

Kitchen Korner

2-minute French Toast in a mug



Barb

Ingredients

1 or 2 slices of bread, cubed
(just fill your cup to overflowing a bit)

1 tbs butter

1 egg

3 tbs milk

Dash cinnamon

Drop of vanilla extract
(optional)

Directions:

- Cube bread.
- Melt butter in cup for a few seconds in your microwave. Swoosh it around the cup.
- Add bread to the cup.
- In a separate cup, combine the egg, milk, cinnamon, and vanilla. Stir.
- Pour the liquid over the bread. Smoosh it a little and allow the liquid to soak into the bread.
- Microwave. Start with one minute, then add ten seconds at a time until it's cooked to your liking (no runny eggs). In my microwave that's 1 minute, 20 seconds.
- Add syrup if desired. Eat!

Marketing Muses

Welcome to all our new Residents!

Wow— August has been busy we are currently sitting at 94% occupied at Meadow Ridge. Please say “hello” and introduce yourself to any new Meadow Ridge residents.

We have a fabulous Salon right onsite on our second floor called Natalie's Beauty Shop. Helen Johnson is our stylist and is available Wednesday mornings and all day on Thursday's, Helen is very flexible and accommodating please call to make an appointment 612-407-8748, you can also set up a pre-paid account.

Anne



Anne



RESIDENTS OF THE MONTH:



September Birthdays

9/1 Bob J

9/13 Mabel E

9/14 Paul F

9/21 Ray S

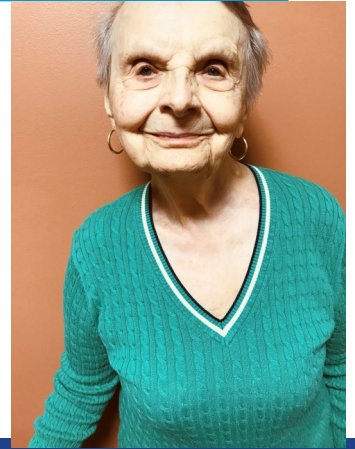
9/26 Barb S

9/27 Ruth H

9/30 Charlotte Z



JoAnne is such a fun and positive person, she loves spending time on the bike and outside soaking up the sun and looking at the flowers. The activity department also wants to thank joanne for her great idea to throw our back to the 50s party it was a great hit!



Ruth is such a kind and loving lady. She is super fun to talk to and although she's extremely kind she's always got a little spunk to her.



Teammate of the Month : Tamaya P

Everything She does is of excellent quality, she does anything she is asked to and she does it with a big smile. She is friendly efficient and reliable; she's a great worker and always goes above and beyond

-Staff

"You only live once, but if you do it right, once is enough."

– Mae West



Monthly Movies



Date	Time	Movie
9/1	1:30	Capote(2005)
9/2	1:30	Shenandoah (1965)
9/7	1:30	Hoosiers(1986)
9/8	3:00	Waiting for Guffman (1996)
9/14	3:00	The Count of Monte Cristo (2002)
9/21	3:00	Lost in translation (2003)
9/22	3:00	A Mighty Wind (2003)
9/28	3:00	Transamerica (2005)
9/29	1:30	Semi Pro (2008)

