

Big Meadows

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Pinnacle Place

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August 2011



Savanna's River City Reader

A joint publication of Big Meadows and Pinnacle Place

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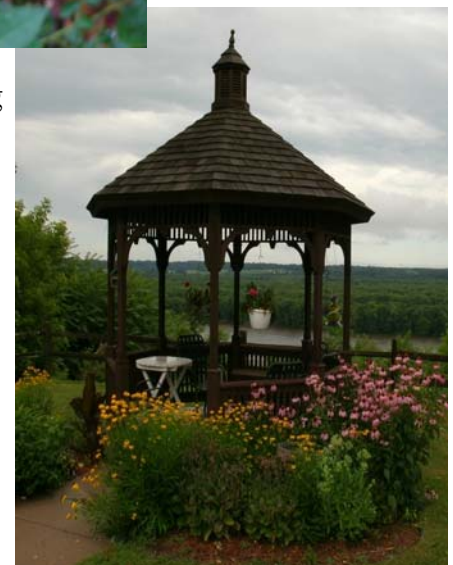
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Picnic time: On July 13th residents from Big Meadows enjoyed a picnic at Old Mill Park in Savanna, IL. Pictured above from left to right: Bernadine Reibel, Dorothy Holling, Arlie Arno, Becky Voss; activity aide, and Louise Herron. They enjoyed ham and cheese sandwiches, chips, applesauce and soda.



Despite the HEAT the garden is still growing and the flowers still blooming at Pinnacle Place.



World War II Speaker

On July 12, Savanna resident Fred Phillips came to Big Meadows to share his knowledge of WWII and collection of models with Big Meadows residents. Fred was assisted by his granddaughter Lindsay. Fred's program began with Lindsay saying the Pledge of Allegiance and then Fred recognized Big Meadows veterans and thanked them for their service. Fred has a vast collection of books and models which the residents enjoyed looking at.



Ice Cream Fun - Thursday, July 21 some of the residents at Big Meadows enjoyed making home-made ice cream. Pictured are: Inez Barr, PJ Broderick, and Frank Warta making their ice cream. Dennis Rose and Earl & Helen Klippert with son, Dean enjoying their finished product.



Big Meadows Announcements

* * * * *
* Our flower pot on Main Street located in front of the vacant lot near Whiskey River was voted most outstanding for the month of June by the Savanna Pride Committee. Big Meadows Resident Council was awarded \$10. We would like to thank Dalene Skimhorn for all her hard work in keeping the pot beautiful.



* * * * *

~Community Coffee~
August 10, 2011
at 9:30 a.m.
Big Meadows Dining Room



During the first week of August Big Meadows will be having Beach Themed activities including: a beach movie, beach party and beach bingo. Come on out to help celebrate beach week with the residents. During July residents worked on making beach themed visors to help celebrate this week.

August Birthdays

Residents:

- 10 Clifford Nordwell
- 11 Earl Buchholz
- 19 Shirley Geladas
- 29 Carolyn Ferris

Staff:

- 01 Michelle Boyer
- 03 Helen O'Neal
- 13 Wilbert Spencer
- 26 Kelly Edwards



ATTENTION:

IF YOU NO LONGER WISH TO RECEIVE OUR NEWSLETTER, PLEASE LET US KNOW, OR IF YOU WOULD LIKE TO RECEIVE THE NEWSLETTER BY E-MAIL OR GO ONLINE TO READ THE NEWSLETTER PLEASE LET US KNOW AT bigmeadows@ahcinc.biz OR CALL 815.273.2238.

