

Lake Luzerne Senior Newsletter

539 Lake Ave, Lake Luzerne NY 12846
lseniorcenter@yahoo.com
518-696-6451

June 2011
Volume 10



Gentle Yoga

Starting Monday, June 20th 9:00-10:00

Instructor: Jane Welch

Cost: \$45.00 for 5 Classes or \$11.00 per Class

This class will help you strengthen your muscles through stretches and core work.

All are invited, both young and old, to join the class.

For more information please contact the Center at (518)696-6451.

Book Chat
Someone Knows My Name
By Lawrence Hill

Someone Knows My Name by Lawrence Hill is a page turner which is both effortless in one sense and difficult in another. Abducted from Africa as a child and enslaved in South Carolina; Aminata Diallo thinks only of freedom and of the knowledge she needs to get home. Aminata was sold to an indigo trader who recognizes her intelligence; from this Aminata is torn from her husband and child and thrown into the chaos of the Revolutionary War in Sierra Leone. She quickly learns how to speak, and read English. The losses she experiences, however, are just as potent as her will. Brief joys of love and family are suffocated by mourning, time and time again. When the British abolitionists come to Sierra Leone, Aminata assists in moving 1,200 Nova Scotian's to Africa to aid in the abolitionist movement by revealing the realities of slavery to the British public. Aminata helps pen this story of tragedy and perseverance noting many of the Africans rewarded for service to the King with safe passage to Nova Scotia. The story of one woman's remarkable experience spans six decades and three continents and brings to life a crucial chapter in world history.

Food For the Soul

An old fellow fell in love with a lady. He got down on his knees and told her there were two things he would like to ask her. She replied, "OK." He said, "Will you marry me?" She replied, "Yes," then asked what his second question was. He replied, "Will you help me up?"

Tressa
By Mary Lee Bourdeau

I am pleased to introduce our very own Author, Mary Lee Bourdeau. Mary Lee was born and raised in the Adirondack Mountains. An avid writer of short stories, she has woven together a tale of struggle, heartbreak, and country romance in *Tressa*.

A dedicated mother of fifty-four years has brought her full circle back to the pen as she continues to fulfill her lifelong dream. Bringing Humor and passion together, surrounded by the unpredictable events of living in the country, she has succeeded in gifting the world with her first published novel.

A young woman is lured to the Adirondack Mountains by her mother's bedtime stories. As she struggles to put her life back together after being abandoned by her husband, she discovers the mystery that surrounds the little cottage they purchased.

The quality of life comes alive in the characters with their unique personalities. Learning to endure the many changes in the land of the Four Seasons, she brings home the love and commitment of the American family as she leads the characters together amidst a natural and country setting.

**Field Greens and Strawberries with
Maple Poppy Seed Dressing**
Submitted by Donna Sadler-Eckard

1 Tbsp maple syrup
3 Tbsp cider vinegar
2 Tbsp olive oil
Full Tbsp chopped shallots
2 tsp Dijon mustard
1 tsp poppy seeds

Blend together and pour immediately over greens

Mix together Field Green, slice strawberries and sliced almonds.

Looking Forward

Anna Grant's Retirement Party

Wednesday June 1st, 12:00-1:00. We want you to help celebrate with us Anna's retirement. She has spent many years working for the Office for the Aging, preparing meals and managing the meal site. Lunch will be served at 12:00pm; the cost is a \$3.00 contribution. Cake and coffee will be served after lunch. Please call 696-2200 in advance to make your reservation. A monetary gift is being accepted at the Senior Center Office.

