

**CELEBRATING  
THE  
MOMENTS!**



# **COLONY NEWS**

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

**#148**

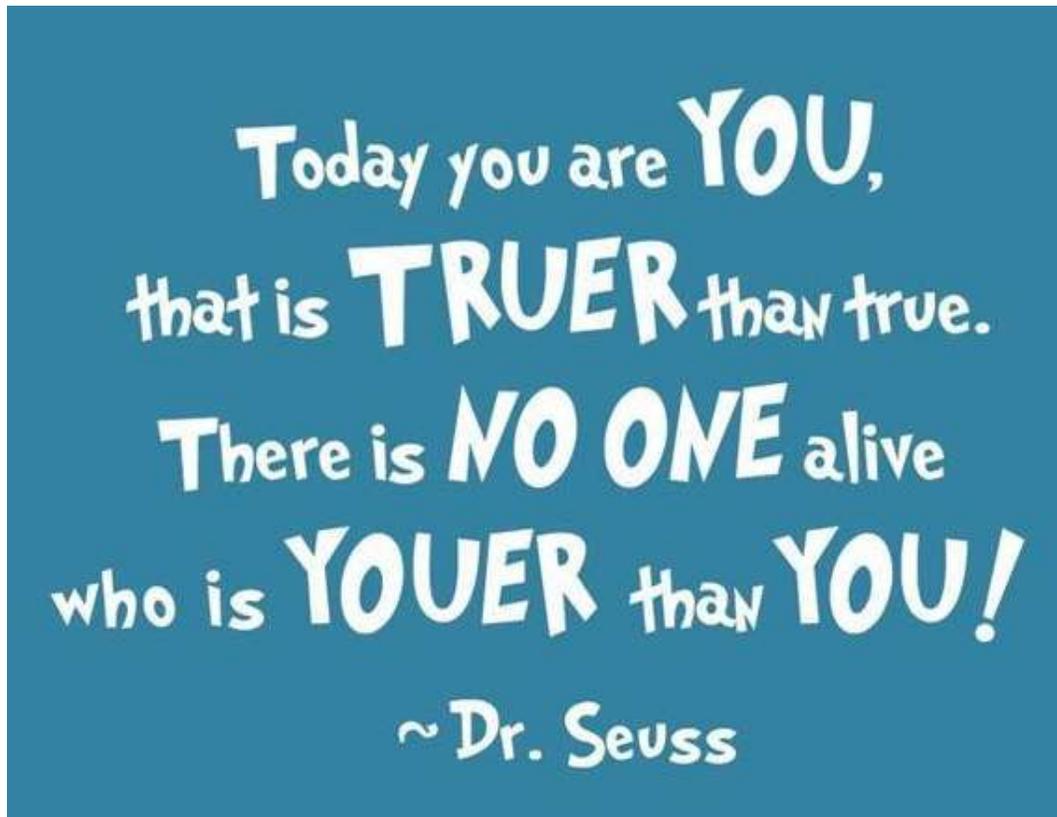
**August 11, 2013**

## **ENTRYWAYS CELEBRATE CREATIVITY!**





## QUOTE OF THE WEEK.....



## UPCOMING BIRTHDAYS

August 12 <sup>th</sup>	Lee Savramis
August 13 <sup>th</sup>	Mary Mahoney
August 16 <sup>th</sup>	Claire Doyle
August 24 <sup>th</sup>	Roxana Krueger
August 28 <sup>th</sup>	Ann Klingenhagen



# DON'T FORGET THE ANNIVERSARIES!

August 1 <sup>st</sup>	George & Lee Sauramis	2 years
August 3 <sup>rd</sup>	Anne Stevenson	3 years
August 23 <sup>rd</sup>	Floyd & Susan Humphrey	4 years



# AGING WELL IS ALSO A NEWSPAPER COLUMN!

Every other Saturday the Laconia Citizen publishes our Newspaper Column that usually has something to do with aging issues --- But you can also find it on our Facebook Page, on our Website or just by asking for copy. I can also add you to an Email list if you would like a copy sent to you automatically. The most recent column is entitled *'Are You a Classic'* and explores the difference between being older and being classic or even vintage.....

