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All
American
ASSISTED LIVING

Newsletter | December 2017

Tasty Shakshuka Recipe



With the holidays approaching – we want to take the time to celebrate both Christmas and Hannukah with our residents and families. In the spirit of the holidays we are sharing a wonderful recipe for an Israeli dish that many of you may have tried in the past, and for those that have not...well GIVE IT A TRY. IT WON'T DISAPPOINT!

When we say the word shakshuka, people often give me a strange look... like I've sneezed, or something. If you are not familiar with this delicious, easy and healthy Middle Eastern dish very popular in Israel, we are thrilled to introduce the concept to you.

Ingredients

- 3 tablespoons canola oil
- 2 medium yellow onions, chopped
- 1 large green bell pepper, cored, seeded, and chopped
- 1 large jalapeño chile, cored, seeded, and chopped
- 7 garlic cloves, finely chopped
- 1/4 cup tomato paste
- One 28-ounce can whole peeled tomatoes, crushed by hand
- 1 bay leaf
- 2 1/2 tablespoons sugar
- 1 1/2 tablespoons kosher salt
- 1 tablespoon sweet Hungarian paprika
- 1 tablespoon ground cumin
- 1 1/2 teaspoons freshly ground black pepper
- 1 teaspoon ground caraway
- 1/2 bunch Swiss chard, stemmed and chopped, or spinach
- 8 to 12 large eggs

Preparation

1. Heat oil in a large skillet. Add onions and sauté over medium heat until translucent, 5 to 10 minutes. Add bell peppers and jalapeño and cook just until softened, 3 to 5 minutes. Stir in garlic and tomato paste and sauté for another 2 minutes.
2. Slowly pour in tomatoes. Stir in bay leaf, sugar, salt, paprika, cumin, pepper, and caraway and let the mixture simmer for 20 minutes. Layer the Swiss chard leaves on top.
3. Crack the eggs into the tomato mixture. Cover and simmer for approximately 10 minutes or until the whites of the eggs are no longer translucent.

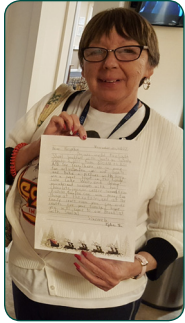
Serves 4 to 6

ACTIVITY HIGHLIGHT

On Saturday, November 11, All American at Londonderry hosted a day of honor and sacrifice for our well-deserving Veterans. Our day started out with a Veterans Photoshoot where we captured just the first of many stages of our new Veterans Wall. We captured wonderful pictures and each resident received a framed copy. In the afternoon, we held a POW MIA Missing Man Table Ceremony in our Media room/Bistro. Our ceremony included three of our very own Veterans who volunteered their time to assist. We gave out gifts and a fun day was had by all!



RESIDENT OF THE MONTH



Mary Wolf moved to New Hampshire from sunny side Florida to be closer to her family. Mary has joined our family here at All American since February, where she has made many friends while remaining a very active and engaged resident. She is often found walking and chatting with other residents and her sense of style gravitates to wearing fancy hats! Her involvement in activities include outings on the bus, making crafts, games such as bowling/bocce, and her favorite of all is the entertainment. Mary is a great dancer and loves live music.

Thank you Mary for all you do and congratulations on Resident of the Month!

SPECIAL EVENTS

On Monday November 13, our residents traveled over to South Londonderry School to visit and read with the first graders! Each resident got to ready a variety of books from animals, to trains, to dinosaurs! We got to learn about a dog named George and a pig named OOlivia! Our residents look forward in returning this month for some Holiday stories!

We will be holding a Ugliest But Prettiest Holiday Sweater Fashion show on Friday, December 15th at 1:30 pm. We will have both residents and staff participate and walk the runway to strut their stuff!

SAVE THE DATE (Events in Coming month)

**Michelle Menagerie Rain Forest
Animal Show**

Thursday, December 7th at 2 pm
In The Media Room/Bistro

Holiday Bazaar & Photos w/ Santa
Saturday, December 16th from 2 – 4 pm
In The Media Room/Bistro

**All American Assisted Living Londonderry
Resident Chorus Concert**

Wednesday, December 20th at 10:30 am
In The Media Room/Bistro

Memory Lane Show w/ Curtis
Thursday, December 21st at 10:30 am
In The Media Room/Bistro

Resident Birthdays :

Rita Bugeau..... December 9th
Kay Dodge December 12th
Terry Chuckran December 15th

Al Bugeau December 24th
Helen St. Onge December 25th



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FOX Optimal Living Rehab Director

