



# MARCH 2017 Phase V Newsletter

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**Emergency Maintenance**  
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Email [office@clearviewmi.com](mailto:office@clearviewmi.com)  
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**BOARD OF DIRECTORS**

President..... Bill Charles  
Vice President..... Cindy Christiansen  
Treasurer ..... Doug Smith  
Secretary..... Jerrie Valentine  
Member at Large. Judy Keeling

**CLUBHOUSE COMMITTEE**

Co-Chairperson... Nancy Meininger  
Co-Chairperson... Sharon Makowski  
Secretary..... Patti Dooley  
Secretary..... Debra Staebler  
Treasurer ..... John McGraw  
Clubhouse Rental Diane Smith  
CH Purchasing.... Chris McNally  
New Res Greeter Jane Severn  
Newsletter Editor. Nancy Meininger  
Newsltr Graphics. John McGraw  
Adver. Director .... Jack Saunders  
News Distribution Judi Damphousse  
..... Joanne Dettore  
Deliver Advertiser Diana Landsberg  
Coffee Hour..... Deane Carter  
Sign Painter ..... Evelyn Rouse  
Light bulb Mgr. .... Peggy-Tom Booker  
Custodian..... Laura Cipponeri  
Gardeners ..... Judy Keeling  
Librarian ..... Debra Staebler  
Pool Manager.....

**SUMMER WOMEN'S ASSOCIATION**

President..... Nancy Meininger

**MEN'S BREAKFAST CLUB-ROMEOS**

President..... Jack Saunders

**BENEVOLENT FUND COMMITTEE**

Char Elliott & Judy Keeling

**Death Notices** — 231-818-0162

**SUNSHINE CORNER** Get well cards

Anita Dennis—517-803-1235

**Medical Closet**

Judy Keeling – 734-972-0066

Yvonne Johnson – 248-403-6336

**Newsletter Submissions**

[Nancy@NancyMeininger.com](mailto:Nancy@NancyMeininger.com)

248-366-4845

[ColonialAcresPhaseV.com](http://ColonialAcresPhaseV.com)

*"The March wind roars like a lion  
in the sky,  
And makes us shiver as he passes by.  
When winds  
are soft, and the days are warm  
and clear,  
Just like a gentle lamb,  
Then spring  
is here."*

- Author Unknown

## AROUND TOWN—NEARBY THINGS TO DO

**Mar. 4 Michigan Crafters Marketplace** Laurel Park Place, 37700 Six Mile Road, Livonia, MI 10-7 [Michigancraftersmarketplace.com](http://Michigancraftersmarketplace.com)

**Mar.12 Cranbrook Institute of Science Maple Sugar Festival** learn about the science of maple syrup production, listen to the story of sugaring in Colonial North America, Craft stations and self-guided walks to the Sugarin' Hut. 10-4 pm. Tickets \$18

**Mar.15, Straw Bale Gardening** a gardening method used for raising vegetables, herbs, and flowers directly on a bale. Join John Keast, a local gardener and president of South Lyon's 4 Season Garden Club at Salem South Lyon Library at 7-8 p.m. Res. 248-437-6431.

**Mar. 22, Author Event: Detroit Beer:** A History of Brewing in the Motor City by Stephen C. Johnson author and Motor City Brew Tours founder. 7 pm. Reservations necessary. SSLibrary 248-437-6431.

**Mar. 25, Tour of Remodeled Homes--** Dexter, Ann Arbor, Plymouth and Canton. Attendees will see some of the latest trends in the remodeling industry and how those trends can be applied to their own homes. 10-6. Tickets \$10 accompanied by a complimentary tour guide, complete with project map. [www.narisemi.org](http://www.narisemi.org).

# PHASE V BOARD OF DIRECTORS MEETING Feb.9 2017

Meeting opened at 1:10 P.M.

All board members were in attendance

Bill Charles, Cindy Christansen, Doug Smith, Judy Keeling, Jerrie Valentine, Jim Reuschlein / Clearview Property

Jim presented the monthly management report for January 2017.

As we previously discussed in January Board meeting, letters to the members that have installed Satellite dishes without the Boards approval, and also Improperly, with the instructions that they will be responsible to have the dish removed and any roof repair needed will be at the members expense.

Letters have also been sent to the members who are moving their cars into the main drive and onto no parking sides of the streets. This only confounds the ability of the contractor to clear the areas in a timely and efficient fashion. This letter is sent just once, Should the offending members continue to disregard these simple requests there will be a fine imposed for continued abuse. This also means please do not pull up on the grass when backing up or pulling in.