Sun

Mon

Tue

Wed

Thu

Fri

Sat



1 A 10:30 Exercise
L 11:00 Today In History
D 2:00 Bingo

7 C 2:00 Church Service
(New Hope Assembly)
A 3:00 Flower Dice
L 4:00 Pie eyed



14 C 2:00 Church Service
(Linda Parks)
A 3:00 Phase 10 Dice
L 4:00 Today In History

21 C 2:00 Church Service
(Becky Voss)
A 3:00 1,2,3 Cards
L 4:00 Today In History

28 C 2:00 Church Service
(Larry Thornton)
A 3:00 Mouse Races
L 4:00 Today In History



Race Your Mouse Day

2 C 10:00 Rosxy
A 10:30 Exercise
A 2:00 Beach Movie
L 4:00 Today In History
A 6:00 Ice Cream Sandwich Social

National Ice Cream Sandwich Day

9 C 10:00 Rosxy
A 10:30 Exercise
C 12:40 Subway Order In
A 2:00 Finkle
L 4:00 Today In History
A 6:00 Pig Dice



16 C 10:00 Rosxy
A 10:30 Exercise
A 2:00 Kismet
L 4:00 Today In History
A 6:00 Ship, Captain, and Crew

23 C 10:00 Rosxy
A 10:30 Exercise
A 2:00 Play Nine
L 4:00 Today In History
A 6:00 Trivia

30 C 10:00 Rosxy
A 10:30 Exercise
12:00 Pizza Party
A 2:00 Monopoly
L 4:00 Today In History
A 6:00 Ladder Golf



3 A 10:30 Exercise
A 2:00 Watermelon Social
L 4:00 Today In History
A 6:00 Help Your Neighbor



National Watermelon Day

10 D 9:30 Community Coffee
A 10:30 Exercise
C 12:40 KFC Lunch
A 2:00 Smile Dice
L 4:00 Today In History
A 6:00 Last Chance Dice



17 A 10:30 Exercise
CY 11:30 Coolout
1:40 Timberlake Play
A 2:00 Slunk Dice
L 4:00 Today In History
A 6:00 Beetle Dice

24 A 10:30 Exercise
11:00 Sabula Cafe
D 2:00 Birthday Party w/Dave Allen
L 4:00 Today In History
A 6:00 Bowling Dice



31 A 10:30 Exercise
1:40 Timberlake Play
A 2:00 Flower Dice
L 4:00 Today In History
A 6:00 Rpley's Believe it Or Not



4 A 10:30 Exercise
11:00 Picnic: Marquette Park
A 1:30 Ball Toss
A 2:00 Beach Dice
L 4:00 Today In History
A 6:00 Beach Party



11 A 10:30 Exercise
A 1:30 Ball Toss
A 2:00 Yairtze
L 4:00 Today In History
A 6:00 Bowling Dice

18 A 10:30 Exercise
11:00 Kountry Kettle
A 1:30 Ball Toss
A 2:00 Bible Study
L 4:00 Today In History
A 6:00 Don't Go To Jail

25 A 10:30 Exercise
11:00 Picnic
A 1:30 Ball Toss
A 2:00 Card Bingo
L 4:00 Today In History
A 6:00 Remember When Back To School



5 A 10:30 Exercise
L 11:00 Today In History
D 2:00 Beach Bingo

12 A 10:30 Exercise
L 11:00 Today In History
D 2:00 Bear Bingo
C 3:00 Red Bird Country



19 A 10:30 Exercise
L 11:00 Today In History
12:00 Senior Cookout
D 2:00 Bingo
D Black Cow Social



"Black Cow" Roofbeer

26 A 10:30 Exercise
L 11:00 Today In History
D 2:00 Bingo

27 A 10:30 Exercise
L 11:00 Today In History
A 1:30 Resident Choice
A 2:00 Movie Time

August 2011

Big Meadows Activity Calendar

Pinnacle Place Announcements

Wellness Program

Sandi Harper, Pinnacle Place Wellness Nurse will be presenting a program on Nutrition & Hydration August 8th at 2:30 p.m. in the gathering room. Tenants, families and friends are welcome to join us for this presentation.



Happy Birthday
Ruth Sturtevant 8/8
Charlie Gilbert 8/28



Is it time to clean the kitchen cupboards & refrigerator?

The weather is hot and you're staying inside, this could be a good time to clean out the cupboards and refrigerator. When sorting through items, get rid of any food or spices that are past the expiration date. Spices don't really spoil, though all but the most powerful spices tend to lose their flavor after about six months. Check open containers for bugs and toss out any items that you haven't used in years. If you can't remember when you bought something, it might be time to throw it out. Resist the urge to keep food simply because you paid for it. If a food item is past its prime, get rid of it for the sake of your family's good health. If items are still usable, but have been untouched for ages, consider donating them to a local charitable organization. Before putting anything back in the refrigerator or cupboard, wipe down the shelves and containers. Put the oldest purchased of an item in the front so it will be the next one you use. Make sure containers are sealed tightly. Check cans for bulges and dents. Toss those that are dented &/or bulging.



