

# Meadowood Messenger



*Our Monthly Calendar of Activities & Events*

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

*July 2011*

## *Meadowood Welcomes Bill Bennett*

Bill Bennett, who joined Meadowood in June as the Marketing Community Relations Director has a BA in Psychology from the University at Albany – State University of New York and a MBA in Finance from the Sage Graduate School in Albany. Born in Albany, and after living for many years in Newburgh, in the Hudson River valley sixty miles north of Manhattan, Bill has called Bloomington home for the past fifteen years. About Bloomington, Bill said, “I enjoy all that this wonderful university town has to offer – from its diverse restaurants, Big Ten sports, music and art – to its many outdoor activities. It has many of the attractions found in the large cities without the expense and the huge crowds.”

Many of you may know Bill from his previous job at Monroe Bank where he was [the past twelve years] the *Prime Time* Program Manager. While at *Prime Time*, Bill worked with the senior population as a product line manager as well as the host on trips to over thirty countries and 48 states. Bill still needs to visit North Dakota and Nebraska to cover all 50 states—which he hopes to do soon! When asked which was his favorite trip, Bill replied, “That’s a tough one as I’ve enjoyed so many of them.” One of his most memorable trips was also one of his first, a trip to Churchill in the Canadian Province of Manitoba. Churchill is a small town of 700 full-time residents located on Hudson Bay and is known as the “Polar Bear Capital of the World.” Each year approximately 1200 bears gather in Churchill waiting for the ice to form on Hudson Bay. “We were entertained by a 1,000 pound bear who rolled around in the snow for over ten minutes, then walked up to one of the tundra buggies, stood up and looked in the windows,” said Bill. Other memorable trips have

been to Alaska, Hawaii, Italy, Paris, Glacier National Park, a Danube River cruise, and Norway.

Obviously travel is one of Bill’s passions. However, raising his two energetic young children occupies much of his time now. “I have a seven year old son named Bryce and a five year old daughter named Betsy who keep me young, yet are probably responsible for some of the gray hair appearing on my head!” Bill is an accomplished professional photographer, having displayed his work in numerous venues around Bloomington. He also enjoys cycling, hiking, snowboarding, cooking and gardening.

Bill is excited to be working at Meadowood. “I feel this is a welcome departure from my career in the banking industry which spanned twenty-five years. In working with the senior clients of Monroe Bank, I found that I learned more about the world we live in and life in general from retirees than I ever learned in any classroom. Throughout the years at Monroe Bank I also greatly enjoyed working with Meadowood and its residents, and that made this opportunity a logical choice for me.” **(cont. on page**



New Marketing Director Bill Bennett in the Dining Room at Meadowood.

# A Summer Spent Outdoors in Play

By Kathy Norris

While there is a general slow-down of events and programs in Bloomington and at Indiana University during the summer months due to the exodus of students, Meadowood residents remain busy. Of course there is the IU Jacobs School of Music Summer Music Festival, and residents do attend many of the concerts and programs. We also provide transportation (and group table seating complete with a delicious spread of food and drink) to the annual Picnic with the POPS at Ivy Tech and a pontoon boat outing on Lake Monroe in July and the Big Band program at Symphony on the Prairie at the Connor Prairie Settlement in August.

But summer and warm weather signal an increase in another kind of activity at Meadowood. There are a large variety of and a high level of participation among residents in outdoor recreation. Meadowood's resident Recreation Committee sees that residents have lots of ways to remain active.

Elsie Clark facilitates the Shuffleboard tournaments, and reports that about 40 residents are participating in each tournament. Elsie holds a random draw for doubles partners and for opponents in doubles and singles competition, which have thus far been held as single-elimination tournaments. However, the upcoming contest, starting the first week of July, will be composed entirely of singles competition within smaller divisions, so that everyone should play weekly within their division. Once all the scores are turned in, there may be a play-off among the division champs. The Wii Bowling tournaments have been played in this fashion, and as a result, people get to play more games rather than being eliminated early on. About 18 people are participating in Wii Bowling, and there is a "champ" play-off on July 4, as well as championship matches to finish the current shuffleboard tournament.

Recreation Committee member Bob Webb organizes the weekly Golf Outing to Taylor's Par 3. A handful of golfers, usually five to eight each week, play 9 holes of golf on Monday mornings permitting good weather, then enjoy a 10<sup>th</sup> hole – hot dogs and beer or soda. Hospitality/Transportation Dept. Van Driver Terry Walter helps lift clubs in and out

of the vehicle and plays golf with the group. According to Terry, they form teams and play "best ball". Everyone contributes \$1 each time they play and in order to win money, one has to hit a tee shot that lands on the green on either the 2 or 9 hole, or make a birdie putt on any hole. This creates friendly competition and bragging rights. "Those who go look forward to the camaraderie and the refreshments afterwards. It can be a little strenuous for some of our residents, but they feel a sense of accomplishment in being able to play 9 holes of golf. It's a great outdoor game and lots of fun for everyone involved," said Terry.

