We Did the Hokey Pokey and We Turned Ourselves Around. That Is What It’s All About! Happy New Year!

Fairwinds – Brighton Court

FEBRUARY 2019 • FITNESS FRENZY
SUNDAY  
10:00 Wi Games, LR  
11:00 Pass the Buzzer (Word Game), LR  
10:30 Skip-Bo, AR  
12:00 Sunday Sundae, BIS  
3:00 Pianos (Card Game), LR  
6:30 High & Foot (Card Game), AR  
7:00 Church Service with Trinity, LR

MONDAY  
9:30 Seated Senior Aerobics, LR  
10:00 The Great Courses, LR  
10:00 Mahjong (Tile Game), AR  
11:00 Grant Jergs, LR  
11:00 LE Exercise Class, LR  
11:30 Brain Games, LR  
12:30 Bingo for Fruit, AR  
1:00 Stitch in Time, LR  
1:00 Blood Pressure Checks, CR  
1:30 Wine Boarding, AR  
3:00 "Wheel of Fortune," AR  
6:30 Monday Comedy, "Golden Years," LR

TUESDAY  
9:30 Silver Sneakers Classic (Group Class), LR  
10:00 The Great Courses, LR  
10:30 LE Exercise Class, LR  
11:00 Brain Games, LR  
11:30 Bingo for Fruit, AR  
1:00 Stitch in Time, LR  
2:45 Bible Study, AR  
5:00 Silver Sneakers Classic, LR  
6:30 Transitions Support Group, LIB  
6:30 Skip-Bo, AR

WEDNESDAY  
9:30 Balance Basics, LR  
10:30 Mexican Tran, LR  
11:30 ABOUT & OUT TO IVARS IN MUKILEDO  
11:00 LE Exercise Class, LR  
11:00 Balloon Volleyball, LR  
2:00 Blackjack, AR  
3:00 Trivia Time, LR  
6:15 Bingo Bonanza Night, AR  
6:30 Men's Wisdom Circle, LR

THURSDAY  
9:00 Massage Therapy with Angela, TS  
9:30 Silver Sneakers Yoga, LR  
10:30 Netflix Documentary, LR  
11:00 LE Exercise Class, LR  
11:50 Sno-Isle Library Card Service, LR  
1:00 Bean Bag Baseball, LR  
2:30 Happy Hour, BIS  
6:30 DISCOVERING HISTORY, PRESIDENTS 1900-45, LR  
7:00 Poker, BAL

FRIDAY  
9:30 Balance Basics, LR  
9:30 Coffee Social, BIS  
11:00 Mexican Tran, LR  
12:00 PIZZA PARTY, BIS  
12:30 Bingo for Fruit, AR  
12:30 Balloon Volleyball, LR  
1:45 Art Expressions with Adriana, AR  
3:00 Fitness for Parkinson's, LR  
3:00 Wii Bowling, LR  
6:30 JOKER (Card Game), AR  
6:30 "FRIDAY FLICK, "THIS BEAUTIFUL FANTASTIC," BIS  
7:00 Poker, BAL

SATURDAY  
9:30 Balance Basics, LR  
9:30 Coffee Social, BIS  
11:00 Mexican Tran, LR  
12:00 PIZZA PARTY, BIS  
12:30 Bingo for Fruit, AR  
12:30 Balloon Volleyball, LR  
1:45 Art Expressions with Adriana, AR  
3:00 Fitness for Parkinson's, LR  
3:00 Wii Bowling, LR  
6:30 JOKER (Card Game), AR  
6:30 "FRIDAY FLICK, "MARSHALL," BIS  
7:00 Poker, BAL

Locations
Activity Room, AR  
Balcony, BAL  
Brisa  
Conference Room, CR  
Garden Floor Activity Room, GAR  
Hobby Shop, HS  
Library, LIB

FEBRUARY 2019  
Fitness Frenzy
The Power of Pet Therapy

Petting a dog or cuddling a kitty can be a joyful, heartwarming experience. There’s evidence those warm, fuzzy feelings have health benefits.

While history shows that animals were used to lift people’s spirits as far back as the Middle Ages, little research was done on the subject until the 1960s. After observing the positive effect his dog had on a young patient, American psychologist Boris Levinson began to explore the connection. He coined the term “pet therapy,” believing animals could aid people in therapeutic ways.

Studies show that spending time with animals on a regular basis can improve a person’s emotional and physical quality of life. Animal therapy programs offer unique opportunities for interaction and socializing with others. Pets supply companionship and affection, which help calm anxiety and increase self-esteem. Walking, grooming and petting animals are physical activities that can improve mobility and motor skills as well as boost energy.

Animal therapy is used in a variety of settings, including senior care centers, hospitals, veterans organizations and schools. Dogs and cats are the most popular therapy animals, but horses, llamas, rabbits, pigs and birds are also among the pets used.

Tips for a Doctor Visit

Get the most from your next doctor’s appointment with these helpful tips, based on advice from practicing physicians:

- **Prepare questions** — Whether your visit is for a routine checkup or a specific concern, it’s wise to write down any questions you want to ask the doctor. Rank them by priority, so you’re sure to address the most pressing issues. Also, it can help to rehearse your questions in advance.

- **List your medications** — At home, review all your medications and write down the names, dosages and other instructions for each one. Include prescriptions, over-the-counter medicines and dietary supplements. Bring the list with you to your appointment.

- **Bring someone with you** — A relative or close friend can help take notes, ask questions and simply offer support.

- **Arrive early** — It’s recommended that you arrive about 15 minutes before your appointment time. This gives you a chance to fill out paperwork and complete any other office procedures.

- **Be honest** — Doctors say it’s important not to hold back information such as family history and lifestyle habits. This knowledge helps them make a proper diagnosis and prescribe the best treatment.

Lucky Lanterns

Whether it’s called Chinese New Year, Lunar New Year or the Spring Festival, it’s a major holiday in China and other Asian countries. The 15-day celebration begins on Feb. 5 this year and ends with the Lantern Festival, which marks the first full moon of the lunar year. Decorating these festivals are displays of glowing, hanging lanterns.

Made of paper or silk wrapped around a wooden or metal frame, Chinese lanterns were invented as early as A.D. 25. The traditional lantern shape is a sphere, representing the full moon. Some varieties take the form of other Chinese symbols, such as a dragon or lotus flower.

Decorated with calligraphy or art, the lanterns come in all sizes and can be almost any color, but usually they are red, a popular hue in China that represents happiness and good fortune. Red or gold tassels often hang from the bottom of each lantern.

Lanterns are displayed throughout spaces both outdoors and indoors. A lantern hanging in the home is a symbol of protection and good luck, and lighting it is believed to bring prosperity.

2019 PrimeFit Resolution:

Welcome to the new you.

Staff

General Manager
Jackie Requa-Hall

Guest Services Manager
Karen Peterson

Sales Advisor
Becky Tilbury

Sales Advisor
Frank Metschar

Move-In Coordinator
Linda Kent

Chef
Kal Gellein

Restaurant Supervisor
Hedley Katro

Office Manager
David Molloy

Program Supervisor
Katie Blomgren

Receptionist
Mary Burns

Plant Operations Supervisor
Tabatha Ferraro

Promo 2019 PrimeFit Resolution: Welcome to the new you.