

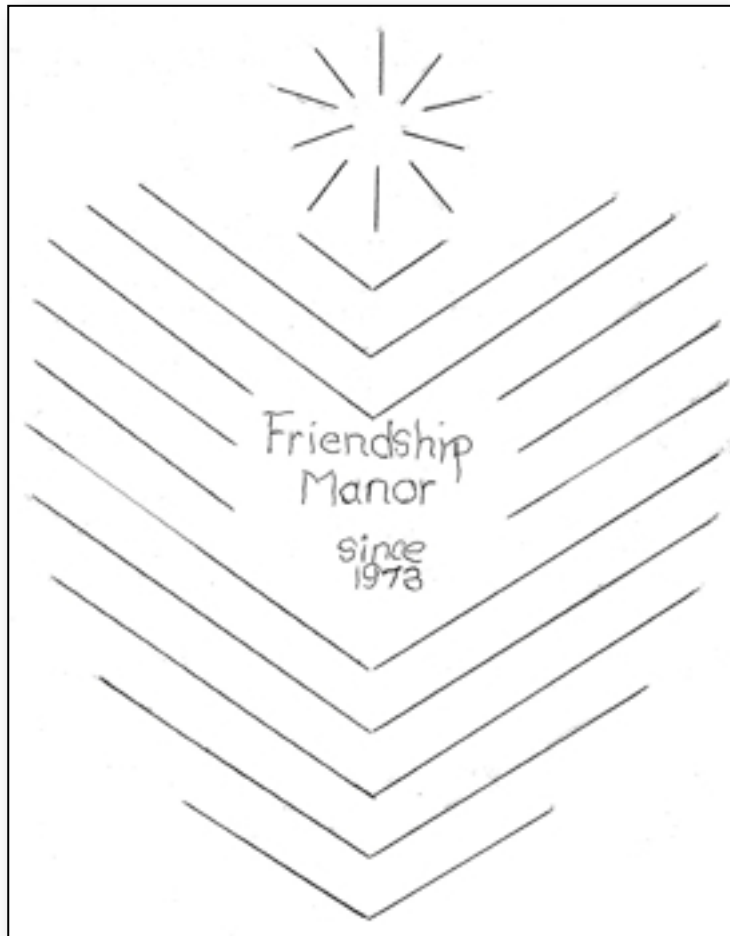
FRIENDSHIP MANOR NEWSLETTER

J. M. ALEXANDER, EDITOR

Design Contest Winner

New Cover for the Resident Directory Created

Last month we launched a contest for new art work for the Friendship Manor Resident Directory, and the winner is none other than Lois Traxler. Lois has long been creative force at the Manor, well known for her nesting boxes and art created from that technique. In addition to having her design adorning the cover of the Directory, Lois receives a gift certificate for \$20 to the Corner Store. Congratulations, Lois. And thanks!



September Highlights

September 1

Labor Day BBQ — Promenade

September 2

Tai Chi and Qi Gong — new day!

September 3

Local Walk: Butterfly Beach

September 4

Flu Shots

September 5

Joy Ride to Toro Canyon

September 6

Ice Cream Social

September 10

Local Walk: Shoreline Park

September 13

Hot Dog BBQ – B Lounge

September 17

Local Walk: Hendry's Beach

September 19

Joy Ride to Seacliff

September 21

Joy Bowman Art Exhibit

September 24

Local Walk: Bird Refuge

September 28

Pizza Party – B Lounge

BINGO!

For those who may not have yet experienced the lively sessions of Bingo at the Manor, now is perhaps the time to check it out. Every Tuesday and Thursday from 2-4pm and Sundays from 1-3pm, Bingo is served up in the Dining Room with cookies to sweeten the deal.

And now, Bingo boasts new large format cards for those who prefer large print, provided by the RSC Board for the enjoyment of Bingo players at the Manor!



RAISED BED GARDEN AVAILABLE

Getting your hands in soil and growing something beautiful can be a fulfilling experience.