An additional recreation option offered during warm weather is the weekly outing for lap swimming at the IU Outdoor Pool. Meadowood provides transportation each Tuesday at 11:45 AM for the noon to 1:30 PM swim (before the pool opens for the family swim). Driven right to the gate, a handful of people each week are happy to take advantage of the discounted admission price offered to Meadowood residents. Although lap swimming is not for everyone, one may get a kick-board and take in a little gentle water exercise, "walk" laps in shallow water, or sit in a lounge chair for part of the time and soak in the sunshine. It's a great chance to get outside and keep moving.

The weekly hike has a little more general appeal than golf or swimming, because it requires only a pair of walking shoes. Wellness Coordinator Alyssa Hinnefeld schedules the dates and locations for the



Rosemary Messick, Honey Baldwin and Zetta Ann Weaver—a satisfied bunch after a round of golf.

hikes to various parks and trails in Bloomington and Monroe County. A core group of residents enjoy these supervised walks for the variety and beauty of the scenery, as well as for the social benefits of walking with a group of friends. Many walk regularly around the Meadowood campus and adjoining trails but would not venture on their own to other locations. A walk may be very straightforward, such as the loop around Bryan Park or Miller-Showers Park, or could be the length of the B-Line Trail or Rail Trail. Occasionally Alyssa schedules something out of the ordinary, such as the Boardwalk at Bean Blossom Bottoms, a large nature preserve owned by the Sycamore Land Trust; or an educational one, such as this month's IU Campus Limestone Walk, with IU Geologist Brian Keith (Thursday, July 28). Dr. Keith will talk about the history and architectural features of some of the buildings along this urban walk.

Finally, more and more residents are discovering that they can take pleasure in participating in the weekly outdoor lawn games offered at the home of Bill and Honey Baldwin on the corner of Tamarack and Dunn. Bill spends time each Wednesday morning setting up the croquet wickets and putting out the Meadowood (bean bag) Toss and Bocce ball court. It's a labor of love for Bill, who also picks up participants in his golf cart at the Lower Level Patio at 1:00 PM in order to shuttle them to his house. Honey generally puts out a pitcher of water or lemonade and a stack of cups, and everyone enjoys the slower pace of lawn games played in the shade and reflects back on a time, perhaps all the way back to childhood, when people played these quiet games for recreation and socialization.

According to Frank Caplan, educator and toy developer, "Play has been man's most useful preoccupation." Elsie Clark's favorite quote, which she has posted on the Recreation bulletin board at Meadowood, is attributed to George Bernard Shaw: "We don't stop playing because we grow old; we grow old because we stop playing." If that is true, there are many at Meadowood who are quite safe from ever growing old.



Take me out to the ball game—Dan Osen and Barbara Reichle at the baseball outing to Victory Field in June.

Guest Marilyn Stultz and resident Rowena Kays also enjoyed the afternoon at the ball park.



**Bill Bennett, cont.**

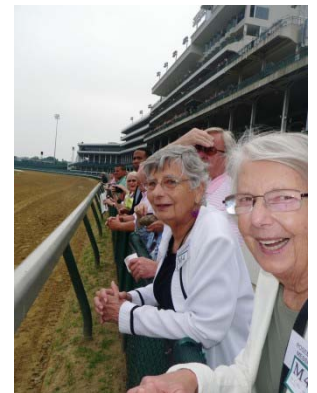
When asked about his goals, Bill is enthusiastic about keeping Meadowood the #1 Retirement Community of choice in Bloomington and beyond. He mentioned our past inclusion on websites such as AOL Money and in regional and national articles about retirement living as being something he will continue to pursue. Attracting more residents to Meadowood will be a priority for him. One of the first items on his plate is to help further develop Sycamore Ridge with the addition of two new units toward the end of this year.

Bill said he would like to meet and get to know as many residents as possible over the next couple of months. He plans to convene a new Marketing Committee in the near future in the hopes of re-energizing and re-focusing the committee to capitalize on resident volunteers in the marketing process. Anyone who wants to help will be encouraged to participate. "Our residents are so enthusiastic about Meadowood—they are our best ambassadors for encouraging prospective new residents. I would relish resident interaction, suggestions and feedback. I look forward to rekindling old relationships and starting new ones – my door is always open."

# *The Purely Michigan Trip was thoroughly enjoyed by all.*



# *Annual Day at the Races Outing to Churchill Downs*



*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

## **Friday, July 1**

### **Old Glory Social Hour**

**4:30-6:00 PM on the Circle Drive**

Join us on the Circle Drive for an Independence Day themed social hour.

