

# livfun

## Broadway Proper

MAY 2012 • ENJOY THE JOURNEY

## Thinking About the Theme

This month's theme is "Enjoy the Journey!" Broadway Proper's take on the journey is it is all about "Around the World!" Below are some of our events to celebrate the theme. We will be "Travelling the World With Food." Our Happy Hours will be celebrated by serving some food from other countries – you will have to show up to enjoy the mystery hors d'oeuvres of the day!

You will also notice a little change to the daily menus. Look for the special notation next to the menu item to see what special world food we will be celebrating.

On May 19, we will be having an "Around the World Tasting Extravaganza!" Look forward to experiencing different food

stations set up throughout the community with each station representing a different country.

Our dinner outings will also reflect this theme. Sign up to whet your worldly palate at The Golden Dragon, La Fuente Restaurant, and Millie's Pancake Haus.

Of course, here is the Southwest we cannot ignore Cinco de Mayo, which gives us the opportunity to highlight the Mexican culture. We will be having a mariachi group performing on May 5 in the lobby and will be serving popular Mexican dishes in the dining room during meal service.

Finally, on May 31, we will have open mic time for residents to share their stories of world travel.

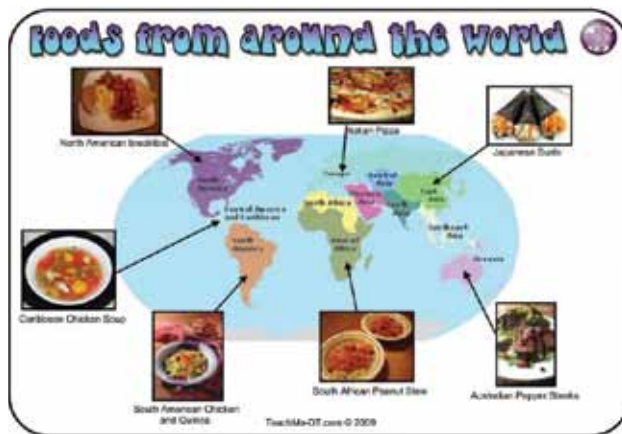
## Around the World With Food

Enjoy the journey – the kitchen and dining room will be taking a trip Around the World with Foods.

Join us on May 5 for our annual Cinco de Mayo feast!

May 19 – Our Foods Around the World extravaganza will take place throughout the Broadway Proper property. We will be representing food from India, the Caribbean, Japan, France, the Middle East and India. We will also be serving an Italian entree for dinner.

Foods during Happy Hour will also reflect different countries such as spanikopita from Greece and eggrolls from China. Come join us for a Trip Around the World With Food!



May 19 – Join us for our Foods Around the World extravaganza!

## Tales of World Travel

We are so fortunate to have a group of residents with such eclectic backgrounds and who have had the opportunities to travel to various regions of the world.

Please join us for an open mic session where we encourage residents, guests and family members to share their tales of journeys around the world.

This event will take place May 31 in the lobby – don't forget to bring pictures or artifacts to share.



## Journey to Asia With the Kitchen

With May's theme in mind, enjoy the journey with food. Here is a recipe for Pad Thai. Enjoy!

### Pad Thai

- 8 ounces dried, wide and flat rice noodles
- 2 tablespoons brown sugar
- 2 tablespoons fresh lime juice, plus wedges for serving
- 3 tablespoons soy sauce
- 2 teaspoons vegetable oil
- 3 scallions (green onions), white and green parts, separated and thinly sliced
- 1 garlic clove, minced
- 2 large eggs, lightly beaten (optional)
- 1/2 cup fresh cilantro
- 1/4 cup chopped roasted and salted peanuts

Soak noodles according to package instructions. Drain.

In a small bowl, whisk together brown sugar, lime juice, and soy sauce. Add scallion whites and garlic and cook, stirring constantly, until fragrant (about 30 seconds). Add eggs and cook, scraping skillet with spatula until eggs are almost set (about 30 seconds). Transfer eggs to a plate.

Add noodles, scallion greens, and sauce to skillet. Cook, tossing constantly, until noodles are soft (about 1 minute). Add egg mixture and toss to coat, breaking eggs up gently.

