

# Taormina Happenings

Spring/Summer 2019

## HOW WALKING AFFECTS THE BODY

- 
- 3 MINUTES blood pressure decreases
  - 5 minutes (outside) mood improves
  - 5-10 minutes Creative thinking improves
  - 15 minutes (after meals) Blood sugar level decreases
  - 30 minutes (after meals) Helps to lose weight
  - 40 minutes Reduces risk of coronary disease
  - 90 minutes (outside) Reduces depressive thoughts

*Taps Tips*  
Taormina Activity Planners  
Historic Taormina  
Spring/Summer 2019



*Meadow Pond*

**A Celebration of Spring**

*Join us for High Tea  
on John and Helene's deck  
53 Taormina Lane*

**Saturday, April 27, 2-4 pm**

*Meet new neighbors  
Re-connect with old friends*



*In Memory of*  
 Marguerite Duarte  
 Annavene Bunn

and  
 Beloved Pets



Clara Grantham  
 Alfred Schreiber  
 Sweetie Nelson Edwards



save the date

Saturday, August 24

at Marqui's 2 - 4 pm

Ice 67 Taormina

Cream  
 social



cool off in the  
 shade on a hot  
 summer day

Adopt-A-Family  
 2018



Thank you, Taormina, for your  
 continuing generosity. You made  
 three families very happy this  
 Holiday Season.



Recipe



Quick Whole Wheat & Molasses Bread

- Oil or butter for greasing pan
- 1 2/3 C buttermilk
- 2 1/2 C whole wheat flour
- 1/2 C cornmeal
- 1 tsp salt- 1 tsp baking soda
- 1/2 C molasses

Heat oven -325 degrees. Grease an  
 8X 4 inch loaf pan.

Mix dry ingredients. Stir Molasses  
 into buttermilk. Stir liquid into dry  
 ingredients-pour into loaf pan.

Bake 45 minutes to 1 hour until firm  
 and toothpick comes out clean.

Cool on rack for 15 minutes  
 before removing from pan.



Welcome  
 to all the

New  
 Neighbors

- Morgan Peyton
- Ulrich Brugger
- Nick Golden/Erin/Robert
- Beau Van Donlelaar/Kat Burke
- Emily Thomas
- Margaret Kenney
- Bradley Miskell
- Cheryl McCallister
- Rachel Sommer
- Susan Arthur
- Sal Flores
- Michael Jurdan/Peggy Dekom
- John Sasser
- Anandaraj Ponnambalam/Carol Munter



*A fond Farewell*

- Allasandra
- Susan Guy
- Sandy Groskey
- Eve Venturi
- Bonnie Sessions
- Robert Challen
- Allyn Wilde&Kathy Leary Wilde