

Library:

Borrow a great book to read from our library or from the book shelves in the seating areas at the end of the hallways. You can donate books you have read and no longer have a need for as well. Nothing better than staying cozy with a great book!



Slow Cooker Lasagna

Ingredients:

- 1/2 pound ground beef
- 1/2 pound ground Italian sausage (I use hot)
- 1 1/2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- 1 large onion , chopped*
- 1 teaspoon Italian seasoning
- 2 Tablespoons dried parsley flakes
- 2 teaspoons garlic powder
- 2 Tablespoons Worcestershire sauces
- 6 ounce can tomato paste
- 29 ounces tomato sauce
- 2 Tablespoons granulated sugar
- 1 1/4 cups water
- 8 ounces lasagna noodles , uncooked
- 4 cups shredded mozzarella cheese
- 1 1/2 cups cottage cheese
- 1/2 cup freshly grated parmesan cheese

Instructions:

1. In a large skillet over medium heat brown the ground beef, Italian sausage and onion.
2. Add salt, pepper, Italian seasoning, parsley, garlic powder, Worcestershire sauce, tomato paste, tomato sauce, sugar, and water. Stir and simmer 15-20 minutes. (You could make the sauce in advance)
3. Spread a fourth of the meat sauce into the bottom of your slow cooker. Arrange a third of the noodles over the sauce (break the noodles to fit, if necessary).
4. Combine the mozzarella, cottage cheese and parmesan cheese; spoon a third of the mixture over noodles. Repeat layers twice.
5. Top with remaining meat sauce and sprinkle with extra mozzarella cheese, if desired.
6. Cover and cook on low for about 4-5 hours or until noodles are tender.

Managers Corner

- **Pets must be taken outside to use the bathroom.** Pet stations are located on the property.
- **Smoking is only allowed 50 feet away from the building.**
- **Chair Massages** are located in the Community Room. \$1.00 per minute is the cost and sign up sheet is located in the Community Room required to attend.
- **Every Monday Perkins runs a special.** With any entrée you get a free slice of pie. Julie in 134 will go and pick up all the orders, so contact her before 10am every Monday with what entrée you would like. Menus are located in the community room.
- **Antioch Library is doing taxes for FREE** starting in March until April 11th. 9am to 1pm so get there EARLY!
- **Walking Group** will be every Tuesday and Thursday at 10am. If the weather is nice, everyone will walk outside. If the weather is not so nice that day, everyone will walk the halls inside! Begins 3/2. **MEET IN LIBRARY!**
- **Pop up Library:** The Mid Continent Public Library is coming to you! Check out a book and bring it back the following month!
- **Join us in the community room on 3/13 @ 5pm** for an Irish "I'm Feeling Lucky" Dinner! Bring your favorite side dish if you'd like! We will be providing traditional Irish beef stew and soda bread! **COME HUNGRY!**
- **3/17: Rainbow Water Color painting** at 2pm! Canvas painting with a twist!
- **3/18: First day of Spring is on the 19th!** Let's celebrate with some refreshing light desserts in the community room at 3pm!
- **3/23: What better way to finish off March Madness** than with some baked potatoes? Join us for Lunch in the community room with a baked potato bar at 12pm!

March Fun Facts

- **March is Women's History Month!**
 - ◊ **Josephine Cochrane invented the dishwasher in 1886**
- **March is National Pothole Month**
- **Did you Know: Davy Crockett was an Irish American**



The Summit at Viewcrest

The Summit News

MARCH 2020

"Come as strangers, live as friends"

March Birthdays

1st	Susan Walter
11th	Anna Stone
13th	Liz Francis
22nd	Kelly Wion
26th	Janet Wray
27th	David Blackwell
29th	LaVonne Nelson



COMMUNITY INFORMATION

COMMUNITY MANAGER:

KATIE PIBURN

CONNECT 55+ COORDINATOR:

PAIGE HOWARD

MAINTENANCE TECH:

SHERROD FERGUSON

OFFICE PHONE








& AFTER HOURS
EMERGENCY SERVICE #: 8162145914

MANAGER EMAIL: MANAGERVIEWCREST@CALAMAR.COM
RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO **RM8A HOLDINGS**

PLEASE BE SURE TO WRITE YOUR APARTMENT # IN THE MEMO LINE OF YOUR CHECK.



