

Meadowood Messenger



Our Monthly Calendar of Activities & Events

Activities Hotline (812) 330-4375, extension 155#

June 2011

“Aging Well” at Meadowood

By Kathy Norris

Every May since 1963, people across the country have celebrated Older Americans Month – an opportunity to pay homage to the wisdom, experience and enormous contributions of older Americans. And although Older Americans Month still embraces the many ways older adults bring inspiration and continuity to the fabric of our communities, older adults today have a brand new mind-set.

Older Americans are more active in community life than ever before, thanks in part to advances in health care, education and technology. About one in every eight Americans is 65 years of age or older. Beyond the numbers are the stories of seniors who greatly benefit our communities through their activities and actions.

With all that older adults do as they are out and about and making a difference in our lives, it's vital to have programs and services in place to help them age well. For example, the City of Bloomington's Park & Recreation Department offers ongoing adult classes that are free and do not require a membership to the Twin Lakes Recreation Center. The offerings include aerobic exercise, step class, ping pong, bridge group, Bunco, international folk dance and lap quilting, to name a few. You can just drop in, but for times and more information, call 349-3727 or visit bloomington.in.gov. Additional wellness classes are offered through the City's Peoples University for a modest fee, including Yoga, Tai Chi, and Jazzercise. Shallow water Aqua Fit is available during the summer months at Mills and Bryan Park Pools, and is appropriate for all fitness levels.

Another excellent resource is BloomingtonSenior.net, which is an online collection of links and resources for seniors in Bloomington, Monroe County. The website is a public service sponsored

by Meadowood Retirement Community. From this site, one can link to AARP Online, the National Senior Service Corps, the US Administration on Aging Online, the Social Security Administration Service Online and many more. There are reference links for volunteering in the community, for health services, Indiana University links in the areas of continuing education, performing arts, athletics, and so on, as well as community links such as the Chamber of Commerce, Monroe County Public Library, and Area 10 Agency on Aging.

According to the Indiana University Center on Aging and Aged, the test of “aging well” is directly related to outlook, and to the ability to select positive opportunities for a personally satisfying life. Selecting social and physical environments that are structured to support aging is also important. Of course material security is critical to being in a position to create positive opportunities, so regardless of career or occupation during a person's working years, decisions made during those years to create savings, insure investment income, and establish pensions, are increasingly important in light of the longevity of seniors today. And since the new generation of



Three men who are “aging well” - Jack Mulholland, Bob Webb and Bob Letsinger before a golf outing.

older Americans look to retirement as a kind of hard-earned, long-term vacation, they are getting more selective about where they spend their retirement savings and last years.

If retirees are going to move out of their home or community, they want it to be for something special. They look for retirement communities that will keep them engaged and entertained. In selecting a retirement community like Meadowood, older Americans consider whether that community will meet their needs in all areas – diversity of leisure activities, activities that promote physical fitness, opportunities for life-long learning, a rich social environment and sense of community – as well as basic services like housekeeping, transportation, appearance of facility and grounds, food quality, availability of supportive care, and a considerate and well-trained staff. Personal connections are important; if they are going to leave old friends, they want to move to a place where they can easily meet new people.

When asked the deciding factors for choosing Meadowood, many of our residents want to stay connected to Indiana University, know or have friends already living at Meadowood, or want to be closer to family living in or near Bloomington. Many cite looking forward to participating in social activities, enjoying the amenities Meadowood has to offer, and to being among friends and former colleagues.

Meadowood is populated with individuals and couples who have a previous tie to this community but whose professional careers led them away from Bloomington for some years. Many attended IU; others grew up in Bloomington and left the area for college and careers. After retiring and in some cases traveling for awhile, they have “come home to Meadowood.” Still others have lived and worked in Bloomington for years, and finally felt ready to make the move to retirement community living.

Dan Ebling moved to Meadowood last month from Columbus, IN. A professor emeritus at IUPUC, Dan has the distinction of being a repeat resident. Dan’s son lives in Bloomington and of course he has many friends at Meadowood from his previous stay here. Dan stayed in touch and went on several Meadowood trips during the nearly 5-year interim. Dan wants to be able to attend events at Indiana Universi-

more easily than a commute from Columbus would afford, and is delighted to have come back to Meadowood.

Thea Hosek and her husband Bob came from Peru, IN to live at The Pointe in Bloomington in 1992. Bob was retired from the U.S. Air Force; they had lived all over the United States, and had children in Montana, Ohio, Florida, and a son in Bloomington. After 14 years at The Point, the Hoseks sold the condo and rented a garden home on Juniper in 2006. Sadly, Bob passed away the week they were to move to Meadowood, so Thea came here alone. Thea is a retired realtor and was active in the Chamber of Commerce in Peru, Indiana, and is somewhat of a “people person.” She enjoys the social life at Meadowood and participates in many dinner outings to local restaurants.