There are 5 Units for sale currently—1 on Heritage, 1 on Raleigh Ct., and 3 on Lexington Drive.

Management report was approved as written.

Financial report was also given by Jim. We had a skylight replacement and had to replace a catch basin which bit into our budget by \$6,350.00.

The winter tax bills are now due. And our accounts receivable is now up to \$7,174.67.

Minutes of January board meeting approved along with the financial report.

A few concerns were addressed by the audience on the snow removal and the new ice melt being used which is supposed to be easier on the animals and works at a lower degree of cold. No one likes it as it leaves a mess on the carpets and floors. Point taken.

Some more complaints about the Lewis Brothers and their horns not being loud enough. We as condo owners should also be a part of this. When it snows enough to have the contractor out. Lets try to be upstairs and pay attention to what our neighbors are doing.

We are almost through this winter so hang in there and this will be nothing but a memory soon .

Open meeting closed at 1:45p.m.

## AFTERNOON READING ADVENTURES

Reviews by Jessica Hesselgrave of Salem South Lyon Library

### **Wicked City** by Beatriz Williams

Ella Gilbert leaves her SoHo loft and cheating husband for a quaint Greenwich Village building that housed one of New York City's most notorious speakeasies – The Christopher Club – during the Roaring Twenties. When she moves in, her musician neighbor, Hector, warns her to stay out of the basement after midnight. Despite being empty for decades, the basement comes alive after midnight with a cacophony of noises – clinking glasses, jazz, laughter, the occasional scream – and as Ella unravels the history of the building, she finds a link between her own family and a quick-witted flapper that used to frequent the speakeasy.

### ***Hillbilly Elegy: A Memoir of a Family and a Culture in Crisis*** by J.D. Vance

Told through personal family memoir, this book shows the decline of working-class white Americans, a group that has been disintegrating steadily over the past forty years. Told through the story of the Vance family, beginning in postwar America with the author's grandparents, who were 'dirt poor and in love', and their journey from the Kentucky's Appalachia to Ohio in the hopes of escaping the poverty of their birthplace. The struggles that the family faced from going from impoverished to middle-class is reflected in this book, showing that the demons of a chaotic family history can haunt for generations to come.

# Colonial Acres Phase V Clubhouse Meeting Feb. 13, 2017

Called to order 9:35

**Treasurer's Report** John McGraw gave report with handouts. Discussion ensued regarding funds and increase of costs. Discussion on raising clubhouse rental fees resulted with vote on approval to raise rates.

## Committee Reports

**St. Patrick's Day Party March 11th:** Tickets are available for sale at \$10 each. A wonderful corned beef dinner will be served. There will be a 50/50 drawing and many terrific door prizes. Call Peggy Booker or Laura Meyers if you would like a ticket.

**Library Update:** Books have been organized alphabetically by authors last name. Shelf labels have been requested and will be added. Some old books will be purged to make room for more recent publications. Newer released books would be welcomed as donations. VHS tapes will be phased out and the DVD library will be expanded. We are also taking DVD donations for our library.

**Fundraising:** A committee will be formed to create some fundraising events to help build our Clubhouse funds. If you are interested in participating in some brainstorming please contact Debra Staebler.

**Craft Show:** A Craft Show is being considered for fall in combination with another fun event. Planning is underway.

**Meals on Wheels Update:** Dinners will begin in March. Inspections have been done and

compliances are being met. John McGraw will be completing required updates.

**Newsletter Advertising update:** John gave an update on invoices and renewals. Advertisers remain steady.

**New Members:** Jane visited seven units with a total of 12 residents and is up to date with newcomers visits.

**Purchasing:** Chris had nothing new to report. Purchases are being kept current.

**Monday Coffee Update:** Deanne stated 62 people attended the Monday morning coffees in the past 5 weeks.

**Benevolent Fund:** Kathy Manuel is handing over the duties to Judy Keeling and Char Elliott after many years of donating her time and efforts to this well received service. Thank you Kathy.

**Newsletter Delivery:** Diana reported all is well.

**Clubhouse Rentals:** Diane stated there are 13 rentals booked so far this year. The rental rate was approved to increase to \$150.

The position for Clubhouse rentals is an open position, if you are interested contact Nancy Meininger or Sharon Makowski.

It was suggested that a monthly listing of events be posted in the newsletter to inform residents of possible future events.

A request was made for interest of holding Clubhouse Meetings later in the day to accommodate residents that still work. Please add to agenda for next month.

Meeting adjourned at 10:10am.

