



NOVEMBER 2009

# Resident *Life*

A MONTHLY RESIDENT UPDATE

## **AMLI at Barrett Lakes** **1950 Barrett Lakes Blvd.; Kennesaw GA, 30144** **770.514.7300**

### **Happy Thanksgiving**

Thank you for choosing AMLI at Barrett Lakes as your place to call home! We wish you safe travels during this holiday season. If you are going to be traveling, please remember to leave your heat on and faucets dripping to avoid any frozen pipes. Also, our offices will be closed on **Thursday, November 26<sup>th</sup>**.

### **Flu Shots Available!**

It's that time of year again! Protect yourself from getting sick during the Holiday season by getting a flu shot. We have made it very simple for you to take care of this by providing the vaccine right here in the clubhouse for only \$25. On **Saturday November 7<sup>th</sup> from 1:30 p.m. until 3:30 p.m.**, a clinic will be set up and flu shots will be available. If you are unable to make it during this time frame, the clinic will also be available at Barrett Walk from 3:30-5:30. **Do not take vaccine if you:** Are allergic to chicken or eggs. Have a history of Guillain-Barre Syndrome. Are presently on antibiotic therapy (we will give you alternate clinic dates available). Have sensitivity to Thimerosal (eye contact lens solution). Have a fever.

### **1, 2, 3.....CHEESE!**

The holiday season is fast approaching and you keep meaning to get the family out for some great photos, wait no longer! McCurry Photography will be set up here at the leasing office **Saturday, November 21<sup>st</sup>** to take your holiday family shots! Packages range from \$20 to \$200. This event is going to fill up quick so please call and schedule your appointment with us as soon as possible. Feel free to call us at 770.514.7300 or email your reservation to [barrettlakes@amli.com](mailto:barrettlakes@amli.com). Be on the look out for more detailed information very soon!

### **AMLI Fit Club**

Due to the great turnout, we will be continuing the fitness classes through November! Thank you to everyone who has been participating. For those who have not been able to make it, you are welcome to join the class at anytime! **Classes are held every Monday evening from 6:30-7:30 p.m.** and are led by Fitness Instructor Triniti Williams. Every class is different ranging from Pilates to a Boot camp style workout.

### **Holiday Recipe: Easy Crockpot Cornbread Dressing**

**Ingredients:** 4 tablespoons butter, 8 ounces ground pork sausage, 1 cup chopped onion, 1 cup chopped celery, 2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley flakes, 1 package (16 ounces) seasoned cornbread dressing crumbs, 1 teaspoon poultry seasoning, 1/2 teaspoon rubbed sage, optional, 2 1/2 cups chicken broth, 1 egg, lightly beaten, 1/2 cup dried cranberries or raisins. **Preparation:** Butter a slow cooker or spray with nonstick baking spray. In a large skillet melt butter and add sausage, cooking and breaking up, until sausage is lightly browned. Add onion and celery and continue cooking until vegetables are tender. Add parsley poultry seasoning, and sage, if using. In a large bowl, combine the sausage and vegetable mixture with the crumbs. Stir until blended; add chicken broth. Add salt and pepper to taste and blend well. Blend in the lightly beaten egg and stir in the cranberries or raisins. Spoon into the prepared slow cooker; do not pack. Cover and cook on HIGH for 45 minutes. Reduce heat to LOW and cook for 3 1/2 to 4 1/2 hours longer. Serves 8.