### **Festival Orchestra**

**Departs 7:30 PM to IU Auditorium**

Michael Stern, Conductor; Joshua Bell, Violin. Formed annually during the Indiana University Summer Festival of the Arts, the Jacobs School of Music's Festival Orchestra is considered one of the finest ensembles in the region. The repertoire includes Dukas: *The Sorcerer's Apprentice* (L'apprenti sorcier (1897)); Stravinsky: *The Firebird Suite* (1919); Ives (orch. Wm. Schuman) *Variations on "America"*; Bruch: *Scottish Fantasy*, Op. 46

## **Saturday, July 2**

### **Picnic with the POPS**

**Departs 7:15 PM to Ivy Tech**

This is Bloomington's largest community-wide family summer event. The concert begins at 8:00 PM with the POPS orchestra and chorus performing under the direction of conductor Chris Ludwa, ending the evening with the *1812 Overture* and an exciting fireworks display. Eat dinner before the departure, then enjoy beer, wine, snacks and dessert (cherry, apple and blueberry pies, what else?) with your friends at this great annual tradition. Cost is only \$25 for reserved table seating and all refreshments.



## **Sunday, July 3**

### **Weiss-Kaplan-Newman Trio**

**Departs 3:15 PM to Auer Hall**

Performing Beethoven's Complete Piano Trios, part III; repertoire: *Variations on an Original Theme in E-Flat Major*, Op. 44; *Trio in B-Flat Major*, Op. 11 *Trio in B-Flat Major*, Op. 97 "Archduke". Tickets are \$12 at MAC.

## **Monday, July 4**

### **4<sup>th</sup> of July Picnic**

**11:00 AM – 2:00 PM on the Circle Drive**

Enjoy a delicious outdoor lunch with your friends and neighbors. Guests welcome at \$14.95 each plus tax; reservations recommended. Call Glen at ext. 327. There will be no evening meal.



## **Ice Cream Social**

**5:00 PM on the Circle Drive**

This event gives residents a chance to come together for some good ol' summertime fun. Sign up at the credenza.

## **Holiday Movie**

**6:00 PM in the Terrace Room**

*The American President* (1995, 114 min). Andrew Shepherd (Michael Douglas) is approaching the end of his first term as President of the United States. He's a widower with a young daughter and has proved to be popular with the public. His re-election seems assured. That is until he meets Sydney Ellen Wade (Annette Bening), a paid political activist working for an environmental lobby group. He's immediately smitten with her and after several amusing attempts, they finally manage to go on a date (which happens to be a State dinner for the visiting President of France). His relationship with Wade opens the door for his prime political opponent, Senator Bob Rumson, to launch an attack on the President's character, something he could not do in the previous election as Shepherd's wife had only recently died. Cast includes Martin Sheen, Michael J. Fox and Richard Dreyfuss.



## **Tuesday, July 5**

### **Men's Breakfast**

**Departs 8:00 AM to Canyon Inn**

Located inside McCormick's Creek State Park near Spencer, the Canyon Inn is known for great home-cooked meals.



## **Lap Swim**

**Departs 11:45 AM to IU Outdoor Pool**



At the Poolside Lunch at Nancy Sparks' home—a beautiful day for a party.

Offered each Tuesday, you may swim or sit in a lounge chair until 1:30 PM for only \$2.25.

### **Movie Outing**

#### **Departs 12:15 PM to AMC East**

*Midnight in Paris* (2011, 88 min). A family, including a young couple, travels to Paris, France for business and have their lives transformed. Bring cash (\$5-8) for admission to this Woody Allen film.

### **Piano Recital**

#### **7:00 PM in the Terrace Room**

Nina Zhou will perform a recital for all residents.



### **Time for Three**

#### **Departs 7:15 PM to Auer Hall**

Works by Lennon & McCartney, Bach, Brahms, Leonard Cohen, Henry Mancini, Radiohead, among others will be performed on two violins and double bass. Tickets \$12 on your own at the MAC Box Office or 855-7433.

### **Wednesday, July 6**

#### **Women's Lunch**

#### **Departs 11:00 AM to Almost Home in Greencastle**

Almost Home started in September of 1990 as a Tea Room specializing in light lunches and homemade desserts surrounded by handcrafted gifts. No longer a Tea Room, Almost Home has evolved into a popular neighborhood restaurant and bar. Enjoy delicious food in a historic setting.

### **Croquet & Bocce Ball**

#### **1:00 PM at the Baldwins Yard**

Meet on the Lower Level Patio for a golf cart ride to the Baldwins or walk to their home at 2510 Dunn Street (corner of Dunn & Tamarack) for a weekly game of croquet. There will be a sign-up sheet at the Activities Credenza each week so Bill knows how many to expect.