COLONIAL ACRES PHASE V CLUBHOUSE COMMITTEE PRESENTS

## St. Patrick's Corned Beef and Cabbage Dinner

Saturday, March 11, 2017 Doors open at 6:30 P.M. 50/50 Drawing. Dinner Tickets \$10.00 per person  
Dinner includes: Corned beef and cabbage, carrots, potatoes, horseradish, tea, coffee and dessert. BYOB

### Volunteers Needed:

- [5] Ticket Sales
- [12] Cooks
- [6] Kitchen Set-up
- [5] Dining Room Set-up
- [1] Greeter
- [2] Ticket Takers



- [2] 50/50 Ticket Sales
- [2] Meat Carvers
- [2] Servers
- [4] Kitchen Clean-up
- [4] Dining Room Clean-up
- [ ] Deserts



Signup sheet on clubhouse bulletin board or contact: Peggy Booker 248-573-7379 or Laura Meyers 248-795-0224

# Volunteer Needed—Use Your Expertise to Please!!!

The Clubhouse is currently looking for interested persons to fill the Committee vacancies listed below.

- [1] Vacancies ... **Once a Month Coffee Host or Hostess** .. Contact Deane Carter, 248-667-7046
- [1] Vacancy ..... **Pool Manager** ..... Contact Nancy Meininger 248-366-4845
- [1] Vacancies ... **Benevolent Fund** ..... Contact Kathleen Manuel, 248-446-5054
- [1] Vacancy ..... **Clubhouse Rental Chairman** ..... Contact Nancy Meininger 248-366-4845
- [1] Vacancy ..... **Clubhouse Treasurer** ..... Contact Nancy Meininger 248-366-4845

## Say Hello To . . . By Jane Severn, Resident Greeter

- 114-4 .... Dave and Kathy Smith .....62071 Arlington Cir. ....248-782-6565
- 91-3 .... Gerald Takesue .....61962 Yorktown Dr. ....248-573-7911
- 91-3 .... Tracy Green .....61962 Yorktown Dr. ....248-573-7911
- 61-6 .... Beverly Welch .....25111 Heritage Ct.....248-278-6141
- 97-2 .... Gretchen Zale .....62402 Raleigh Ct.....810-923-7449
- 96-2 .... Donald and Diane Parton.....25916 Lexington Dr. ....
- 68-5 .... Faith Phee .....25111 Jefferson Ct. ....313-418-0067

## For a Healthy Heart--Take Control of Blood Pressure

Over 75 million American adults have high blood pressure (hypertension) – that’s 1 in every 3 adults! Hypertension, also known as the “silent killer,” often has no warning signs or symptoms. As common as hypertension is, how much do *you* really know about this condition? Did you know:

- Your blood pressure measures how hard your blood is pressing against your arteries.
  - The systolic (top) number measures this pressure when your heart is *pumping*.
  - The diastolic (bottom) number measures this pressure when your heart is *resting*.
- Factors that can cause high blood pressure that are uncontrollable:
  - Age
  - Certain diseases (kidney or thyroid)
  - Heredity
- Factors that can cause high blood pressure that are controllable:
  - How much you weigh
  - How much alcohol you drink
  - Salt intake
  - Caffeine intake

- A “normal” blood pressure for most adults is less than 120 / 80 mmHg
- For most adults, blood pressure that is being *treated* should be less than 140 / 90 mmHg
- Many medications are available to treat hypertension, such as:
  - Diuretics (Hydrochlorothiazide, Furosemide, Bumetanide)
  - ACE inhibitors (Lisinopril, Enalapril)
  - Beta blockers (Atenolol, Metoprolol, Carvedilol)
  - Calcium channel blockers (Amlodipine, Diltiazem)
- Many pharmacies now offer free blood pressure testing without an appointment. Stop into your pharmacy today for a blood pressure checkup.

Is there a topic you’d like to see discussed? If so, send an email to [ryangrant2015@gmail.com](mailto:ryangrant2015@gmail.com)

Ryan F. Grant, Pharm.D.,  
Walgreens Pharmacist – Novi, MI  
(248) 349-6771

# DOT'S RECIPE BOX By Dot Saunders—239-352-6495

## Easy Baked Chicken Dinner

Peel & large cube 3 or 4 sweet potatoes

6 or 8 Chicken wings

1 Broccoli Crown or head cut and separated

1/3 cup olive oil

1 tsp Oregano

1 tsp Garlic Powder or Garlic Seasoned Salt

Place in a plastic bag with 1/3 c. Olive oil and shake well to coat.

In a second plastic bag add Oregano, Garlic Powder or Garlic Seasoned Salt.