Serve noodles with lime wedges, top with cilantro and peanuts.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Locations</b> Activity Room, AR Billiard Room, BR Dining Room, DR Garden, G Lobby, L</p> <p>Multipurpose Room, MP Poolside, PS PrimeFit, PF Van, Van</p>		<p>9:00 PrimeFit Walking 10:00 You Be the Judge, MP 10:00 <i>Guest Speaker: Body Benefits, AR</i> 10:30 Aqua Aerobics, PS <b>12:00 Lunch at Golden Dragon, Van</b> 1:00 PrimeFit Totally Fit Tuesday: Putting, AR 1:30 Men's Pinochle, MP 3:00 Stretchin' and Relaxin', AR 7:00 Bingo, AR <b>PF</b></p>	<p>10:00 This I Remember (Writing Club), MP 10:00 PrimeFit Flexercise, AR 10:30 Balance 101, AR 1:00 PrimeFit Movin' &amp; Groovin', AR 1:30 Men's Pinochle, MP <b>2:00 Fashion Show, L</b> <b>3:00 HAPPY HOUR, L</b> 6:30 Dominoes, MP 6:30 Join Us for a Game of Cards, AR <b>7:00 Entertainment With Nite Hart, L</b> <b>PF</b></p>	<p>9:00 PrimeFit Walking, Van 9:30 Garden Club, G 10:00 Seniors Making Art, MP <b>1:00 Movie Theater, Van</b> 1:00 Inspiration, AR 1:30 Men's Bridge, MP 2:00 Fun With the Wii, AR 3:00 Stretchin' and Relaxin', AR 7:00 Movie Night, AR <b>PF</b></p>	<p>10:00 PrimeFit Flexercise, AR 10:30 Balance 101, AR 1:00 PrimeFit Movin' &amp; Groovin', AR 1:30 Men's Pinochle, MP 4:00 Wii Bowling, AR 6:30 Join Us for a Game of Cards, AR <b>PF</b></p>	<p><b>CINCO DE MAYO</b> 10:00 Fun With the Wii, AR 2:00 Movie Matinee, AR <b>2:00 Children's Mariachi Performance, L</b> 3:00 Travel Club Meeting, MP 4:00 Wii Bowling, AR 7:00 Night at the Movies, AR</p>
<p>9:30 Catholic Services, AR <b>6</b> 10:00 Broadway Proper's All-Star Walking Club, L 2:00 Movie Matinee, AR 2:00 Warm Up America: Bring Down Your Squares, L <b>2:00 Gaslight Theater: "The Three Musketeers," Van</b> 7:00 <i>Bingo!, AR</i></p>	<p>10:00 PrimeFit Flexercise, AR <b>7</b> 10:30 Balance 101, AR 1:00 <i>Scooter Repair, L</i> 1:00 Bible Study – All Are Welcome, AR 1:00 Health/Wellness Clinic (Until 3 p.m.), AR 6:30 Join Us for a Game of Cards, AR <b>PF</b></p>	<p>9:00 Podiatrist, MP 9:00 PrimeFit Walking 10:00 You Be the Judge, MP 10:00 <i>Guest Speaker: United Healthcare – Safe Money Annuities, AR</i> 10:30 Aqua Aerobics, PS 1:00 PrimeFit Totally Fit Tuesday: Putting, AR 1:30 Men's Pinochle, MP <b>2:00 Broadway Proper's Sing-Along, AR</b> 3:00 Stretchin' and Relaxin', AR 7:00 Bingo, AR <b>PF</b></p>	<p>9:00 Podiatrist, MP 10:00 This I Remember (Writing Club), MP 10:00 PrimeFit Flexercise, AR 10:30 Balance 101, AR 1:00 PrimeFit Movin' &amp; Groovin', AR 1:30 Men's Pinochle, MP <b>3:00 HAPPY HOUR WITH ENTERTAINMENT, L</b> <b>5:30 Dinner at La Fuente, Van</b> 6:30 Dominoes, MP 6:30 Join Us for a Game of Cards, AR <b>PF</b></p>	<p>9:00 PrimeFit Walking, Van <b>10</b> 9:30 Garden Club, G 10:00 Seniors Making Art, MP <b>1:00 Judy's Excursion: Bookman's, Van</b> 1:00 Inspiration, AR 1:30 Men's Bridge, MP 2:00 Fun With the Wii, AR 2:00 Food Meeting With Brad, DR 3:00 Stretchin' and Relaxin', AR 7:00 Movie Night, AR <b>PF</b></p>	<p>10:00 PrimeFit Flexercise, AR <b>11</b> <b>10:00 World Sports Grill/Foothills Mall, Van</b> 10:30 Balance 101, AR 1:00 PrimeFit Movin' &amp; Groovin', AR 1:30 Men's Pinochle, MP <b>3:00 JEWISH SABBATH SERVICE, AR</b> 4:00 Wii Bowling, AR 6:30 Join Us for a Game of Cards, AR <b>PF</b></p>	<p>10:00 Fun With the Wii, AR <b>12</b> 1:00 Making Stuff With Elizabeth, MP 2:00 Movie Matinee, AR 4:00 Wii Bowling, AR 7:00 Night at the Movies, AR</p>