### **Cecelia String Quartet**

#### **Departs 7:15 PM to Auer Hall**

This program includes Mozart: Quartet in G Major, K.387; Shostakovich: Quartet in F-Sharp Minor, Op. 108; Dvorák: Quartet in G Major, Op. 106. Tickets are \$12 at the MAC Box Office.

### **Thursday, July 7**

#### **Hiking Outing**

#### **Departs 8:30 AM to Bryan Park**

This path wraps around the perimeter of Bryan Park's playground and along the south side of its creek.



### **Music Man**

#### **Departs 7:00 PM to Ruth Halls**

Meredith Willson's *The Music Man* is one of the most beloved shows of all time, telling the story of Professor Harold Hill, the fast-talking salesman of musical instruments, who convinces the good folks of River City, Iowa, that they need a band. His plans to skip town with their money come to a crashing halt when he falls head-over-heels in love with Marian, the town's librarian. Tickets are \$15 charged back (indicate on sheet if you have tickets).

### **Tai Murray, Violin**

#### **Departs 7:30 PM to Auer Hall**

Schubert: Sonatina in A Minor, D.385; Bartók: Rhapsody No. 2, Sz.90; Ravel: Sonata for Violin and Piano (1927); Kreisler: Gypsy Caprice; Enescu: Sonata No. 3 in A Minor dans le caractère populaire roumain, Op. 25. Tickets are \$12 at MAC Box Office, 855-7433.

### **Friday, July 8**

#### **Afiara & Cecelia Quartets**

#### **Departs 7:15 PM to Auer Hall**

Tickets are \$12 at the MAC Box Office to hear Haydn: Quartet in C Major, Hob.III:32, Op. 20 No. 2; Beethoven: Quartet in F Major, Op. 135; Mendelssohn: Octet in E-Flat Major, Op. 20.



### **Saturday, July 9**

#### **Piano Recital**

#### **4:00 PM in the Terrace Room**

Doctoral piano student Grigor Khachatryan will offer a recital. Please join us.

### **Festival Chamber Players**

#### **Departs 7:15 PM to Auer Hall**



Pat and Jack Mulholland brought their four-legged friends to the *Bloom Magazine* photo shoot.

Hear this 9-piece chamber ensemble play W. A. Mozart: Piano Quartet 2 in E-Flat Major, K.493; Kodály: Serenade for 2 Violins and Viola, Op. 12; Brahms: Viola Quintet in G Major, Op. 111. Tickets are \$12 at the MAC Box Office, 855-7433.

### **Sunday, July 10**

#### ***The Fantastiks***

#### **Departs 1:00 PM to Shawnee Theatre**

Since its opening in 1960, *The Fantastiks* has become the longest running production of any kind in the history of American theatre. One of the greatest musicals of all time, each generation from bobby-soxers to flower children to baby boomers have embraced the universality of the show. Price of \$16 includes transportation to Bloomfield and ticket.

#### **Computer Class**

#### **2:00 PM in the Resident Office**

Volunteer Ruth Osbrink will conduct a class to help you use the computer. Whether you're a beginner that needs to set up an email account, or have more advanced questions, join Ruth in the Resident Office each of the next 4 Sundays in July.

### **Monday, July 11**

#### **Golf Outing**

#### **Departs 9:00 AM to Taylor's Par 3**

Sign up each Monday for a fun game of golf. Bring \$11 for 9 holes of golf including cart, and a hotdog after the game. Meadowood will provide drinks. Call Kathy if you want to go but don't have clubs – there's room for more to try this sport.



### **Tuesday, July 12**

#### **Hiking Outing**

#### **Departs 8:30 AM from Circle Drive**

Join us on a pleasant stroll right here on the Meadowood grounds.

#### **Men's Coffee & Donuts**

#### **9:00 AM in the Founders Room**

All men are invited to sit a spell over a cup of coffee and donuts every 2<sup>nd</sup> Tuesday.



#### **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.



Mark Kraner and Jim Weigand at the Mini University Come Home to Meadowood Party.

#### **Festival Chamber Players**

#### **Departs 7:15 PM to Auer Hall**

The repertoire for this 5-piece ensemble includes J.S. Bach (arr. Kodaly): Fantasia Cromatica; Arad: Caprice No. 5 "Ceci n'est pas une Fugue"; Schubert: Sonata in A Minor, D.821; "Arpeggione"; Arad: Caprice No. 7 (Franz); Brahms: Piano Quintet in F Minor, Op. 34. \$12 tickets available at the MAC Box Office.

### **Wednesday, July 13**

#### **Pub Crawler**

#### **Departs 5:15 PM to Crazy Horse**

The building, originally constructed as a hotel in the 1880's, over the years has housed a variety of restaurants, saloons, and even the nationally known Gentry Bros. Circus Co. It offers a diverse menu and the drink special is ½ price bottles of wine.



