Roy W. 27 Marlena D. 28 Barbara T.





A POTPOURRI OF TRIVIA

Motorcycles - gangs of "Hell's Angels" wreaking havoc on the highways. Well, maybe not. Statistics show that the average age of motorcycle riders is 47. 61% are married, and 14% are women (go Jackie!). (This information from Sunday's "Parade" magazine)

Here is some wisdom from a tea bag tag:



Flashy bank robbers wear loot suits. This reminds me of those snappy suits of yore - remember them? Zoot suits; the wild plaid suits with the huge lapels and oversized shoulder pads

Do you know what GEOCACHING is? Here is the short answer. Geocaching is an outdoor activity - kind of like a high tech scavenger hunt, in which the participants use GPS, the



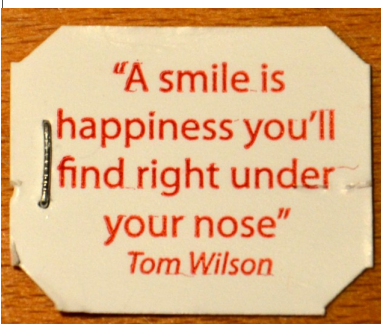
Internet or other devices to access the coordinates of the "cache."

These can be anywhere in the world. A typical cache is a small water proof container containing a logbook and pen or pencil. The finder signs the log, then returns the cache exactly where it was found. Some caches can be more complicated, and involve solving a puzzle. My grand daughter is a geocaching fan and has around 100 found sites to her credit!

Monday was Leap Year Day, which brought thoughts of Sadie Hawkins to me. Remember her? She spent a lot of time in the "Lil' Abner" comic strip chasing him. At the teen dances back then, the DJ would often callout "next dance is a Sadie Hawkins" which meant we girls could ask a boy to dance. For some reason, I have always associated Sadie Hawkins with Leap Year. So it was with some surprise to read that for many years, Sadie Hawkins Day has been celebrated on November 15th! Just goes to shows our memories are not always accurate!

To top off this trivia, here is a very funny joke from Jade, Tiana's daughter, age 8.

Why was 6 afraid of 7? Because 7 8 9!



It's March! Remember the old saying, "March comes in like lion and goes out like a lamb."

Mary Lue



# More Activity Info



You have seen on the calendar that there is an **Adult Coloring (color & sip)** on **Saturday, March 12 at 3:30pm.** This is just another opportunity for you to get together!

The March Wine Tasting with Vladimir is **Sunday, March 13th at 3pm** in the library!

**SPRING FORWARD!!!!**

Daylight Savings begins on Sunday, March 13th! Don't forget to turn your forward!

**REMINDER:**

The Casserole Bake Off has been rescheduled. The date is now:  
**Monday, March 21st at 12:00pm.**

I encourage ANY and EVERYONE to participate, both residents and staff. These cook and bake off's are tasty and fun events that give us another opportunity to get together.

If you have an awesome recipe - don't hesitate to make it!

Please contact Tiana for more questions, or to confirm your entrance in the competition!

Plattsburgh High School is putting on the musical: "Anything Goes" on **Saturday, March 19th at 7pm.** The cost of tickets is \$8.00 each.

Transportation is available - please sign up at by Wednesday, March 16th so that we can purchase tickets in advance! Thank you!

Bridge Substitutes for:

Thursday Mornings at 10am

and

Friday Afternoons at 1pm

Please contact Tiana with your availability

# Wanted:

**Take Charge!**

In calculating a Mediterranean-diet score, points are awarded for consuming *more* than average:

- |              |        |         |
|--------------|--------|---------|
| Vegetables   | Fruits | Legumes |
| Whole Grains | Nuts   | Fish    |

As well as moderate alcohol intake. Points are awarded for consuming *less* than average:

- |          |                |
|----------|----------------|
| Red meat | Processed meat |
|----------|----------------|

(Article submitted by a resident from the March 2016 *Tufts: Health & Nutrition Letter*)



# New Items on the Menu



**Monday:** **Squash Risotto** - Risotto is a bigger, stickier type of rice cooked with wine & cream.

**Canadian Meat Pie** - French *Canadian* Tourtiere (pie) containing pork, beef, potatoes, onions and spices.

**Tuesday:** **Edamame & Cabbage Salad** – Edamame is a soybean. This salad is mixed with shredded cabbage, carrots, a little brown rice and tossed with peanut salad dressing.