# 'AGING WELL' ON THE RADIO

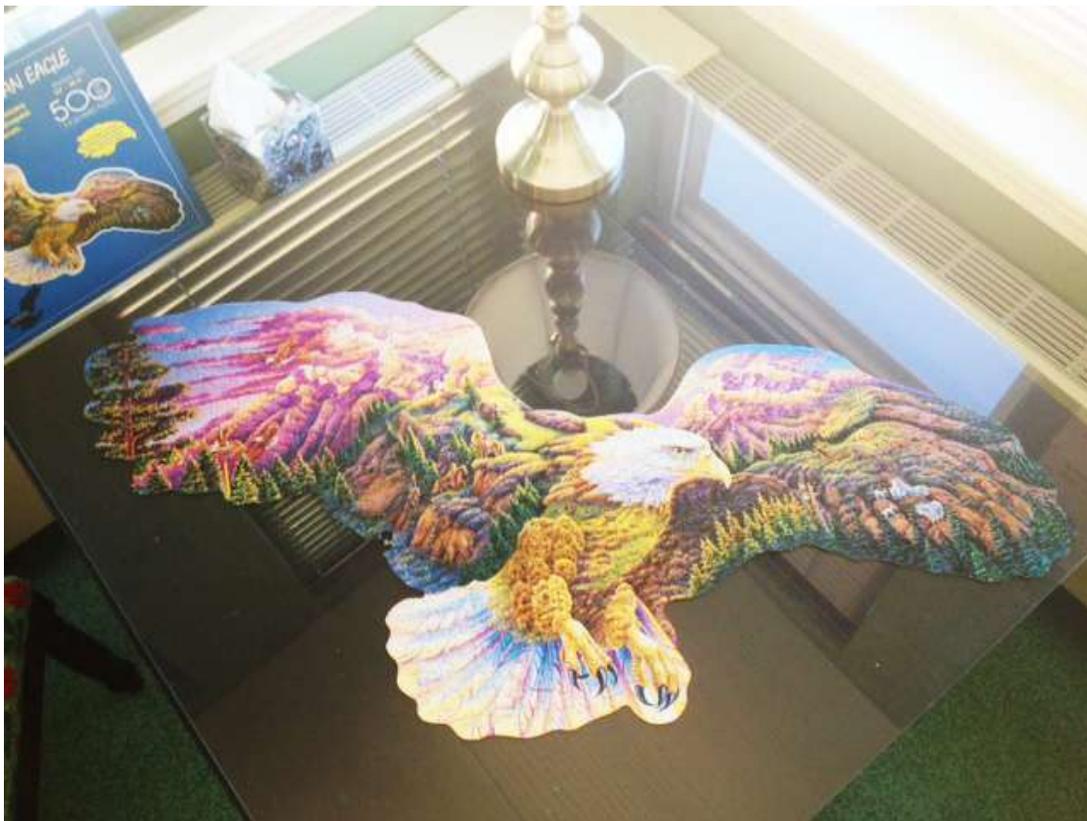
Each Wednesday at 8:35 on WEZS 1350 AM MBCC Sponsors *'Aging Well'* a talk show that invites a special guest to talk about issues of special interest to Seniors or that showcases the special of work of Seniors. Be sure to check in to see who Jim will have on this week! Most all of the shows are available via podcast by logging onto [wezs.com](http://wezs.com).



## **JOKE OF THE WEEK.....**

A family of skunks was trapped in a thicket, surrounded by a pack of hungry wolves that were edging even closer. The Mother skunk calmly instructed her young: "Quickly children, let's put our heads together!" After they obeyed, forming a circle, she continued, "Now—Let us spray!"

## **CONGRATULATIONS ON COMPLETING A VERY DRAMATIC PUZZLE!**



Special credit goes to Louise Gibson, Marg herlin and Agnes Franklin! Great Job Ladies!

# PLAN AHEAD FOR THE DOLES ICE CREAM SOCIAL .....

On Saturday August 24<sup>th</sup> at 2p in The Bistro Staff Members and their Families are all invited to come on by for a special thank you treat! This is a wonderfully relaxed social event originally started by John & Christine Dole and continues now under Christine's sponsorship. It is a great opportunity for Staff Members to bring their children and grandchildren of a special treat!