<p><b>MOTHER'S DAY</b> <b>13</b> 9:30 Catholic Services, AR 10:00 Broadway Proper's All-Star Walking Club, L <b>11:00 Mother's Day Brunch, DR</b> 2:00 Movie Matinee, AR 2:00 Warm Up America: Bring Down Your Squares, L 7:00 <i>Bingo!, AR</i></p>	<p>10:00 PrimeFit Flexercise, AR <b>14</b> 10:30 Balance 101, AR 1:00 Bible Study – All Are Welcome, AR 1:00 Health/Wellness Clinic (Until 3 p.m.), AR 3:00 <i>Vantage Hearing, L</i> 6:30 Join Us for a Game of Cards, AR 7:00 Sweet Toothers, L <b>PF</b></p>	<p>9:00 PrimeFit Walking <b>15</b> 10:00 You Be the Judge, MP 10:30 Aqua Aerobics, PS 1:00 PrimeFit Totally Fit Tuesday: Putting, AR 1:30 Men's Pinochle, MP 3:00 Stretchin' and Relaxin', AR 7:00 Bingo, AR <b>PF</b></p>	<p>10:00 This I Remember (Writing Club), MP <b>16</b> 10:00 PrimeFit Flexercise, AR 10:30 Balance 101, AR 1:00 PrimeFit Movin' &amp; Groovin', AR 1:30 Men's Pinochle, MP <b>3:00 HAPPY HOUR WITH ENTERTAINMENT, L</b> <b>3:00 HAPPY HOUR WITH ENTERTAINMENT, L</b> 6:00 BOARD GAMES WITH JUDY, L 6:30 Dominoes, MP 6:30 Join Us for a Game of Cards, AR <b>PF</b></p>	<p>9:00 PrimeFit Walking, Van <b>17</b> 9:30 Garden Club, G 10:00 Seniors Making Art, MP 1:00 Inspiration, AR 1:30 Bookmobile, G 1:30 Men's Bridge, MP <b>2:00 Ice Cream Party, L</b> 2:00 Fun With the Wii, AR 3:00 Stretchin' and Relaxin', AR 7:00 Movie Night, AR <b>PF</b></p>	<p>10:00 PrimeFit Flexercise, AR <b>18</b> 10:30 Balance 101, AR 1:00 PrimeFit Movin' &amp; Groovin', AR 1:30 Men's Pinochle, MP 4:00 Wii Bowling, AR 6:30 Join Us for a Game of Cards, AR <b>PF</b></p>	<p><b>ARMED FORCES DAY</b> <b>19</b> 10:00 Fun With the Wii, AR 2:00 Movie Matinee, AR <b>3:00 AROUND THE WORLD TASTING PARTY, DR</b> 4:00 Wii Bowling, AR 7:00 Night at the Movies, AR</p>
<p>9:30 Catholic Services, AR <b>20</b> 10:00 Broadway Proper's All-Star Walking Club, L <b>10:00 Willcox Wine Country Festival, Van</b> 2:00 Movie Matinee, AR 2:00 Warm Up America: Bring Down Your Squares, L 7:00 <i>Bingo!, AR</i></p>	<p>10:00 PrimeFit Flexercise, AR <b>21</b> 10:00 <i>Prima Donna Products, AR</i> 10:30 Balance 101, AR <b>11:00 Casino, Van</b> 1:00 Bible Study – All Are Welcome, AR 1:00 Health/Wellness Clinic (Until 3 p.m.), AR 6:30 Join Us for a Game of Cards, AR <b>PF</b></p>	<p>9:00 PrimeFit Walking <b>22</b> 10:00 You Be the Judge, MP 10:00 <i>Vendor Sale: Unique Fashions, AR</i> 10:00 <i>Guest Speaker: Ron Zack With Sun Life, AR</i> 10:30 Aqua Aerobics, PS 1:00 PrimeFit Totally Fit Tuesday: Putting, AR 1:30 Men's Pinochle, MP <b>2:00 Broadway Proper's Sing-Along, AR</b> 3:00 Stretchin' and Relaxin', AR 7:00 Bingo, AR <b>PF</b></p>	<p>10:00 This I Remember (Writing Club), MP <b>23</b> 10:00 PrimeFit