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TAKE A LOOK
INSIDE THE
DECEMBER
2007 ISSUE:

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Château
ST. LAURENT
at Bothell Landing

ST. LAURENT

Gazette

DECEMBER 2007

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Video Games: They're Not Just for Kids

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The Charm of Downtown Bothell

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for a Day or a Lifestyle

HERE Wii GO!

While people of all ages might enjoy an occasional fun-themed bingo night, it's safe to say that the latest in home video-game technology rarely appears on the holiday wish lists of folks over the age of 50, let alone on the activity calendars of retirement communities.

Not anymore. In October, Chateau's heads of fitness and IT introduced the latest in home gaming technology—the Nintendo Wii (pronounced "we") to our sister community in Lynnwood, Chateau Pacific. Eventually a Nintendo Wii will be installed in every Chateau community, including Chateau St. Laurent.

"I especially like the tennis. It reminds me of when I used to regularly play tennis with my husband."

A March 30, 2007 New York Times article titled "Video Games Conquer Retirees" reported that sales of non-violent mind and body-stimulating games are drastically increasing with people over the age of 50. The article states that, "Older people are turning to

games that rely on quick thinking to stimulate brain activity."

The article also makes mention of a senior Wii bowling league that was recently organized in Crest Hill, Illinois. The organizer, Dick Norwood, 61, says, "In the past, I probably would have agreed video games are just for kids. But I'll tell you, at our age when

Chateau Residents are Mastering the Latest Video Games Ahead of Their Grandkids

you bowl for real, you wake up with aches and pains. . .with this you're getting good exercise, but you're not aching the next day."

The Wii holds appeal to seniors because it is different from traditional video games. Players hold a portable hand-held control that can be modified to resemble a baseball bat, tennis racket or golf club, depending on the game played. Players swing their bat, tennis racket or golf club and it correlates exactly to what's happening on the television screen.

"It's fantastic," says Chateau Fitness Director Chris Ann Scott. "The physical movement combined with hand-eye coordination provides a gentle but healthy combination of physical and mental activity that can potentially enhance our resident's overall well-being."

Just ask Bev Clayton of Chateau Pacific, who took the Wii for its first test drive. "I love it! I especially like the tennis. It reminds me of when I used to regularly play tennis with my husband. It brings back happy memories and makes me feel good at the same time."



Out of the Ball Park! Left photo: Resident Bev Clayton. Right photo: Fitness Director Chris Ann Scott joins Bev in a friendly match.

The Best Little Main Street Around

The sign that greets visitors to Bothell reads, "Welcome to Bothell, for a Day or a Lifetime." Spend a day in this charming cosmopolitan town, and returning for a lifetime won't seem beyond the realm of possibility.

Bothell is the perfect place to retire if you enjoy the amenities, services, restaurants, shops, performing arts and history of a larger metropolis, without the frenzied headache of a fast-paced urban environment. The boutique elegance found on Bothell's Main Street offers a lifestyle that is rich in culture, with all the comforts and warmth of a close-knit community.

Many of the shops dotting the five blocks of Bothell's charming Main Street have been established for decades, offering personable customer service to their loyal and dedicated customers. To name just a few:

PAUL RICHARD'S *Elegant clothing for men and women, serving the Bothell community for 27 years*



Bothell's main street adorned in full autumnal splendor. A view looking south toward the Hillcrest Bakery.

HILLCREST BAKERY *Creating tantalizing baked goods and warm, friendly smiles since 1934*

BOTHELL FURNITURE *Fine quality designer home furnishings, serving discriminating clients since 1985*

OLSON DESIGN JEWELRY *Exquisite original designs for you or the special someone in your life*

MAIN STREET ALEHOUSE AND CAFÉ *Relax with a frothy pint in a European style pub*

PEN THAI *One of the best Thai restaurants around*

Located just across the river from downtown Bothell's Main Street, Chateau St. Laurent has pride of place in this very special, thriving community. A five minute stroll over the pedestrian bridge and you're ambling along Main Street, ready to enjoy one the world's best cinnamon rolls with a cup of coffee at Hillcrest Bakery. As you take that last sip, you consider that gorgeous cashmere scarf at Paul Richard's—the perfect accessory to bundle up in for the short walk home.

