

NEWSLETTER...WEEK 5/12/19

VINECROFT RETIREMENT COMMUNITY

5945 VINECROFT DRIVE, CLARENCE CTR, NY 14032

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Wherever you go,
No matter what the weather,
Always bring your own sunshine.

~Anthony J. D'Angelo

If evolution really works, how come mothers only have two hands?

~Milton Berle

"God could not be everywhere, and therefore he made mothers." -Rudyard Kipling

Dear Mother,

As I look back on my life I find myself wondering...

Did I remember to thank you for all that you have done for me?

For all of the times you were by my side to help me celebrate my successes and accept my defeats?

Or for teaching me the value of hard work, good judgement, courage, and honesty?

I wonder if I've ever thanked you for the simple things...the laughter, smiles and quiet times we shared...

If I've forgotten to express my gratitude for any of these things, I am thanking you now and want to express my love for you! And I'm hoping that you've known all along how appreciated you are.

Love,
all the grown up
kids
out there in the world

A Prayer for Mother

Lord, we remember the mothers
Who have gone before us.
For their love, sacrifice, struggle and joy,
We thank you.

Lord, we remember the mothers of
Scripture who are part of our story
As we are a part of your story.
For their courage, faith, love and fierceness,
We thank you.

Lord, we remember those who have not given
birth to us, but are mothers to us.
For their gift of themselves that they have given,
We thank you.

For the women who struggle with
fertility, and for those who have lost children.
For their tears,
for their strength,
for their wisdom,
for their lives,
We thank you.

In your name we pray-
Amen



Sunday, May 12th *Mother's Day*

- 10:45 a.m. Chair Yoga **in the parlor**
- Technology Class (activities area)
- 1:00 p.m.—**One Seating Holiday Dinner**

Weekly Activities

Monday, May 13th

- 10:30 a.m. Zumba Gold with Loretta
- 12:15 p.m. Grocery Run
- 2:00 p.m. Pinochle

Saturday Morning Lecture of the week:

Kyoto, Japan—The city was best known for being the former imperial capital of Japan for more than one thousand years.

Take a tour of its gardens, shrines and historic sites.



Tuesday, May 14th

- 1:30 p.m. Tai Chi

Wednesday, May 15th

- 9:30 a.m. The bus will leave for Rite Aid/Misc. Run
- 10:00 a.m. Zumba Gold with Loretta
- 10:45 a.m. **The Lunch Bunch will leave for New York Beer Project**
- 3:00 p.m. BINGO (activities area)

**The Duplex Diners
Will meet
Thursday, May 16th
@ 6:00 p.m.**

**Reservations are
a must!!**

Thursday, May 16th

- 9:00 a.m. Miscellaneous Run
- 10:30 a.m. Zumba Gold with Loretta
- 1:30 p.m. **Movie—The Lawrence Welk Show—Tribute to Irving Berlin**
- 2:00 p.m. Game Time with Jean in the Dining Room
- 6:00 p.m. **The Duplex Diners will meet for dinner**

Movie of the week: *The Lawrence Welk Show—Tribute to Irving Berlin*

This tribute to the genius of Irving Berlin finds America's favorite orchestra playing America's favorite songs! One timeless, classic Berlin melody flows into another in almost seamless perfection.

Friday, May 17th

- 10:00 a.m. Coffee Hour
- 1:00 p.m. Senioreise (activities area)
- 1:30 p.m. Bridge (activities area)
- 2:00 p.m. Chit-Chat in the parlor

Saturday, May 18th

- 11:00 a.m.—**Lecture in the parlor—Kyoto, Japan**
- 1:30 p.m. Prayer Shawl Ministry—Come and join us, no matter what your project is!
- 1:45 p.m. Senioreise (activities area)
- 2:00 p.m. Dominoes—in the dining room at a round table
Wii—after dinner—in the activities area

Biology is the least of what makes someone a mother.

-Opera Winfrey

Activities and Events - updated 5/12/19


Wednesday, May 15th—11:15 a.m. The Lunch Bunch will leave for NY Beer Project (Transit Road in Lockport)
Thursday, May 16th—6:00 p.m.—The Duplex Diners will meet for dinner
Saturday, May 18th—11:00 a.m.—Our Saturday Lecture Group will meet in the parlor—**Kyoto, Japan**
Monday, May 27th—Memorial Day—The office will be closed—No transportation will be available on this day
Tuesday, May 28th—3:00 p.m. Resident Council Meeting in the activities area

Game Time
 With Jean
 Thursdays @ 2:00

LUNCH BUNCH
Wednesday,
May 15th
 We are headed for...
NY
Beer Project
 Transit Road, Lockport
 The van will leave at
 11:15 a.m.
 As always...you must sign up!

One old guy said to the other:
 “So, I hear you’re getting married?”
“Yep.”
 “Do I know her?”
“Nope.”
 “This woman, good looking?”
“Not really.”
 “Is she a good cook?”
“Naw, she can’t cook.”
 “Is she wealthy?”
“Nope! Poor as a church mouse.”
 “She’s gotta be good in bed?”
“Don’t know.”
 “Why in the world do you want to marry her??”
“Because she can still drive!”