Put in oil coated potatoes, chicken and broccoli. Shake well.

Spray cookie sheet lightly. Spread ingredients evenly. Place in pre-heated oven 375 or 400 degrees.

Bake until fork tender. Amounts on above can be adjusted.

## WILLS, TRUSTS & PROBATE

### An Overview of the Benefits and Costs

**WEDNESDAY • MARCH 15 • 1-3 PM @ PHASE V CLUBHOUSE**



**Local Attorney and Law Professor James Carey will discuss some of the basics of the probate process including the different probate cases that are filed, how Wills & trusts fit into the process, what your Personal Representative (Executor) does, and ways you can reduce or eliminate probate expenses through prior planning.**

**Please Join Us for a FREE Lunch and Seminar**



**All attendees will be entered into a drawing for a free ham certificate!**



**Presented and Sponsored by:  
Carey Law Services &  
Team Hamilton Real Estate  
Call to reserve your spot 248-345-6780**

<u>March Birthdays</u>	
1	Carolynn Bjorkman
1	Carol Sessions
2	Bob Harvey
4	Barb Gies
4	Rosalie Passage
4	Dorothy Hayes
8	Don Lyle
8	Christine McNally
8	Sandy O'Neal
9	Sam Pravato
9	Mary Ann Sclater
11	Rose Livingstone
11	Connie Tomaszewski
12	Rita Schneider
13	Val Tykoski
13	David Earehart
14	Holly Evans
15	JoAnne Dettore
15	Grace Lindsay
16	Kathy Smith
17	George Cretu
17	Colleen Vickers
18	Kathy Becker
20	Jerry Lobsinger
21	Judi Dampousse
22	Greg Wisner
23	Deane Carter
24	Gary Leslie
24	Sam Wylie
24	Elaine Webb
25	Cindy Maurino
25	Joyce Evans
27	Jerry Cody
27	Richard Jennings
27	Rosemary Landstrom
27	Robert Ranta
27	Joe Wojcik
28	Laurie Thompson
28	Christen Anttila
29	Bob Merritt
29	Danny Barnett
30	Vicki St.Sauver
30	Peggy Booker
31	Carla Black
<u>March Anniversaries</u>	
2	Don & Karen Ladd
20	Jerry & Sally Lobsinger
24	Del & Ila Black
25	Skip & Kathy Blumenstiel
26	Mike Vaughn & Shirley Stander

## March into Spring Events and Things To Do By Bill Semion

Tired of staring at the TV or your walls, waiting for warm weather that hopefully arrives next month? Or, just tired of staring at your walls?

Here's your cure for spring fever: get out. Enjoy. There is plenty to do at little or no cost to get you back into the sun. Here's a short list:

Pay tribute to Detroit's late champion Mike Ilitch with a visit to his first project, the restored Fox Theater. There are several shows coming to this entertainment palace built first for movies.

You can't get enough of this one: **Phantom of The Opera**, now on through March 5 in an all-new production. Get a group of Phase 5ers together—minimum size 10—and get a discount on tickets.

Like soft jazz? Count on **Nora Jones** to bring it. She's at The Fox on March 11.Or, Com On Down! to the Fox for a live showing of **The Price Is Right** March 21.

Or, if blues is more to your liking, heck out the **Motor City Blues Festival** March 11 at the Fox. For more on Fox events, call 855-285-8499, or go to [www.foxtheatre.org](http://www.foxtheatre.org). For other indoor events, go to [www.visitdetroit.org](http://www.visitdetroit.org)

Or, if you're a fan of noise and horsepower, head to Ford Field downtown for the March 4 **Monster Jam** monster truck event. Bring your ear protection, especially for the grandkids, as this event is L-O-U-D. For more information, go to [www.detroit.eventful.com](http://www.detroit.eventful.com).

The sugar maple sap's flowing, and that means starting March 4, get outside to **Kensington Metropark** for the annual **maple syrup making demonstration**. If you miss it then, no worries, as it takes place each weekend through March 26. Take the grandkids to the sugarbush and watch as the slowly dripping sap is collected and then sent to the sugar shack for boiling into maple syrup. Then stop by the farm grill to buy maple products, and perhaps have a pancake or three. Go to [www.metroparks.org](http://www.metroparks.org) for more, or call 284-684-8632.

Here's a great little detour for you to get out and enjoy what you make, at Ann Arbor's **Zingerman's Bakehouse**. Fun **baking lessons** in March include everything from making cream puffs and pizza, to legal "magic" brownies, to, on March 10, learning to bake lots of things French, from quiche lorraine to baguettes. Other classes also focus on cake decorating and other classes to get you active in the kitchen. Go to [www.bakewithzing.com](http://www.bakewithzing.com) for details, or call 734-761-7255.

