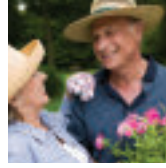


MAY 2012



**THE BRIDGE**  
AT MOUNT VERNON  
AN ASSISTED LIVING COMMUNITY



# Family Fun

## Save the Date

- May 9 Men's Breakfast
- May 11 Mother's Day Tea
- May 13 Mother's Day
- May 17 Family Theme Meal
- May 28 Memorial Day BBQ



**Fiesta Family Theme Meal**  
May 17 at 5 p.m.  
R.S.V.P. by May 11

## Our Residents Rock!!!



Mt. Baker Middle School Builders Club; Awesome!!



Bingo Anyone?!?

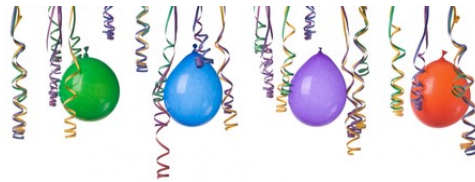


Beauty and the Bunny!



# Welcome New Residents

Clifford Stevens and Mae Martin



## May Resident Birthdays

- May 24 Ray Haines
- May 25 Mona Vallance



**Be Watching Your Mail for an Activities Questionnaire to Help Us Improve Our Activities.**

## Watermelon Berry Star Cake



Ingredients: \*1

seedless watermelon (at least 10 pounds); \*3/4 cup whipped cream or frosting; \*1 1/2 cups blueberries; \*1 cup strawberries, hulled and sliced; \*1/2 cup raspberries; \*Powdered sugar. **Directions:** Cut a three-inch thick slice from the center of an oblong, seedless watermelon. Place flat on a cutting board and use an oversized, approximately 7-inch-wide star-shaped cookie cutter (or sharp kitchen knife) to cut a star shape. Wash the watermelon and pat dry. Set on a paper towel to drain excess water. Place on a serving dish or cake stand. Pipe whipped cream or a light frosting between the bottom edge of the star and the plate. Dot with blueberries. Frost the top of the star. Arrange blueberries, strawberries and raspberries on top. Sprinkle with powdered sugar and serve.

[www.Watermelon.org](http://www.Watermelon.org)

## Featured Recipe

If you have a favorite family recipe you would like to share, please submit it to Christie via email at [recsvc-mtvernon@centurypa.com](mailto:recsvc-mtvernon@centurypa.com) or drop it by the activity room.


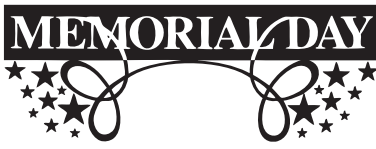
Sunday	Monday	Tuesday
		<b>May Day!</b> <span style="float: right;"><b>1</b></span>  7:00 Rise and Shine 9:30 Yahtzee 10:30 Coffee and Donuts 1:30 Fit N Fun 2:30 Men's Nail Care 3:30 Manicures 6:00 TV Time With Friends
<b>6</b>	<b>7</b>	<b>8</b>
7:00 Rise and Shine 10:30 Bingo 1:00 One on One With Raven 2:00 Fit N Fun 3:00 Social	7:00 Rise and Shine 9:30 Whoga 10:30 Bingo 1:30 Garden Club 3:30 Social 6:00 TV Time With Friends	7:00 Rise and Shine 9:30 Yahtzee 10:30 Coffee and Donuts Word Search Social 1:30 Fit N Fun 2:30 Ride 6:00 TV Time With Friends
<b>13</b>	<b>14</b>	<b>15</b>
<b>Happy Mother's Day!</b>		
7:00 Rise and Shine 10:30 Bingo 1:00 One on One With Raven 2:00 Fit N Fun 3:00 Social	7:00 Rise and Shine 9:30 Whoga 10:30 Bingo 1:30 Creative Aging With Christine 3:30 Social 6:00 TV Time With Friends	7:00 Rise and Shine 9:30 Yahtzee 10:30 Coffee and Donuts 1:30 Fit N Fun 2:30 Men's Nail Care 3:30 Manicures 6:00 TV Time With Friends
<b>20</b>	<b>21</b>	<b>22</b>
7:00 Rise and Shine 10:30 Bingo 1:00 One on One With Raven 2:00 Fit N Fun 3:00 Social	7:00 Rise and Shine 9:30 Whoga 10:30 Bingo 1:30 Garden Club 3:30 Social 6:00 TV Time With Friends	7:00 Rise and Shine 9:30 Yahtzee 10:30 Coffee and Donuts 1:30 Fit N Fun 2:30 Ride 6:00 TV Time With Friends
<b>27</b>	<b>28</b>	<b>29</b>
	<b>Memorial Day!</b>	
7:00 Rise and Shine 10:30 Bingo 1:00 One on One With Raven 2:00 Fit N Fun 3:00 Social	7:00 Rise and Shine 9:30 Whoga 10:30 Bingo 12:00 Memorial Day Picnic 1:30 Garden Games 3:30 Social 6:00 TV Time With Friends	7:00 Rise and Shine 9:30 Yahtzee 10:30 Coffee and Donuts 1:30 Fit N Fun 2:30 Men's Nail Care 3:30 Manicures 6:00 TV Time With Friends