Oh...ROMEO
 The guys are going out...
Thursday, May 30th
Orazio’s
 On Main Street
 In Clarence
 All will meet in our main building at
5:30 p.m.



Dinner reservations have been made for 6:00 p.m.
 As always, your fine leader Donald has asked for a secured 10% Veteran’s discount and separate checks.
 All male residents and staff are urged to attend this evening of fun, great food and friendship.
 You must sign up if planning to attend.
 Hope to see you all that night! **Donald**

Technology Sundays
Class
 Cell Phone &
 Computer Classes

- If interested please sign up at the sign up table in the lobby.
- Times are listed there.

Are you looking for a simple, yummy afternoon snack....
 Here are a few recipes to share:

Apple Rings—whether you like sweet or savory, there’s a crunchy apple snack for you that is healthy too! Start with half of a medium apple, cored and sliced into three rings.

Drizzle with 2 tsp. of melted peanut butter, and sprinkle with 1 tsp. of miniature chocolate chips. Calories: 134

Spread apple slices with 2 Tbsp. part-skim ricotta cheese. Top with 1/2 oz of thinly sliced prosciutto (cut crosswise into thin strips). Sprinkle with 1 tsp. snipped fresh thyme and a dash of black pepper. Calories: 120

In a small bowl combine 1 Tbsp. each Mascarpone cheese, plain fat-free Greek yogurt and 1/4 tsp. of vanilla. Spread onto apple slices. Top with halved blackberries and small mint leaves.
 Calories: 138

Drizzle apple rings with 2 tsp. of honey and top with 2 Tbsp. of toasted sliced almonds.
 Calories: 156

Answers to the Crossword Puzzle:

G	R	I	E	F	D	I	S	H	I	R	E	S	
R	A	N	G	E	I	D	L	E	C	O	A	T	
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S	I	P	S	P	L	A	T	D	E	E	R		
S	I	T	A	I	S	L	E	T	T	O	R	N	
I	T	E	M	I	Z	E	D	T	I	A	R	A	S
M	A	Y	D	E	D	U	C	T	S	O	I	L	
P	R	E	F	E	R	G	E	O	M	E	T	R	Y
A	C	I	D	A	N	G	L	E	E	S	H	O	
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T	B	A	F	C	O	A	L	A	B	O	U	T	
A	L	G	A	O	R	C	A	R	O	U	S	E	
R	E	E	L	P	E	E	R	N	O	T	E	D	

Color Me Happy

When I wish **all** our lovely
Vinecroft Ladies a
Happy Mother's Day!