And, for something completely solemn, the Ann Arbor Symphony with the UMS Choral Society present **Beethoven's Missa Solemnis**, March 11 in Hill Auditorium. Go to [www.ums.org](http://www.ums.org) for ticket information, or call 734-764-2538.

That's just a preview of March events you can find, and attend. Get outta da condo. It's your life to enjoy.

# KIM'S CORNER

## SOLD

25916 Lexington Dr. .... 96-2 ..... \$67,000  
62402 Raleigh Ct. .... 97-2 ..... \$87,000  
25111 Heritage Ct. .... 61-6 ..... \$79,900  
25111 Jefferson Ct. .... 68-5 ..... \$95,000

## ACTIVE

25636 Lexington Dr. .... 73-6 ..... \$90,000  
62361 Arlington Cir. .... 110-5 ..... \$89,900  
62622 Raleigh Ct. .... 99-3 ..... \$92,500

## PENDING

62351 Arlington Cir. .... 111-2 ..... \$84,900  
62182 Yorktown Dr. .... 93-3 ..... \$84,900  
25182 Jefferson Ct. .... 142-1 ..... \$92,000

## Birdfeeders--Keep 'em Filled and Clean

By Denise Semion

Feed birds only in the winter, when they can't find food, and bring in your feeder when springtime comes, right? I used to think so, but now I know better!

Why should we feed birds year-round?

I posed this question to Laurel Zoet, who, along with her husband Mitch, are opening a new Wild Birds Unlimited store in the Green Oaks Village Place, at I-23 and Lee Road. The store is located between the TJ Maxx and Justice stores.

I first met Laurel, who calls herself a "bird nerd," several years ago, when she worked as an interpreter at Kensington Metropark. Naturalists, or interpreters, connect people to important natural, cultural and historical resources in the outdoor world.

Laurel cited a study conducted by Milliken University in Illinois, which showed birds that have access to supplemental feeding have better body conditioning and reduced physiological stress.

Birds have higher energy needs year-round, compared to humans or mammals. Their average body temperature is 104 to 107 °F, and they have a very fast metabolism. Birds have to eat a lot each day just to survive. "Eats like a bird" may be true for them, but it is a bad idea for us!

As winter wanes and the temperatures warm up, bird migration season begins, with birds flying great distances, as far away as South America, up to Michigan and beyond. Then comes nesting season. In addition to building a nest and laying eggs, birds must find food to survive and

maintain that high body temperature and fast metabolism. Once the eggs hatch, birds must have the energy to provide for their young, in addition to themselves. Next come the physical demands of molting, which poses incredible demands on those little bird bodies, according to Laurel. "Each bird has to lose and then regenerate thousands of feathers. The study showed that birds grew higher quality feathers, when food was supplied. This helps them get ready for their migration south." And many of the birds that stay here year-round like to "cache" or store extra seed in nooks and crannies within tree bark.

So, keep your birdfeeder out all year, and offer high-quality birdseed. And please keep your feeding station clean – that is really important. Laurel makes the analogy of sharing one juice cup among a group of kids. Clean and sanitize your birdfeeder every four to six weeks to make the food attractive and to help stop the spread of diseases among your feathered friends.

In addition to selling all sorts of bird seed and bird feeders, the new Wild Birds Unlimited store will offer bird feeder washing and repair services, as well as bird feeder cleaning supplies. They are happy to look at any bird feeder to see if they can repair it. Some of the new bird feeders at the store are made with silver ions which inhibits the growth of bacteria and mold.

In addition to selling products, they will also be offering bird walks for beginners on nearby trails with access to Island Lake State Recreation Area. "We want to help people learn how to use a field guide and learn basic bird biology," says Laurel.

# SENIOR DINING

(Meals on Wheels)

Finally, after a 4 1/2 year delay, on February 3, 2017, the Oakland County Health Department came to the Clubhouse to complete an inspection for our Certification to provide Meals on Wheels luncheons. Three areas of concern were noted:

- 1 Self Closing Devices had to be installed on the restroom doors.
2. The Hostess had to complete an Online Allergen Training course-take and pass the test.
3. Meals on Wheels staff needed to prepare some procedural documentation appropriate for our site

Once again John McGraw came to our rescue and has installed Self Closing Door devices. I have completed the course and test requirement. Meals and Wheels staff (at the time of this writing) are finalizing the procedural documentation and Senior Dining will resume the Tuesday and Thursday luncheons starting Tuesday March 7, 2017. A copy of the March menu is in this Newsletter. Remember to call in your reservation to **Eleanor Schwartz, (248- 446-1397)** 24 hours in advance. Call by noon on Monday for the Tuesday lunch and on Wednesday for the Thursday lunch. Plan to arrive 15 to 30 minutes early.