## AND SPEAKING OF DESSERTS.....



The 'Sweet Endings' dessert menu certainly looks as though it has something for everyone!

I find that I increasingly appreciate having dessert out – because I not only get to experiment --- but because I don't bust the calorie meter by having desserts at home where temptation reigns the strongest!

I wonder if we should have a prize for those who try them all!

# CLUB CALENDAR FOR AUGUST 12<sup>TH</sup> TO AUGUST 18<sup>TH</sup>

## MONDAY

August 12<sup>th</sup>

- 9 am **Pedicures / Manicures / Waxing** - Hair Salon (by appt)  
(Every Other Monday) Please Call Sherrie at 254-4726
- 10:30 am **Hymn Sing** -- in the Inn Dining Room
- 2 pm **Episcopal Church Service** -- Inn Dining Room

## TUESDAY

August 13<sup>th</sup>

- 8- 9 am **Tai Chi with Lu Ann** - Fitness Center (*Cancelled*)
- 9 - 9 :45 am **Arthritis Pool & Fitness** - Indoor Pool (*Cancelled*)
- 9:30 am **French Class with Claudine** - Art Studio
- 9:45 - 10:30 am **Arthritis Pool & Fitness** - Indoor Pool (*Cancelled*)
- 10 am **Salon Cuts** - Hair Salon (By Appointment)
- 1 – 4 pm **Bridge** - Tavern
- 1 & 3 pm **Member Shopping** (Reservations are required)
- 2:30 pm **Richard King Guitar & Story Telling** - Inn Dining Room

## WEDNESDAY

August 14<sup>th</sup>

- 8:15 – 9 am **Lu Ann - Exercise** - Fitness Center (*Cancelled*)
- 2 - 4 pm **Chess Club** - Bistro
- 1 pm **Member Errand Run** - (Reservations are required)

## THURSDAY

August 15<sup>th</sup>

- 8 - 9 am **Tai Chi with Lu Ann** - Fitness Center (*Cancelled*)
- 8:30 am **Men's Breakfast** - Bistro
- 9 - 9:45 am **Arthritis Pool & Fitness** - Indoor Pool (*Cancelled*)
- 9 am **Salon Cuts** - Hair Salon (by appointment)
- 9:45 - 10:30 am **Arthritis Pool & Fitness** - Indoor Pool (*Cancelled*)

1:30 pm **Mah Jongg** - Tavern  
2:00 pm **Ice Cream Truck** - Front Yard

**FRIDAY August 16<sup>th</sup>**

12 p **Massage** - Wellness Center (by appointment)  
2 to 4 p **Wii Bowling** - Community Room  
7:30 pm **Friday Night Movie** - Community Room

**SATURDAY August 17<sup>th</sup>**

1 pm **Work on Luau Headpieces** – Inn Activities Room  
2 pm **Knitters, Crocheters & Observers** - Puzzle Room

**SUNDAY August 18<sup>TH</sup>**

10:15 am **Catholic Communion** - Inn Activities Room

## **DINING SERVICES**

**BISTRO BREAKFAST** 7 :15 – 10 am  
Monday - Saturday

**BISTRO LUNCH** 12 – 2 pm  
Monday - Saturday

**DINNER TERRACE DINING ROOM** 5:30 - 6:30 pm  
Reservations Required  
Monday - Saturday

**SUNDAY BISTRO BRUNCH** 8 – 10 am  
Reservations Please

**SUNDAY TERRACE BRUNCH** 10 am – 1 pm  
Reservations Please

## **COMPUTER HELP AVAILABLE.....**

Help is only a telephone call away to Marianne ----- at 253-4002 The best gift you can give your family is to learn how to use a computer or tablet..... And it is free!

## **SUPPORT GROUP TO START MONDAY AUGUST 26<sup>TH</sup> AT 2P IN THE COMMUNITY ROOM.**

A name for the group has not been selected yet ---- suggestions so far include *“Embracing Our Wisdom”, “Member’s Voice”, “Support Committee”, and “A Circle of Friends”*. The very best way to find out more is to attend this first meeting!

## **FOUND: A SMALL GOLD MEDAL.**

It was found out front and we would very much like to reunite it with its rightful owner. Please check in with Naella.