Stephen McLean



Reading With First Graders













December

2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Cookie Exchange Week 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV: Catholic Mass 1:00 Parrots Vs. Buffalo Bills & Halltime Toss 3:00 Holiday Traditions Quilt Design 4:00 Color & Conversation 6:00 Jigsaw Puzzles 	National Sugar Cookie Day. 9:45 Strength and Balance 10:30 Manicures and Minisass 10:30 OUTING: Walmart 1:00 Holiday Cards w/ Kings Choir 2:00 Sports Club 3:00 Happy Hour & Cookie Decorating 4:00 Table Games 6:15 Women's Choice Movie Night	9:00 Beauty Salon Opens 9:45 Sit N Fit 10:30 Hymn, Sing and Gospel 11:15 Mid Morning Stroll 1:30 Candy Bar Bingo 2:00 Food Council Meeting 2:30 Dynamic Walking Group 3:00 Entertainment w/ Rumbin Richard 4:00 Card Games 6:15 Resident Choice Movie Night 6:15 Tai Chi	9:00 Beauty Salon Opens 9:30 OUTING: Leach Public Library 10:30 Word in a Word Game 11:00 OUTING: Trip To Mary Ann's Diner 1:00 Communion and Prayer Service 2:00 Sports Club 3:00 Card Games 4:00 Card Games 6:15 Wild Western Movie Night	Thursday Themeday: Wear A Scarf Day! 9:45 Sit N Fit 10:30 Resident Council Meeting 1:00 Holiday Stocking Decorating 2:00 Michelle Mangione: Rain Forest Animals Show 2:30 Dynamic Walking Group 3:00 Cheers! Happy Hour! 6:15 Comedy Movie Night	Official Lost & Found Day 9:15 Mens Group 9:45 Strength and Balance 10:30 Veterans Coffee Club 11:15 Mid Morning Stroll 2:00 Entertainment w/ Rich Araldi 2:30 Chair Yoga 3:00 Cocktail Hour 4:00 Puzleman Games 6:15 Mens Choice Movie Night	9:00 OUTING: Breakfast w/ Santa 9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Holiday Decorating Party w/ Patti 3:00 Happy Hour 4:00 Farkle 6:30 Classic Movie Night
9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV: Catholic Mass 1:30 Walking Group 2:00 Entertainment w/ Bill Parker 3:00 Create A Snowflake Craft 4:00 Table Games 6:15 Women's Choice Movie Night	International Mountain Day 9:45 Strength and Balance 10:30 OUTING: Market Basket 1:30 Entertainment w/ Bill Parker 2:00 Sports Club 3:00 Mountain Day Happy Hour 4:00 Table Games 6:15 Women's Choice Movie Night 8:30 Parrots Vs. Miami Dolphins	National Gingerbread House Day 9:00 Beauty Salon Opens 9:45 Sit N Fit 10:30 Hymn, Sing and Gospel 11:15 Mid Morning Stroll 1:30 Candy Bar Bingo 2:00 Dynamic Walking Group 3:00 Cookie Delivery Happy Hour 6:00 OUTING: Pinkerton Choral & Bell Concert 6:15 Resident Choice Movie Night	Handbook 9:00 Beauty Salon Opens 9:30 OUTING: Leach Public Library 10:30 Strength Training 11:00 Christmas Rehearsal 1:00 Communion and Prayer Service 2:00 Sports Club 3:00 Cocktails & Charades 4:00 Name That Tune 6:15 Wild Western Movie Night	Thursday Themeday: Wear a Blue Shirt Day. 9:45 Sit N Fit 10:30 Out Of The Woods Walking Stick Demonstration 12:15 Lunkers School Visits 1:30 Ugly Bar Pretzels Sweater Fashion Show 2:30 Chair Yoga 3:00 Cheers! Happy Hour! 6:00 OUTING: Pinkerton Holiday Concert 6:15 Comedy Movie Night	National Ugly Sweater Day. 9:15 Mens Group 9:45 Strength and Balance 10:30 Caroling & Crafts W/ Londonderry School 12:15 Lunkers School Visits 1:30 Ugly Bar Pretzels Sweater Fashion Show 2:30 Chair Yoga 3:00 Festive Sweaters & Cocktail Hour! 4:00 Puzleman Games 6:15 Mens Choice Movie Night	9:45 Saturday Morning Stretch 10:00 Caroling w/ LHS Chorus 10:00 Pack 603 Cubscouts Visits 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Holiday's W/ Santa Party 2:30 Jazz Entertainment w/ Scott C 6:30 Classic Movie Night
9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV: Catholic Mass 1:30 Family Movie Matinee: "ELF" 3:00 Word in a Word Game 4:00 Color & Conversation 4:25 Parrots Vs. Pittsburgh Steelers 6:00 Jigsaw Puzzles 	National Hard Candy Day. 9:00 Beauty Salon Opens 9:45 Sit N Fit 10:30 Hymn, Sing and Gospel 11:15 Mid Morning Stroll 1:30 Candy Bar Bingo 2:30 Dynamic Walking Group 3:00 Trivia Tuesday Happy Hour 6:15 Fresside Chat w/ Danielle 6:15 Resident Choice Movie Night	9:00 Beauty Salon Opens 9:45 Sit N Fit 10:30 Hymn, Sing and Gospel 11:15 Mid Morning Stroll 1:30 Candy Bar Bingo 2:00 Health Discussion Talk w/ Justin 3:00 Thankyou Tuesday Happy Hour 6:15 Resident Choice Movie Night	9:00 Beauty Salon Opens 9:30 OUTING: Leach Public Library 10:30 Strength Training 11:00 Christmas Rehearsal 1:00 OUTING: Trip To Derry Museum of History 3:00 Cocktails & Charades 4:00 Name That Tune 6:15 Wild Western Movie Night	First Day Of Winter! Sweater Day. 9:45 Sit N Fit 10:30 Trip Down Memory Lane Show 1:30 Homemade Sugar Scrub 2:30 Dynamic Walking Group 3:00 Cheers! Happy Hour! 6:15 Polar Express PJ Movie Night & Popcorn!	