## Honorary Irishman? Toast the Historic Holiday from Dawn to Very Dark in Ann Arbor—and that's no Blarney!

Set your alarm to join the Leprechauns at 114 E. Washington Ann Arbor at 7 am. You can have a top of the morning Irish breakfast at Arbor Brewing Company with live Celtic music and Espresso Love Breakfast Stout.

Follow the rainbow or dance a jig to more live Irish music and Irish dancers and bagpipers who will be playing all day at Connor O'Neills 318 S. Main, Ann Arbor.

Then you'll find your pot of gold in a hearty dinner of homemade Corned Beef and Cabbage and Potato Leek Soup, along with Beer Battered Irish Pickles at Sidetrack Bar and Grill, 56 E. Cross, Ypsilanti.

And to toast St. Patrick one more time this raucous holiday, head to Grizzly Peak Brewing Co., 120 W. Washington, Ann Arbor, for late happy hour 11 p.m.-2 a.m. at the Grizzly Peak Den.

## So what is the Story of the Blarney Stone?

It is a mere block of carboniferous limestone from Cork, Ireland. Legend has it, when kissed the stone is said to endow one with clever, coaxing speech sweetened by humor and flavored by wit.

The stone was set into a tower of Blarney castle in 1446, and has become a popular Irish tourist site.

## AT THE POTOMAC COURT CLUBHOUSE

Anyone interested in playing Bingo? We will be starting up our bingo again on Wednesday March 15th. The time is at 1:00 pm, right after the Meals on wheels at the Clubhouse. The cost is 25¢ per card.



***Our thought and prayers go out  
to the friends and families of  
Edith Parton 63-3  
who passed away recently***



SENIOR NUTRITION PROGRAM - MEALS ON WHEELS  
MARCH 2017 MENU -- "NATIONAL NUTRITION MONTH"






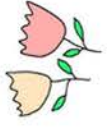
MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

	<p>PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS 810-632-2155 888-886-8971</p>		<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE MARGARINE &amp; HALF PINT OF MILK SERVED WITH EVERY MEAL  Cost Share \$3.00</p>	
<p>6 WHITE CHICKEN CHILI STEAMED BROCCOLI TOSSED SALAD BREAD SELECTED FRUIT DESSERT</p>	<p>7 </p> <p>STUFFED CABBAGE MASHED POTATOES PEAS &amp; CARROTS BREAD SELECTED FRUIT DESSERT</p>	<p>1 BAKED ZITI W/CHEESE ITALIAN BLEND VEGETABLES TOSSED SALAD BREAD SELECTED FRUIT DESSERT</p>	<p>2 POLISH SAUSAGE WHOLE POTATOES CABBAGE &amp; CARROTS BREAD SELECTED FRUIT DESSERT</p>	<p>3 SALMON PATTY VEGGIE RICE VEGETABLE BLEND BREAD SELECTED FRUIT DESSERT</p>
<p>13 SALISBURY STEAK W/GRavy OVEN BROWN POTATOES BRUSSEL SPROUTS BREAD SELECTED FRUIT DESSERT</p>	<p>14 MONGOLIAN BEEF W/RICE ORIENTAL VEGETABLES BREAD SELECTED FRUIT DESSERT</p>	<p>8 BREADED PORK CHOP SWEET POTATOES STEAMED SPINACH BREAD SELECTED FRUIT DESSERT</p>	<p>9 SPAGHETTI W/MEAT SAUCE VEGETABLE MEDLEY TOSSED SALAD BREAD SELECTED FRUIT DESSERT</p>	<p>10 TUNA PLATE W/CUKES, TOMATOES &amp; CHEESE 3 BEAN SALAD BREAD SELECTED FRUIT DESSERT</p>
<p>20 LEMON PEPPER CHICKEN AU GRATIN POTATOES BROCCOLI CUTS BREAD SELECTED FRUIT DESSERT</p>	<p>21 BEEF STEW CARROTS &amp; POTATOES IN STEW RED BEETS BREAD SELECTED FRUIT DESSERT</p>	<p>15 CHICKEN &amp; DUMPLINGS GREEN BEANS CUKES &amp; TOMATO SALAD BREAD SELECTED FRUIT DESSERT</p>	<p>16 MACARONI &amp; CHEESE STEWED TOMATOES BLENDED VEGETABLES GARDEN SALAD BREAD SELECTED FRUIT DESSERT</p>	<p>17 "ST. PATRICK'S DAY" CORNED BEEF W/CABBAGE WHOLE POTATOES CARROTS RYE BREAD SELECTED FRUIT DESSERT</p>
<p>27 SWEDISH MEATBALLS MASHED REDSKINS GREEN PEAS BREAD SELECTED FRUIT DESSERT</p>	<p>28 PORK CHOP SUEY W/RICE ORIENTAL BLEND VEGETABLES TOSSED SALAD BREAD SELECTED FRUIT DESSERT</p>	<p>22 SLICED HAM W/PINEAPPLE SCALLOP POTATOES GREEN BEANS BREAD SELECTED FRUIT DESSERT</p>	<p>23 CHOPPED STEAK W/GRavy MASHED REDSKINS SUCCOTASH BREAD SELECTED FRUIT DESSERT</p>	<p>24 POTATO ENCRUSTED FISH CAPRI VEGETABLES TOSSED SALAD BREAD SELECTED FRUIT DESSERT</p>
<p>29 SLOPPY JOES KERNEL CORN 3-BEAN SALAD BUN SELECTED FRUIT DESSERT</p>	<p>30 CHICKEN STIR FRY W/BROWN RICE CAPRI VEGETABLES BREAD SELECTED FRUIT DESSERT</p>	<p>31 VEGETABLE LASAGNA ITALIAN VEGETABLES SALAD GREENS BREAD SELECTED FRUIT DESSERT</p>	<p>31 VEGETABLE LASAGNA ITALIAN VEGETABLES SALAD GREENS BREAD SELECTED FRUIT DESSERT</p>	<p>31 VEGETABLE LASAGNA ITALIAN VEGETABLES SALAD GREENS BREAD SELECTED FRUIT DESSERT</p>

