

September Activities Continued

***Gal's Lunch Outing—** Carino's Italian — Thursday, September 20

A little drive to Mount Vernon, WA to eat the Italian classics or one-of-a-kind spiced Italian favorites, all handcrafted from the finest, freshest ingredients available. Whether you're craving Italian comfort food like 16-Layer Lasagna, or something with a little more spice like Italian Nachos, Johnny Carino's has something for everyone. Bus leaves at 11:30.

Food Committee Meeting - Wednesday, September 26

This is a great opportunity to talk to the people that make the kitchen and dining room operate smoothly. Join us at 2:30 in the dining room.

***Back Roads Drive with Chris —Sunday, September 23**

Nothing more relaxing than a nice drive after through the back road with friends. Bus leaves at 1:30. Don't forget to sign up early!!!!

*** Shopping at Walgreens—Tuesday, September 18**

Walgreens is offering a 20% discount for Seniors! We have a trip once a month on the third Tuesday for you to take advantage of this offer. The bus will be leaving at 1:15. Please sign up in the hallway near the lobby.

***Flu Shots —Tuesday, September 19**

Want to fend off some flu-bugs this season? Come to the Captains Crossing at 1:00 for your annual flu shot. Please sign up for this so we know how many to prepare for.

*** Guy's Lunch Outing - Thursday, September 27**

Calling all guys! Pete and John will be taking you on another wild adventure for lunch. The bus leaves at 11:15 and you'll need to sign up in the hallway near the lobby.

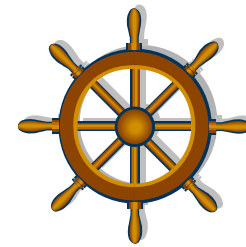
Note: Please check the calendar for other activities not listed.



CLIPPER



September 2018



Pete Kovach
Executive Director

Casandra Roberts
Business Office
Manager

Leah Yanega
Community Relations
Director

Tammy Scott
Health Services
Director

*Becca Booker-
DeMonbreun*
Activities Director

Ian McAllaster
Food Services
Director

John Fuik
Maintenance
Director

Susie Deyo
Resident Relations

Summer Fest: Around the World



**Chandler's Square Residents'
Council Meeting
August 21, 2018**

Present:

- Maxine L.
- Harvey O.
- Harry B.
- Dee H.
- Mary Lou M.
- Nancy A.
- Becca B-D

Meeting was called to order at 2:30pm. The following discussions took place.

Old Business:

There is a suggestion from the council that when making a change to your meals in the dining room (example; requesting to be served half a sandwich versus a whole sandwich at lunch), discussing with the kitchen staff instead of the waiting staff may be more efficient. It has been suggested that you tell the kitchen staff personally by ringing the bell outside of the entrance to the kitchen, or by phoning the kitchen.

Maxine Lang is currently acting as interim President of the Resident's Council for Harvey until January, upon that date she will tender her resignation from the Resident's Council. The council is in need of a secretary, and for someone to step in as President, if no one steps in, it is the recommendation of the members in attendance to discontinue the council. The council feels that things brought to the attention of the council can be discussed at the All Resident's Meetings. If the council is discontinued that will leave \$525.91 in the treasury. The council is considering distributing the fund to a charity, such as; Meals on Wheels, the Family Center or the Salvation Army. The bank account will be canceled, therefore any fundraising for any charity will have to be handled entirely by the resident advocating for their chosen cause.

In discussion of the annual Christmas Party, the council suggested that in the case that the council discontinues, that a special meeting is held to plan and coordinate for this particular event.

New Business:

Many residents enjoy walking to Safeway and downtown. This is complicated by the dangers crossing 12th and Commercial. The cross-walk light is not long enough and the traffic going to and coming from the ferry does not pay attention to the pedestrians. The residents request that Pete go to the city on behalf of the residents to make the intersection safer and more accessible.

All residents that have items in the South Wing storage must have all items inside of their storage units by the end of September. This is to eliminate any trip hazards and provide space to move around. Any items not in the storage units by the end of September will be removed.

The meeting was adjourned at 2:47pm.
Respectfully submitted, Becca B-D , Secretary



September Activities

*Burlington Shopping—Saturday, September 1 & 22

Do you like to shop? We are headed to Burlington for some off island shopping. The bus will be leaving at 11:15. Please sign up in the hallway near the lobby.

September Birthday Party—Tuesday, September 4

Birthday party in the dining room at 2:30 to celebrate birthdays of all wonderful residents and staff born in September. It's in the dining room...with cake and ice cream, raffles, and fun!

Flyswatter Volleyball – September 5, 12, & 26

Come join us in the Captains Crossing for a fun game! This game is low impact and played from a chair so it is accessible to everyone The game starts at 1:30.

Card Games - Thursday, September 6 & 20

This is a resident lead poker game in the Library at 1:30pm. It is a great time to interacted with other residents through some friendly card games.

Guy's Lunch Picnic - Thursday, September 6

Calling all guys! Pete and John will be taking you on a picnic. The bus leaves at 11:15 and you'll need to sign up in the hallway near the lobby.

*Swedish Pancakes —Saturday, September 8

YUM. Elks Lodge in Mt Vernon hosts a spectacular breakfast of Swedish pancakes and some other breakfast delights. The cost is now \$8.00 and the bus leaves at 9:15.