Al Boissevain moved directly into his garden home on Sassafras Circle from Georgetown, CA in 2008. After retiring from NASA, he spent the first 25 of his retirement years growing wine grapes. Al jokes that he came to Meadowood to really retire. An inveterate volunteer, Al delivers Meals on Wheels to senior citizens, and holds several volunteer positions at Meadowood. Al has three children; his sons are in California and Michigan and his daughter lives in Bloomington. Asked why Bloomington? and Al explains that he had spent some time here helping work on his daughter’s home, liked Bloomington except in August, and that she was “most eloquent” [in convincing him to come]. What he enjoys most about Meadowood are the people and the music – particularly the recitals and guest performers at Meadowood special events.



Barbara Restle and Beth Gray laugh together at the Juniper neighborhood outdoor BBQ, one of the special events at Meadowood that keeps people connected.

Meadowood has a caring and professional staff, excellent chefs who prepare delicious and nutritious meals, an activities schedule second to none, and an educated and eclectic resident population. Any of these attributes would make it an attractive place to live. But what may be the deciding factor for many is its location. Meadowood is fortunate to be set in the rolling hills immediately north of the Indiana University campus in Bloomington, Indiana. You will find beautifully landscaped grounds with a rich variety of seasonal plantings and the Wells Sanctuary — a pond with fountain, gazebo, and walkways. And residents enjoy free transportation to a number of sporting events and musical arts concerts at Indiana University and nearby Indianapolis that would be the envy of residents of even a very large metropolitan area.

All this makes it easy for today's older Americans to choose to "come home to Meadowood," which is the theme of the outdoor picnic hosted by Meadowood on Tuesday, June 21 for our friends in attendance at Indiana University's 40th annual Mini University June 19-24. Meadowood began hosting a wine and cheese open house for Mini participants over 20 years ago; it was expanded 18 years ago to offer a themed party atmosphere and meal. Free transportation is provided from the Indiana Memorial Union to Meadowood for our guests, with a return in time for the evening lecture. This gives our guests one more opportunity to learn for themselves what we all know – that Meadowood is a very special place to come home to.



Al Boissevain, center, is enjoying the U.S. Air Force Museum. Al's son Paul, pictured on the right, was visiting from Michigan.

Welcome New Residents!



RICHARD CAULFIELD

To Apt. 335
From Bloomington

DAN EBLING

To 1103 Linden Drive
From Columbus, IN

HUGH & DOROTHY PRICE

To Apt. 021
From Wichita, KS

HILLARD & RUTH ANN TRUBITT

To Apt. 217
From Bloomington

U.S. Air Force Museum outing was spectacular.



The Memorial Day Picnic and Hall of Honor Exhibit



Celebrating A Special Day at Meadowood—Mother's Day



*These take place in and outside of Meadowood.
Please sign up in the Activities Log Book for outings
and other events requesting a sign-up.*

What's Happening

Wednesday, June 1

Baseball Outing

Departs 10:00 AM to Indianapolis



Our first stop will be lunch at Shapiro's before the game (bring money for lunch). Then it's on to Victory Field, recognized as the "Best Minor League Ballpark in America" by Sports Illustrated. It serves as home of the Indianapolis Indians, Triple-A affiliate of the Pittsburgh Pirates. We will see the Indians take on the Scranton/Wilkes-Barre Yankees, the Triple-A Affiliate of the New York Yankees at 1:00 PM. Cost is \$18 for transportation, snacks on the bus and park admission.

Thursday, June 2

Hiking Outing

Departs 8:30 AM to Winslow Sports Park

This natural surface 0.9 mile trail circles the perimeter of the park.

Movie Outing

Departs 6:00 PM to IU Cinema



Cave of Forgotten Dreams (2010, 95 min)

The film explores the earliest known visions of mankind – the Chauvet Pont-d'Arc cave of southern France. Director Werner Herzog gained permission to film in the caves by using lights that generate no heat. Through experimentation with 3D, it proved to be crucial in communicating the contoured surfaces where the images were drawn. Tickets are \$6 charged back.

Saturday, June 4

Farmers Market

Departs 10:30 AM to Showers Common



Farmers and vendors fill Showers Common with locally grown produce, annual and perennial plants, and freshly baked bread for the Saturday morning Market. Local musicians perform while thousands of people find their way among the corn and tomatoes, local dairy products and scents of fresh herbs.