Right now we have at least one garden available that needs someone special to look after it, and plant vegetables or flowers.

Anyone interested can talk to Chris or Jason and sign up immediately. This is a wonderful way to get involved with minimal work and great rewards.

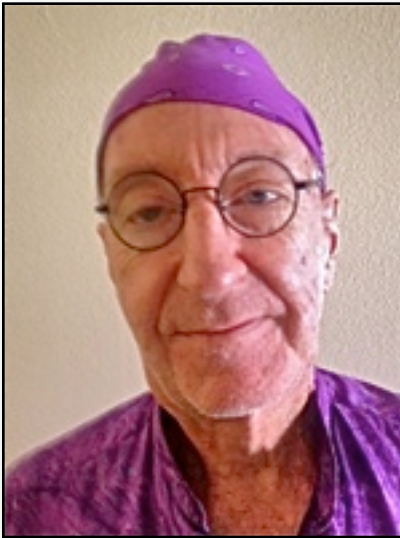
There's nothing like growing your own plants, so if you are interested, get started now!



NEW RESIDENT AND EMPLOYEE SPOTLIGHT

The Manor is lucky to have so many new residents who have moved in recently. This issue of the monthly newsletter introduces one of them so everyone can make him feel at home. This month also we have a new cook to introduce!

MARTIN KILGO



Martin has lived many places, which is understandable, as he was in the U.S. Navy. Recently he lived in Thailand.

He has a BS in electrical engineering, and has worked in live entertainment tech and computer programming.

He likes raw fruits, vegetables and nuts. He likes to explore Eastern thought, listen to meditation music and also classical music.

Martin likes observing life, studying ancient history and prehistory, and for relaxation he turns to meditation, yoga, bicycle riding, walking and reading. His interest is in understanding life.

Welcome, Martin!

LELAND STILES



Leland Stiles is our new cook and was born in Santa Barbara. He has also lived in Las Vegas, Nevada and San Diego.

Leland has a son and likes football (playing and watching), fishing, biking — in short, he loves sports!

A person with civic spirit, Leland has also worked and volunteered at the Salvation Army.

His favorite foods are Italian and Chinese and he loves to listen to jazz. He likes the beach and for relaxation enjoys riding his bike.

In his own words, “I like helping others, and just loving life!

Welcome, Leland, you’re a wonderful addition to our kitchen staff!

MANOR & RSC UPDATE

- There are currently 200 residents at the Manor!
- Starting September 1, the Service Plan portion of the rent is increasing \$7/month to cover an increase in the minimum wage and help pay for rising food costs.
- Flu Shots this year will be on Thursday, September 4, starting at 9am in the B Lounge. The shots will be free for those with a medication Medicare Card, so you can't beat the price, and all seniors are encouraged to participate. If you have questions, see Chris.
- We're still in a drought, so all Residents are requested to keep water usage at a minimum. Shorter showers, judicious toilet flushing.
- Tai Chi and Qi Gong have moved to Tuesdays, at their same times. A great way to keep muscle tone and coordination.
- The several Bath Tubs rooms at the Manor are going to be closed soon, as very few people use them.
- The swimming pool passed all health and safety inspections, and new signs have been installed per state regulations.
- The RSC Board approved the purchase of new umbrellas for the public areas to replace those that have broken over time.

September Birthdays

- 9/2** Margaret Baker
- 9/4** Mike Sikorski
- 9/5** Admiral Arnold
- 9/12** Catherine Parlo
- 9/16** Vasiliki Biancaniello
- 9/16** Thomas Vandervoort
- 9/17** Beverly Eastwood
- 9/17** Rose Ogden
- 9/19** Lorna White
- 9/20** Mary Coleman
- 9/21** Shirley Bagwell
- 9/21** Lynn Berryman
- 9/28** Rita Felcher
- 9/29** Reggie Dover
- 9/30** Don Cowans

