

THE COPELAND EXPERIENCE

July 2022

A Look Back on July at Copeland Oaks...



SETTING SAIL

Residents went on board the [Nautica Queen](#) for an adventure that combined the best of Cleveland dining and sightseeing.



DINING AL FRESCO

Residents visited the [Quarry Golf Club](#) for a world-class dining experience coupled with top-notch service and breathtaking views.



READY FOR ANYTHING

Benjamin Thompson, Master Instructor, and Owner of [The Open Space Martial Arts](#) came to campus to teach a self-defense class.

Enjoying Summer in a Retirement Home



If you are getting ready to move into a retirement home, it may be worth considering what season is right for your move. Explore the benefits of retirement living in the summer time on our blog!

[Read More](#)

What's Cooking at Copeland?



Summer Vegetable Salad

Fresh herbs and garden veggies come together for this simple but flavorful summer dish. Make this the focus of your summer spread or serve it as a delicious side to a main course hot off the grill.

Ingredients:

SALAD

- 2 tomatoes (1 cup diced)
- ½ cucumber (1 cup diced)
- 1 red bell pepper (1 cup diced)
- ½ red onion (½ cup chopped)
- ½ cup diced feta

DRESSING

- 2 Tbsp olive oil
- ¼ cup fresh parsley
- 1 tsp lemon juice
- ½ tsp oregano
- ½ tsp honey
- 1 clove garlic minced
- Pinch of salt and pepper

Directions:

1. Salad: Chop all salad ingredients into equal-sized blocks. Toss together in a large bowl.
2. Dressing: Whisk together the dressing ingredients.
3. Assemble: Add the dressing to the salad, tossing to evenly coat. For tastiest results, let chill in the refrigerator for 1 hour prior to serving.

CALLING ALL COPELAND ASPIRING CHEFS AND BAKERS

Do you have a recipe you want to share? We'd love to feature it in our newsletter. Please submit your favorite recipes to the Marketing Office.

[Read All Recipes](#)



Schedule a move-in date to an Independent Living Villa or Apartment before July 31, 2022 and receive TWO months of free rent. PLUS, we will cover your moving costs up to \$1,500!