According to Everyday Food, here are a few guidelines for how long you can keep opened containers of those common condiments in the refrigerator: Ketchup 6 months, BBQ Sauce 4 months, Mustard 12 months, Mayonnaise 2 months.

Ask a family member or friend to help you clean up your kitchen. I think we would all be surprised at just what we have in the kitchen.

Helpful tidbits taken from:

www.homemakingorganized.com
www.movingtoday.com
www.thekitchn.com








Bubbles Bash

**Please join us
for some fun
with bubbles on
August 18th at 2:30 p.m.**
**You'll be sure to have
some fun with bubbles,
learn some fascinating
bubble facts and maybe
even have some bubbly.**


PINNACLE PLACE SUPPORTIVE LIVING FACILITY
CARE * COMPASSION * COMFORT * COST

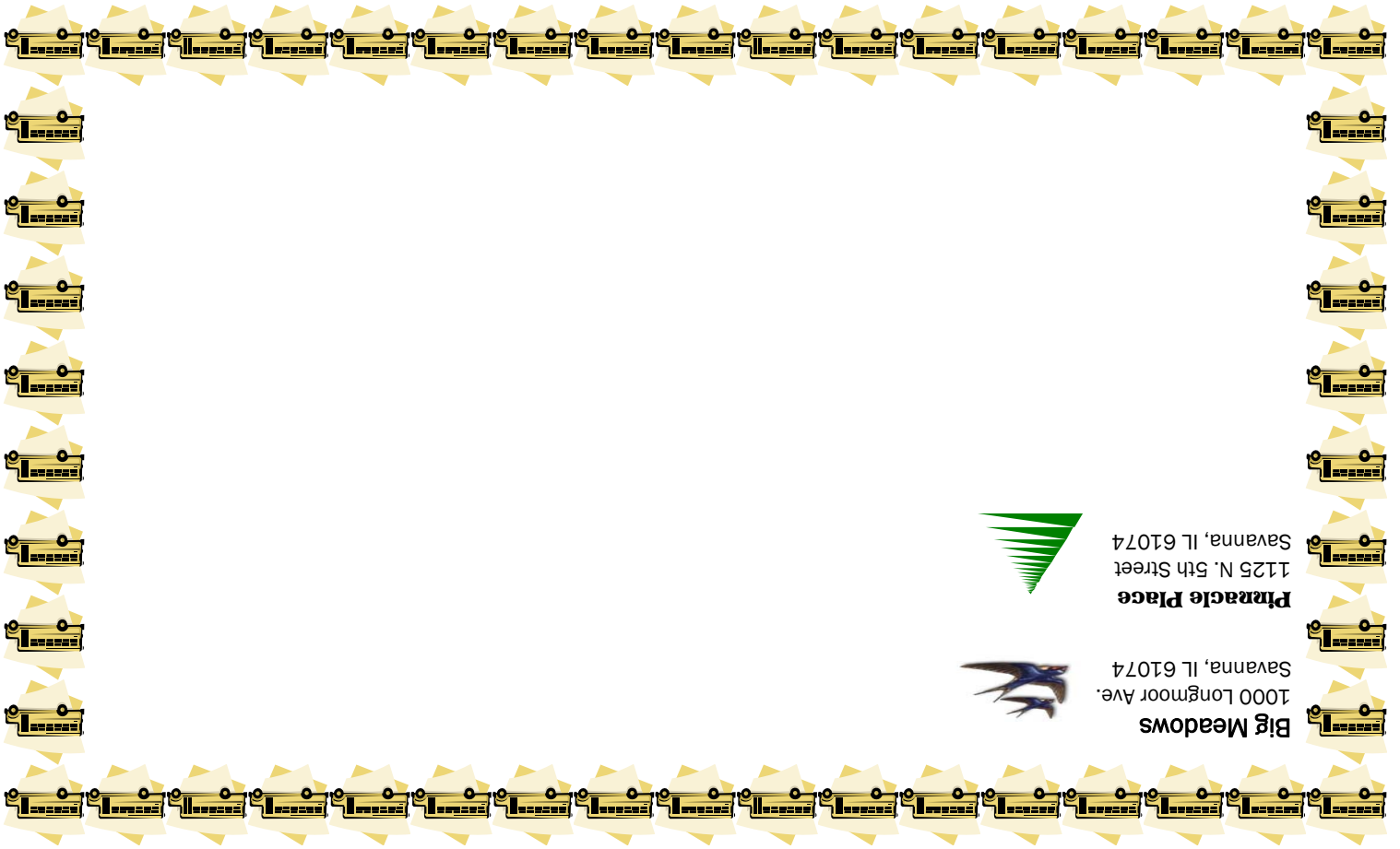


Pinnacle Place Supportive Living Facility

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 10:30 Exercise 5:15 Bingo	2 9:45 Fruits & Veggies 10:30 Exercise 2:30 Cards	3 10:30 Exercise 2:30 UNO	4 10:00 Bible Study 2:30 Scrabble	5 10:30 Tai Chi 2:30 Cards	6 5:15 Movie & Popcorn 	
7 2:30 Ice Cream Social at the Gazebo 	8 10:30 Exercise 2:30 Wellness Program 5:15 Bingo	9 9:00 Shop 10:30 Exercise 2:30 Cards	10 10:30 Exercise 2:30 Bowling Dice	11 10:00 Bible Study 2:30 Spinner 	12 10:30 Tai Chi 2:30 Cards	13 5:15 Movie & Popcorn
14 2:30 Group Crossword Puzzle	15 10:30 Exercise 5:15 Bingo	16 9:45 Fruits & Veggies 10:30 Exercise 2:30 Cards	17 10:30 Exercise 2:30 Tenant Choice	18 10:00 Bible Study 2:30 Bubble Bash 	19 10:30 Tai Chi 2:30 Cards	20 5:15 Movie & Popcorn
