July 2024

CURRENTS at the Cove

Sunapee Cove Assisted Living & Memory Care | 1250 Rt. 11 Sunapee, NH | 603-763-0566

July Activities

Full activity calendar on our website
www.sunapeecove.com

SPECIAL EVENT
July 4th Family & Friends BBQ 12:00-2:00
See full menu on page 2

July 6th-Music w/Jim Hollis

July 10th -Trip to Go Lightly

July 10th -Music w/Second Wind

July 11th & 25th-Piano Music with Elaine Cox

July 16th- Boat Ride with Captain David

July 18th- Doctor Schmoctor the Clown Entertainer

July 20th- Music with "Moe"

July 23rd- Boat Ride with Captain David

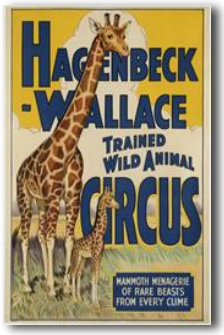
July 23rd-Music w/John Lovejoy

July 26th-Happy Hour Music with Click Horning

WELCOME
Nancy Pell
Food Service Director

Hi Everyone,
I'm Nancy Pell your new Food Service Director. I'm thrilled to join the Sunapee Cove community and super excited to get to know all of our residents. I believe in the magic of fresh seasonal ingredients combined with simple traditional techniques to create the "Good food, good mood" effect. If I can make a difference in someone's day with something as simple as a good meal, that is everything to me.
For the last 20+ years I have called Massachusetts my home and have kept myself busy owning restaurants, raising my son and most recently working as the Culinary Director/Executive Chef for a large full-service Boston Law firm.
Throughout my career, I have had many accolades I am very proud of, from Chronicle TV show news magazine, TV Diner, The Boston Herald, The Boston Globe, Bon Appetite Magazine, Wellesley-Weston Magazine, Improper Bostonian Magazine, Boston Magazine 2006 "Best of the New", Daily Candy, Zagat Guide Rated, and I was also voted as the "Best Neighborhood Gem"
My favorite and the absolute highlight of my career was to design and cater the going away party for world renown chef and TV personality, *Julia Child,* what a thrill!
When I'm not in the kitchen, I love spending time outdoors in the Adirondacks as well as at the coast. Hiking, kayaking, and traveling are my favorite way to unwind and have a bit of adventurous fun!
I look forward to meeting the families of our wonderful residents on July 4th at our annual BBQ.

Under the Big Top



Peru, Indiana, calls itself the Circus Capital of the World, and for good reason. For years it was the overwintering home to seven of the world's major circuses. After all those winters, the circus life rubbed off on the residents of Peru, and today they celebrate their Circus City Festival from July 15–20.

Peru's famous circus history began when the successful businessman Colonel Ben Wallace decided to enter the circus business in 1882. He first purchased all the tents, poles, and costumes of a failing circus. He then traveled to Texas to buy some horses. Still unsatisfied, he bought other exotic animals in Chicago and hired a firm to build elaborate and ornate wagons. Wallace might have been new to the circus business, but he spared no expense in assembling the greatest animals and performers of the day. He called it Wallace and Co.'s Great World Menagerie, Grand International Mardi Gras, Highway Holiday Hidalgo, and Alliance of Novelties.

Sadly, in 1884, before he could take his wondrous show on the road, it suffered a horrible fire, and Wallace lost nearly his entire investment. Undaunted, he rebuilt his circus, and it quickly became one of the country's best-known acts. Each winter, upon Wallace's return to Peru, the various performers, workers, and animals joined him. It was a common sight to see elephants walking through town. Children raced to see lions and tigers bathing in the local river. Circus City was born.

Today, the children of Peru practice clowning and flying on the trapeze like other children practice playing baseball. Every July, this youth circus performs during the Circus City Festival. And after the lights go down on the big top, visitors can visit the International Circus Hall of Fame and Museum. Peru is the perfect place to run away and join the circus.

Let's play Corn Hole!

Sunapee Cove
July 4th Celebration Menu

Grilled Hot Dogs and Hamburgers

with lettuce, tomatoes, onions, pickle, condiments

Texas Boneless Ribs

Lobster Rolls

New England Clam Chowder

Mac & Cheese

Corn on the Cobb

Slaw

Cucumber Tomato Salad

Watermelon

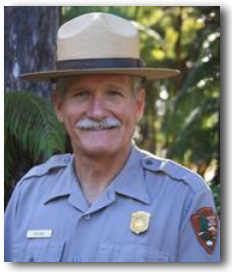
DESSERT

Ice Cream Novelties

LNA's and residents were also treated to cupcakes for LNA Week. They were made by our Executive Director and cupcake master baker, Pudge 😊

National LNA Week
6/13 - 6/19
Sunapee Cove LNA's
Were celebrated for their hard work and dedication!!

Protecting the Wild



The International Ranger Federation, a worldwide consortium of park rangers and uniformed conservationists, was founded on July 31, 1992. In 2007, July 31 was officially dedicated as World Ranger Day, a day to honor all the hardworking men and women who put their lives on the line to protect the world's wild places.

How should you celebrate? Visit a park and thank a ranger in person. Donate to your local park or conservation fund. Light a candle for the brave rangers who have died in the line of duty. After all, rangers have the responsibility of protecting over 100,000 parks and conservation areas worldwide. That's more than 10 percent of Earth's entire landmass!

MIND DIET SUMMER RECIPE

Mediterranean Black-Eyed Pea Salad

Ingredients:

15 oz can black eyed peas, drained & rinsed
6 oz grape tomatoes, chopped
1 English cucumber, trimmed & chopped
½ cup pomegranate arils
2 green onions, chopped
20 mint leaves, chopped
Feta cheese, optional

Dressing:

2 Tablespoons pomegranate molasses
Juice of ½ a lemon
4 Tablespoons extra virgin olive oil
1 garlic clove minced
Kosher salt & black pepper

Instructions:

1. ***In a large mixing bowl, combine the black-eyed peas, chopped tomatoes, cucumbers, pomegranate arils, onions, and fresh mint.***

2. ***In a small bowl, whisk together all the dressing ingredients. Add a good amount of salt and pepper to taste.***

3. ***Pour the dressing over salad ingredients. Finish with feta cheese if you like.***

JULY THEME DAYS

7/2- Patriotic Colors all week!
7/9- Dress "Divine & Fine" on 7/9
7/16- Dress for a Tropical Cruise
7/23- Christmas in July
7/30- Olympic/Athletic Wear

***Participation prize box will be out each week for a chance at winning a prize! Enter your name if you participate!**

From Scotland to the World

Depending on your musical tastes, you may or may not enjoy Bagpipe Appreciation Day on July 27. This quintessentially Scottish instrument is traditionally used for almost any occasion.

There are over 200 different types of bagpipes, and variations have been played for centuries in parts of Russia, the Middle East, and Northern Africa. Scotland's Great Highland Bagpipes have earned the most renown. A piper blows air into a blowpipe, which inflates a bag made of elk or sheepskin. Another pipe, a chanter, is held in the piper's hands and is played like a flute. Also rising from the main bag are drone pipes that produce constant bass or tenor notes, providing background to the chanter's melody. The music is unmistakable, and you may appreciate it even more after a glass of scotch. It may not be a coincidence that July 27 is also Scotch Day.