



COLONY NEWS

A Weekly Newsletter for Members and Staff of Meredith Bay Colony Club

#66

The Last Edition of the Year!

December 30, 2011

YOUR STAFF THANKS YOU!

I know that I speak on the behalf of all of our Staff in Thanking You our Members for all your kindnesses throughout this Holiday Season and throughout the Year! I don't have the final figures from Courtney yet – but I do know that your



donations/gifts to the Staff Appreciation Fund have totaled over \$10,000!!! This is truly Amazing!!! This made for some very special 'Christmas Gifts' to our Staff who very much appreciated the unanticipated additional amount!

Of course it is more than the money that our Staff appreciates --- it is working with a group of Members who are supportive and understanding and appreciative of the many little things that our Staff do each and every day that are 'above and beyond' what is expected. I'm often asked by those who are touring the place how it came to be that we have such a special group of Members and such a special group of Staff. I believe it is because each group brings out the best in each other! And so again I want to offer all of you a very Heartfelt Thank You for your gifts and for your ongoing expressions of appreciation for all that our Staff does! (In the Photo Kelley Hull is on the left and Kristen Riendeau is on the right)

STAFF CHILDREN'S ICE CREAM SOCIAL SATURDAY, JANUARY 7TH FROM 2 TO 3 IN THE BISTRO!

Staff Members, their children and grandchildren along with Club Members are all invited to a Winter Ice Cream Social sponsored by our own John & Christine Dole. Join us in the Bistro for an informal opportunity to watch kids do what they do best ---- Eat Ice Cream! Of course we hope that you will want to indulge a bit yourself!

CLUB MEMBERS WITH JANUARY BIRTHDAYS

January 12th Susan Humphrey
January 23rd Ann Stevenson

TONIGHT'S MOVIE: THE CHRISTMAS STORY

Friday at 7:30 p in the First Floor Community Room

Every Christmas has a story and this is one that is special. Want to know about the origins of Santa? A Happy Ending makes this a very special Christmas story.



FROM THE SUGGESTION BOX.....

I haven't forgotten about the outdoor thermometer – I just haven't found the 'right' one yet! No other new comments or suggestions to report on.

KURTS KORNER.....



A Few Reminders.....

Saturday Breakfast Buffet Tomorrow!

Join us in Bistro for Kurt's special breakfast buffet where for \$8 you get all kinds of choices!

This takes the place of the regular Bistro breakfast menu and will be open from 8:30 to 10.

Tomorrow Saturday December 31st

(New Year's Eve) both the Terrace Dining Room and the Bistro will be open regular hours and with the regular menu but with a couple of

interesting twists including Complimentary Champagne. Don't forget to make your Reservations!

This Sunday January 1st both the Bistro and the Terrace Dining Room will be closed but as noted below you can always arrange for 'In Residence Dining'!

Nobody Goes Hungry at MBCC! Meals are always available for either Pick Up or Delivery by prior arrangement. We appreciate your understanding of the change in schedule but do not want anybody to go without a nice meal.

Planning Ahead -----

Ice Cream Social Next Saturday January 7th, 2-3p in the Bistro

Shake & Taste Party on Thursday January 12 at 4:30 will take the place of the regular Terrace Dining that night. Not only will you receive a 3 Course Dinner at a great price but you will also have Christy introduce you to a complimentary tasting of some fun Tropical Drinks! Check out the flyer located below.

Sadie Hawkins Day Celebration in the Bistro! Stay tuned for more information!

*Shake and Taste Party Thursday January 12
at 4:30pm*

*Christy will introduce you to some fun
and tropical drinks that you will get a
chance to taste*



First Course

South Seas Salad

Papaya, Mango, Pineapple and Macadamia Nuts with Baby Greens and a Coconut Rum Dressing

Second Course

Seared Salmon Filet

Served with a Sweet Potato Tart and Roasted Red Pepper Vodka Sauce

Or

Roasted Chicken

with Coconut Rice and a Cointreau Pan Sauce

Third Course

Flourless Chocolate Cake

with a Peppermint Sauce

Only \$20.00 per person

LU-ANN'S FITNESS CORNER.....



**MBCC'S MEMBERS & GUESTS
"ON THE MOVE CLUB 2012"**

Tuesday 8:15-9:00 Arthritis Foundation Aquatic (In Pool)
9:30-10:00 Call Lu-Ann for pool time

Wednesday 8:15-9:00 Take Control With Exercise (In Fitness Room)
9:30-10:00 **Tai Chi** (In Fitness Room)

Thursday 8:15-9:00 Arthritis Foundation Aquatic (In Pool)
9:30-10:00 Call Lu-Ann for pool time

My name is Lu-Ann Martin, I have been Certified by the Arthritis Foundation to teach **Arthritis Aquatic, Arthritis Exercise Program, Walk With Ease and Arthritis Tai Chi** .