# MARCH 2017

# Phase V Clubhouse Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																									
			<b>1</b> 10:00am needlework 7 pm Card Party Pinochle 7:00 pm Billiards	<b>2</b> 10:45 am Line Dance 12pm Senior Dining 7 pm Card Party Euchre	<b>3</b> 7 pm Card Party Holdem	<b>4</b> 1pm Games and Card Party																																																																																																									
<b>5</b>	<b>6</b> 8:30 am Coffee Hour 12:30 Card Party Bridge 7 pm Card Party Poker 7 pm Card Party Euchre	<b>7</b> 12pm Senior Dining 1:00 pm Billiards 6 pm Cards Hand & Foot 7 pm Card Party Holdem	<b>8</b> 10:00am needlework <b>1:00 pm Board of Directors Meeting</b> 7 pm Card Party Pinochle	<b>9</b> 10:45 am Line Dance 12pm Senior Dining 7 pm Card Party Euchre	<b>10</b> 7:00:pm Bible Study	<b>11</b>  <b>St. Patrick's Dinner</b>																																																																																																									
<b>12</b> Daylight Savings Begins	<b>13</b> 8:30 am Coffee <b>9:30 Clubhouse Committee Meeting</b> 12:30 Card Party Bridge 7 pm Card Party Poker 7 pm Card Party Euchre	<b>14</b> 12pm Senior Dining 1:00 pm Billiards 6 pm Cards Hand & Foot 7 pm Card Party Holdem	<b>15</b> 10:00am needlework <b>1:00pm Lunch and Seminar</b> <b>Wills, Trusts, &amp; Probate</b> 7 pm Card Party Pinochle	<b>16</b> 10:45 am Line Dance 12pm Senior Dining 7 pm Card Party Euchre	<b>17</b> <b>Deadline Newslettr</b> 7 pm Card Party Holdem	<b>18</b> 1pm Games and Card Party																																																																																																									
<b>19</b> <b>RENTAL</b>	<b>20</b> <b>Spring Begins</b> 8:30 am Coffee Hour 12:30 Card Party Bridge 7 pm Card Party Poker 7 pm Card Party Euchre	<b>21</b> 12pm Senior Dining 1:00 pm Billiards 6 pm Cards Hand & Foot 7 pm Card Party Holdem	<b>22</b> 10:00am needlework 7 pm Card Party Pinochle	<b>23</b> 10:45 am Line Dance 12pm Senior Dining 7 pm Card Party Euchre	<b>24</b> 7 pm Card Party Holdem	<b>25</b> 1pm Games and Card Party																																																																																																									
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<p><b>February</b></p> <table border="1"> <tr><td>Su</td><td>M</td><td>Tu</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td></td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>30</td></tr> </table> <p><b>April</b></p> <table border="1"> <tr><td>Su</td><td>M</td><td>Tu</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> <p>5 ☉ 1st Quarter 12 ☊ Full Moon 20 ☉ 3rd Quarter 27 ☀ New Moon</p>							Su	M	Tu	W	Th	F	Sa			1	2	3	4		5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28											30	Su	M	Tu	W	Th	F	Sa							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29														
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<p><b>Colonial Acres Phase V Clubhouse Contacts:</b></p> <p>Clubhouse Rentals, call Diane Smith, 248-667-1705          Newsletter Editor, call Nancy Meininger, 248-366-4845</p>																																																																																																															

