

J U N E 2 0 1 7

the
Linden Place News

A great place to live

Happy FATHER'S Day



“A father is neither an anchor to hold us back, nor a sail to take us there, but a guiding light whose love shows us the way.” ~ *author unknown*

Save the Date!

Father's Day

Wednesday, June 14

Join us in the MPR for a tasty Father's Day Celebration Meal. See page 2 for more details.

Volunteer Tea

Wednesday, June 21

If you volunteer at Linden Place, this is for you! See page 3 for details.

Potluck Lunch

Monday, June 26

Come and join in some summer fun at Noon in the MPR! Let's all bring picnic style food to celebrate.

June Birthdays!

A hearty Happy Birthday to all those celebrating a birthday this month!

Susie Kornelsen – June 6

Gertie Kroeker – June 10

Anne Hiebert – June 25

Enid Bordush – June 28



Father's Day Lunch

Plan to join us for our Father's Day lunch on **Wednesday, June 14 at Noon** in the MPR. The cost is \$6 per person, and we're serving: Peach Juice, BBQ Cheeseburgers, Bacon Cauliflower Bake, Pork & Beans and Toblerone Cheesecake.



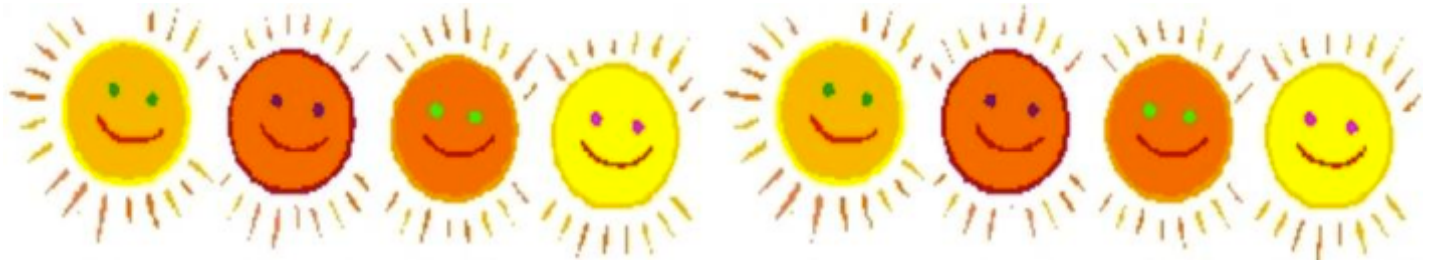
Come for a bake sale
with the Barkmans on:

Thursday

June 29

from 2 - 4 pm

in the MPR.



VOLUNTEERS SPREAD SUNSHINE!

If you are a volunteer at Linden Place, please join us on

June 21st at 3 pm

in the MPR for our Volunteer Appreciation Event.

We will have music by David Graham, a fun game and some
yummy desserts.

Please let Janie know if you are able to attend.



Soup's Hot Update

Did you know that our Soup's Hot Program uses food made fresh daily in the Fernwood Foods Kitchen? They use fresh ingredients and make home made desserts. Recently we've had some great changes in our Soup's Hot program – we have a special theme meal almost every month and we sometimes offer sandwiches and wraps instead of bread. Effective July 1st, our Soup's Hot program will be increasing some of the pricing for their meal program items.

The new price list is as follows:

Meal: \$6	Quart of Soup: \$6	Sandwiches: \$3
Banquet Meal: \$8	Scones: \$1.50	Wraps: \$4
Pint of Soup: \$3	Slice of Bread: 50 cents	Slice of Pie: \$2

Please note that the deadline to sign up for a Soup's Hot Meal is changing and will now be Mondays by Noon.

Severe Weather

We sometimes have severe weather in Manitoba and if you would like to get a notification when severe weather is coming, or if you would like to receive emergency notifications, Janie can help you sign up for Steinbach Alert Now.