## **SHOPPING AND ERRANDS AND SHOPPING AND ERRANDS...**

Please note that Member Shopping happens on Tuesday at 1p and then again at 3p. Errands, appointments etc. are offered on Wednesdays starting at 1p. Please be sure to call Naella as soon as possible to make your reservations ----- the more we know and the sooner we know it – the smoother it is for everybody! You know the number: 279-1500!

# WORD OF THE WEEK.....

## Sinuuous

\SIN-yuh-wus\

*adjective*

- of a serpentine or wavy form : winding **b** : marked by strong lithe movements
- intricate, complex

### EXAMPLES

The hikers followed a *sinuous* path that curved around a lake and in between two small hills.

"The walls are covered in an exquisitely painted *chinoiserie* pattern, all sinuous floral motifs, fanciful pagodas and gracefully attired scholars set against a limpid, sky-blue background." — From an art review by Christopher Knight in the *Los Angeles Times*, July 5, 2013

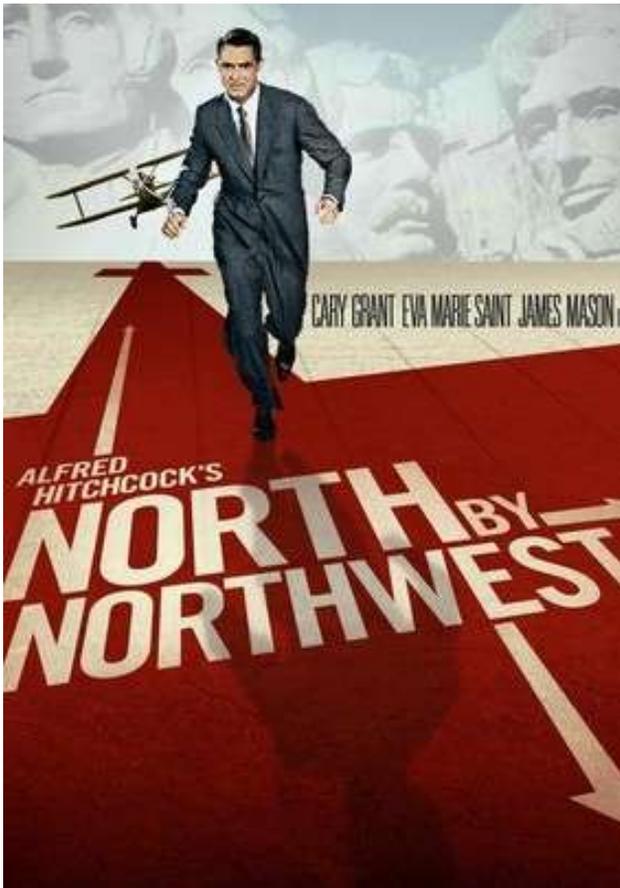
### DID YOU KNOW?

Although it probably makes you think more of snakes than head colds, "sinuous" is etymologically more like "sinus" than "serpent." "Sinuous" and "sinus" both derive from the Latin noun "sinus," which means "curve, fold, or hollow." Other "sinus" descendents include "insinuate" ("to impart or suggest in an artful or indirect way") and two terms you might remember from math class: "sine" and "cosine." In English, "sinus" is the oldest of these words; it entered the language in the 1400s. "Insinuate" appeared next, in 1529, and was followed by "sinuous" (1578), "sine" (1593), and "cosine" (1635). "Serpent," by the way, entered English in the 13th century and comes from the Latin verb "serpere," meaning "to creep."

Read more at <http://www.merriam-webster.com/word-of-the-day/2013/08/10/#om7jqmmPLEq9c5XO.99>

# FRIDAY NIGHT AT THE MOVIES PRESENTS: “NORTH BY NORTHWEST”

7:30 in the Community Room



What if everyone around you was suddenly convinced that you were a spy? This classic from master director Alfred Hitchcock stars Cary Grant as an advertising executive who looks a little too much like someone else and is forced to go on the lam (helped along by Eva Marie Saint). Hitchcock's sure-handed comic drama pits Grant against a crop duster and lands him in a fight for his life on Mount Rushmore -- a true cliffhanger if ever there was one.