Sunday, June 5

Day at the Races

9:00 AM in the Terrace Room



Departs 9:30 AM to Churchill Downs

We will experience the thrill of thoroughbred horse racing from the luxury of Millionaire's Row on the fourth floor of the Sky Terrace, and be treated to the famous buffet of the Millionaire's Four Grand Chef

Table. Trip includes coffee, pastries and Bloody Marys at 9:00 AM in the Terrace Room before departure; admission, racing form, and buffet at Churchill; and wine and snacks on the bus during the return trip for \$50.

Firehouse Follies

Departs 2:30 PM to Waldron Auditorium

WFHB Firehouse Follies presents *Doctor Hoosier*, a free program of music to include Dennis Riggins & the Firehouse Swing Thing, The Gospel Gurlz, Joseph Legaspi and Rosenkrantz & McGillicuddy.

Monday, June 6

Golf Outing

Departs 9:00 AM to Taylor's Par 3

Bring \$11 for 9 holes of golf, cart and a hot dog. Meadowood will provide beer and soda.



Movie Outing

Departs 6:30 PM to IU Cinema

Silent Light (2007, 145 min) Johan (Cornelio Wall Fahr), a Mennonite living in Mexico, is tormented with guilt over his extramarital affair with Marianne (Maria Pankratz). His father, best friend, and wife know the truth, but Johan's suffering has to do with his faith, which he can't reconcile with his deeds. Free.

Tuesday, June 7

Men's Breakfast

Departs 8:00 AM to Cloverleaf

A popular breakfast place for those in the know, the food and service are great at this local establishment.



Lap Swim

Departs 11:45 AM to IU Outdoor Pool

We will take residents to the pool each Tuesday for



Barbara Reichle and Ella & John Fox at the Pub Crawler to Yogi's in May.

the 90 minute lap swim. Say you're with Meadowood and pay \$2.25 at the door each time to swim or sit by the pool. Return at 1:30 PM when the pool opens for the family swim.

General Residents Annual Meeting

2:00 PM in the Terrace Room

All residents are invited to attend this annual meeting to elect the at-large member and introduce the new Resident Council.

Mel's Diner

5:00-7:00 PM on the Circle Drive

We are taking you back to the 40's and 50's. The swing dances of the 20's - 50's will be demonstrated by the Bloomington Swing Club and you will be invited to dance in the second set. Get out your flapper dress, senior cords, or poodle skirt, roll up your sleeves and let's rock the night away. Your favorite soda shop foods will be served. There is a \$15 charge for dinner, but the dancing and show is free. Sign up at the Credenza.



Wednesday, June 8

Medical Round-Up

11:00 – 11:30 AM in the Fireplace Lounge

Bring all your old prescriptions, sharps and mercury thermometers. A State Trooper will collect all these items then and take them for disposal.



Women's Lunch

Departs 11:15 AM to Feast Café

Specializing in homemade tamales that chef Erika learned to make in California, the menu includes homemade meat loaf sandwich, BLT with organic bacon, Havana sandwich, and orange capriole salad. Please join us for a lovely lunch outing.

Yard Games

1:00 PM at the Baldwins' Yard

Each Wednesday at 1:00 PM we offer croquet, Meadowood Toss or Bocce ball. Meet on the Lower Level Patio if you wish to have a ride to the Baldwins' in Bill's golf cart.



Pub Crawl

Departs 5:15 PM to Upland Brewery

Brewing beer since 1998, and specializing in eclectic entrees to suit all tastes, Upland has a menu that includes pasta, seafood, sandwiches, pub grub, and vegetarian dishes. The drink menu features fresh Upland Ales and Lagers on tap, as well as international, national and local wines. The name "Upland" comes from the Norman & Crawford Uplands, the term



geologists gave to our area because several glaciers advanced and retreated across Indiana. The raised highlands or "uplands" were never overrun by the glaciers, resulting in a region of rugged, heavily wooded hills and hollows.

WWII Film Series

7:00 PM in the Terrace Room

This monthly series is hosted by MCCSC history teacher Curtis Shedlak. Come for the 2nd half of last month's film *The Bunker*, a dramatization depicting the events surrounding Adolf Hitler's last weeks in and around his underground bunker in Berlin. Stars Anthony Hopkins.

Thursday, June 9

Hiking Outing

Departs 8:30 AM to IU Campus

Following the sidewalks of campus, we will identify 24 different trees through IU's historic woodland tour (1.5 miles).



Miller House & Garden Tour

Departs 10:00 AM to Columbus, IN

This is an unforgettable opportunity for an inside look at one of the most highly regarded examples of mid-century residences. The Miller House, designed by Eero Saarinen, is one of the many examples of unexpected architectural treasures in Columbus. Cost is \$25 plus lunch at Zaharakos, a 1900s ice cream parlor and museum. While this is a sold-out trip, please indicate your interest to Kathy, as another date is being planned for July.