Happy Holidays from Head Chef Sherrelle Collingridge

Meet Sherrelle Collingridge, Chateau's corporate chef. As the weather turns colder, Chef Sherrelle proposes a recipe for mulled wine, a pleasant combination of citrus and spices, and a great use for leftover red wine.

1-2 bottles of inexpensive red wine (depending on number of guests served)	6 cinnamon sticks
1/4 cup of sugar	1/4 teaspoon of ground nutmeg
12 whole cloves	1/4 teaspoon of allspice
	Fresh orange slices

In a large saucepan or Dutch oven, add the wine and ingredients (all seasonings can be varied to taste). Gently heat for 15 minutes, but don't allow the mixture to boil. This delightful and warming beverage is traditionally strained through a mesh colander and served in glass mugs with metal handles, but china mugs are fine. For a fast and easy holiday treat, try making this recipe in your electric coffee pot!

Warm cheer from Chateau St. Laurent to you and your loved ones this holiday season!



Chris' Corner

WELCOME TO BOTHELL,
FOR A DAY OR A LIFESTYLE

WARM WINTER GREETINGS

Recently, I was thinking about one of the things that set Chateau St. Laurent apart from other suburban CCRCs on the Eastside. It's simple: location, location, location.

If you're seeking a truly urban setting, there are new CCRCs being built in downtown Seattle and Bellevue. However, if you prefer the more relaxed atmosphere of a safe, friendly community that offers culturally-rich local services, amenities and options, then nothing on the Eastside can compete with Bothell.

In addition to Main Street shopping and dining overviewed on the opposite page, Bothell has a burgeoning arts scene with year-round theatre, light opera, concerts, symphony, and ballet performances at the Northshore Performing Arts Center.

Bothell boasts the world-renowned Northshore Senior Center, with 5000 active members, 1000 volunteers and over 500 activities and services offered every month. Further educational opportunities are also offered at the University of Washington's Bothell Campus under the Access program, where tuition is waived for anyone over 60.

Outdoor buffs can enjoy the lush beauty of the Sammamish River trail that winds along the peaceful Sammamish River directly in front of Chateau St. Laurent. Bring the grandkids for a picnic at beautiful Blyth Park, just minutes from the entrance to the trail. Or perhaps you're up for 18 holes of golf with a friend on Wayne Golf Course, a mere one mile journey from Chateau St. Laurent.

The possibilities in Bothell are endless, as you will discover in more detail in ensuing issues of the St. Laurent Gazette. In the meantime, the best way to get acquainted with your potential future neighbors, as well as the neighborhood, is to spend time getting to know them.

An excellent opportunity to accomplish both is available to you through upcoming special events, including a discussion with Bothell's City Manager on the revitalization project, a special local wine tasting and tour, and an overview of continuing education opportunities. Please let me know if there's a topic you'd like to see explored on our calendar!

I look forward to seeing you at our upcoming events.

Chris Serold,
Community Relations

QUESTIONS, COMMENTS, STORY IDEAS?
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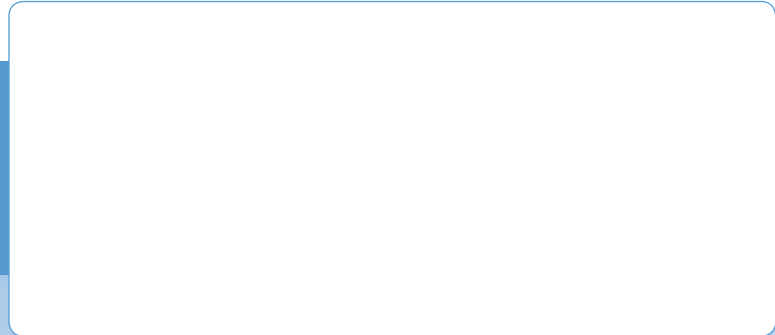
From our well appointed St. Laurent model kitchen to yours, Chef Sherrelle Collingridge stirs up some warm holiday cheer



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