Stretch and Toning with Sally

Monday and Wednesday 10:30-11:15

Cost for 10 classes is \$25.00

Class starts June 20th

Contact Sally 654-6517

Minimum of 6 people needed

Gentle Yoga Class with Jane

Monday 9:00-10:00

Cost for 5 classes is \$45.00

Class starts June 20th

Contact Jane 747-7381

Minimum of 6 people needed

Low Impact Aerobics

Wednesday 9:30-10:15

Cost for 5 classes is \$15.00

Class starts May 25th

Contact Sally 654-6517

Minimum of 5 people needed

Coffee Hour

Come and have a cup of coffee and dessert, meet new friends or get reacquainted with old friends. Every Tuesday 9:30-10:30

Mah Jongg

Tuesday 11:30-3:30

Wednesday 11:30-3:30

Train Dominos

Wednesday 1:00-3:30

Watercolor Painting Workshop

Thursday 9:00-11:30 (free)

This is an opportunity to meet and paint with other up and coming artists, bring your own supplies and creative talents. Contact Pat Kelly 696-5333

Bridge

Thursday 12:30-3:30

Bingo

4th Monday of the Month

Monday June 27th 1:00

Licensed Massage Therapist

Linwood Eichhorn is available for massage sessions at the Center. He can be reached at 698-6256, leave a message if unavailable. He can also be reached by email linwoodeichhorn@gmail.com

Beginner Mah Jongg Class

Starting Mondays. Anyone interested in learning how to play Mah Jongg please contact the Center 696-6451 or Helene 696-3070

Design an Herb Basket

Come and make an herb basket for your home. Wednesday June 8th at 10:30am. Cost of class will be \$5.00. Contact the Center 696-6451.

Tri Town Meeting has been changed to Wednesday, June 8th.

Birthday Coupon

If you are sixty or older and have a birthday in June, please bring this coupon to the Lake Luzerne Meal Site for a free lunch. Pre-registration is needed by calling **696-2200**.

Name _____

Birthday_____

The Lake Luzerne Senior Center
Presents...

Line and Dine

Saturday, July 23rd from 5pm-9pm

Grab your cowboy boots and your ten-gallon hat and mosey on over for a fun night of dancing, entertainment and dining.



Country Line Dancing with
WGNA's Kevin Richards.



Tickets available for purchase at the Lake Luzerne Senior Center. Cost \$9.00 per person. Meal served at 5:00pm. Dancing and music to follow.

For more information please contact the Lake Luzerne Senior Center at (518) 696-6451 or by email at llseniorcenter@yahoo.com.

June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Anna Grant's Retirement Party 12-1 Aerobics 9:30-10:15 Stretch and Tone 10:30 Mah Jongg 11:30-3:30 Train Dominos 1:00	2 Watercolor Workshop 9:00-11:30 Bridge 12:30-3:30	3	4
5	6 Stretch and Tone 10:30-11:15	7 Coffee Hour 9:30-10:30 Advanced Tai Chi 9:30-10:30 Mah Jongg 11:30-3:30	8 Aerobics 9:30 Stretch and Tone 10:30 Mah Jongg 11:30-3:30 Train Dominos 1:00 Herb Basket 10:30	9 Watercolor Workshop 9:00-11:30 Bridge 12:30-3:30	10	11
12	13 Stretch and Tone 10:30-11:15	14 Coffee Hour 9:30-10:30 Advanced Tai Chi 9:30-10:30 Mah Jongg 11:30-3:30	15 Aerobics 9:30 Stretch and Tone 10:30 Mah Jongg 11:30-3:30 Train Dominos 1:00-3:30	16 Watercolor Workshop 9:00-11:30 Bridge 12:30-3:30	17	18
19 Happy Father's Day	20 Gentle Yoga Class 9:00-10:00 Stretch and Tone 10:30-11:15	21 Coffee Hour 9:30-10:30 Mah Jongg 11:30-3:30	22 Aerobics 9:30 Stretch and Tone 10:30 Mah Jongg 11:30-3:30 Train Dominos 1:00-3:30	23 Watercolor Workshop 9:00-11:30 Bridge 12:30-3:30	24	25
26	27 Gentle Yoga Class 9:00-10:00 Bingo 1:00	28 Coffee Hour 9:30-10:30 Mah Jongg 11:30-3:30	29 Mah Jongg 11:30-3:30 Train Dominos 1:00-3:30	30 Watercolor Workshop 9:00-11:30 Bridge 12:30-3:30		