Friday, June 10

Social Hour & Art Gallery Opening

4:30-6:00 PM in the Lower Level

Raymond Saidah uses glass as his medium.



Fashion Show models: Honey Baldwin, Maxine Dillard, Margaret Hathaway, Zetta Ann Weaver.

Painted-on with fine colored glass powders, then fire-fused and cured or hot formed, and carved or etched, every piece is an original and unique work of art.

Saturday, June 11

Movie Outing

Departs 2:30 PM to IU Cinema

In a Better World (2010, 119 min) When schoolboys Christian and Elias are involved in a violent incident, their fathers are initially unable to grasp the full implications of the boys' actions. Elias's father, Anton, an idealistic doctor often absent from home while he works in an African refugee camp, tries to communicate his own commitment to non-violence to the boys. Winner of the 2010 Academy Award for Best Foreign Film, price of \$6 is charged back.

Sunday, June 12

Purely Michigan Trip

Departs 7:00 AM

Pozzatti Documentary Film

7:00 PM in the Terrace Room

Printmaker's Odyssey is a retrospective of 70 of resident Rudy Pozzatti's works filmed in full color by the IU Visual Arts Dept. (2002, 60 min)

Monday, June 13

Armchair Travel



7:00 PM in the Terrace Room

Mac Fleming will present "A 1971 vignette of Lebanon, a young but 5,000-year old country."

Tuesday, June 14

Hiking Outing

Departs 8:30 AM to Bean Blossom Boardwalk

Part of the Sycamore Land Trust, Bean Blossom Bottoms Nature Preserve provides a tropical and remote feeling. Most of the 1.6 mile hike is on a wooden boardwalk through a wetland.

New Resident Orientation

4:00 PM in the Card Room

If you are new to Meadowood, you will receive an invitation to attend this important class to learn more about your new home.

Voice Recital

7:00 PM in the Terrace Room

Please join us for a recital by IU Jacobs School of Music student Krista Costin.



Ron & Carol Tucker patiently await their meal at the **Co-ed Breakfast** outing to the American Legion in May.

Wednesday, June 15

Co-ed Breakfast



Departs 8:15 AM to Kirkwood Café

This is our first time to try a new restaurant that reviews well and serves breakfast, lunch and dinner of both Middle Eastern and American foods. They also serve crepes, both savory and sweet.

New Residents Dinner

4:45 PM in the Terrace Room

This dinner is an annual tradition at Meadowood. If you have moved here since last June, you will be invited to this gathering to get to know others. It is also an expression of welcome and a thank you for choosing Meadowood as your new retirement home.

Thursday, June 16

IU Hearing Clinic

1:00-2:30 PM in the Founders Room

A clinician will check your hearing aid batteries and remove wax from the device and/or perform a hearing test. This is a free walk-in service.

Meadowood Softball Game

Departs 6:00 PM to Twin Lakes Fields



Meadowood has sponsored a team comprised totally of Meadowood employees. Come out and support them; a second opportunity will be Thurs., June 30.

Friday, June 17

Movie Outing

Departs 6:30 PM to IU Cinema

Incendies (2010, 130 min) Following the death of their mother, Nawal, twins Jeanne and Simon attempt to carry out her final wishes and deliver letters on her behalf. Their efforts will take them to her native Lebanon, where, as a young woman, Nawal underwent experiences during the period of the country's civil war that she has never shared with her children. Tickets \$6 charged back.

Saturday, June 18

Bloomington Summer Garden Walk

Departs 10:00 AM

Take in five private gardens and a flower show at the Monroe County History Center which is free with your garden walk ticket. You may purchase tickets from Virginia Woodward for \$8.



Arts Fair on the Square/Farmers Market

Departs 11:00 AM

Arts Fair on the Square is celebrating 31 years of bringing visual artists and craftspeople together with the local and regional buying community. This juried art show features over 60 regional and national artists and craftspeople on the picturesque grounds surrounding the Monroe County Courthouse. Combine this with a visit to the Farmers Market – start at one and walk to the other. The bus will pick you up at either location. Enjoy a pretty day and take in a stroll of downtown.

Movie Outing

Departs 2:30 PM to IU Cinema

Queen of the Sun (2010, 83 min) In 1923, Rudolph Steiner, a scientist, philosopher & social innovator, predicted that in 80 to 100 years honeybees would collapse. His prediction has come true with Colony Collapse Disorder, where bees are disappearing in mass numbers from their hives with no clear single explanation. This film examines the dire global bee crisis. On a pilgrimage around the world, it unveils 10,000 years of beekeeping, highlighting how our historic and sacred relationship with bees has been lost. Features Michael Pollan, Vandana Shiva, Gunter Hauk and beekeepers from around the world.