9:15 Men's Group 9:45 Strength and Balance 11:15 Mid Morning Stroll 1:00 Balloon Volleyball 2:30 Chair Yoga 3:00 Cocktail Hour & Hot Chocolate Bar! 4:00 Puzleman Games 6:15 Mens Choice Movie Night	9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Family Movie Marathon: "A Christmas Carol" 2:30 Hallway Bowling 3:00 Happy Hour 4:00 Farkle 6:30 Classic Movie Night
9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV: Catholic Mass 1:00 Parrots Vs. Buffalo Bills & Halltime Toss 3:00 Holiday Balloon Volleyball 4:00 Color & Conversation 6:00 Jigsaw Puzzles 	Merry Christmas! 9:45 Strength and Balance 10:30 Christmas Day Word Scramble 11:00 Gift Of Giving Letters 1:00 Holiday Movie Marathon 	Kwanzaa Begins. 9:00 Beauty Salon Opens 9:45 Sit N Fit 10:30 Hymn, Sing and Gospel 11:15 Mid Morning Stroll 1:30 Candy Bar Bingo 2:00 Health Discussion Talk w/ Justin 3:00 Thankyou Tuesday Happy Hour 6:15 Resident Choice Movie Night	9:00 Beauty Salon Opens 9:30 OUTING: Leach Public Library 10:30 Strength Training 11:00 Christmas Rehearsal 1:00 OUTING: Trip To Derry Museum of History 3:00 Cocktails & Charades 4:00 Name That Tune 6:15 Wild Western Movie Night	Thursday Themeday: Wear A White Sweater Day. 9:45 Sit N Fit 10:30 Jewelry Making & Eggog! 1:30 Travel Destination: Trip To The North Pole! 2:30 Dynamic Walking Group 3:00 Cheers! Happy Hour! 6:15 Comedy Movie Night	9:15 Men's Group 9:45 Strength and Balance 10:30 Cranium Crunches 11:15 Mid Morning Stroll 2:30 Chair Yoga 3:00 Cocktail Hour Karaoke 4:00 Puzleman Games 6:15 Mens Choice Movie Night	9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Entertainment w/ Ronnie C 3:00 Happy Hour & Would You Rather 4:00 Scrabble 6:15 Classic Movie Night
New Years Eve 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV: Catholic Mass 1:00 APT Comic: Parrots Vs. New York & Halltime Toss 3:00 NYE Scavenger Hunt! 4:00 Color & Conversation 6:00 New Years Eve Entertainment & Toast 		IMPORTANT! All activities and times are subject to change without notice. Please check daily schedule for the latest updates.	Outings: Please sign up for all outings at the concierge desk. Space is limited! 	Travel Destination! Trip To The North Pole. 		



A Letter From A Resident...

Finally it has come together for me. I found the words to describe how I feel about my home, my life, and my extended family. I am in my daughter's car being driven home after a grueling doctor's visit. I can't wait to arrive.

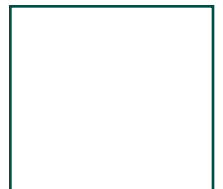
Your home? Someone might say, "You no longer have a home. You sold it." I respond, "I no longer own my house, but my home is where I live." My extended family lives with me- the residents and staff, people that inhabit my community during working days and nights. This is where I belong, where I can rest my head on my pillow at night; converse with other residents on the beautiful porch; paint or draw in the art room with others who have similar interests; where I can read books I borrow from the huge lending library or attend a group discussion if I so choose. My home is where I can be with my biological family when they come to visit, where they can get a drink or snack from the café and where my grandchildren and great grandchildren are always welcome to play with whatever toys are available. My home is where I can relax and put on my thinking cap for an insightful group chat being led by intelligent members of the Activities staff. It



is where I have my meals served to me...meals that provide me with nourishment and companions to dine with. Not to mention, the wonderful trips we are taken on, to various restaurants, museums, etc.

This is but a brief redefining of my home where I am assisted to live.

Resident, Kaplan Community 2017



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