#### **Summer Concert Band**

#### **Departs 6:15 PM to Musical Arts Center**

Stephen R. Pratt will conduct this free concert on the lawn.

#### **Symphony Orchestra**

#### **Departs 7:30 PM to IU Auditorium**

Cliff Colnot will conduct a free program to include Sibelius: Impromptu for String Orchestra; Shostakovich: Symphony No. 10 in E Minor, Op. 93.

### **Thursday, July 14**

#### **Day on the Lake**

#### **Departs 9:30 AM for Lake Monroe**

Join us for this popular summer outing to Lake Monroe. We will cruise the lake, have a picnic lunch on the pontoon, and enjoy the beautiful scenery and natural wildlife around the lake. Cost of \$20 charged back, includes boat rental, food, beer, wine, sodas.







**Friday, July 15**

**Summer Festival Chorus & Orchestra**

**Departs 7:45 PM to Auer Hall**

William Jon Gray, conductor; Chris Young, organ; and Sarah Kapustin, violin. The program includes Mozart: Mass in C major, K. 317 'Coronation'; Mozart: Epistle Sonata for Organ and Orchestra in C major, K. 336; Haydn: Te Deum laudamus in C major, Hb. XXIIIc:2. Free.

**Saturday, July 16**

**Outing to Farmers Market**

**Departs 10:30 AM to Showers Plaza**

One of the largest local farmers markets in southern Indiana, farmers and vendors fill Showers Common with locally grown produce, annual and perennial plants, honey, eggs, and freshly baked bread.



***Comedy of Errors***

**Departs 1:30 PM to Wells-Metz**

*The Comedy of Errors* is one of the great screwball comedies of all time. A young man and his servant, both from Syracuse, show up in Ephesus, not knowing that the young man has an identical twin brother living in the city. If that weren't enough, this identical twin also has a servant, who happens to be (have you guessed?) the identical twin brother of the newly arrived servant from Syracuse! The resulting confusion, mistaken identities, and madcap anarchy have entertained audiences for over 400 years! Come prepared to laugh. You won't be disappointed! Price of \$15 is charged back, unless you indicate you already have tickets.

**Sunday, July 17**

**Outing to Bruster's Ice Cream**

**Departs 2:00 PM**

Ride the bus on a sunny day to cool off with a hand-dipped ice cream cone or specialty treat. They also serve Italian ice and sorbet that is 100% dairy free. Bring cash, on your own.



**Monday, July 18**

**July Birthday Dinner**

**5:30 PM in the Dining Room**

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



**Tuesday, July 19**

**Hiking Outing**

**Departs 8:30 AM to RCA Park**

The trail extends around the maintained section of the community park..

**Men's 4-B Cookout**

**12:00 Noon on the Lower Level Patio**

The 4 Bs are brats, burgers, beans and beer.

Invite your guy friends and sign up at the credenza at least 48 hours in advance for this event. Only \$5.



**Wednesday, July 20**

**Co-ed Breakfast**

**Departs 8:15 AM to Rose's Diner**

Out in Hendricksville, there's a little place tucked away in a bend of the road where you can enjoy breakfast made to order, the way only Rosie can do it. Bring cash, because Rosie doesn't take credit cards.



**Video Jazz Program**

**Departs 3:00 PM to IU Graduate Business**

See films of Frank Sinatra, Ella Fitzgerald, Carmen McRae and Nat Cole (including his piano artistry). The program will include a rare performance by guitarist Django Reinhardt with Stephane Grappelli and the Hot Club of France which was filmed in the late 1930's but was only discovered a few years ago. Everyone is welcome to attend this free program.

**Summer Concert Band**

**Departs 6:15 PM to Musical Arts Center**

Mark Latimer, Principal Timpanist and Section Leader with the U.S. "President's Own" Marine Band will perform the first movement of James Oliverio's "Olympian" Concerto No. 1 for Timpani and wind ensemble. Stephen W. Pratt will conduct this free concert.

**Thursday, July 21**

***Overlooking the Ohio Overnight***

**Departs 8:00 AM to Clifty Inn & Madison**

Our first stop is the Stream Cliff Herb Farm in



Shirley Anderson and Laura Mills at Zaharakos Ice Cream Parlor in Columbus, IN in June.

Commiskey, IN, which dates back to 1821. Visit the farm winery and wander the beautiful gardens and gift shop before eating lunch in the *Sprigs & Twigs Tea Room*. Then it's on to Hanover College for a guided tour of this beautiful campus overlooking the Ohio River, the oldest private 4-year college in the state of Indiana. We will check in to our river view rooms at Clifty Falls State Park. Enjoy the park inn and 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 Madison Railway Station, the Heritage Center and include a Madison Trolley Tour. After lunch at the Key West Shrimp House you will have 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. 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 is \$160 double and \$220 single; guests add \$15. Return approximately 6:00 PM.

