



# CLARK MEADOWS MESSENGER



LABOR DAY  
SEPTEMBER 3, 2018



SCHOOL DAYS,  
SCHOOL DAYS,  
DEAR OLD GOLDEN RULE DAYS



**BOBBI AND FLORENCE MAKING MORE  
BLANKETS FOR THE HOLIDAYS...** 

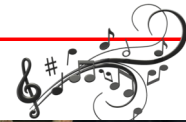


## TOP HITS OF 1945

**"Don't Fence Me In"**  
Bing Crosby & The  
Andrew Sisters

**"Sentimental Journey"**  
Les Brown

**"Till The End of Time"**  
Perry Como



**Just Remember, Once You're Over The Hill  
You Begin To Pick Up Speed.**  
Charles Schulz

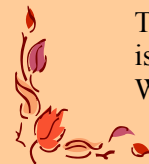


CORRINE AND JAN  
A COUPLE OF THE "CLARK MEADOWS CHUMS"



**There's a NEW Sheriff in Town.**  
Mr. Ralph Barbaro having fun at the  
Clark Meadows Family Country Picnic.

The Reason Women Don't Play Football  
is Because Eleven of Them Would Never  
Wear the Same Outfit in Public...  
Phyllis Diller





ELLIE AND  
DOTTY...  
WINNING  
TEAM OF  
THE  
BOWL-OFF  
AT CLARK  
MEADOWS.

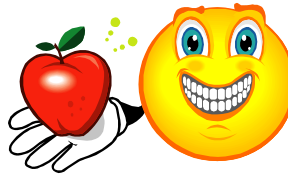


**FORE...  
LARRY  
TAKING A FEW  
PRACTICE  
SHOTS BEFORE  
THE BIG PGA AT  
CLARK...**



**CHEW ON THIS...**

Apples help lower blood sugar and reduce the amount of fat in your blood. Plus, Apples have recently been shown to improve digestion and digestive health. So... Be sure to come to the MPR on **Thurs. September 27th at 3:30pm** for a Wonderful Apple Tasting and Dipping. Many Apples you have not heard of to try. Wellness is a Way of Life. So come Try a Fresh Apple.



**FALL CROPS**

September Slowly  
Loses Leaves;  
The Garden's Gone  
For Good.  
What Grows in  
Autumn?  
Flannel Sleeves  
&  
Stacks of Firewood.



**DON'T MISS ANN  
ON THE PIANO ~ 6:15pm  
IN THE MPR, TUES, SEPT. 25th**



**LAUNDRY & HOUSEKEEPERS  
WEEK  
IS SEPTEMBER 24-28th**



**BE SURE TO SAY  
A LITTLE THANK YOU  
TO OUR WONDERFUL  
HOUSEKEEPERS & LAUNDRY  
GIRLS**



MEL FROM  
WEGMANS  
PHARMACY  
CAME TO  
CLARK  
MEADOWS  
TO SPEAK  
WITH US ON  
HYDRATION.



**How Far You Go In Life Depends On  
Your Being Tender With The Young,  
Compassionate With The Aged,  
Sympathetic With The Striving And  
Tolerant Of The Weak And Strong.  
Because Someday In Your Life You  
Will Have Been All Of THESE...**



*George Washington Carver*



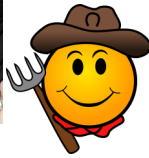
# WHAT'S THE "BUZZ"



## What We Love About Clark Meadows!



TURNING A CELEBRATION INTO A DAY TO REMEMBER!



GREAT STAFF MORALE



HOWDY PARDNER



YA'LL COME BACK NOW



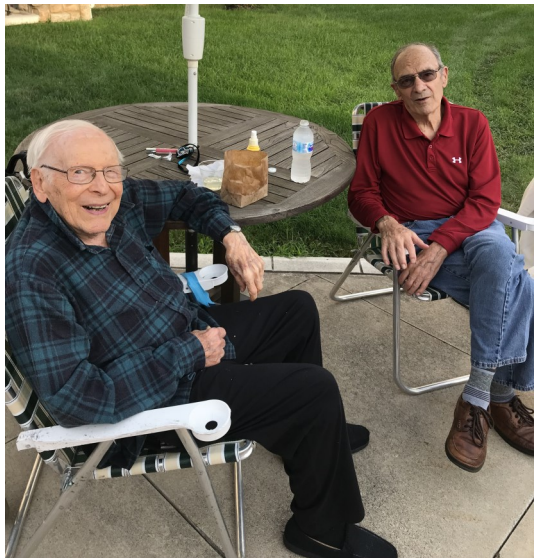


*Our Beautiful Lynne -Modeling For the Guild Fund-Raiser... That outfit is stunning.*



WE HAD A SPECIAL GUEST SHOW UP AT THE LAST SUNSET CONCERT... GREAT TO SEE BART AGAIN...

Make new friends but keep the old. One is silver, the other is GOLD.



**NURSE'S NOTES**  
Find Balance in Your Daily Life by Following These Simple Principles:



**Strive For Five:**

Fruits & Vegetables Every Day

**Keep Moving:**

Take a Walk, Go To Fitness Class

**Watch Your Portion Sizes at Mealtime**

**Drink Plenty of Water Every Day!**



LOOK WHAT CYNTHIA RECEIVED FROM THE BOYS IN THE FERRIS HILLS WOOD SHOP. A RAISED PUZZLE BOARD!!



GOLF CHAMPS ROGER, MARY, RALPH, ELLIE, DIANE & LARRY



GO FOR IT, ROGER

TAKE YOUR BEST SHOT, AND MAYBE A HOLE IN ONE...



**LICKETY SPLIT**

Hummingbirds can drink nectar from flowers at the rate of

13 Licks per second!

No wonder the Portuguese call the bird "beija-flor" or "flower kisser"