

Fields Grove Flats Newsletter

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BANANA PEACH SMOOTHIE

Prep Time: 3 minutes
Servings: 3 to 4

This fruit smoothie is a perfect way to start your day, an easy afternoon snack or even a summery dessert. The abundance of fruit in this recipe packs it with healthy energy.

Ingredients

1 can (15-1/4 oz.) DEL MONTE Sliced Yellow Cling Peaches, chilled
1 medium banana, peeled and sliced
1 cup low-fat milk
1 cup ice
1 can (6 oz.) DEL MONTE Pineapple Juice, chilled
Fresh sprigs of mint to garnish (if desired)

Instructions

1) Combine peaches and syrup with all other ingredients in blender.
2) Cover and run on high until smooth.

Source: <http://www.homemadesimple.com>

Annual Meeting Highlights...

The Association continues to run smoothly. The budget is on track and no increases in condominium fees are necessary.

One seat was up for election. Ken Roberts, incumbent, was the only candidate listed on the ballot. There were no nominations from the floor. Nomination was passed unanimously. ***We appreciate all members of the board and their commitment to serve the community and volunteer their time.***

Security concerns for residents regarding recent loitering in parking lot were discussed. Call the Nashua Police when unauthorized people are seen loitering on site. ***Do not confront anyone you do not know.*** Betty Gosslin will be the on-site contact for the Nashua Police Department for any incidents reported.

Other concerns discussed at the meeting were the federal regulations allowing 20% of residents to be under the age of 55. Handouts were given explaining the regulations. If you did not receive a copy of these regulations please call our office and we can mail you a copy.

The next board of directors meeting is scheduled for Wednesday, October 26th at 6:00pm.

Meeting minutes are posted on our website:
www.sequelddevelopmentnh.com

If you do not have access to a computer, please call our office and we would be happy to mail you a copy.

*Peter Dalloff,
President*

Sequel Property Management



New Office Hours:

Monday - Friday

8:30am - 5:00pm

**24-hour Emergency
Maintenance Service
603-889-5160**

**Sequel Property
Management**

**Office will be Closed
Monday September 5th
to observe the
Labor Day Holiday.**

**Office will re-open
Tuesday
September 6th at 8:30am**

**Nashua Senior
Center News!**

The Nashua Senior Center is always going somewhere! Each month we offer single day trips to places like the Foxwoods Casino Resort, the Coast of Maine, Lakes and Mountains of New Hampshire, and Boston Theatres and Restaurants. We also book multi-day trips to destinations such as London and Paris, Ireland, Italy, Hawaii, Myrtle Beach, Arizona and the Grand Canyon. Tour prices generally include meals and transportation.

To find out more about our current travel offerings click on our newsletter link:
http://www.seniorpublishing.com/system/Newsletters%5CNH%5C584%5C584_3_2010.pdf
OR call our Trip Coordinator at (603) 889-6155 extension #13, or visit the Center at 70 Temple Street in Nashua.

Local Events:

**Labor Day Weekend Craft Fair -- Alton, NH
September 3, 2011 to September 5, 2011**

Over 100 juried craftsmen and women from all over New England will display and sell their American-made works and gourmet specialty foods. Event is held rain or shine, is handicap accessible, and friendly pets are welcome on leash. Alton Bay is also accessible by boat on Beautiful Lake Winnepesaukee. Location: Community House and Waterfront, Route 11.

Time: Saturday, 10 a.m. - 6 p.m.

Sunday, 10 a.m. - 5 p.m.

Monday, 10 a.m. - 4 p.m. Cost: free. Information: 603-332-2616 or visit

www.castleberryfairs.com

**Crafts at the Capitol --Concord, NH
November 19, 2011 to November 20, 2011**

Back for our third year, Crafts at the Capitol is a juried fine craft fair featuring artisans from the League of NH Craftsmen and NH Art Association.

Location: Capitol Center for the Arts,
44 South Main Street.

Time: 10 a.m. to 5 p.m.

Cost: Free Admission

Information: www.gigilaberge.com

What is Labor Day About?

The first Labor Day in the United States was observed on September 5, 1882, in Boston, by the Central Labor Union of New York, the nation's first integrated major trade union. It became a federal holiday in 1894, when, following the deaths of a number of workers at the hands of the U.S. military and U.S. Marshals during the Pullman Strike, President Grover Cleveland put reconciliation with the labor movement as a top political priority. Fearing further conflict, legislation making Labor Day a national holiday was rushed through Congress unanimously and signed into law a mere six days after the end of the strike. The September date originally chosen by the CLU of New York and observed by many of the nation's trade unions for the past several years was selected rather than the more widespread International Workers' Day because Cleveland was concerned that observance of the latter would stir up negative emotions linked to the Haymarket Affair, which it had been observed to commemorate. All U.S. states, the District of Columbia, and the territories have made it a statutory holiday.

Source: http://www.ask.com/wiki/Labor_Day