# MARCH 2017 Phase V — Social Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b> Buckboard 2 PM to 4 PM at Draft Street	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> Supper at Senate 5:00 PM back party room	<b>7</b>	<b>8</b>	<b>9</b> Buckboard 2 PM to 4 PM at Draft Street	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> Supper at Senate 5:00 PM back party room	<b>14</b>	<b>15</b> Clubhouse 1:00pm Lunch and Seminar Wills, Trusts, & Probate	<b>16</b> Buckboard 2 PM to 4 PM at Draft Street	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> Supper at Senate 5:00 PM back party room	<b>21</b>	<b>22</b>	<b>23</b> Buckboard 2 PM to 4 PM at Draft Street	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> Supper at Senate 5:00 PM back party room	<b>28</b>	<b>29</b>	<b>30</b> Buckboard 2 PM to 4 PM at Draft Street	<b>31</b>	

## Events

March 11 - St Patrick's Dinner  
 March 15 - Lunch and Seminar  
 August 19 - Corn Roast  
 December 31 - New Years Eve

## Rentals

Sunday, March 19  
 Saturday, April 01  
 Saturday, May 20  
 Sunday, May 21  
 Saturday, May 27  
 Saturday, June 24  
 Saturday, July 15  
 Saturday, December 09  
 Saturday, December 16  
 Sunday, December 17  
 Saturday, December 23  
 Sunday, December 24  
 Saturday, December 30

# Bits & Pieces

Did you receive a letter from Medicare saying they will now pay for a yearly Wellness Check Up. This is not a Physical, but rather a review of your overall health, medicines, etc. Providence Family Health Center, 210 Lafayette, South Lyon has hired a P A (Physician's Assistant), Renee Beth Stechow, whose specific job is to do the Wellness Checks. If you do not yet have a doctor in the area, or if your doctor does not offer this service, call for an appointment at 248-437-1744.

## Spring

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell a message about Spring.

T L E M W O N S S S A R G L A  
G C Y C L A M E N S A L I L P  
G N G R O W T H R L L L L R S  
O Y I I D L S A R A I E S N N  
L A L N K A I E B E R R O H E  
F M L O A N F E S G M I P W W  
E N A E E E S F I U L R R A L  
I O B Q R A L E O E C S A B E  
R S T U B E S C D D F O S W A  
I A F I G R N N G L I N R H V  
S E O N N R A E O N I L C C E  
E S S O I D E W W B I R S B S  
S I N X R G E E O A A R M E G  
A Y F L P R O R N M L W P E O  
E T E W S S P I L U T R S S R  
R E T S A E P L A N T I N G F

ALLERGIES  
APRIL  
BASEBALL  
BEES  
CROCUSES  
CYCLAMENS  
DAFFODILS  
DANDELIONS  
EASTER  
EQUINOX  
FLOWERS

FROGS  
GOLF  
GRASS  
GREEN  
GROWTH  
IRISES  
LILIES  
MARCH  
MAY  
NEW LEAVES  
PLANTING

RAIN  
RENEWAL  
ROBINS  
SEASON  
SNOWMELT  
SOFTBALL  
SPRING BREAK  
SPRING CLEANING  
TULIPS  
WARMER  
WET

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| ★ Work Reconditioning            | ★ Performance Running Academy (PRA)      |
| ★ TMJ                            | ★ Mechanical Diagnosis and Therapy (MDT) |
| ★ Foot/Ankle Rehabilitation      | ★ Applied Functional Science (AFS)       |
| ★ Hand Therapy<br>CHT's on Staff | ★ Biomechanical Gait Analysis            |
| ★ Orthotics Program              |  |
| ★ Lymphedema                     |  |
| ★ FCE                            |  |
| ★ Arthritis Care                 |  |

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4		7						3
				2				5
	8			1		2		7
			3					9
2								
			4			8		5
		9						1
7			6	8				
	4	1						

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