Sunday, June 19

Father's Day Buffet

11:00 AM – 2:00 PM in the Dining Room

Reservations are recommended to Glen at ext. 327 for this buffet that features carved prime rib and sautéed sole. Guests welcome at \$24.95.



Concert of Songs, Arias & Duets

Departs 1:30 PM to Fairview United Methodist

Soprano Anna Singer and baritone Richard Lewis will talk about—and perform—scenes of love and lust, jealousy and betrayal from operas by Mozart, Verdi, and others. You'll also hear songs from lighter fare like *Phantom of the Opera* and *Show Boat* at this free recital.

IU Mini University Orientation

Departs 2:45 PM to Memorial Union (IMU)

Those enrolled for a week of learning during this award-winning vacation college may pick up a directory and class schedule. Those wishing to do so may attend the 3:30 PM Orientation before returning to Meadowood.

My Fair Lady

Departs 6:30 PM to Buskirk Chumley

With showstoppers such as “Wouldn't It Be Lovely”, “The Rain in Spain” and “On the Street Where You Live”, this family favorite will have you on your feet and dancing all night! Tickets \$21.50 at BCT Box Office on your own.

Monday, June 20

IU Mini University Classes

Departs 8:00 AM to IMU

Attend the coffee and welcome on Day 1. Tuesday through Friday morning departures will be 8:30 AM. Please sign the sheet for departure each day.

June Birthday Dinner

5:30 PM in the Dining Room

If your birthday is in June, you will be invited to this dinner in your honor. RSVP to Glen at ext. 327.



Charles Webb & Friends

Departs 7:15 PM to Auer Hall

Charles Webb and Steven Mann, piano; Esther Kim, violin; Susan Moses and Joseph Kaizer, cello; Jeff Dunford, horn, will perform W. A. Mozart: Sonata in D Major for Two Pianos, K.448 Beethoven: Sonata in E-Flat Major for Violin and Piano, Op. 12 No. 3 Schumann: Andante and Variations in B-Flat Major for Two Pianos, Two Cellos and Horn Saint-Saëns: Variations on a Theme of Beethoven, Op. 35. Free.



Lining up for Margaritas and Mexican beer at the Cinco de Mayo Party.

Tuesday, June 21

Hiking Outing

Departs 8:30 AM to B-Line Trail

We will begin at 2nd Street and follow this paved trail just past the Showers Building and return (1.2 miles).



Mini University Outdoor Picnic

4:30-6:30 PM on the Circle Drive

We invited those who attend Mini University to visit Meadowood for an outdoor picnic and optional tour. Watch for notices of additional table hosts being needed and sign up if you are interested.

IU Mini University Evening Class

Departs 6:45 PM to IMU

After attending our Mini *Come Home to Meadowood* Party on the Circle Drive, you have an option to return to campus for the evening class.

Kalichstein-Laredo-Robinson Trio

Departs 7:15 PM to Auer Hall

Mozart: B-flat K 502 Zwilich: Trio (1987) Brahms: Trio in B Major, Op. 8. Tickets are \$12 or purchase a Summer Music Pass, which go on sale June 7.

Wednesday, June 22

Ethnic Food Outing

Departs 5:15 PM to My Thai Café

Join us for traditional Thai cuisine at a lovely restaurant in business since 2007.

Menahem Pressler & Friends

Departs 7:15 PM to Auer Hall

Menahem Pressler and Friends perform with Pressler on piano; Alexander Kerr, violin; Diemut Poppen, viola and Desmond Hoebig, cello. Mozart: Piano Quartet in G Minor, K.478; Turina: Piano Quartet in A Minor, Op. 67; Brahms: Piano Quartet No. 1 in G Minor, Op. 25. Tickets \$12 or Summer Music Pass.



Thursday, June 23

Community Band Concert

Departs 6:00 PM to 3rd Street Park

The Bloomington Community Band will perform this concert for the Third Street Park Summer Series Concerts in downtown Bloomington. Meadowood will provide chairs for all who sign up.

Mini University Evening Session

Departs 6:30 PM to IMU

Friday, June 24

Jeff McLaughlin Jazz Quartet

Departs 7:30 PM to Auer Hall



The **Cinco de Mayo Party** with Mexican hats, authentic food and margaritas was a big hit.

Recipient of the Owl Studios Emerging Jazz Artist Project, this is a free concert.

