

# livfun

Fairwinds - Brittany Park

APRIL 2019 • SONGS OF SPRING



## Crunchy Carrots

Famous for their crunch and their bright orange color, carrots are one of the most popular produce picks.

Wild carrots grew in Asia at least 3,000 years ago, but they weren't the vegetable we know today. In hues of purple, green, yellow and white, they were tough and bitter, and used mainly for medicinal purposes. Edible orange carrots are thought to have been developed by the Dutch in the 1600s. European settlers brought carrot seeds to Colonial America for cultivating.

Carrots are a root vegetable, and because they grow underground, they absorb nutrients from the soil. Along with fiber and vitamin C, carrots are packed with beta carotene, an antioxidant that the body converts into vitamin A, needed for healthy eyes, skin and immunity. The natural sugar content in carrots provides a subtle sweet flavor to dishes, even desserts such as carrot cake.

Although carrots come in many colors and sizes, baby-cut carrots make up nearly 70 percent of carrot sales. Developed in 1986, these snack staples are simply full-grown carrots that have been cut and peeled into 2-inch pieces.

## The Nation's Library

With its mission to preserve and provide knowledge, the Library of Congress was founded April 24, 1800, in Washington, D.C., and has grown to become the largest library in the world.

Beginning as a small collection of books housed inside the new U.S. Capitol building, the library served as a resource for members of Congress. During the War of 1812, the British set fire to the Capitol, destroying the library. To help rebuild it, former President Thomas Jefferson sold his personal collection of 6,500 books to Congress.

The library eventually outgrew its space in the Capitol, so a separate building was constructed. When the massive structure opened in 1897, it was praised for its stunning architecture and artwork. Around this time, the library also expanded its purpose, making its materials more accessible to the public and serving as the national library of the American people.

Now comprising three buildings, the ever-growing Library of Congress contains more than 167 million items – books, films, photos, newspapers, maps, sheet music and more – from all over the globe.

Those who live outside of Washington, D.C., can make virtual visits to access the library's collections through its website, LOC.gov.



## Bursting With Blossoms

A sure sign of spring is the beautiful blossoming of many trees. Here are a few varieties that put on a seasonal show:

**Dogwood** – Native to North America, the dogwood is famous for its stunning springtime display of white or pink blooms, making it a popular landscaping tree since America's earliest days. Both George Washington and Thomas Jefferson had dogwoods planted at their estates.

**Japanese flowering cherry** – This tree is the star of the National Cherry Blossom Festival in Washington, D.C., as well as other spring celebrations around the world. Its branches display delicate pink-white flowers that bloom for just a short time early in the season.

**Magnolia** – Prized for their large, fragrant flowers in shades of white, pink, red, purple and yellow, magnolias are often associated with the South, but varieties are grown in every region.

**Eastern redbud** – Dainty clusters of magenta blooms attract butterflies and birds to the redbud, which grows primarily in the eastern half of the U.S.