What to do if a TORNADO is threatening: In apartment buildings you should avoid all windows, go to the lowest floor in a small center room (like a bathroom or closet), under a stairwell, or in an interior hallway with no windows. Crouch as low as possible to the floor, facing down and cover your heads with your hands. If you can cover yourself with some sort of thick padding (mattress, blankets, etc) this will help to protect you against falling debris.



We are in the process of reorganizing our Library. If you have any books, puzzles, music tapes or CDs you would like to donate, **please bring them to Janie at the office** so she can properly label them and make sure there are no duplicates of any items we already have. **Please do not leave your donations in the Library as they need to be properly labeled. Thank you!**

Wellness Corner



Tasty to eat and good for you food!

This month we hope to inspire you with this healthy and tasty recipe! The recipe says it's meant as a breakfast food but I'm pretty sure this could be enjoyed for lunch or supper as well! Let me know if you try it and what you would do differently.

Healthy Breakfast Frittata (Serves 2)

Ingredients:

- 1/2 medium onion, minced
- 4 medium cloves garlic, chopped
- 1/4 lb ground lamb or turkey
- 1 + 2 TBS chicken broth
- 3 cups rinsed and finely chopped kale (stems removed)
- 5 omega-3 enriched eggs
- salt and black pepper to taste

Preparation:

1. Mince onion and chop garlic; let them sit for 5 minutes to enhance their health-promoting benefits.
2. Preheat broiler on low.
3. Heat 1 TBS broth in a 9-10 inch stainless steel skillet. Sauté onion over medium heat, for about 3 minutes, stirring often.
4. Add garlic, ground lamb or turkey, and cook for another 3 minutes on medium heat, breaking up clumps.
5. Add kale and 2 TBS broth. Reduce heat to low and continue to cook covered for about 5 more minutes. Season with salt and pepper, and mix.
6. Beat eggs, season with a pinch of salt and pepper, and pour on top of mixture evenly. Cook on low for another 2 minutes without stirring.
7. Place skillet under broiler in middle of oven, about 7 inches from the heat source so it has time to cook without the top burning. As soon as the eggs are firm, it is done, about 2-3 minutes.



June 2017

Linden Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Coffee with Janie 9:30 am Bingo 1 pm	2 Hair Salon Day	3
4 Worship Service 9-9:30 am MB Youth 4 pm	5	6 Bingo 1 pm Bible Study 7 pm	7 Soup's Hot 12 pm <i>Cream of Cauliflower Soup w/Cheese, Chicken Wrap, Banana Cream Pie</i> Games Night 6:30 pm	8 Coffee with Janie 9:30 am Bingo 1 pm	9 Hair Salon Day	10 Instrumental Group 7 pm
11 Worship Service 9-9:30 am MB Youth 4 pm	12 Faspa 3 pm	13 Bingo 1 pm Bible Study 7 pm	14 Father's Day Lunch 12 pm <i>Peach Juice, BBQ Cheeseburgers, Bacon Cauliflower Bake, Pork & Beans, and Toblerone Cheesecake</i> Games Night 6:30 pm	15 Coffee with Janie 9:30 am Bingo 1 pm	16 Hair Salon Day The Ungers 7 pm	17
18  Worship Service 9-9:30 am MB Youth 4 pm	19	20 Bingo 1 pm Bible Study 7 pm	21 Soup's Hot 12 pm <i>Green Bean Soup, Fresh Buns, Lemon Pie</i> Games Night 6:30 pm	22 Coffee with Janie 9:30 am Bingo 1 pm	23 Hair Salon Day	24
25 Worship Service 9-9:30 am MB Youth 4 pm	26 Picnic Style Potluck Lunch 12 pm	27 Bingo 1 pm NO Bible Study Margaretha & John Music Night 7 pm	28 Soup's Hot 12 pm <i>Chicken Noodle Soup, Brown Bread, No Bake Strawberry Pie</i> Games Night 6:30 pm	29 Coffee with Janie 9:30 am No Bingo Bake Sale with The Barkmans 2-4pm	30	