

VEAL PARMESAN

1/2 lb. veal cutlets	3 eggs
1/2 c romano or parmesan cheese	garlic salt
1 c shredded mozzarella	2 c Italian bread crumbs
Spaghetti sauce or 1 jar Prego	or flour

Slice cutlets so are very thin. Beat eggs with garlic salt and Romano or parmesan cheese (or both). Dip meat slices in egg mixture then in crumbs or flour. Heat olive oil or vegetable oil in skillet until very hot then fry veal on both sides. Set aside.

Spread spaghetti sauce in bottom of baking dish, add shredded mozzarella then veal pieces then more mozzarella. Add sauce until veal is covered. Top with mozzarella and bread crumbs. Bake at 350 for 20 TO 30 minutes. Serves 2 to 4.

Thanks to **CORA TOPAZIO #609**

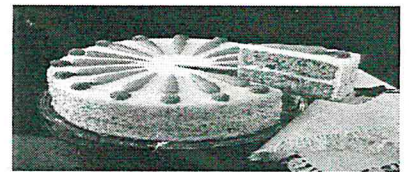
St. Francis Foundation

Villa Voice 6800 Mayfield Road
Mayfield Heights, Ohio 44124

Non-Profit Organization
U.S. Postage Paid
Cleveland, Ohio
Permit No.
175

Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 	5 9:00 Sewing 9:00 Reiki & Massage	6 D-Day 	7
10 11:30—noon Mobile Post office 1:00 Ceramics 6:00 Cards	11 1:00 Wellness Nurse 3:30 Rosary 7:00 Game Night	12 9:00 Sewing	13 10:00 Staywell Nurse 12:00 Lunch 1:00 Brown Bag Bingo	14 Flag Day
17 11:30 6:00 Cards	18 10—12:30 Sight Center 1:00 Wellness Nurse 3:30 Rosary 7:00 Game Night	19 9:00 Reiki & Massage	20 	21 Summer! 2:00 Mass
24 6:00 Cards	25 3:30 Rosary 7:00 Game Night	26 	27 10:00 Staywell Nurse	28
		Don't Forget Dad Father's Day, Sunday, June 16		

Birthdays and Anniversaries June 2002



Birthdays

June	2	Inez Davis	#433
		Carol Legris	
		Jean Meyer	#805
		Anthony Roberts	
	3	Irene Parker	
	5	Marjorie Hardman	
		Michael Pipoly	
	6	Mae Clarke	
		Marie Kavalunas	#221
		Ann Wallace	
	7	Joseph Nocifera	
	9	Vitaly Khorishko	#207
	10	Jean Balas	#522
	11	Sylvia Fishman	
		Mary Weber	#806
	12	Theresa Piacentini	
		Frank Tomala	#231
	13	Eleanor Havel	
	14	Carmella Connelly	
		Joseph Damanti	#516
		Florence Malkes	
	15	Jerry Cellura	#317
		Mary Vidos	#233

June	16	Mae Gaghan	
		Marie Nau	#408
		Zadie Shaw	#617
	17	Jennie Ciofani	
		Margaret Conti	#632
		Sam Fratantonio	#715
	18	Ann Janoco	#703
	27	Almenia Cicirella	#616
		Herbert Wagner	#520
	28	Clara Corea	#407
		Morris Gass	
	29	Frank Brodnick	#816

Anniversaries

June	11	M/M Joseph Kovach	
	13	M/M Joseph Damanti	#516
	24	M/M Anthony Roberts	
		M/M John Sangimino	
	25	M/M John Hatras	
		M/M Michael Turocy	#217

Sight Center Begins Visits to Villa Serena

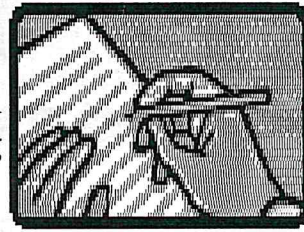
On Tuesday, June 18, at 10 AM, and monthly thereafter, the Cleveland Sight Center will be scheduling visits to V.S. to provide a number of services such as Low Vision screening, assessments, and education, and, when necessary, introduction to adaptive techniques and devices. Low vision is loss that interferes with daily activity. A licensed optician will evaluate near and distant visual acuity. If you wish to schedule an appointment, see Sally in the office.

Monday Night Pinochle

<u>April 15</u>	<u>April 22</u>	<u>April 29</u>	<u>May 7</u>
Marcy Stianche 628 2.25	Agnes Puro 594 2.50	Mitzi Weber 591 2.50	Rina Colocci 578 3.00
Ernie Fioritto 592 2.00	Frank Brodnik 590 2.00	Gert Pierce 567 2.00	Jennie Cellura 565 2.00
Agnes Puro 587 1.25	Marcy Stianche 544 1.50	Agnes Puro 565 1.50	Gert Pierce 559 1.50
Frank Brodnik 572 1.00	Rosemary Valanti 528 1.00	Howard Barnes 524 1.00	Jack Wells 558 1.00
		Jack Wells 516 1.00	Mary Welker 535 1.00

Eager Weaver

Here's a simple weaving task that requires neither loom nor thread: just distribute the five letters accompanying each set to form a common nine-letter word.