WEEKLY SCHEDULE

EVERY SUNDAY	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	EVERY SATURDAY
2:00 Mexican Train Dominoes, B 7:00 Canasta, Cribbage, & Cards, B	11:00 Silver Sneakers, B 1:00 Poker, A 1:00 Balance Basics, G 1:30 Scenic Drive, L 1:30 Pinochle/Scrabble, B 3:00 Wii Golf, T	10:30 Seated Aerobics, B 1:00 Stretch & Flex, T 2:00 Intermediate Mahjong, B 3:00 Wii Bowling, T 7:00 Pinochle/Scrabble, B	10:00 Brain Boot Camp, B 2:00 Recreational Sports, B 7:00 Poker, A	9:00 Driftwood Class, A 10:30 Seated Aerobics, B 1:00 Pinochle/Bridge, B 3:00 Wii Golf, T 7:00 Movie, T	10:00 Pins N Needles, A 11:00 Silver Sneakers, B 1:00 Balance Basics, G 1:30 Bible Study, Daytime, T 2:00 Mahjong, B 6:00 Bible Study, Evening, LR 7:00 Poker, A 7:00 Movie, T	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Transportation</b>                      Monday, Wednesday, Friday                      &amp; Saturday, 9 a.m.-1 p.m.:                      Town Shuttle &amp; Pool                      Tuesday &amp; Thursday,                      9 a.m.-2 p.m.: Doctor                      Appointments</p>	1 9:30 Writing Class, PDR 1:00 Chair Yoga with Irene, T 2:00 Singalong with Barb, LR	2 2:00 Performance by Cornerstone Singers, F	3 10:00 Flower World & Brunch at Maltby Cafe, L 2:00 Bingo, F	4 1:00 Chair Yoga with Irene, T	5 10:30 TED Talks, T 11:00 Avon, L 1:30 Costco, L 2:00 Author: Kelli Estes Visit & Book Signing, F	6 1:00 Frustration Card Game, B 1:30 Scenic Drive, L 1:30 Performance: Shakespeare, "Twelfth Night," F 2:00 Bingo, F 7:00 Movie Night, T
7 10:00 Sunday Service, T 12:30 Catholic Service, T 2:00 Movie Matinee, T 7:00 Movie, T	8 9:30 Writing Class, PDR 10:00 Presentation: Woodinville City Manager, Brandon Buchanan, F 1:00 Chair Yoga with Irene, T 2:00 Hymn Singalong, LR	9 12:00 Resident Birthday Lunch, F 1:30 Sharing Circle, A	10 2:00 Bingo, F 6:00 "Crystal," Cirque Du Soleil on Ice in Everett, L	11 1:00 Chair Yoga with Irene, T 2:00 Musician: Sandra Walker, LR	12 10:30 TED Talks, T 11:00 Sound Generation, Information Table, L 1:30 Safeway & Bartell, L 1:30 Watercolor Class, A 2:30 Hearing Clinic, LR	13 1:00 Frustration Card Game, B 1:30 Scenic Drive, L 2:00 Bingo, F 7:00 Movie Night, T
<b>PALM SUNDAY</b> 14 10:00 Easter Brunch, F 10:00 Sunday Service, T 12:30 Catholic Service, T 2:00 Movie Matinee, T 7:00 Movie, T	15 9:30 Writing Class, PDR 1:00 Chair Yoga with Irene, T 2:00 Singalong with Barb, LR	16 11:00 The Accessory Boutique, Vendor Sale, L 1:00 Adult Coloring with Jo & Friends, A 7:00 Book Club, A	17 9:30 Tulip Farms, Skagit Valley, L 2:00 Bingo, F	18 9:15 Traveling Library, LR 1:00 Chair Yoga with Irene, T 2:00 Performance: Naomi Morgan, "Anything Goes," F	<b>GOOD FRIDAY</b> <b>PASSOVER STARTS AT SUNDOWN</b> 19 10:30 Meet & Greet New Residents, LR 10:30 TED Talks, T 1:30 Trader Joe's/Nordstrom Rack/Whole Foods, L	20 1:00 Frustration Card Game, B 1:30 Scenic Drive, L 2:00 Bingo, F 7:00 Movie Night, T
<b>EASTER SUNDAY</b> 21 10:00 Sunday Service, T 12:30 Catholic Service, T 2:00 Movie Matinee, T 7:00 Movie, T	<b>EARTH DAY</b> 22 9:30 Writing Class, PDR 1:00 Chair Yoga with Irene, T 2:00 Hymn Singalong, LR	23 2:00 Performance by Debbie Dimitre, "Beatrix Potter," F	24 10:00 Redmond Farm & Lunch Nearby, L 2:00 Bingo, F	25 4:00 Casino Night, B	26 10:30 TED Talks, T 1:30 Fred Meyer, L 1:30 Watercolor Class, A	27 1:00 Frustration Card Game, B 1:30 Scenic Drive, L 2:00 Bingo, F 7:00 Movie Night, T
28 10:00 Sunday Service, T 12:30 Sunday Service, T 2:00 Movie Matinee, T 7:00 Movie, T	29 9:30 Writing Class, PDR 1:00 Chair Yoga with Irene, T 2:30 Presentation: Dr. Jim, "Adventures to Israel," T	30 12:00 Men's Club Lunch, F 1:00 Adult Coloring with Jo & Friends, A	<b>Birthdays</b> Lola Rice, 1st Nancy Delserone, 3rd Marie Nelson, 4th Nancy Scanzon, 5th Wanda Teske, 7th Jody Voligny, 7th Dallas Whitsell, 8th Barbara Symonds, 9th Maureen Swanberg, 9th Corrine Kroon, 14th Elsie Neuharth, 15th Georgia Bibbins, 15th Marlys Waller, 16th Marge Sanders, 16th Diane Ullery, 17th Sharon Ballisty, 19th James Macke, 20th Ruth Roetcisoender, 20th Arlys Isaacson, 24th Carol Trapp, 25th Mary Kay Brancheau, 27th Sallie Tuttle, 28th Pat Shotwell, 29th			<b>Locations</b> Living Room, LR Lobby, L Patio, P Private Dining Room, PDR Theatre, T Activity Room, A Balcony, B Fireside Dining Room, F Gym, G