**Director:** Alfred Hitchcock

**Cast:** Cary Grant, Eva Marie Saint, James Mason, Jessie Royce Landis, Leo G. Carroll and Josephine Hutchinson

## 1960 Academy Awards®

- Best Art Direction Color nominee
- Best Film Editing nominee
- Best Writing Original Screenplay nominee

I'm ashamed to say that I haven't seen this film – but after looking at the Cast and Director, I think that I will be seeing it soon! Don't miss your chance to see it this Friday!

## **BUS TRIPS THAT YOU CAN NOW START TO SIGN UP FOR:**

### **KELLERHAUS – WEDNESDAY AUGUST 21<sup>ST</sup> AT 2P**

For many, a trip to Kellerhaus is part of an obligatory annual Pilgrimage, without which a summer is just not complete! And how can you refuse the allure of \$1 ice cream cone! With a return by about 3:30 you will be neither rushed nor held captive! You do need to sign up so why not see Naella Today!



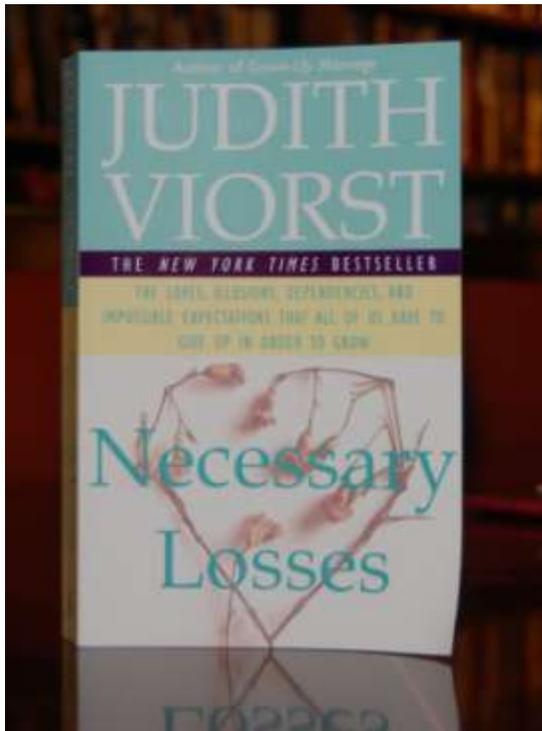
### **WRIGHT MUSEUM - WEDNESDAY SEPTEMBER 4<sup>TH</sup> AT 2P**



The Wright Museum is definite the right thing for you to do. Let this be an introductory visit to allow you an overview of all they have to offer. It is not just about trucks, tanks and guns. They chronicle the lifestyle of the war (the big war) era. The cost is \$8 and the planned return is at 4:30p. Once again you do need to sign up so be sure to see Naella before we have to create a 'wait list!'

## SINGING FOR ALL TO START MONDAY AUGUST 19<sup>TH</sup> AT 1:30

The third Monday of each Month will see Club Members who are interested joining together in the Inn Dining Room. Why not stop on by and check out what is going on! No experience needed! All you need is a desire to have fun!



## THE LIBRARY NOOK.....

*"There is a new book in the library; a book to help many of us. It is called Necessary Losses by Viorst. Many times when life gets a bit "too much; a bit of wisdom from some one else is a great help. Even just in an ordinary day a bit of advice will clear our minds and heal. Come and enjoy wisdom from one who knows."*

---- Jane Durnan

## DATES TO KEEP IN MIND.....

Thursday October 10<sup>th</sup>:

The Ladies Luncheon

Thursday December 12<sup>th</sup>:

Christmas Party!

Things just do not happen if we don't plan for them! As much as I hate to think about Christmas so early --- it is important to lock in dates as early as possible so that things can happen in an organized way! Details will of course follow!

## CLOSING NOTES.....

Between what you have going on already, and what you have planned ----- this is an extraordinarily busy place --- and wonderfully so! It is especially gratifying to me to see how many things are the result of Member initiative. You all have a real spirit --- one that is delightfully obvious when you walk around and see the creativity that goes into how you decorate your entranceways!

Tomorrow Joshy, Carrie and I head out for a week camping down on the lower cape --- it's not exactly serious camping -- but we set up the tents and use the campsite as base of operations from which to explore a part of the world very different than around here.

See you next Weekend!

Have a great week!

----- *Howie*