**Panna Cotta** - *Panna cotta* (Italian cooked cream') is an Italian dessert of sweetened cream thickened with gelatin, molded and served with a fruit dressing.

**Wednesday:** **Cuban Sandwich** – This is a ham, roasted pork loin, swiss cheese, pickle, mustard on a soft, thin bread sandwich.

**Thursday:** We're going traditional Irish all the way this day.

**Skink Soup** – Irish chicken soup made with diced chicken, colorful vegetables, enriched with cream and egg yolk.

**Irish Stew** – A robust stew made with lamb, potatoes, onions and carrots.

**Stout Chocolate Cake** – Bunt cake made with dark beer, dark chocolate & drizzled with whiskey caramel sauce.

**Oatmeal & Raspberry Cream** – Toasted oats folded into mixture of raspberries, whiskey, honey & cream.

**Friday:** **Rainbow Peppers** – A mixture of red & green peppers and onions roasted together.

**Saturday:** **Asparagus Orzo** – Orzo is short-cut pasta, shaped like a large grain of rice and we add fresh asparagus.

**Sunday:** **Yorkshire Pudding** – An English dish made from batter consisting of eggs, flour, and milk.

Week of March 14, 2016

Turn into Kitchen by Saturday, March 5

Name: \_\_\_\_\_ Circle the Main Meal and the Sides You Like

Monday – March 14 (5:30PM)

Pear & Cottage Cheese Salad

Chicken Breast w/Cranberry Relish

Squash Risotto

Dinner Roll

OR

Carrot & Corn Mix

Spinach

Canadian Meat Pie

Berry Upside-down Cake

OR

SF Hazelnut Vanilla Pudding

Tuesday – March 15 (5:30PM)

Edamame & Cabbage Salad

Braised Brisket w/Pan Gravy

Mashed Turnips

Wheat Bread

OR

Stewed Tomatoes

Green Bean Mix

Crab Cake over BLT Salad

Panna Cotta

OR

Fresh Fruit

Wednesday – March 16 (5:30PM)

Split Pea Soup

Spaghetti w/Meat Sauce

Broccoli

Garlic Bread

OR

Lettuce, Tomato, Potato Chips

Cuban Sandwich

Brownie Sundae

OR

Fruit

Thursday – March 17 (5:30PM)

ST PATRICK'S DAY

Skink Soup

Corn Beef & Cabbage

Potatoes

Irish Soda Bread

OR

Carrots

Roasted Zucchini

Irish Stew

Stout Chocolate Cake

OR

Oatmeal & Raspberry Cream

Friday – March 18 (5:30PM)

Beet Salad

Slow Roasted Pork w/Gravy

Mashed Potatoes

Sunflower Bread

OR

Cauliflower

Rainbow Peppers

Cod w/Shrimp Sauce

Rum Cake

OR

Watermelon

Saturday – March 19 (5:30PM)

Butternut Bisque

Meatloaf w/Gravy

Asparagus Orzo

White Bread

OR

Green Peas

Turkey Salad Cold Plate

Cherry Pie

OR

SF Raspberry Jell-O

Sunday – March 20 (12:30PM - Brunch)

Fruit Salad

Eggs Benedict

Beef Burgundy w/Yorkshire Pudding

Brussel Sprouts

Sausage

Cinnamon Rolls

Apple Dumplings

Snack in a bag



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Potatoes

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Oatmeal & Raspberry Cream

Friday – March 18 (5:30PM)

Beet Salad

Slow Roasted Pork w/Gravy

Mashed Potatoes

Sunflower Bread

OR

Cauliflower

Rainbow Peppers

Cod w/Shrimp Sauce

Rum Cake

OR

Watermelon

Saturday – March 19 (5:30PM)

Butternut Bisque

Meatloaf w/Gravy

Asparagus Orzo

White Bread

OR

Green Peas

Turkey Salad Cold Plate

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