21 2:30 Spinner 	22 10:30 Exercise 5:15 Bingo	23 9:00 Shop 10:30 Exercise Noon Scenic Ride 2:30 Cards	24 10:30 Exercise 2:30 Bowling Dice	25 10:00 Bible Study 2:30 Reminiscence	26 10:30 Tai Chi 2:30 Cards	27 5:15 Movie & Popcorn
28 2:30 Lemonade Social at the Gazebo 	29 10:30 Exercise 1:00 Resident Council 5:15 Bingo	30 9:45 Fruits & Veggies 10:30 Exercise 2:30 Cards	31 10:30 Exercise 2:30 Farkle	<h2>August 2011 Social Calendar</h2>		

Pinnacle Place Supportive Living Facility

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 Brat Swiss Steak w/ tomatoes	2 Taco Baked Ham	3 Crab Salad Roast Beef	4 Ham & Cheese Wraps Turkey Pot Roast	5 Beef Noodle Casserole BBQ Pork Ribs	6 French Dip Pollock	
7 Pizza Roast Beef	8 Italian Wedding Soup Ruth Sturtevant Birthday Dinner	9 Hot Dog Stuffed Zucchini	10 Soup & Sloppy Joe Baked Ham	11 Drumsticks Shepherds Pie	12 Chipotle Chicken Cheese Steak Roast Pork	13 Chicken Noodle Soup & Sandwich Salmon
14 Hamburger Italian Chicken Cordon Bleu	15 BBQ Pork Sweet & Sour Shrimp	16 Fish Tacos Scalloped Potatoes & Ham	17 Arugula Chicken Tomato Salad Stuffed Peppers	18 Philly Beef Steak BBQ Pork Chop	19 Chicken Salad Sandwich Turkey Pot Roast	20 Veggie Soup & Sandwich Turkey Pot Roast
21 Tomato Soup & Grilled Cheese Baked Ham	22 Creamy Sausage & Pasta BBQ Chicken	23 French Dip Sandwich Salmon	24 Hot Chicken Salad Sweet & Sour Pork Chop	25 Patty Melt Spaghetti	26 Chili Dog Turkey Pot Pie	27 Veg Barley Soup & Sandwich Porcupine Meatballs
28 Herb Baked Fish Charlie Gilbert Birthday Dinner	29 BLT BBQ Ribs	30 Chef Salad Roast Pork	31 Cheeseburger Salisbury Steak	<h2>August 2011 Menu</h2>		



*Residents and staff at
Big Meadows
and
Pinnacle Place
wish you a cool and safe
rest of the summer.*

