

# Lake Luzerne Senior Newsletter

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Volume 11

## Line and Dine

Saturday, July 23<sup>rd</sup> 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.

Book Chat  
"The Last Child"

By: John Hart  
Contributed by Bob Freedman

A fast paced murder mystery with lots of likely suspects offers the reader a good story from beginning to end.

Thirteen year old Alyssa Merriman has vanished from her home. With no new leads to follow the case goes cold.

Everyone except her twin brother believes she is gone forever. Johnny is certain she is still alive.

The story centers on the many obstacles the strong willed Johnny has to overcome in his quest to find out what happened to his sister. His search is a desperate and haunting one. He enlists the help of his best friend to unravel the many twists and turns in this story. In Johnny's quest to find answers to his sister's disappearance each of these young boys are tested both physically and emotionally. Their search is a desperate and haunting one.

This case has also haunted Detective Clyde Hunt, the original detective handling Alyssa's disappearance. He has never stopped looking for her but he and Johnny take different trails to find the answers of what happened.

The author describes crime scenes in this book very graphically, so if a lot of gore disturbs you be prepared.

If you like James Patterson you will love John Hart.

## Garden "Green" Team

Bring your Green Thumb and help us maintain our beautiful vegetable Center gardens, one is thigh high for easy tending.

## Artists

Shirley DeLong and Pat Kelly have loaned the Center some of their watercolor pieces. Come in and check out our own local artists.

## Massage Therapy

Linwood Eichhorn, Licensed Massage Therapist is providing 30 or 60 minute massages. Come experience the healing benefits of having a massage. Call 698-6256 to reserve your spot.

## Blueberry Buckle

Submitted by Donna Sadler-Eckard

2 Cups flour  
¾ Cup sugar  
½ cup milk  
¼ cup margarine  
1 egg  
2 tsp baking powder  
½ tsp salt  
½ tsp nutmeg  
1 cup fresh or frozen blueberries

## Streusel Topping

½ cup sugar  
⅓ cup flour  
½ tsp cinnamon  
½ tsp nutmeg  
¼ cup margarine softened

Mix in large bowl combine all blueberry buckle ingredients except blueberries.

Beat at low speed 1-2 minutes

By hand mix blueberries into batter

Spread into greased and floured 9" square baking pan ingredients except margarine. Cut in margarine crumbly sprinkle over batter. Bake at 350 oven, 30-35 minutes or until wooden pick inserted in center comes out clean.

## Congregate Lunch

At the center we serve a hot and hearty lunch every day. Reservations should be made no later than noon the day before. Call the Center's kitchen to make your reservation 696-2200. For anyone over 60, the suggested contribution is \$3 per meal. Those under 60 are considered quests at \$4.80 each. A monthly menu is included in the newsletter.

## Home Delivered Meals

If you are homebound and over 60, Home Delivered Meals are available by calling the Warren County Office for the Aging at 761-6347. Friendly volunteers will deliver your nutritious hot and cold meal to your door. The suggested contribution is \$3 per meal.

**Without dew and light, flowers fade. Charity and love are the dew and light of the human heart. (DeGentis)**

Looking Forward

Line and Dine with WGNA's Kevin Richards,  
Saturday, July 23<sup>rd</sup> 5pm-9pm. Country Line Dancing and Dinner will be held at the Senior Center. Tickets can be purchased at the Center, \$9.00 per person, covers the meal and dancing.

Gentle Yoga Class with Jane  
Mondays in July 9:00-10:00  
Cost for 5 classes is \$45.00 walk ins is \$11.00 per class  
Contact Jane 747-7381

Stretch and Tone with Sally  
Class starts Wednesday, July 6th  
Monday and Wednesday 10:30-11:15  
Cost of Classes 10 classes for \$25.00  
Contact Sally 654-6517

Low Impact Aerobics  
Class starts Wednesday July 6<sup>th</sup>  
9:30-10:15  
Cost of Classes 5 classes for \$15.00  
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  
4<sup>th</sup> Monday of the Month  
Monday July 25<sup>th</sup> 1:00

### Birthday Coupon

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

Name \_\_\_\_\_

Birthday \_\_\_\_\_

### Mark Your Calendar

#### Wellness Wheel of Knowledge: Brain Fitness

Have fun and learn more about the facts, myths and techniques to "fire" up and improve your memory with a spin of the wheel. Classes are free, compliments of MVP Health Care.

Tuesday, August 23, 2011

10:30-11:30

Presenter: Vicky Bueno, MVP Community Health Educator

**The Center and Meal Site will be closed Monday, July 4<sup>th</sup>.**

### Card Making Class

**Monday, August 8<sup>th</sup> 1:00-3:00**

Come enjoy an afternoon with friends. Relax and enjoy each other's company while creating an assortment of beautiful cards with envelopes: featuring rubber stamps, ink cardstock, and embellishments. A \$15.00 supply fee will be collected at the time of the class. Artistic talent not required. Last date to reserve your spot is August 5<sup>th</sup>. Contact Center 696-6451 or Kelly 696-4579