## Understanding Cholesterol

Keeping cholesterol levels within an ideal range is essential for good health. That's why it's important to understand the terms and numbers associated with managing it.

Cholesterol is a waxy, fatty substance that the human body needs to build cells. The liver makes cholesterol, and it's also found in the foods we eat, such as meat and full-fat dairy products. Too much cholesterol in the bloodstream can build up on artery walls and block blood flow, resulting in heart disease or stroke.

There are two types of cholesterol, and the levels of both can be measured with a blood test. Low-density lipoprotein, or LDL, is the "bad" kind that leads to fatty buildup in arteries. Your LDL should be less than 100 milligrams per deciliter of blood. High-density lipoprotein, or HDL, is the "good" type that is broken down by the liver. Ideally, HDL should be above 60 mg/dL. Your total blood cholesterol level is a sum of several measurements, and should be less than 200 mg/dL.

Maintaining a healthy weight, eating a diet low in saturated fat, and getting regular exercise can help keep cholesterol at target levels. It is important to get regular checkups and consult your physician if you have any questions or concerns.

## Catch a Ride on a Carousel

Where can you ride a horse, a tiger or even a unicorn? On a carousel!

They're amusement rides now, but carousels began in the Middle Ages as a way for warriors and knights to practice combat skills. The men sat on wooden horses attached to a central pole and played jousting games while a person or trained animal rotated the pole.

By the 1800s, carousels began to appear as rides at fairs and carnivals across Europe. An operator used a hand crank or rope to spin the structure. The wooden horses were not attached to a platform below, so they swung outward, and the ride was called a "flying horses carousel."



As carousels grew in popularity, their designs became more complex. Platforms were added to stabilize the structures. Elaborately decorated zoo animals and fairy-tale beasts, such as elephants, giraffes and dragons, joined horses on the merry-go-rounds. Steam power and then electricity fueled gears that allowed the rides to move up and down in addition to rotating, and pipe organ music and lights added to the entertainment.

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## Hit Ideas at the Ballpark

With baseball season in full swing, touch base with this look at some ballpark traditions.

**Presidential pitches:** It was 1892 when Benjamin Harrison became the first U.S. president to attend an MLB game. But in 1910, William H. Taft started the custom of sitting presidents throwing out a ceremonial first pitch.

**Concession stands:** Chicago's Wrigley Field, home of the Cubs, is the birthplace of permanent concession stands, which started in 1914 with a single kiosk that offered hot dogs, peanuts and popcorn.

**Numbered uniforms:** Dating back to 1916, teams had struck out with wearing small numbers on their uniform sleeves. Then in 1929, the New York Yankees had more visible 12-inch numbers sewn onto the backs of players' jerseys so fans could identify them. Other MLB teams followed their lead.

**Organ music:** The first chords of live organ music to be played at an MLB ballpark sounded out at Wrigley Field in April 1941.

**Night games:** On May 24, 1935, the lights were turned on for big league baseball's first night game, held at Crosley Field, then home of the Cincinnati Reds.

**Foul balls:** The owner of the Chicago Cubs, Charlie Weeghman, was the first team owner to allow fans to keep foul balls hit into the stands, starting in 1915. Most ballparks had ushers retrieve the balls so they could be put back into play.



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