Example: A D R U V, into: _ _ _ ENT _ _ E = ADVENTURE

1. F L O P T _ OR _ _ O _ I _

2. A F G O R _ _ TE _ _ L _ W

3. D I I R S D _ _ C _ E _ _ T

4. M M P R U I _ P _ O _ _ T _

5. B G N O W _ A _ D _ A _ _ N

6. A O P R Y _ _ RT _ A _ _ L

7. C F I I L M _ _ RO _ _ _ M

8. C H O S U S _ C _ _ TA _ _ _

9. I L N V W _ O _ _ ER _ _ E

Answers

Answers:

1. Portfolio
2. Afterglow
3. Discredit
4. Impromptu
5. Bandwagon
6. Portrayal
7. Microfilm
8. Succotash
9. Wolverine

Just For Laughs...

The highlight of my baseball career came in Philadelphia's Connie Mack Stadium when I saw a fan fall out of the upper deck. When he got up and walked away the crowd booed.—*Bob Uecker*

If I ever needed a brain transplant, I'd choose a sportswriter's because I'd want one that had never been used.—*Norm Van Brocklin*

Stuffed deer heads on walls are bad enough, but it's worse when they are wearing dark glasses and have streamers and ornaments in their antlers because then you know they were enjoying themselves at a party when they

were shot.—*Ellen DeGeneris*

The Rose Bowl is the only bowl I've ever seen that I didn't have to clean.—*Erma Bombeck*

I hate all sports as rabidly as a person who likes sports hates common sense.—*H. L. Mencken*

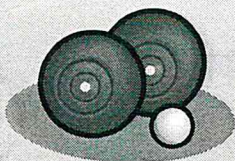
Running is an unnatural act, except from an enemy or to the bathroom.—*Anon*

I believe that professional wrestling is clean and everything else in the world is fixed.—*Frank Deford*

How could I lose to such an idiot? —*Anon*

Bocci Players Wanted

While we realize that being able to play is dependent on the idea that it's going to stop raining one of these days, hope *does* spring eternal, etc. So if you're interested in getting on one of the teams that are forming, please see Sally before June 5. All levels of skill are acceptable, and if you've never played before, a good time is guaranteed.



From the AARP Journal

Got Glucose? Taters & Bread For Your Head

Next time you need to do some heavy thinking, chow down on a snack that's rich in glucose. Studies show that it consistently boosts scores on memory tests. Eat plenty of carbs, such as is found in rice, pasta, whole grain bread, potatoes, fruits, and veggies. Avoid junk food, because the fat seems to keep glucose from getting to the brain. A high-fiber, low-in-saturated-fat diet will slow the development of memory loss.

Villa Serena Offers

U. S. Post Office on Wheels

The Postal Service will bring the mobile substation to the front door on Monday, June 17, from 11:30 to Noon.



Services include:

- * Stamps
- * Packages
- * Priority Mail

Mayfield Heights Senior Health Fair

Ross DeJohn Community Center, 6306 Marsol Rd., June 5, 10:00 AM to 1:00 PM. Blood pressure, cholesterol, glucose, and bone density screenings. **Call 440-449-4784.**

*From "Summertime Cooking"
published by the V. F. W.*



Stuffed Peppers Supreme

- 1 cup lean ground chuck
- 2 cups sliced mushrooms
- 1 tsp salt
- 1 tsp pepper
- 1 medium yellow onion, chopped
- ½ cup green onion, chopped
- 2 cloves fresh garlic, finely chopped
- 2 cups cooked brown rice
- 1 egg, beaten
- 1 tbslp olive oil
- 2 tbslps cilantro leaves, chopped
- 5 medium bell peppers, washed, cored
- ½ cup ketchup
- 1 16 oz. Can tomato sauce
- 1¼ cup shredded mozzarella, divided

Preheat oven to 350°

In a skillet, slowly cook ground chuck, mushrooms, salt, pepper, onions, and garlic. Cook until meat is no longer pink and set aside.

In large mixing bowl, combine brown rice, egg and meat mixture. Add olive oil and cilantro leaves and mix all together.

Spoon mixture into peppers and place into casserole dish. Top each pepper with ¼ cup of mozzarella cheese and brush top of each pepper evenly with ketchup. Add tomato sauce to cover bottom of dish and bake covered for 1 hour.

Yields 5 servings.

Bon appetit!

Senior Circle Plus Daily Dinner. 4:00 to 5:00 PM. Entrée, soup, roll, sides, beverage; only \$4, but Membership card must be shown.

Two For Carol, June 2, 1927

Jabberwocky

'Twas brillig, and the slithy toves
Did gyre and gimble in the wabe:
All mimsy were the borogoves,
And the mome raths outgrabe.

"Beware the Jabberwock, my son!
The jaws that bite, the claws that catch!
Beware the Jubjub bird and shun
The frumious Bandersnatch!"

He took his vorpal blade in hand;
Long time the manxome foe he sought —
So rested he by the Tumtum tree,
And stood awhile in thought.

