

June • July • August 2008

Summer Festival

Meadow Lakes

Summer Sizzles at Meadow Lakes Summerfest

Make this one of your best summers ever!

★ Explore the Evolution of **Art**

★ Sharpen your **Memory**

★ Debate **Politics**

★ Enjoy *Jazz*

All this and more at



Meadow Lakes

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Calendar of Events

EDUCATIONAL EVENTS

JUNE

Tuesday, June 17, 10 a.m. to 12 p.m.

Free Health Screenings and "Ask the Doctor" Day

Is your cholesterol too high and your energy too low? Health professionals from Princeton Healthcare System stand ready to answer your questions.

Thursday, June 26, 11 a.m.

You and The Right Investments

Mike Bukowski of Merrill Lynch Global Wealth Management explains how global markets influence your investments.

JULY

Thursday, July 10, 10:30 to 11:30 a.m.

Improve Your Memory the Easy Way*

Learn to remember that night in September, as well as where you parked your car, where you placed your keys, and what the heck your neighbor's name is. With Wendy Cacacie, a licensed clinical social worker at Jewish Family and Children's Services of Greater Mercer County, Aging in Place Program.

Thursday, July 17, 10:30 a.m.

Learn What Makes Politicos Tick*

Senator Jennifer Beck, 12th Legislative District, shares her thoughts on the current political landscape. Q&A will follow discussion.

Thursday, July 24, 11 a.m. to 12 p.m.

Should You Pin Your Hopes on Acupuncture?

Learn how moxibustion (burning mugwort, a small, spongy herb) and gua-sha (palpating the skin) can improve health—as well as vocabulary. The ancient Chinese used these techniques to stimulate blood flow. Richard Martin, a certified acupuncture practitioner, uses them in his acupuncture practice. Join him as he explains what these healing options can do for you.

AUGUST

Thursday, August 21, 10:30 a.m.

Split Your Sides and Mend Your Soul*

Laughter workshops are among the newest complementary therapies being conducted around the country. Pam Jones, a certified holistic nurse at the RWJ Hamilton Center for Health and Wellness, shows you how to get the giggles more often and let the laughter roll.

Thursday, August 28, 11 a.m. to 12 p.m.

What You Can Do to Prevent Falls

Add years to your life. Linda Rose, RN, and Vice President of Health Services at PHS Senior Living, presents practical tips and advice on how to prevent falls.

CULTURAL EVENTS

JUNE

Friday, June 20, 10:30 a.m.

Tell Me A Story

Your grandkids have the right idea—stories are fun. They can be scary, poignant, hilarious—especially when they're the stories about *your* life! Gwendolyn Jones, founder of the Garden State Storytellers' League, presents a workshop that will generate stories for years to come.

Friday, June 20, 12 p.m.– 2 p.m., Parking Lot #9

Antique Car Display

Travel back in time, when cars still had personalities. A fine collection of antique cars will be on display for the afternoon. Don't miss this chance to reminisce.

Monday, June 23, 10 a.m.

Explore the Evolution of Art

Renowned sculptor and educator Milt Liebson takes you on a journey of discoveries in the world of painting and sculpture.

Sunday, June 29, 1:30 p.m.

Everybody Clap: Gospel Recital

Singer Janice Harrison-Aikens, who has performed at the White House, and pianist Leo van den Blink present a foot-stompin', hair-raising performance.

JULY

Thursday, July 24, 7:15 p.m.

All That Jazz

Karen Zumbrunn's Jazz Trio provides the perfect background for just about anything on a fine summer eve.

AUGUST

Wednesday, August 6, 7:15 p.m.

"\$PENT"

A Musical Revue About Growing Older in America

Meadow Lakes resident and playwright Doris Willens Kaplan, will have you rollicking with laughter with such gems as "On top of Arthritis," "Home With A Gate" and "Late Life Love," performed by veterans of Long Island's musical theater.

Thursday, August 7, 10 a.m.

Tour our Award-Winning Arboretum

Join Joe Greipp, director of landscaping at Meadow Lakes, on a tour of Meadow Lakes' vast variety of plantings.



Summerfest is jointly sponsored by Senior Living Institute and Meadow Lakes.

* In partnership with Jewish Family and Children's Services of Greater Mercer County