



CLARK MEADOWS MESSENGER



LABOR DAY
SEPTEMBER 2, 2019



SCHOOL DAYS,
SCHOOL DAYS,
DEAR OLD GOLDEN RULE DAYS



CLARK MEADOWS GALS WITH THEIR ROOT BEER READY FOR THE FAMILY PICNIC... YEEE HAA, HOWDY PARDNERS!



TOP HITS OF 1945

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



PIE TASTING CONTEST...
STAFF BAKED PIES FOR THE RESIDENTS
TO TRY, BECCA WON WITH HER
BLUEBERRY PIE



FERRIS HILLS & CLARK MEADOWS
WEST LAKE FERRIS HILLS

CAR SHOW

Trophies

Friday September 6th
11am - 2pm
Rain date Friday the 13th

50/50 drawing

Food available



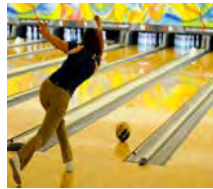
Bring your ride and a lawn chair for a day of fun at Ferris Hills. There is no registration fee but would appreciate a call if you are coming.

Ferris Hills at West Lake
1 Ferris Hills
Canandaigua NY 14424






**BOWLING TOURNAMENT
STARTS THURSDAY,
SEPT. 5 AT 3:00 -LR...
PARTNER UP WITH A
FRIEND AND COME UP
WITH A NAME FOR YOUR
TEAM.**

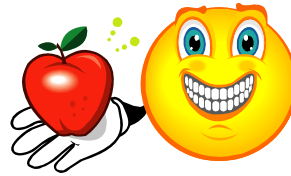


**BEV TASTING
ONE OF THE
FABULOUS PIES
THE STAFF MADE:
THE RASPBERRY
CHEESECAKE PIE
YUMMMMM!!**



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 out on the Patio **Thurs. September 10th 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

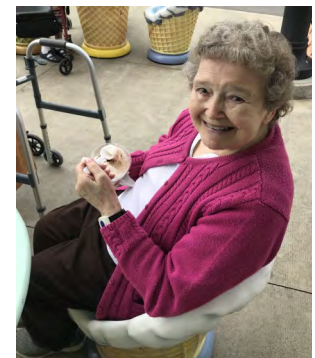
**September Slowly
Loses Leaves;
The Garden's Gone
For Good.
What Grows in
Autumn?
Flannel Sleeves
&
Stacks of Firewood.**



**LAUNDRY & HOUSEKEEPERS
WEEK
IS SEPTEMBER 8-14th
BE SURE TO SAY
A LITTLE THANK YOU
TO OUR WONDERFUL
HOUSEKEEPERS &
LAUNDRY GALS**



TRIP TO SCOOP'S FOR ICE CREAM



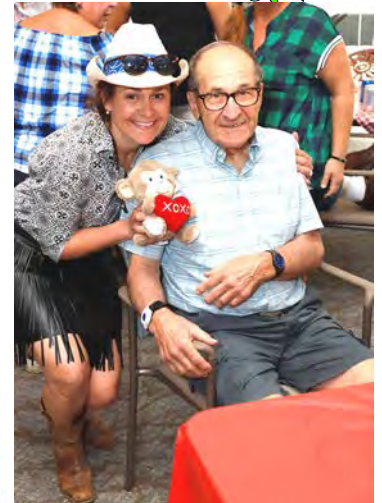
WHAT'S THE "BUZZ"



What We Love About Clark Meadows!



TURNING A CELEBRATION INTO A DAY TO REMEMBER!



GREAT STAFF MORALE



HOWDY PARDNER



YA'LL COME BACK NOW



CASINO NIGHT

FRIDAY, SEPTEMBER 27TH

\$20 for residents \$25 for non-residents

125 PER PERSON

7:00-9:30 P.M.

EACH GUEST RECEIVES:
\$2,500 in chips for
Black Jack, Poker, Euchre,
Beat the Dealer, Texas
Hold 'Em and Roulette

FERRIS HILLS at WEST LAKE
Peg Rayburn Drive
in Canandaigua

APPETIZERS INCLUDED! CASH BAR AVAILABLE!

Guests will exchange their chips for chances to win prizes.
Silent auction throughout the evening!

RSVP BY 9/23/19 - 585.292.0410
Please make checks payable to Alzheimer's Association

Proceeds will support UR Medicine Thompson Health's Senior Living Team in the Walk to End Alzheimer's.



FINAL HARVEST PERFORMED IN RAYBURN HALL FOR US. A DELIGHTFUL CONCERT. THANK YOU LADIES.



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"

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!



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



DON'T FORGET "CASINO NIGHT"
FRIDAY, SEPT. 27 AT 7:00PM
TONS OF FUN AND PRIZES

THAT ROGER, HE LOVES TO DANCE...



AUCTION TIME