Flexercise, AR 10:30 Balance 101, AR 1:00 PrimeFit Movin' &amp; Groovin', AR 1:30 Men's Pinochle, MP <b>3:00 HAPPY HOUR WITH ENTERTAINMENT, L</b> 6:00 BOARD GAMES WITH JUDY, L 6:30 Dominoes, MP 6:30 Join Us for a Game of Cards, AR <b>PF</b></p>	<p>9:00 PrimeFit Walking, Van <b>24</b> 9:30 Garden Club, G 10:00 Seniors Making Art, MP 1:00 Inspiration, AR <b>1:00 Judy's Excursion: 99-Cent Store, Van</b> 1:30 Men's Bridge, MP 2:00 Fun With the Wii, AR 2:00 In the Kitchen With Brad: Food Demonstration, L 3:00 Stretchin' and Relaxin', AR <b>PF</b> 7:00 Movie Night, AR <b>PF</b></p>	<p>10:00 PrimeFit Flexercise, AR <b>25</b> 10:30 Balance 101, AR 1:00 PrimeFit Movin' &amp; Groovin', AR 1:30 Men's Pinochle, MP 2:00 <i>Jim's Mobile Optical, L</i> 4:00 Wii Bowling, AR 6:30 Join Us for a Game of Cards, AR <b>PF</b></p>	<p>10:00 Fun With the Wii, AR <b>26</b> 1:00 Making Stuff With Elizabeth, MP 2:00 Movie Matinee, AR 4:00 Wii Bowling, AR 7:00 Night at the Movies, AR</p>
<p>9:30 Catholic Services, AR <b>27</b> 10:00 Broadway Proper's All-Star Walking Club, L 2:00 Movie Matinee, AR 2:00 Warm Up America: Bring Down Your Squares, L 7:00 <i>Bingo!, AR</i></p>	<p><b>MEMORIAL DAY</b> <b>28</b> 10:00 PrimeFit Flexercise, AR 10:30 Balance 101, AR 1:00 Bible Study – All Are Welcome, AR 1:00 Health/Wellness Clinic (Until 3 p.m.), AR 3:00 <i>Vantage Hearing, L</i> 6:30 Join Us for a Game of Cards, AR 7:00 Broadway Proper Book Club, AR 7:00 Sweet Toothers, L <b>PF</b></p>	<p>9:00 PrimeFit Walking <b>29</b> 10:00 You Be the Judge, MP 10:30 Aqua Aerobics, PS 1:00 PrimeFit Totally Fit Tuesday: Putting, AR 1:30 Men's Pinochle, MP 3:00 Stretchin' and Relaxin', AR 7:00 Bingo, AR <b>PF</b></p>	<p>10:00 This I Remember (Writing Club), MP <b>30</b> 10:00 PrimeFit Flexercise, AR 10:30 Balance 101, AR 1:00 PrimeFit Movin' &amp; Groovin', AR 1:30 Men's Pinochle, MP <b>3:00 HAPPY HOUR WITH ENTERTAINMENT, L</b> 6:30 Dominoes, MP 6:30 Join Us for a Game of Cards, AR <b>PF</b></p>	<p>9:00 PrimeFit Walking, Van <b>31</b> 9:30 Garden Club, G 10:00 Seniors Making Art, MP 1:00 Inspiration, AR 1:30 Men's Bridge, MP <b>2:00 Share Your World Travel Stories, L</b> 2:00 Fun With the Wii, AR 3:00 Stretchin' and Relaxin', AR 7:00 Movie Night, AR <b>PF</b></p>	<p><b>Transportation</b> Monday: Various, Excursion As Scheduled Monday: 1-4 p.m., DMAFB, 2nd &amp; 4th Mondays Tuesday: 1-2:30 p.m., Safeway Tuesday: Thursday: 9-10 a.m., Mall Walk Tuesday: Wednesday, Thursday, Friday: 8:30-11 a.m., 12:30-2:30 p.m., Doctors Wednesday: 1-2:30 p.m., Fry's Thursday: 1-2:30 p.m., Albertsons; Walmart (2nd); Trader Joe's (3rd) Thursday: 2-3 p.m., Banks (Chase, Compass, Bank of America, Wells Fargo, Hughes Credit Union)</p> <p>Friday: 11 a.m.-1 p.m., Library (2nd &amp; 4th) Friday: 1-2 p.m., Walgreens/CVS Saturday: 9 a.m.-12:15 p.m., Anshei Israel Saturday: 10 a.m.-Noon, Walmart (1st); Target/Big Lots/Sunflower (2nd); Super Kmart/Old Pueblo Traders (3rd); Michaels/Ross/Kohl's (4th) Saturday: 10:30 a.m.-12:30 p.m., Park Place Mall Sunday: 8:30 a.m.-12:30 p.m., Churches</p>	