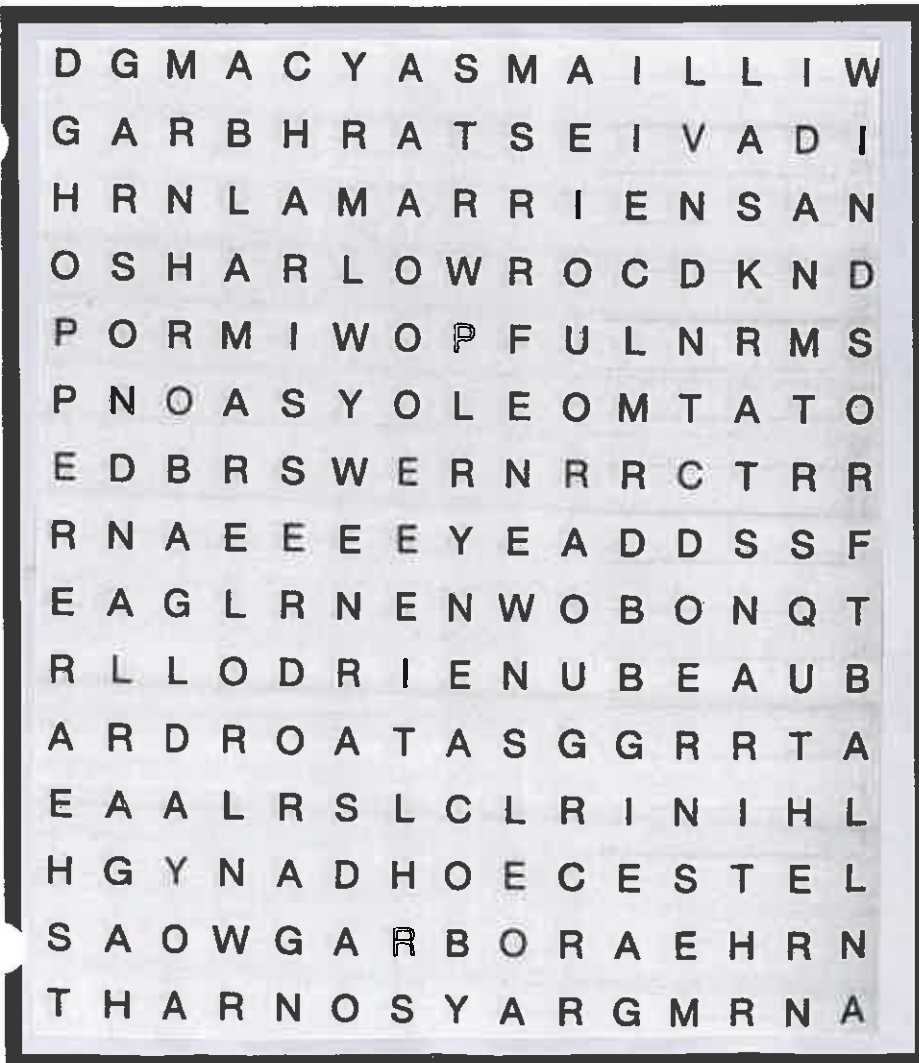
Word Search

The Girls of MGM

Metro-Goldwyn-Mayer was established in 1924, and by the 1930s was the biggest, richest, and most glamorous studio in Hollywood. It signed the major talents of moviemaking, and advertised "more stars than there are in the heavens"



HOLLYWOOD



- Adoree
- Ball
- Bergen
- Busch
- Charisse
- Crawford
- Dana
- Da Vies
- Francis
- Gabor
- Garbo
- Gardner
- Garland
- Garson
- Gish
- Grayson
- Harlow
- Hopper
- La Marr
- Loy
- MacDonald
- Maclaine
- Murray
- O'Brien
- Powell
- Rainer
- Reynolds
- Shearer
- Stark
- Stewart
- Taylor
- Turner
- Williams
- Windsor

CROSSWORD PUZZLE

Always work your mind!!



ACROSS

1. Sorrow
6. Platter
10. Makes mad
14. Gamut
15. Not active
16. Winter outerwear
17. Saying
18. Slender
19. Move gradually
20. Drink
21. Slapping sound
23. Antelope's pal
24. Flat bread
26. Tiny landmass
28. Shredded
29. Knock down
31. Violent anger
33. Listed
37. Crowns' cousins
41. Is allowed to
42. Subtracts
44. Tin Man's request
45. Favor
47. Math branch
49. Part of HOMES
51. Appear
52. Corrosive liquid
55. Slant
57. Bouncing sound
61. Ornamental fabric
62. Raw
64. Trim
65. Ski-lift type
66. Fossil fuel
67. More or less

69. Water plant
70. Killer whale
71. Wake
72. Rod and ____
73. Colleague
74. Prominent

DOWN

1. Hold tightly
2. Circle parts
3. Not fitting
4. Coop find
5. Service charges
6. Herb
7. Perfect example
8. Roofer
9. Female fowl
10. Summer quencher

11. Roping show
12. Keen
13. Serious
22. Italian restaurant
25. Sweater sleeve
27. Like some sailors
30. Supporter
32. Thingamajig
33. Little devil
34. Roofing substance
35. Watch carefully
36. Spaded
38. Nonsense!
39. Melody
40. Cagey
43. ____ phone
46. Part of FBI
48. Barely make
50. Audience's shout
52. Church table
53. Thick wire
54. Vision
56. "Will and ____"
58. Power
59. Residence
60. Selected
63. Attain
66. Law officer
68. Heckler's call

1	2	3	4	5		6	7	8	9		10	11	12	13
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72						73					74			

Vinecroft Dining

May 12th—May 18th

Daily Specials



Sunday—Mother's Day Dinner—everyone at 1:00 p.m.

Monday—Salisbury Steak—w/mushroom gravy

Tuesday— Chicken Marsala

Wednesday—Carved Pork Loin—w/ Demi Glace

Thursday—Braised BBQ Beef Brisket

Friday—Grilled Salmon

Saturday—Pot Roast—w/ baby carrots, boiled potatoes and pan gravy

Desserts

Ice Cream— with Choice of Toppings

Sherbet

Sugar-Free Ice Cream

Dessert Selection of the Day

Jello is available every day - the flavor rotates weekly

Pudding—ask your server for flavor

Popsicles

Ice Cream of the Month—Mint Chocolate Chip

Vinecroft Dining

May 12th—May 18th

Appetizers

House Salad — Iceberg or Romaine Lettuce with Tomatoes,
Onions, with Choice of Dressing

Salad Dressing Available : Ranch, Bleu Cheese, French, Italian,
FF Balsamic Vinaigrette, Raspberry Vinaigrette or Thousand Island

French Onion Soup — in a crock with melted cheese

Soup of the Day

Fried Clam Strips— w/tartar sauce

Cottage Cheese

Fresh Fruit — seasonal

Juice Choices — ask your server

Entrees

New York Strip Steak — Grilled or Pan Seared

Manicotti

Pork Chop — Grilled or Pan-Seared— Plain or BBQ

Chicken Breast — Grilled or Pan -Seared —Plain or BBQ

Beef Tenderloin Filet—Grilled or Pan-Seared

Baked Tilapia— Lemon Pepper, Cajun or Plain

Lighter Fare

Grilled Chicken & Mandarin Orange Salad

Vinecroft Burger—w/choice of topping, pickle & chips

Hot Dog—pickle and chips

Scrambled Eggs— with toast— bacon too, if you choose!

Grilled Cheese Sandwich—with or without ham, pickle & chips

Tuna Salad Sandwich—on choice of bread, pickle & chips