Saturday, June 25

Movie Outing

Departs 6:30 PM to IU Cinema

Desert of Forbidden Art (2010, 80 min) During the Soviet rule artists who stay true to their vision are executed, sent to mental hospitals or Gulags. Their plight inspires young Igor Savitsky. He pretends to buy state-approved art but instead daringly rescues 40,000 forbidden fellow artists' works and creates a museum in the desert of Uzbekistan, far from the watchful eyes of the KGB. Free.

Mihaela Martin, Violin

Departs 7:15 PM to Auer Hall

Schubert: Rondo in A Major, D. 438; Prokofiev: Sonata No. 1 in F Minor, Op. 80; Beethoven: Sonata in G Major, Op. 96. Tickets are \$12 or Summer Music Pass.



Sunday, June 26

Penderecki Quartet

Departs 3:15 PM to Auer Hall

Jeremy Bell and Jerzy Kaplanek, violin; Christine Vlajk, viola; and Jacob Braun, cello Repertoire Beethoven: Quartet in B-Flat Major, Op 18. No. 6 Stravinsky: Concertino Shostakovich: Piano Quintet in G Minor, Op. 57. Tickets are \$12 or Summer Music Pass.

Monday, June 28

Poetry Open Mic Night

7:00 PM in the Terrace Room

Come prepared with a reading of original poetry or other favorite piece—limit 5 minutes for each reader. Audience members are also highly appreciated.



Gregory Sioles, Piano

Departs 7:30 PM to Auer Hall

Soler: Sonata in D Major, Op. 13; Albeniz: Sonata in D Major; Beethoven: Sonata in E Minor, Op. 90; Debussy: Images Book I, L.110; 4 pieces by Chopin. Free.

Tuesday, June 28

Women's Poolside Lunch

Departs 12:00 Noon to Nancy Spark's

This annual poolside/garden luncheon is highly anticipated and enjoyed by the women of Meadowood. Enjoy a wide variety of scrumptious salads and desserts surrounded by the lovely landscaping. Cost of \$20 will be charged back. Space is limited, so sign up now.



Wednesday, June 29

Cinderella at Beef & Boards

Departs 10:30 AM to Indianapolis

Wicked stepsisters, a fairy godmother, a pumpkin, and a perfect glass slipper from your prince; reality and fantasy meet as the timeless fairy tale Cinderella comes to life on the Beef & Boards Dinner Theatre stage. This enchanting musical is filled with magical characters, irresistible romance and the unforgettable songs of Rogers & Hammerstein. Cost is \$55.

Peter Stumpf, Cello

Departs 7:30 PM to Auer Hall

Peter Stumpf, cello; Chih Yi Chen, piano
Repertoire Debussy: Sonata in D Minor for Cello and Piano (1915) Britten: Suite for Solo Cello, Op. 72 Brahms: F Major Sonata, Op. 99 Chopin: Introduction and Polonaise Brilliante, Op. 3. Free.



Thursday, June 30

Hiking Outing

**Departs 8:30 AM to Sherwood Oaks/
Olcott Parks**

A 1.1 mile paved trail crosses over Jackson Creeks and into Olcott Park where it loops around and returns to Sherwood Oaks.

Weiss-Kaplan-Newman Trio

Departs 7:15 PM to Auer Hall

Yael Weiss, piano; Mark Kaplan, violin; and Clancy Newman, cello; the Trio has been uniformly praised for superb performances. Variations on "Ich bin der Schneider Kakadu," Op. 121a Trio in D Major, Op. 70 No. 1, "Ghost"; Trio in E-Flat Major, Op. 70 No. 2. Tickets are \$12 Summer Music Pass.



Marge Shedd, left, and Jean Langbak, right, joined the **Fun Spot Outing** to Wildflower Bistro.

Let's Go Travelers

~Upcoming Meadowood Trips~

Overlooking the Ohio River*

Stream Cliff Herb Farm, Hanover College,
Clifty Falls Overnight, Madison, IN

July 21-22, 2011



Fall Foliage

Fallingwater, Gettysburg,
Hershey, Harrisburg, and The Wilds

October 9-13, 2011

Branson Christmas

Featuring - The Osmonds,
Bloomington's Diane Bish, George Dyer
and Acrobats of China



Nov. 27-30, 2011

St Martin/Anquilla/St Barts*

January 21-28, 2012



***Atlanta/St. Augustine
May, 2012***

****Deposits now due***

**Call Mark Kraner, 330-4375 ext. 304 for prices
and trip itineraries. Guests are welcome!**



Your Health

Ice Cream vs. Frozen Yogurt

With summer upon us, we may increase our consumption of frozen desserts. Here is a comparison, taken from eHow Health.

