



Bardwell Bulletin

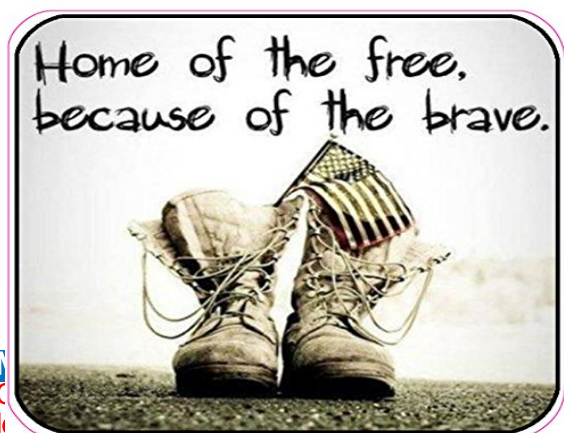


July 1, 2017

Meals on Wheels

July 5th marks our 1 year anniversary of our congregate meals in the dining room! Meals on Wheels (MOW) has been in service for more than 40 years helping to support the elderly and disabled people within our community maintain the maximum independence lifestyle they can have. MOW is a non-profit organization that is made up mainly of volunteers within the community. All meals provided cost an average of \$4.50 to MOW and are offered in return to the community at the cost of a donation! You are not required to pay anything for your meal however, keep in mind the expense that goes into each meal made. Sadly, many people do not donate anything or very little for their meal. MOW can serve you an entire year worth of meals for the same cost as a day spent in the hospital. You cannot get any cheaper than that for a years' worth of meals! By having MOW here, we know each resident can have at least one well rounded, nutritious meal Monday – Friday. Another benefit to our congregate meal is that by doing so we qualify for other programs such as the Senior Farm Share Program. So, what happens if we as residents do not donate enough money to cover our meals? Will we lose MOW all together? No. We will not however, we put ourselves in jeopardy of losing other programs that are useful to us. Or the program being downsized resulting in not as many people getting a hot meal. Please keep all this in mind as you are sitting and enjoying your hot meal with other residents. Please donate towards

Food for thought...



and

- July 13: "Walk & Roll" 9:30 a.m.
- July 14: Coffee & Trivia
- July 16: Matinee Movie
- July 17: Therapy Dogs
- July 18: Coffee & Conversation
- July 18: Coloring for Your Soul
- July 18: Music by Gary Wade
- July 19: Coffee & Conversation
- July 20: "Walk & Roll" 9:30 a.m.
- July 20: Game Night
- July 21: Coffee & Trivia
- July 25: "Walk & Roll" 9:30 a.m.
- July 25: Coloring for Your Soul
- July 25: Music by Gary Wade
- July 26: Coffee & Conversation
- July 26: Lynn Tucker 11:00 a.m.
- July 27: "Walk & Roll" 9:30 a.m.
- July 28: Coffee & Trivia
- July 29: Bring -A-Prize BINGO



***** Please note: There will be no Worship Services during the months of June, July, and August.**




- July 2: Matinee Movie
- July 3: Resident Assoc. Meeting
- July 4: July 4th
- July 5: Coffee & Conversation
- July 6: "Walk & Roll" 9:30 a.m.
- July 6: Game Night
- July 7: Coffee & Trivia
- July 11: "Walk & Roll" 9:30 a.m.
- July 11: Coloring for Your Soul
- July 11: Music by Gary Wade
- July 12: Coffee & Conversation
- July 12: \$1.00 BINGO
- July 12: Lynn of Interage 2:30pm


My fitness tracker says it's 20 steps from the couch to the fridge. Time to move the fridge closer.





Five Fun Facts about . . .


Independence Day

 The Declaration of Independence was signed by 56 men from 13 colonies.

 Only 2 of the signers on the Declaration of Independence went on to become President of the United States. They were John Adams and Thomas Jefferson.

 The original American Flag has the stars in a circle to represent equality among the colonies.

 Presidents Thomas Jefferson, John Adams, and James Monroe all died on July 4th.

 Every 4th of July the Liberty Bell in Philadelphia is tapped (not actually rung) thirteen times in honor of the original thirteen colonies.
Academicexchange.wordpress.com

Coordinators Corner

What matters to you matters to me! Each month we will have a guest speaker Lynn Tucker who will come and discuss various topics with us. I will be giving each tenant a list of possible topics to be discussed at each visit and I would like your feedback on what are interested in hearing about. Please take time to complete this and give me your opinion. Remember, I can only help with what I know! Lynn feels the same way and wants to make the best use of your time as well as ours. Watch for the list first week of July.

No Bake Holiday Treat

No Bake Summer Berry Icebox Cake

Looking for a quick and easy Summer dessert recipe? Try out delicious No Bake Summer Berry Icebox Cake!

Ingredients

- 19 oz graham crackers
- 8 oz cream cheese, softened
- 2 (3.4 oz) packages Vanilla Instant Pudding
- 2-1/2 cups cold milk
- 12 oz Cool whip (or homemade whipped cream)
- 3 cups fresh strawberries, sliced
- 1-1/2 cups fresh blueberries
- 2 oz white chocolate chips

Instructions

1. Beat cream cheese and dry pudding mixes in large bowl with mixer until blended.
2. Gradually beat in milk.
3. Gently stir in Cool Whip or homemade whipped cream, reserving ½ cup.
4. Spread a thin layer of cool whip in a 9x13 pan just to coat the bottom.
5. Layer 5 graham crackers across the center of the pan, then 2 more, breaking them as needed to fit around the top and bottom edges.
6. Spread a layer of pudding mixture over grahams and top with a layer of blueberries and sliced strawberries.
7. Place graham crackers on top of berries, then pudding mixture, then layer of berries again.
8. Repeat the graham-pudding-berries layers 1 more time (3 times total) and you should reach the top of the pan.
9. Refrigerate for at least 4 hours or overnight until the graham crackers have softened completely.
10. When ready to serve, melt white chocolate chips in a bowl as directed on package and drizzle over dessert.
11. You can use a spoon to drizzle it over the tops of the berries or you can put it into a small zip-top bag and snip of the corner for an easy "piping bag."

Recipe by Cakescottage at <http://cakescottage.com/2016/05/11/no-bake-summerberryiceboxcak>