### **Festival Orchestra**

#### **Departs 7:30 PM to IU Auditorium**

Bramwell Tovey conducts Tovey: Urban Runway (2008); Gershwin: Rhapsody in Blue (1942 full orchestra version); Mahler: Symphony No. 1 in D Minor. Tickets are \$15 at the IU Auditorium Box Office or Festival Pass.



### **Friday, July 22**

#### **Social Hour & Art Gallery Opening 4:30-6:00 PM in the Lower Level**

Meadowood resident artist Geneva McQuigg will exhibit some of her work in a variety of mediums, including textiles (jackets, bears, and dolls), painting, and clay.



### **Percussion Ensemble Grand Finale**

#### **Departs 6:15 PM to Auer Hall**

Featuring the participants of the IU Summer Percussion Academy and Workshop. Free.

### **Tuesday, July 26**

#### **General Residents Meeting**

#### **10:00 AM in the Terrace Room**

All residents are invited to attend this monthly meeting. Continental breakfast is served.



A few of the men of Meadowood at their monthly **Just Men Hour** in the Founders Room.

### **'Diners, Drive-ins & Dives' Lunch Departs 11:00 AM to Dagwood's**



Established in March 1985, Dagwood's serves its customers the best quality sandwiches. It would be hard to find a bigger, better tasting sub. Dagwood's has won numerous polls over the years for best sandwiches in Bloomington. Try a Dagwood Supreme, Butch & Beaner's Sub, The Hoosier Hoagie, or one of a dozen other sandwiches. All are delicious!

### **Wednesday, July 27**

#### **Shopping Outing**



#### **Departs 9:00 AM to Edinburgh Outlets**

Edinburgh Premium Outlets features an impressive collection of the finest brands for you, your family and your home. Enjoy savings at Coldwater Creek, Ann Taylor Loft, Chico's, Eddie Bauer, Christopher & Banks and more, plus we will shuttle you to a lunch option at a restaurant in the adjacent out lot. We will arrive home at 4:30 PM.

### **Summer Concert Band**

#### **Departs 6:15 PM to Musical Arts Center**

David C. Woodley conducts the last of three free outdoor concerts on the MAC lawn.

### **Thursday, July 28**

#### **Hiking Outing**



#### **Departs 8:30 AM to IU Campus**

Join us on an easy paced tour through IU's campus with Geology's Senior Research Scientist, Dr. Brian Keith, who will teach us about the history and architectural features of the buildings.

### **Just Men Hour**

#### **4:00 PM in the Founders Room**

This is the time to toss one back on us, or just sit and visit – men only.



## Ethnic Foods Outing

Departs 5:15 PM to Mother Bear's



Mother Bear's was voted Bloomington's Best Pizza 4 years in a row by an Indiana Daily Student poll, and People's Magazine says it's "one of America's Top 9 Pizzerias." They also have wings and a great variety of sandwiches.

## Ah, Wilderness!

Departs 7:00 PM to Wells-Metz

*Ah, Wilderness!* takes place at the turn of the 20<sup>th</sup> century, in small-town America and follows the story of a young man falling in love for the first time. O'Neill shows us the trust and support the boy is given by his family, despite the "generation gap." O'Neill wrote of this lovely comedy that it has "a lot which we badly need today to steady us...The good idea of the simple old family life as lived by the typical middle class hard-working American...It's a play about people, simple people of another day but real American people...And a comedy!" Tickets are \$15 charged back. If you have your own tickets, please indicate on the sign-up sheet.

## Friday, July 29

### Game Day

1:00 PM in the Card Room



This is a great opportunity to play card games or board games with others who enjoy games. It is open to all – just show up!

## Summer Opera

Departs 7:15 PM to Auer Hall

*The Tale of Lady Thi Kinh*: A Melodramatic Opera in Three Acts by P. Q. Phan is a free event.

## Saturday, July 31

### Farmer's Market Outing

Departs 10:30 AM to Showers Plaza

## Welcome New Residents!



HARRIET HEWITT

To 1055 Sassafras Circle

From Bloomington

*Bloom Magazine* photo shoot at Meadowood.



## Let's Go Travelers


~Upcoming Meadowood Trips~



### 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

### Hydrate with Water

By *NutriScience* (edited)

After oxygen, water is your highest priority for attaining optimum health. The body is over 70% water; the brain is over 85% water. So it makes sense that you can't drink too much water. Staying hydrated is absolutely crucial for optimum brain function and optimum health and is vital for slowing aging.

Your brain – the highest maintenance organ in your body and the one which controls all of your physiological functions – is the most devastated by dehydration. In fact, the number one cause of memory loss, at any age, is dehydration. Whenever you have a “senior moment”, that is your brain telling you that your water stores are low – you need to immediately drink a glass of water.