1. Ice Cream – made from milk, concentrated fat-free milk, cream, and/or condensed milk, ice cream must have a minimum of 10% milk fat and 20% total milk solids by weight to meet federal standards. Labels must identify whether flavorings are natural or artificial. Reduced –fat ice cream must contain at least 25% less fat than regular ice cream. Low fat ice cream must contain less than 3 grams of fat per ½ cup serving. Fat-free ice cream must contain less than 0.5 grams of fat per ½-cup serving.

2. Frozen Yogurt – there are no specific federal standards for frozen yogurt production. Frozen yogurt is made with pasteurized milk, flavorings, lactic acid cultures, and other ingredients. Because of pasteurization before freezing, there are no live active cultures. Reduced fat, low-fat and fat-free frozen yogurt products are available.

Nutritional differences: Both ice cream and frozen yogurt is nutritious with high-quality protein, riboflavin, calcium and other essential vitamins and minerals. The calorie and fat content of frozen desserts depends on the type of milk used and whether cream, egg yolk solids or sweeteners are added. To ensure that you're buying the best product for your good health, check the nutrition area of product labels.

Other interesting facts: The top flavors in the U.S. are vanilla (30%), chocolate (10%), butter pecan (4%), strawberry (3.7%) and chocolate chip mint (3.2%). In 2007, California produced the largest volume of ice cream and frozen desserts in the U.S., followed by Indiana, Texas, Pennsylvania, Missouri and New York.

Footnote: it is important to note that a great amount of sugar is added in frozen yogurt, which does not make it as healthy as regular yogurt. However, the amount of lactose present in frozen yogurt is more digestible for some people, as compared to the lactose present in ice creams.



Father's Day Buffet

Sunday, June 19, 2011

Spinach Salad with Apples & Bacon
Greek Pasta Salad with Feta Cheese

Carved Prime Rib with
Shallot Bleu Cheese Cream Sauce
Sautéed Sole with Lemon Beurre Blanc

Twice Baked Potato Casserole
Fresh Seasoned Asparagus
Meadowood Blend

French Baguettes

Carrot Cake

Bear Claws

Fresh Fruit

Pictured outdoors at the **Miller House & Garden Tour** in Columbus—photographs of the house, interior or exterior, are not permitted.



Save the Date – Upcoming Events



Picnic with the POPS

Ivy Tech Campus
Saturday, July 2—\$25

Church Basement Ladies II at Beef & Boards

Indianapolis, IN
Thursday, August 11—\$55

Day on the Lake

Outing to Lake Monroe
Thursday, July 7—\$25



Symphony on the Prairie—Glenn Miller Orchestra

Connor Prairie, IN
Friday, August 19—\$45

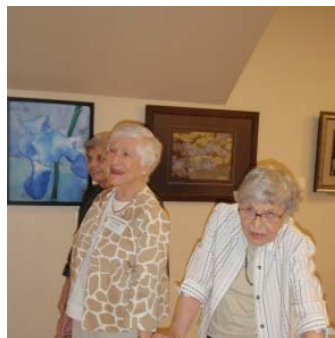


IU vs. Ball State at Lucas Oil Stadium

Indianapolis, IN
Saturday, September 3—\$55



Art Gallery Opening—residents were fascinated by the paper stitching artwork by Michelle Pollock.



FROM THE BOOKSHELF...



When asked for a recommendation for a “good book to read” one never goes wrong to suggest Mary Higgins Clark. A prolific author, her books are formulaic to some extent in that they are about upper class people who dress well, went to “good” schools and seem always to eat at their club... Her answer to this comment is that her readers like to know how the other half lives. She does not include graphic sex, violence or terrorism. Her characters are invariably “nice people whose lives are invaded” by circumstance--and therein lies the tale.

Our Meadowood Library has many of Clark’s titles. Recently I enjoyed *Where Are You Now?* Others I highly recommend are *Two Little Girls in Blue* and *We’ll Meet Again*.

Her novels are shelved with mysteries; although they are not police stories or detective stories they do contain an element of suspense. They have a more substantial plot, often dealing with social issues, than typical light romances and have earned Mary Higgins Clark many loyal fans.

Jane Layman, Library Committee



HAPPY BIRTHDAY!

to all residents whose special day is in June!
Celebrants are invited to be guests at a Birthday Dinner held in their behalf on **Monday, June 20 at 5:30 PM** in the Dining Room.

7	Barbara Restle
7	Sally Cook
10	Lola Goldberg
10	Martha Pollak
11	Walter Taylor
11	Mary Biermann
16	Joseph Rezits
19	Rowena Kays
21	Marie Jones
21	Marge Maesaka
21	Rosemary Messick
27	Sue Gingles
29	Betty Vance Rudolph

The Meadowood Cinema



View a great film each week-end on the big screen in the Terrace Room. The microwave popcorn and bowls are in the cart in the wet bar area. Help yourselves and enjoy!