Tech Help - Monday, September 10

Do you have mobile technology that you need some help with? Becca will be in the Train Room to help answer your questions.

*Shop Soroptimist - Tuesday, September 11

We all know how great finding a little gem or treasure for a good price is! Be at the door for a departing at 2:30 to shop shop shop.!

*Farmers Market—Saturday, September 15

Do you like to shop for local fresh fruits and veggies? We are headed to the Anacortes Farmers Market to do just that. The bus will be leaving at 11:15. Please sign up!

*Afternoon Drive—Thursday, September 13

Join us on a Mystery trip drive. Relax and unwind on the bus with friends but let curiosity be your guide! The mystery ship (bus) departs at 1:30.

See next page for more activities —>

AFC's Spring Shred-a-Thon is coming up on: Saturday, September 15th.



Clean out those old documents and support a worthy cause. Suggested donation of \$20 per banker's box; minimum donation of \$10/box!
See Susie for more details.

Healthy Living: To Sleep, Perchance to Dream...

To sleep, perchance to dream is a quote from the famous "To be or not to be" speech in Shakespeare's Hamlet. I often think of this line when I'm trying to fall asleep at night, and my body is not subjecting itself to my wishes. Why is it so hard to fall asleep at night, and then so hard to stay awake during the day? It sometimes feels like my body is trying to torture me...

At our next Healthy Living talk we're going to talk about what we can do to make it easier to fall asleep, to stay asleep, to get back to sleep, and how to get enough sleep. There are many reasons why falling asleep is challenging and improving sleep usually involves multiple solutions. So bring a pen to write down the ones you want to try.

I would like you to try something before our **Healthy Living talk on Sept 3rd at**



10:30am: when you lay down at bed time, lie still with your eyes open and try to stay awake for as long as you can. Studies show this is more effective for getting to sleep than actively trying to go to sleep. I'm looking forward to you sharing your experience with this concept with the group!

Fire Alarm System Annual Test

The test will be on **Monday, the 24th of September.** They will start at 8:30 am.

This is the large test, and they will be all day. Earplugs will be available in the lobby.





September Movies

At The Theater – Saturday & Sunday's
Starting at 2:30pm



Something's Gotta Give 2003 PG-13 2hr 8m – **Sept 1 & 2**

Still sexy at 60, Harry Sanborn is having the time of his life, wining, dining and bedding women half his age. But when he agrees to go to the Hamptons with his girlfriend, their get-away goes awry after her playwright mother stops in unannounced. **Cast:** Jack Nicholson, Diane Keaton, Keanu Reeves, Frances McDormand, Amanda Peet, Jon Favreau, Paul Michael Glaser, Rachel Ticotin, Nichole Hiltz **Genre: Romantic Comedy**

The Russians are Coming 1966 PG 2hr 6m – **Sept 8 & 9**

A Russian submarine runs aground near a small New England town, and it's up to Lt. Rozanov as the Russians' second-in-command to covertly secure a towboat to avoid an international confrontation. When he hooks up with residents such as Walt Whittaker and the police chief, all hell breaks loose. This classic comedy earned three Oscar nominations, including one for Best Picture. **Cast:** Carl Reiner, Eva Marie Saint, Alan Arkin, Brian Keith, Jonathan Winters, Paul Ford, Theodore Bikel, Tessie O'Shea, John Phillip Law, Ben Blue, Cliff Norton **Genre: Classic Comedy**

Mandela: Long Walk to Freedom 2013 PG-13 1hr 46m – **Sept 15 & 16**

This in-depth biopic that portrays the groundbreaking South African leader from his rural childhood through his long imprisonment to his election as the country's first black president. **Cast:** Idris Elba, Naomie Harris, Tony Kgoroge, Riaad Moosa, Jamie Bartlett, Lindiwe Matshikiza, Deon Lotz, Terry Pheto **Genre: Based on Real Life**

An American in Paris 1951 G 1hr 55m – **Sept 22 & 23**

Once a struggling painter, opportunistic American artist Jerry Mulligan now lives in the City of Light, enjoying the patronage of a well-heeled, amorous American gallery owner -- and swiftly falling for a willowy French street urchin. Trouble is, the object of Mulligan's affection also happens to be engaged to a famous French singer. **Cast:** Leslie Caron, Nina Foch, Gene Kelly, Oscar Levant, Georges Guétary **Genre: Musical**

Chappaquiddick 2018 PG-13 1hr 47m – **Sept 29 & Sept 30**

In this historical drama, the car accident that doomed Ted Kennedy's presidential ambitions and resulted in the drowning death of 28-year-old Mary Jo Kopechne gets a fresh look, focusing on the cover-up that followed the crash.

Cast: Jason Clarke, Kate Mara, Ed Helms, Bruce Dern, Jim Gaffigan, Clancy Brown, Olivia Thirlby, Taylor Nichols, Andria Blackman, Alison Wachtler, Damien Di Paola, Bill Humphreys, Philip Dorn Hebert **Genre: Drama**



Music Monday

September 3rd
Matt Audett ~ 2:30

September 10th
Trish Hatley ~ 2:30

September 17th
Conner Cho ~ 2:30

September 24th
Nick & Judy ~ 3:00