

Sea View Senior Living Community  
98059 Gerlach Lane  
Brookings, OR 97415



Postage

# Sea View Gazette

November  
2010

seaviewseniorliving.com (541) 469-4500

## November Special Events

Cooking Classes

Benefits of Cal-Ore Life  
Flight Membership

Veteran's Honor Celebration

Happy Hour with the  
Boon Dock Band

Ladies Pajama Party

Oklahoma at the  
Community Theater

Living Well With Chronic  
Conditions Series

A Bountiful Harvest  
Celebration with  
Rogue River Jam

Thanksgiving Day

Breakfast at  
Blue Water Café

Medford Shopping Trip  
for Lodge Residents

The days are getting shorter, the air crisper, we are donning our jeans and sweaters and building fires in our fireplaces. It is the time of year when we gather together with family and friends and reflect upon the many things we have to be thankful for.



The  
resi-  
dents

here at Sea View  
are thankful for  
the many warm friendships that  
have developed. There are no  
strangers in our Soda Shop where  
laughter is a regular occurrence.

**Come Celebrate A Bountiful Harvest!**  
**Thursday, November 18th**  
**5:00 pm Candlelight Dinner**  
**Music by the Rogue River Jam Band**

**SEA VIEW**  
Senior Living Community

Sweet Potato Soup  
Green Salad with Pear, Hazelnut &  
Blue Cheese Crumbles  
Citrus Roasted Turkey with Pan Gravy  
Sourdough Stuffing with Pecans and Cranberries  
Roasted Brussel Sprouts  
Smashed Potatoes with Caramelized Leeks  
Assortment of Seasonal Desserts & Beverages

Please RSVP by 11/12  
Space is Limited  
541-469-4500

www.seaviewseniorliving.com  
98059 Gerlach Lane, Brookings, OR 97415  
Enter To Win Our Prize Drawing!

Remarkable Place! Remarkable People! Remarkable Food! Remarkable Fun! Remarkable Living! That's Sea View Senior Living!

# Cooking Classes

Anne Bouley is teaching a series of cooking classes on Wednesday evenings from 6:00-8:00 in the Activity Loft or Soda Shop. There is a reduced price for our Sea View residents and there will be lots of food for sampling!

## November 3 - French Bistro Favorites



Enjoy learning how to make a delicious French meal including baguettes, French onion soup, braised beef cheeks over crispy potatoes and wine poached pears served with French cheeses.

## November 10 - Delicious Vegan Feast



Anne will share some tips to help with the vegan lifestyle, like how to make your own vegetable stock and bouillon and how to grow sprouts and make your own almond milk and nut cheeses. Eating healthy can taste great!

## November 17 - Holiday Pies & Tarts

Anne has four different pie and tart crust recipes to share with you. You will make a custard pie, and apple pie, a fruit tart and a frangipane (nut based) tart. You will learn how to prep and freeze them for the holidays and the different ways to top them. You will also learn how to make homemade ice cream without an ice cream maker.

## December 5 - Gingerbread House Workshop

Learn how to make a good sturdy gingerbread for making gingerbread houses and have fun assembling and decorating your own gingerbread house with items that Anne will provide. These will last until Christmas if you can keep from eating them!



Ann Bouley demonstrates the art of making Artisian breads.

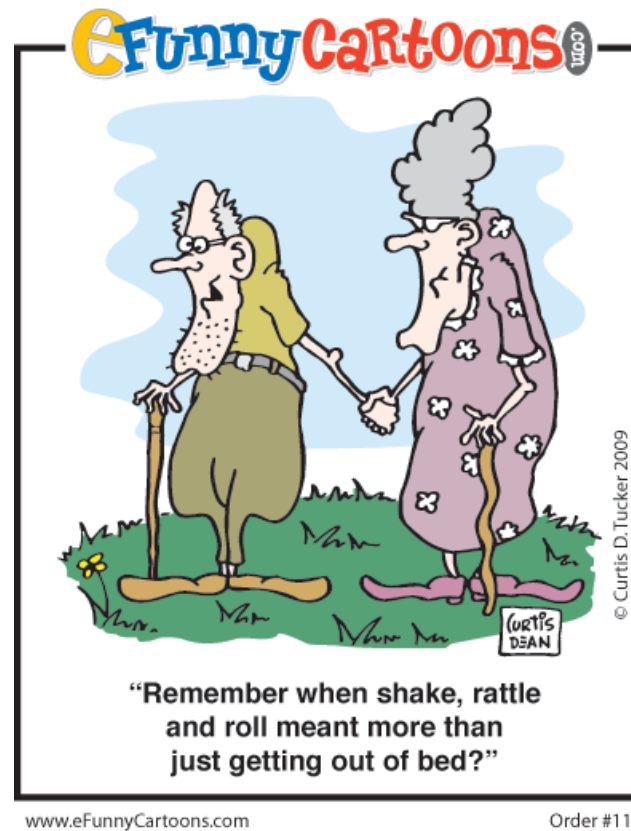
## Other Upcoming Events

### The Benefits of Membership with Cal-Ore Life Flight

On Wednesday, November 3<sup>rd</sup> at 1:30, in the Soda Shop, Darryn Balance will give a presentation about all of the benefits associated with your membership with Cal-Ore Life Flight. She will also be able to answer any questions that you have regarding your membership. Come to the Soda Shop and enjoy a root beer float or milkshake during the presentation.

### Living Well with Chronic Conditions

We will be hosting Liz Cohen for a six-week workshop that provides tools for living a healthy life with chronic health conditions, including diabetes, arthritis, asthma and heart disease. Through weekly sessions, the workshop provides support for continuing normal daily activities and dealing with the emotions that chronic conditions may bring about. Join us on Tuesdays at 2:00 p.m., beginning November 16<sup>th</sup>, in the 3<sup>rd</sup> floor library for this very informative workshop.



www.eFunnyCartoons.com Order #110

Laughter is a powerful antidote to stress, pain, and conflict. Humor brings your mind and body back into balance, lightens your burdens, inspires hopes, connects you to others and keeps you grounded, focused and alert. Laughter relaxes the whole body, boosts the immune system, triggers the release of endorphins and protects the heart. So..... go ahead and LAUGH!



The Simple Life- 2057 Reunion Show

# Brightcreek

Memory Care at Sea View



Mary very gently cradles a life-like doll. This baby always brings a smile to her face.



Terry shows off her newly painted fingernails



Thelma reacts to Bill's Tooth Fairy Costume



# Transylvania Thursday



# More Halloween Fun