The Man Who Never Was (1956, 103 min)

Saturday, June 4, 1:15 & 7:15 PM

British Intelligence during World War II is trying to get the German High Command to shift its forces away from Italy prior to the invasion. To create the illusion of a plan for England to invade Greece a dead body is to be procured and allowed to be found with secret papers on him by Spanish authorities who will send the papers on to the Germans, or that's the plan. First they have to find a body that will look drowned, and create an identity for him that will pass the examination of the German agent who is sure to check him out. This movie which is based on a true story stars Clifton Webb, Gloria Graham and a well-chosen English cast.

Field of Dreams (1989, 107 min)

Saturday, June 11, 1:15 & 7:15 PM

Iowa farmer Ray Kinsella (Kevin Costner) hears a voice in his corn field tell him, "If you build it, he will come." He interprets this message as an instruction to build a baseball field on his farm, upon which appear the ghosts of Shoeless Joe Jackson and the other seven Chicago White Sox players banned from the game for throwing the 1919 World Series. When the voices continue, Ray seeks out a reclusive author (James Earl Jones) to help him understand the meaning of the messages and the purpose for his field. This film was nominated for Best Picture.

Life with Father (1947, 118 min)

Sunday, June 19, 6:00 PM

In late nineteenth century New York lives Clarence Day, Sr. (William Powell), a Wall Street broker who likes to think his house is run his way, but finds himself constantly bemused at how much of what happens is orchestrated by his wife (Irene Dunne). His children are also stretching their wings, discovering girls and making money out of patent medicine selling. When it comes to light he has never been baptized, everyone starts insisting he must do so, and things start to get a bit too much for Father. The Day family shows you life in the Gay '90's in New York

as you always wished it to be. The interplay between cute Jimmie Lydon and young Elizabeth Taylor is priceless.

E.T.: The Extra-Terrestrial (1982, 115 min)

Sunday, June 26, 1:15 & 7:15 PM

One day, while looking for something in the back yard, Elliot (Henry Thomas) senses something mysterious in the woods watching him. And he's right: an alien spacecraft on a scientific mission mistakenly left behind an aging botanist who isn't sure how to get home. Eventually Elliott puts his fears aside and makes contact with the "little squashy guy," perhaps the least threatening alien invader ever to hit a movie screen. As Elliott tries to keep the alien under wraps and help him figure out a way to get home, he discovers that the creature can communicate with him telepathically. Soon they begin to learn from each other, and Elliott becomes braver and less threatened by life. Then Elliot must make a difficult sacrifice – whether to help his new friend or to lose him. Whatever the decision, Elliott must keep him hidden, as someone else is out there looking for him. Directed by Steven Spielberg, the movie also stars Dee Wallace as Elliot's mother, Robert McNaughton as his older brother, and a young Drew Barrymore as his little sister. *E.T.* captures that strange moment in youth when the world is a place of mysterious possibilities (some wonderful, some awful), and the universe seems somehow separate from the one inhabited by grown-ups.

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Overlooking the Ohio River Overnight

Clifty Falls State Park & Madison, IN

July 21-22, 2011

Departs 8:00 AM



Our first stop is the Stream Cliff Herb Farm in Commiskey, IN, which dates back to 1821. We will visit the farm winery and wander the beautiful gardens and gift shop before eating lunch in the *Sprigs & Twigs Tea Room*. After lunch we will travel the short distance to Hanover College for a guided tour of this beautiful campus overlooking the Ohio River. Founded in 1827, it is the oldest private 4-year college in the state of Indiana. In the afternoon we will check in to our river view rooms at Clifty Falls State Park. Enjoy the park inn, hike a trail, or just relax before departing for dinner at the historic Broadway Tavern, established in 1834 and one of Madison's most historic sites. On Day 2, after breakfast in the Falls Restaurant at Clifty Inn, we will visit additional sites in Madison, such as the Lanier Mansion, the Ben Schroeder Saddletree Factory, and include a Madison Trolley Tour and time to wander through some of the shops in the Mainstreet Business District, a thriving and revitalized area of shops, restaurants and arts & crafts galleries. We will eat lunch in Madison and depart mid-afternoon. You may opt out of Day 2 activities in favor of staying at the Inn to play bridge, hike or just enjoy the park. Price of \$160 double and \$220 single includes motor coach transportation, escort, overnight accommodation, breakfast, all tours, snacks & drinks on bus. Return to Meadowood around 6:00 PM.

Call Kathy at 336-7060, ext. 302 to reserve your spot!