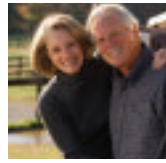
## Wednesday

## Thursday

## Friday

## Saturday

<b>2</b>	<b>3</b>	<b>4</b>	<b>Cinco de Mayo!</b> <b>5</b>
7:00 Rise and Shine 9:30 Whoga 10:30 50 Pt. Dice Game 1:00 Resident Council 3:00 Social 6:00 TV Time With Friends	7:00 Rise and Shine 9:30 Card Games 10:30 Men's Coffee Club 1:30 Shopping at Freddy's 3:30 Bingo 6:00 TV Time With Friends	7:00 Rise and Shine 10:00 Movie Time 1:15 Fit N Fun 2:00 Music 3:00 Bowling 6:00 Happy Hour	7:00 Rise and Shine 10:30 Bingo 2:30 Music With Amy 3:30 Cooking With Raven 6:00 TV Time With Friends
<b>9</b>	<b>10</b>	<b>Ladies' Tea</b> <b>11</b>	<b>12</b>
7:00 Rise and Shine 8:00 Men's Breakfast W/ Richard 9:30 Whoga 10:30 50 Pt. Dice Game 1:30 Art Appreciation 3:30 Social 6:00 TV Time With Friends	7:00 Rise and Shine 9:30 Card Games 11:30 Out to Lunch @ Thai House Restaurant 3:30 Bingo 6:00 TV Time With Friends	7:00 Rise and Shine 10:00 Movie Time 12:00 Ladies' Tea 1:15 Fit N Fun 2:00 Music With Steve 3:00 Bowling 6:00 Happy Hour	7:00 Rise and Shine 10:30 Bingo 1:00 Cooking With Raven 3:00 Movie Time 6:00 TV Time With Friends
<b>16</b>	<b>Mexican Fiesta Theme Meal</b> <b>17</b>	<b>18</b>	<b>19</b>
7:00 Rise and Shine 9:30 Whoga 10:30 50 Pt. Dice Game 1:30 Flyswatter Volleyball 3:30 Social 6:00 TV Time With Friends	7:00 Rise and Shine 9:30 Ball Games 10:30 Men's Coffee Club 1:30 Outing 3:30 Bingo 5:00 Family Theme Meal 6:00 TV Time With Friends	7:00 Rise and Shine 10:00 Movie Time 1:15 Fit N Fun 2:00 Coffee With Kim 3:00 Bowling 6:00 Happy Hour	7:00 Rise and Shine 10:30 Bingo 1:00 Cooking With Raven 3:00 Movie Time 6:00 TV Time With Friends
<b>23</b>	<b>Happy Birthday Ray!</b> <b>24</b>	<b>Happy Birthday Mona!!!</b> <b>25</b>	<b>26</b>
7:00 Rise and Shine 9:30 Whoga 10:30 50 Pt. Dice Game 1:30 Art Appreciation 3:30 Social 6:00 TV Time With Friends	7:00 Rise and Shine 9:30 Ball Games 10:30 Men's Coffee Club 1:30 Outing to Library 3:30 Bingo 6:00 TV Time With Friends	7:00 Rise and Shine 10:00 Movie Time 1:15 Fit N Fun 2:00 Music W/ Richard 3:00 Bowling 6:00 Happy Hour	7:00 Rise and Shine 10:30 Bingo 1:00 Cooking With Raven 3:00 Movie Time 6:00 TV Time With Friends
<b>30</b>	<b>31</b>		
7:00 Rise and Shine 9:30 Whoga 10:30 50 Pt. Dice Game 1:30 Flyswatter Volleyball 3:30 Social 6:00 TV Time With Friends	7:00 Rise and Shine 9:30 Ball Games 10:30 Men's Coffee Club 1:30 Out to the Movies 3:30 Bingo 6:00 TV Time With Friends		



**From The Bridge Team ...**  
 General Manager ..... Kim Manus  
 Director of  
 Nursing ..... LaRenda Perez  
 Business Office  
 Manager ..... Susan Larson  
 Director of  
 Food Service ..... Patrica Byrn  
 Activities  
 Director ..... Christie Smith  
 Maintenance  
 Director ..... Richard Frazier

**Team Member**  
**of the**  
**Month**



Way to go, Claudia!!!

**Help Us Decide**

Is there a team member you feel has gone above and beyond the call of duty to make the lives of our residents and their families the best they can be? Contact Kim at (360) 416-0400 and share your story.



Can't get much cuter than this!

**Bring-A-Friend**  
**Referral Program**

Bringing your friends closer has never been easier and more beneficial to you and to them! With our "Bring-A-Friend" Referral Program, both you and your friends can find more of what you need at our community. Here's how it works:

1. If you are a current, permanent resident, just submit the name of someone you feel would benefit from our community's lifestyle by completing the Bring-A-Friend form. This can be obtained from either the General Manager or the Sales Director.
2. Our General Manager or Sales Director will be in touch with you to provide additional details and to contact your friend.
3. If your friend moves in with us, you will not only experience the benefit of having that person close by, but you can also

*Receive a \$1000 Rent Credit*  
**30 days after your friend has moved in with us!**