These Programs, developed and overseen by the Arthritis Foundation, are being held at Meredith Bay Colony Club. **All are welcome!**

I am trying something new. Participants will sign up for a month at a time.

Schedule is above: If anyone would like to try a class please feel free to call me.

*Arthritis Foundation Aquatic class is in the pool.

*Call Lu-Ann for Pool Time: The Participant who has signed up for the month will call me and let me know they want to come in the pool on Tuesday and/or Thursday from 9:30-10:00. I will come and pick you up and bring you back to your home after class.

*Tai Chi will be also offered again on Wednesday at 9:30-10:00, if you would like me come pick you up I would be glad to. Please call if you have any questions.

You do not have to have Arthritis to attend these classes. Prevention, Education, and Moving will be taught with lots of laughs involved. **Move It Or Lose It!** Be more aware and comfortable in walking, sitting, and living everyday enjoying what you love to do.

Cost: MBCC Members \$30.00; Guests \$50.00 per month
Live, Love & Laugh Often!! Lu-Ann

HAPPY NEW YEAR FROM LU-ANN'S CORNER

The New Year is upon us. Wow, where did 2011 go? Did you have a New Years Resolution last year? What about the one "I am going to take better care of myself"? Did it include eating the foods that are healthy for me? How about being more active? Did it include taking a walk three times a week, or participating in the fitness programs that were held in the pool and Fitness Center?

In 2012 I will be able to help with your "being more active" New Year's Resolution. We read, and are told, to learn something new to keep our minds sharp and our bodies healthy. Tai Chi will be offered again on Wednesday's at 9:30-10:00 and we will be learning and memorizing the moves, aha! **Learning** something new and **moving** our hands, feet, arms and legs. How easy is that? Congratulations! You just crossed two very important items off your New Year's Resolutions list.

Also don't forget you have a beautiful pool to play in. I will be holding classes in it, ah, 88-90 degree water to play in. Wow! What a way to keep us moving and healthy. All you have to do is go out into the hall and head to the fitness area to have some fun and feel great doing it.

Enjoy your celebration of the New Year!!

Live, Love & Laugh Often!
Lu-Ann

NANCY'S ANAGRAMS.....

A sampling of the anagrams sent to me by our own Nancy Thomason:

PRESBYTERIAN:

When you rearrange the letters:

BEST IN PRAYER

THE EYES:

When you rearrange the letters:

THEY SEE

DORMITORY:

When you rearrange the letters:

DIRTY ROOM

ELEVEN PLUS TWO:

When you rearrange the letters:

TWELVE PLUS ONE

Thank You Nancy!



COLONY HOME CARE ENROLLMENT FORMS NEEDED!

We know that the Holidays have been busy and that the enrollment forms that we left for you have been buried under the Christmas cards --- but we really need you to dig them out, fill them out and return them to us so that should you ever need or want services in a hurry – that we don't need to deal with it then. There is no cost, no obligation --- but it does help keep us in compliance. For couples a separate enrollment is needed for each of you. If you lost or misplaced your copy just check in with Naella who will be sure to set you up with what you need. Thanks again for helping us to clean up our paperwork!

CLOSING NOTES.....

New Year's Eve: On Saturday December 31st at 2:30p in the Bistro Diane has put together a New Year's Eve Party featuring music by LaniTunes. This is a combined INN/CLUB activity to which all are invited!

Book Club Advance Notice – January 10th: Save the date for a discussion of two movies: The Color Purple and The Kite Runner.

Sadie Hawkins Day!: Save the date --- it only happens every 4 years! If you don't know when it is you will need to check. It is too early to know exactly what to expect --- but I hear that great things are in the making!

Emergency Medical Information: You should have on your refrigerator a magnetically attached clear plastic holder that contains a couple of sheets of paper that have all your essential emergency medical information. This is invaluable should you ever need to go to the hospital in a hurry. If you don't have one, or if your information is out of date – just be sure to check in with Naella who will help get you back up to date.

This and That: It has been a wonderfully busy year for all of us and I can only expect that the New Year will be just as busy if not more so! That is how it should be. We all live in work in a wonderfully dynamic environment that welcomes new ideas just as easily as we welcome new neighbors! You are wonderful group of Members and Staff who never stop inspiring each other to be better than before!



Best Wishes for a Happy, Healthy and Safe New Year!

Howie