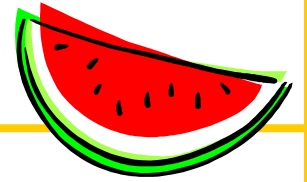


News from The Meadows



Bring on the watermelon, says Alice

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Congratulations!

- ◆ *David Lock raised just over \$225 to go towards the Alzheimer's research association.*
- ◆ *The Meadows also raised funds for the Androscoggin home health and hospice house!*
- ◆ *Nice work everyone keep up the good work in the local community!*

June Happenings

June began with the fun times of Bluegrass, pickin and grinning jam session on the 2nd. On June 5th, we at The Meadows celebrated one of the best holidays the American calendar could offer, National Donut Day! Mum made homemade donuts! On Saturday the 6th we started a mini series called, All the Rivers Run. It was a romantic story about how an artist falls in love with a steam boat skipper, and how she changed her pioneering life of the 1890's to paddle down the Murray river. We continued this series with one

disc a Saturday, 3 episodes each disc, until we finished the series!

On the 10th we had Lyndsey Montana the singer/song writer play his folk music. Some of his songs are comical and others are romantic, so whichever way your feeling he has a song for you to listen to!

We had a substitute hair dresser while Stephanie is out on maternity leave. She had baby Lukas on the 16th, and after a couple days she had recovered from birthing complications. Her and baby Lukas are doing great now and are home enjoy-

ing the rest of the family!

On the 17th we took a trip to the Oxford Casino, where new resident Ray, had a blast and left with a little jingle in his pocket! Murielle took the time off so she could enjoy a Kmart shopping spree.

On the 21st we had a delicious Pig roast, our Fathers Day luau! Complete with Lei's, pineapple upside down cake, corn bread, and of course molasses baked beans! The pig was 125 pounds and took just about 8 hours to become smoky perfection!

Boost Your Summer Well Being

1. Spend 5 more minutes on the porch. Exposure to sunlight improves your energy, extra vitamin D production, while also increasing melatonin for better sleep at night.
2. Eat antioxidants at breakfast. Antioxidant fruit, such as blueberries, bananas, and cranberries, improve mood, and prevent age related illness.
3. Have another cup of coffee! People who have 3-5 cups of coffee have a 35% lower risk of diabetes!

(Harvard School of Health, John Salerno, MD, Fight Fat with Fat.)

July 4th!

July 4th is already here! If you are having guests or if you are going out, please let The Meadows staff know before Thursday July 2nd so we can plan for the food accurately. Our festivities will be held at noon on the porch, weather permitting. We will be enjoying Lobsters, Clams, and steaks.



Invitation list will be closed Thursday July 2nd.

With all the delicious fixings we can come up with that accompany this big-gining of summer kick off! This is a special holiday meal so we ask that all guests are \$20, but don't worry you WILL NOT leave hungry!

July 4th is also when we will be judging the window box contestants! I saw Shawna's, Geraldine's, Cheryl's, and Bob's. (Bobs

window boxes are on the porch!) All of which are looking spectacular even though we have had some crazy weather, just one more week to make last minute adjustments.

I just read that Epson salt makes flowers brighter, and vegetables bigger,! I tried it at m house on one of my awesome flowers and it was dead the next day. I wouldn't recommend this Epson salt trick to anyone in the contest!

Water and Walking!

Two very important things especially in the summer days ahead! Exercising and warm weather both call for additional fluid intakes. One person should consume about 6-8 glasses of water per day to avoid dehydration and the side affects pertaining to it. The human body is 50% water, 2-3 quarts is lost daily when not active. When there is even the slightest 2% drop in body water it can trigger fuzzy short term memory, trouble with simple math and even reading. It is important to rehydrate what is lost for the blood, tissues, internal temperature stability, and for moistening the lungs to allow easy breathing. We have a great water report as can be seen by the back pages of this newsletter! And we also have a sugar free flavored water in the fridge most of the time!

June Dine Arounds

The first Dine Around of the month was on the 11th, at the always delicious Chick-A-Dee! Jenn had the fried scallop dinner, David had the pizza burger with fries, Marie had a steak sub, and Murielle had a lobster roll with French fries. Everyone had a great time, with lots of laughs and no complaints. For good behavior they took a pit stop at Dairy Joy for ice cream dessert!

Speaking of ice cream, Murielle Connie and I went to Lotus Chinese and Japanese buffet on the 25th for our Dine Around.

Murielle enjoyed the buffet and the variety of items, but her favorite part was the ice cream freezer with 6 different flavors in it. Don't worry she got about a spoonful of

each, and she liked them all, even if they mixed together in the end!

Connie and I enjoyed the different variety of sushi, and soups. Connie also tried just about everything she wanted until she was too full to try anything else, not even ice cream!



Time for a picnic!

July 2015

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

			1	2 Shopping Happy BDay	3 Happy BDay Carlton!	4 BBQ @12 Flower Box Judg- ing!
5	6	7 Salon Blue Grass 5-8	8	9 Dine Around	10 Happy BDay Ron!	11
12	13	14 Salon Yoga-930	15	16 Shopping	17	18
19	20	21 Salon National Ice Cream Day!	22 Lyndsey Montana-2	23 Dine Around	24	25
26	27	28 Salon	29	30 Shopping	31	

Remember if there are any maintenance issues you are experiencing please don't hesitate to tell The Meadows Staff, rather than fellow residents!

The Meadows

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