Quote of the Month: "This life is yours. Take the power to choose what you want to do and do it well. Take the power to love what you want in life and love it honestly. Take the power to walk in the forest and be a part of nature. Take the power to control your own life. No one else can do it for you. Take the power to make your life happy." -- Susan Polis Schutz

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
1 5pm Baseball Bean Bag Toss	2 10am 4 for Fit Rm 368 11am Walking Club 11am Billiards 1pm Arts and crafts 6pm Bunco	3 National I Want You to be Happy Day 10am Fitness Room 10am Walking Group 10:30am Wii Bowling 1pm Card Games 3:30pm Pop-Up Library 4:30pm Bible Study 	4 10am 4 for Fit Rm 368 1pm Dominos 3pm Home Health Services seminar by Franklin Care with snacks 6pm Cards	5 10am Billiards 10am Walking Group 10:30am Arts & Crafts 11am Walking Club 6pm BINGO	6 9am Breakfast Meeting 10am 4 for Fit Rm 368 11am Trivia 12pm Wii Baseball 1pm Cards 4pm Board Games and Puzzles	7 11am Bean Bag Golf toss 1pm St. Patrick's Day Bingo 1pm Theatre Room		
8 Daylight Saving Time Begins 5pm Baseball Bean Bag Toss	9 Full Moon/ National Napping Day 10am 4 for Fit Rm 368 10am Chair Massage 11am Billiards 1pm Arts and crafts 2:30pm Roll a Leprechaun 6pm Bunco 	10 Jewish Purim begins at sunset on March 9th 10am Fitness Room 10am Walking Group 10:30am Wii Bowling 11:30am Activity Meeting 1pm Card Games 4:30pm Bible Study 6pm Book Club 	11 10am 4 for Fit Rm 368 1pm Dominos 12pm Lunch Bunch 3pm The Five Challenges of Aging seminar with Bonnie Smith with snacks 4pm Chair Yoga 6pm Cards	12 10am Billiards 10am Walking Group 10:30am Arts & Crafts 11am Walking Club 6pm BINGO	13 Friday the 13th 9am Breakfast Meeting 10am 4 for Fit Rm 368 12pm Wii Baseball 1pm Cards 1pm Thriller in Theatre room 4pm Board Games and Puzzles 5pm I'm Feeling Lucky Dinner and "Barber Shop Singing is a cut above the rest."	14 Pi Day 11am Bean Bag Golf toss 1pm Theatre Room		
15 5pm Baseball Bean Bag Toss	16 10am 4 for Fit Rm 368 11am Walking Club 11am Billiards 1pm Arts and crafts 6pm Bunco	17 ST. PATRICKS DAY 10am Fitness Room 10am Walking Group 10:30am Wii Bowling 1pm Card Games 2pm Rainbow Water Color Painting 4:30pm Bible Study 	18 10am 4 for Fit Rm 368 1pm Dominos 3pm Spring Desserts 6pm Cards	19 SPRING BEGINS! 10am Billiards 10am Walking Group 10:30am Arts & Crafts 11am Walking Club 6pm BINGO	20 9am Breakfast Meeting 10am 4 for Fit Rm 368 11am Trivia 12pm Wii Baseball 1pm Cards 4pm Board Games and Puzzles	21 11am Bean Bag Golf toss 1pm Theatre Room		
22 4pm Chair Massage 5pm Baseball Bean Bag Toss	23 10am 4 for Fit Rm 368 11am Walking Club 11am Billiards 12pm Baked Potato Bar 1pm Arts and crafts 6pm Bunco 	24 10am Fitness Room 10am Walking Group 10:30am Wii Bowling 1pm Card Games 1pm Twilling with Geanie 4:30pm Bible Study	25 10am 4 for Fit Rm 368 11:30 Ambassador Meeting 1pm Dominos 4pm Chair Yoga 6pm Cards	26 Opening Day of Baseball 10am Billiards 10am Walking Group 10:30am Arts & Crafts 11am Walking Club 6pm BINGO	27 9am Breakfast Meeting 10am 4 for Fit Rm 368 11am Trivia 12pm Wii Baseball 1pm Cards 4pm Board Games and Puzzles	28 11am Bean Bag Golf toss 1pm Theatre Room		
29 National Vietnam War Veterans Day 5pm Baseball Bean Bag Toss	30 10am 4 for Fit Rm 368 11am Walking Club 11am Billiards 1pm Arts and crafts 4:30pm Birthday Party 6pm Bunco	31 10am Fitness Room 10am Walking Group 10:30am Wii Bowling 1pm Card Games 4:30pm Bible Study						2020