Their thanks to us!

## Philanthropy Can Be Fun!

Broadway Proper loves to give back. We sponsor a class of elementary students during the holidays, donate arts and crafts activities to local schools, gather food for local food banks, and donate care packages to troops around the world.

Recently we sponsored a cheerleading squad for a tournament. They stopped by on March 14 to show us some of their skills, as well as their gratitude. Check out some of their moves in these pictures! We had a blast watching these girls strut their stuff and wish them luck in upcoming performances. Oh yes, did we mention that they won?



Standing tall



Looking good, girls!



Check them out!

## Krazy for Karaoke!

This March, we were able to change things up at Broadway Proper and it allowed us to try new things – like karaoke! We were lucky enough to find Nite Hart, a local couple who like to share their love of music with retirement communities throughout Tucson. They stopped by on March 20, and we went crazy for them. Between the staff and the residents, we had a great group perform! This was such a success, we will definitely do it again.



Now we know how Marilyn won the Star Award for Best Singer



Taking a break from the kitchen to entertain us



Alice showing off her talent



Ann and Kylie singing a duet



Lloyd sharing a song from his youth

## Laure's Letter

I think since I was born, I decided to enjoy my journey. I think it is great way to live with many benefits including the following.

If you see life as a series of events, and not just a single event it will appear more beautiful. It won't be monotonous.

You will have strength to handle more pressure. Since there are different small events in the process, we build up 'muscles' to handle more pressure on the go.

You might be less prone to disappointments. Since there are numerous avenues to work on, failing in some areas won't bother heavily. There are more chances to win than lose!

How about prolonged joy? As we focus on enjoying every moment every day, the longevity of joy increases.

Enjoy the journey – I do each and every day that I am honored with the opportunity to be with my family, give back to the community, and love the people I experience life with at Broadway Proper!

## BROADWAY PROPER

LIVING BETTER THAN EVER

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### Staff

#### General Manager

Laure Mendenhall

#### Assistant Manager

Ann Duffy

#### Guest Services Manager

Robert Jones

#### Community Sales Manager

Megan Hiatt

#### Sales Advisor

June Gutierrez

#### Move-In Coordinator

Christopher Wiltshire

#### Chef

Brad Dolman

#### Health and Wellness Director

Barbara Montante

#### Bookkeeper

Tammy Garlick

#### Program Supervisor

Elizabeth Horvath

#### PrimeFit Instructor

Marilyn Colby

#### Concierge

Mike Petersen

#### Housekeeping Supervisor

Joy Fenstermaker

#### Plant Operations Supervisor

Brian Dombal