And, as in uffish thought he stood,
The Jabberwock, with eyes of flame,
Came whiffling through the tulgey wood,
And burbled as it came!

One, two! One, two! And through and through
The vorpal blade went sincker-snack!
He left it dead, and with its head
He went galumphing back.

"And hast thou slain the Jabberwock?
Come to my arms, my beamish boy!
O frabjous day! Callooh! Callay!"
He chortled in his joy.

'Twas brillig, and the slithy toves
Did gyre and gimble in the wabe:
All mimsy were the borogoves,
And the mome raths outgrabe.

— Lewis Carroll

* * * * *

Jennie Kissed Me

Jenny kissed me when we met,
Jumping from the chair she sat in.
Time, you thief! Who love to get
Sweets into your list, put that in.
Say, I'm weary, say I'm sad;
Say that health and wealth have missed me:
Say I'm growing old, but add --
Jenny kissed me!

— Leigh Hunt

It's Tour Time

With the advent of pleasant weather, those of us with wanderlust can start looking forward to gittin' up and goin'.



Mayfield Heights, Hillcrest Hospital, and the Lyndhurst-Highland Heights-South Euclid Tri-City Consortium have all announced a schedule of tours for this spring and summer. Here's a brief recap of tours that will be available:

Hillcrest Hospital: Wednesday, June 12, Carousel Dinner Theater, Akron: ***Annie Get Your Gun***, 8:30 AM to 7:00 PM, plus a guided tour through the Cuyahoga Valley National Recreation Area. \$55 per person.

Call 261-491-7111 for information.

Mayfield Heights Recreation Dept.

June 26, Cedar Point
July 12, White Water Rafting
July 17, Put-In-Bay Island Tour

Call 442-2626 Ext5. 267 for details

Tri-City Consortium

Thursday, May 30, Erie Canal and Lockport Locks Cruise

Saturday-Tuesday, June 8-11, Belle River Mississippi Cruise.

Call 440-473-5138 for information

Generally, these trips include all transportation, overnight accommodations, meals, and tips, but you will want to check particulars for any tour which interests you, since space prevents full details here.

St. Francis of Assisi Carnival
Thursday, June 7 to Sunday June 10

The Meridia Senior Circle of Care many services available, Call 440-449-4804.

Healthcare Counselors to help you with your bills. This service is free and available to seniors. Call for appointment.

Senior Circle Supper Club. Third Tuesday of every month in the hospital cafeteria, at 3:30 P.M. Cost, \$3.50. All meals include a salad, roll, beverage. Tickets at the hospital cashier, in the Hillcrest Atrium Lobby 9:00-3:30 weekdays. All meals include salad, roll, and vegetable. Tuesday, June 18, Homestyle Meatloaf, Whipped Potatoes with Gravy, Green Beans, Tossed Salad, Cherry Pie. Sponsored by HCR Manor Care.

Free Healthcare Lectures. Wednesday, June 12, at DeJohn Community Center, 6306 Marsol Rd., "*Finding Your Energy*," tips for healthy aging and increased energy, Lawrence Gray, MD, Chief of Geriatrics, Huron Hospital. Free refreshments at 9:30 AM, lecture from 10:00 to 11:00. Reservations required in advance. Please call 216-430-8432.

Senior Fitness Programs. Classes are held at Our Savior Lutheran Church, 2154 SOM Center Rd., every Tuesday and Thursday from 9:30 to 10:30 A.M. Cost, \$2.00 per session. Call for information 440-449-4804.

Matinee Movies. in the Hillcrest Hospital Ross Auditorium, (Lower Level). Movie, popcorn, and soft drinks are free. Reservations at 216-430-8432. Tuesday, June 25, "*Pearl Harbor*," rated PG-13. 3 Hrs., 3 mins. There will be a short intermission.

Thanks to Karla Lindsey

A living faith is not something you have to carry, but something that carries you.

A monastery in the English countryside was having a hard time making ends meet due to the dwindling number of monks available to help with all the work. One day, two of the monks who had been discussing the problem suggested they open a fish and chips stand down on the highway near a local tourist attraction. The other monks agreed and the two put up their shop. One day a tourist jokingly asked the monk on duty, "Are you the fish friar?" "no, sir," was the reply, "I'm the chip monk."

Becoming or being old is not a mystery. At our first birthday, our parents simply said, "My child is one year old." But we've all known people who seem old at forty and others who seem to retain their youth at eighty. Psychologists say that so-called aging has to do with our self-image, how we relate to relatives and friends, how we view God, and our attitude toward life and death.

The key word here is *attitude*, for our attitude is behind the way we think, feel, and act—and what we say and do determines how others know us. Not much explanation is needed—this is the way we see ourselves and want others to see us.

When we consider attitude, we should consider our own—and not the attitude of younger generations toward us. All things considered, growing old is not negative as long as our attitude toward life does not become sour. The beauty of life is that we are in control of our thoughts, our attitudes. We can think of ourselves not as old, but as just more experienced.

I finally got my head together, but now my body is falling apart.

