



Parkwood Heights

Senior Living Campus

1340 Parkwood Drive
Macedon, NY 14502

315.986.9100

585.223.7595

www.parkwoodheights.com

Please Welcome New
Parkwood
Residents.....

Audrey H.
Helen T.
Millie M.
Anna M.



Parkwood
May
Birthdays!

Charles W.
Tom S.
Nancy S.
Betty A.
Francis H.
Bessie D.

Parkwood Soup Recipe of the Month Hearty Italian

- 1 lbs ground sausage
- 4 cans of tomato soup
- 4 cups of water
- 1 cup heavy cream
- Pinch of oregano
- Pinch of basil
- 1 cup of grated parmesan
- ½ lbs of macaroni



In a big stock pot cook off the sausage, then drain the fat. Next add the tomato soup and the water. Then bring water to a boil. Reduce to a simmer and add the macaroni. Let the macaroni cook for 15 minutes in the soup, then add the cream, basil, oregano and grated parmesan cheese.



Save the date....
 Parkwood Heights Community
 Garage Sale
 June 10th and 11th

May 2010

The Parkwood Post

Please Join us

Event: **Happy Hour–
Sing-a-long**
 Date: Friday, May 7
 Time: 3 PM
 Place: Skyline Room
 Cost: \$2– Please RSVP

Event: **Travelogue with
Beth Broncato
“The Thailand
Experience”**
 Date: Thursday, May 13
 Time: 6:30 PM
 Place: Skyline
 Cost: \$2-Please RSVP

Event: **Resident Birthday
Party Aaron and
Claudia
Karppala– Vocal
and Guitar**
 Date: Tuesday, May 18
 Time: 3 PM
 Place: Skyline
 Cost: \$2-Please-RSVP

Event: **Inspirational
Speaker
Rosalie Musch
cal - Rheinhardt
Handling Stress
and Worry**
 Date: Thursday, May 27
 Time: 3 PM
 Place: Skyline Room
 Cost: \$2– Please RSVP



Celebrate Wellness at FREE Health Fair

Kate’s Korner:

This month’s presenter, Patricia Mieg, will address the topic:

*“Activities of the Mind,
Body and Soul”.*

She will discuss the intertwined relationship between body, mind and soul. She will give suggestions on how to put the three into balance and begin living a more fulfilled life.

Please join us on Tuesday, May 18th from 6:30– 7:30 PM in the Skyline Room.
 Open to the Public.

**Thursday, June 3rd
10 AM—2 PM**

A great event with a focus on health and wellness . Visit with over 30 health focused professionals and learn how to stay fit and lively at every stage of life! Great takeaways, samples and raffles throughout the day.

**Enjoy a healthy
Lunch Buffet for only \$5**

RSVP Today!