Adequate hydration is not only essential for optimum brain function, it also:

- Maintains your body temperature
- Aids in digestion
- Metabolizes fat
- Lubricates and cushions your organs
- Transports nutrients throughout your body
- Flushes toxic waste from your body
- Keeps you looking and feeling young

How much water do you need and when? The general rule of thumb is: Drink at least 8 to 10 eight ounce glasses of water daily. A more sophisticated formula is: Your body weight (in pounds) divided by 2. This is the minimum amount of water in ounces you should consume every day. When exercising you are at greater risk of dehydration, so ensure you increase your water intake to replace lost fluids.

Thirst is not a good indicator of your hydration level. By the time you experience thirst you are already dehydrated. Lance Armstrong (winner of the 1999 Tour De France in the fastest average speed in the 86-year history of the race) puts the effect of dehydration in perspective: “Even being 1% dehydrated is absolutely devastating to performance.” By the time you experience thirst you are already 2% dehydrated. When you have reached this point, your energy levels have already diminished by 20-30%.

Thirst is not a good indicator of hydration. As the great physician Bernie Siegel says, “Your body doesn't lie.” The only reliable barometer of hydration

## July 4th Picnic

Circle Drive

11:00 a.m.—2:00 p.m.

Southern Slaw

BBQ Ribs

Hamburgers

Home Fries

Baked Beans

Green Bean Casserole

Corn on the Cob

Fresh Watermelon

Lemon Berry Mascarpone Cake

Guests Welcome \$14.95 plus tax

Call Glen at 330-4375, ext. 330 to RSVP

the color of your urine. When you are sufficiently hydrated your urine is clear. The only exception to this general rule is supplementation. If you take vitamin and mineral supplements, your urine will be darker. But as you continue to drink water, the color of your urine will work its way back to clear. Despite supplementation, your urine should hit close to clear once each day.

Steer clear of dehydrators! Just because it's wet, doesn't mean it will hydrate you. You need to steer clear of all dehydrators: anything caffeinated, alcohol of any kind, fruit juice (because it's pure sugar), sodas, and your typical commercial sports drinks. These fluids do not count towards your water consumption. Instead, they add excess calories to your diet (usually in the form of sugar). Decaffeinated herbal teas and decaffeinated coffee do count towards your daily water intake, but are inferior sources, and should not comprise the majority of your daily water intake.

## Save the Date! – Upcoming Events

*Day Outing to St. Mary-of-the-Woods/  
CANDLES Holocaust Museum/Clabber Girl*



Terre Haute, IN  
Thursday, August 4—\$25

*Church Basement Ladies II at Beef & Boards*

Indianapolis, IN  
Thursday, August 11—\$55



*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



Ted Deppe and Geneva McQuigg enjoyed the **Fun Spot Outing** to the American Legion in June.



## HAPPY BIRTHDAY!

*to all residents whose special day is in July!  
Celebrants are invited to be guests at a Birthday  
Dinner held in their behalf on **Monday, July 18**  
at 5:30 PM in the Dining Room.*

01	William Sylvester
01	Nancy Taylor
02	Jack Mulholland
08	Margaret Hathaway
09	Barbara Reichle
10	Lucille Miller
14	Nancy Owens
18	David Rogers
18	Nevin Raber
20	Elsie Clark
21	Eugene Merrell
22	Betty Myers Bain
24	Dotty Conner
25	Marjorie Counsilman
26	Jean Campaigne
27	Mildred Reich
27	Jean Herrmann
28	Patricia Bayer
28	Betty McGee
29	Bill Baldwin
29	Joanne Muncey
30	Carolyn Kovener
31	Robert Letsinger
31	Mary VanHorn

## FROM THE BOOKSHELF...



### **HIDING IN THE SPOTLIGHT**

A Musical Prodigy's Story of Survival 1941-1946  
by Greg Dawson

Recently Peter Jacobi devoted much of his column in the H-T to this book. Zhanna Arshanskaya (Dawson) was a young girl living in the Ukraine when Jews were being sent to extermination camps with their families. She escaped and survived in the Nazi world by using her musical talent and pretending she was not Jewish. What is special about this book, available here in our library, is that she came to Meadowood to give a talk about her experiences. You will find this a most interesting story.

Janet Dvorak

### **UNBROKEN**

by Laura Hillenbrand

This is an extraordinary story of human endurance. Louis Zamperini, the bombardier of an Army Air Force bomber was shot down over the Pacific Ocean in 1943, where he battled and survived 46 days in a raft on open seas, a Japanese concentration camp and unbelievable physical and mental torture to return to civilian life. Fascinating!

Barbara Reichle

# 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!

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**Gran Torino** (2008, 116 min)

Saturday, July 2, 1:15 & 7:15 PM

Walt Kowalski (Clint Eastwood) is a widower who holds onto his prejudices despite the changes in his Michigan neighborhood and the world around him. Kowalski is a grumpy, tough-minded, unhappy old man who can't get along with either his kids or his neighbors, a Korean War veteran whose prize possession is a 1972 Gran Torino he keeps in mint condition. When his neighbor Thao, a young Hmong teenager under pressure from his gang member cousin, tries to steal his Gran Torino, Kowalski sets out to reform the youth. Drawn against his will into the life of Thao's family, Kowalski is soon taking steps to protect them from the gangs that infest their neighborhood.

**Road to Morocco** (1942, 82 min)

Sunday, July 10, 1:15 & 7:15 PM

They called them the "Road Pictures" – a series of comedies starring Bing Crosby and Bob Hope made by Paramount Pictures over the course of twenty years. They contained a unique mix of comedy gags, musical numbers, and ad-libbed banter from two on-screen and off-screen friends. In *Road to Morocco*, having accidentally caused a merchant ship to blow up, stowaways Bob Hope and Bing Crosby are shipwrecked on the African coast. Commandeering a convenient camel (who takes time to ad-lib a spit in Bob's eye) Bob and Bing are off on the road to Morocco, an event they celebrate in song. This film is easily the best of the "road films." Most of the comedy came, naturally, from Hope's superb comic delivery and amazing sense of humor. But Crosby proved to be more than just a great singer; he was a great actor and comedian as well. The cast includes Dorothy Lamour and Anthony Quinn.

**Dead Poets Society** (1989, 128 min)

Sunday, July 17, 1:15 & 7:15 PM

In 1959, the Welton Academy is a staid but well-respected prep school where education is a pragmatic and rather dull affair. Several of the students, however, have their thoughts on the learning process (and life itself) changed when a new teacher comes to the school. John Keating (Robin Williams) is an unconventional educator who tears chapters from

his textbooks and asks his students to stand on their desks to see the world from a new angle. Keating introduces his students to poetry, and his free-thinking attitude and the liberating philosophies of the authors he introduces to his class have a profound effect on his students. Keating urges his students to seize the day and live their lives boldly; but when this philosophy leads to an unexpected tragedy, headmaster Mr. Nolan (Norman Lloyd) fires Keating, and his students leap to his defense. Nominated for four Academy Awards; it won one

**True Grit** (1969, 128 min)

Saturday, July 23, 1:15 & 7:15 PM

The murder of her father sends a teenage tomboy, Mattie Ross, (Kim Darby), on a mission of "justice," which involves avenging her father's death. She recruits a tough old marshal, "Rooster" Cogburn (John Wayne), because he has "grit," and a reputation of getting the job done. The two are joined by a Texas Ranger, La Boeuf (Glen Campbell), who is looking for the same man (Jeff Corey) for a separate murder in Texas. Their odyssey takes them from Fort Smith, Arkansas, deep into the Indian Territory (present day Oklahoma) to find their man. John Wayne won an Oscar for Best Actor for his role in this classic film.

**The Grange Fair - An American Tradition**

(2005, 86 min)

Sunday, July 31, 1:15 & 7:15 PM

This documentary captures a vanishing piece of Americana, one of the last remaining agricultural encampment Grange fairs in the country. For much of the last century, Grange fairs were an important part of rural life, an opportunity for isolated farm families to gather to exchange information, showcase livestock and socialize. In addition to agricultural vendors, livestock and produce competitions, food, rides and live performances, the Centre County Grange Fair in Pennsylvania, featured in the film, operates like a small city of almost a thousand residential tents. This is a highly-narrative story, presented without voice-over and driven entirely by the passionate words of those involved. The Emmy-award winning film follows eight individual characters throughout the year leading up to the fair; their paths cross at the event itself.

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## **MERGING THE MUSES**

**A series of three workshops** designed to teach beginners through “pros” how to combine their talents—from written word through artistic illustration and, finally, to bind it in a hand-made book. Free to Meadowood residents. Take all three workshops or any of them singly; stretch your creative muscles.



**Meadowood Retirement Center Continuing Education Room**  
**1:00 p.m. to 4:00 p.m. on dates listed**



Tuesday, August 9: "**Meet the Muse**"

presented by Michele Heather Pollock, artist

“Hands-on” creative writing led by an artist who combines her own poetry with art and book-binding skills.

Tuesday, August 23: "**Memorialize the Words**"

presented by Cathy Haggerty, Brown County artist and art teacher

Leads a multi-media approach to illuminating the words--could include various art forms, photography.

Wednesday, August 24: "**Catch-up**" Session

Cathy Haggerty and Michele Pollock will be available to help participants complete the works in progress.

Tuesday, August 30: "**Wrap It Up**" presented by Michele Pollock