

# livfun

Fairwinds - Desert Point

APRIL 2019 • SONGS OF SPRING

## Fitness Attendance Challenge

As we are all aware, February was our Fitness Frenzy, an entire month dedicated to fitness and living our best lives through health and exercise.

One of the challenges PrimeFit held during this month was the Fitness Class Attendance Challenge. This was a challenge to see who could attend the most 10 a.m. and 11 a.m. fitness classes during the month of February. I am pleased to announce that we had not only one winner for this challenge, but a very unique tie with two winners this year! Loretta Peterson and Shirley Wood were the two attendees who attended every single class held during the month of February. What an amazing accomplishment and dedication they made to their health and well-being. What we all can take from these two ladies is that keeping active and exercising is a huge part of increasing your quality of life. Exercise can have huge effects on how we feel and our body functions on a day-to-day basis.

### A few great examples are listed below:

1. Exercise decreases your overall anxiety levels.
2. Exercise greatly boosts your immune system functions.
3. Exercise improves your quality of sleep, creating a better night's rest.
4. Exercise strengthens your mental and physical health.
5. Exercise enhances both your physical and mental body image.

These are just a few basic benefits that exercise offers us. I could go on forever explaining how exercise can help improve your quality of life. However, the very best way is for you to join me in the gym and try it out for yourselves. Hopefully, I will see you there.

I want to again congratulate Loretta and Shirley for a great job, and to all the residents who participate in our fitness classes, awesome work!

—Michael Linzey

## Weekly Happy Hour

If you haven't heard the news, Happy Hour is the best place to be! Every Thursday from 2:30 to 3:30 p.m., you are invited to live entertainment. This activity not only has free great music, it also has a free open bar and hors d'oeuvres! Every Thursday, you will catch Theresa setting up early for our Hour of Happiness! Later, if you're really lucky, you will see our very special staff members doing a grand job at helping her out throughout the performance. We hope to see you down in our Lobby!



*It is almost showtime!*



*Our very special staff at Happy Hour!*



*Twist and Shout, Kimberly!*



*Say "Fitness" (not pictured, Loretta)*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<b>Locations</b> Bistro, B Brain Gym, BG Courtyard, CY Dining Room, DR First Floor Living Room, 1LR Lobby, L Movie Theater, TH Pool, P PrimeFit Gym, Gym Second Floor Activity Area, 2AA The Reading Room, RR	9:00 Bible Study, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH <b>10:30 Current Events, 1LR</b> 11:00 Balance & Core, Gym 1:00 Wii Bowling, 2AA 1:30 Ice Cream Social, B <b>1:30 Outing Marriage of Figaro</b> <b>3:00 Dr. Topoff: Critical Thinking, TH</b> 6:45 Movie, TH	10:00 Bridge Lessons, 2AA 10:00 Silver Sneakers Classic, Gym 10:00 Movie, TH <b>11:00 Qi-Gong with Gary &amp; Deb Kortyna, Gym</b> 1:30 Bingo, 2AA 1:30 Aqua Aerobics, Gym <b>3:00 TED Talks, TH</b> 6:45 Movie, TH	9:00 Women's Bible Study, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Balance & Core, Gym 11:00 Catholic Service, 1LR <b>1:00 Corn Hole, Gym</b> 1:30 Vistoso Community Church Bible Study, 1LR <b>2:30 Gym Orientations, Gym</b> <b>3:00 Linda Griffin: The Great Gatsby, TH</b> 6:45 Movie, TH	10:00 Silver Sneakers Classic, Gym 10:00 Movie, TH 1:30 Aqua Aerobics, Gym <b>2:30 Happy Hour, L</b> 6:45 Movie, TH	9:00 Discussion, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH <b>10:00 Vendor: Unique Fashion, L</b> 11:00 Balance & Core, Gym <b>11:30 Lunch Walk</b> 1:30 Bingo, 2AA <b>3:00 Qi-Gong with Gary &amp; Deb Kortyna, Gym</b> <b>3:30 Jenga &amp; Popcorn, L</b> 6:45 Movie, TH	9:00 Wii Bowling, 2AA <b>9:30 Book Club, TH</b> 10:00 The Crafts Circle, 1LR <b>10:30 Blood Pressure Clinic &amp; TB Testing, Gym</b> 1:00 Mexican Train, 2AA 2:00 Movie, TH <b>2:00 Walker Decorating, 1LR</b> 6:45 Movie, TH		
1:30 Bingo, 2AA 2:00 Movie, TH 2:30 Vespers Service, 1LR 6:45 Movie, TH	9:00 Bible Study, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Balance & Core, Gym 1:00 Wii Bowling, 2AA 1:30 Ice Cream Social, B <b>1:45 Girls' Movie Matinee Hosted by Marianne Ryberg From Bayada Home Health Care, TH</b> <b>3:15 Current Events, 1LR</b> 6:45 Movie, TH	10:00 Bridge Lessons, 2AA 10:00 Silver Sneakers Classic, Gym 10:00 Movie, TH <b>11:00 Qi-Gong with Gary &amp; Deb Kortyna, Gym</b> 1:30 Bingo, 2AA 1:30 Aqua Aerobics, Gym <b>3:00 Joyful Melodies, L</b> 6:45 Movie, TH <b>6:45 Girls' Movie Night Hosted by Marianne Ryberg From Bayada Home Health Care, TH</b>	9:00 Women's Bible Study, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Balance & Core, Gym 11:00 Catholic Service, 1LR <b>1:00 Corn Hole, Gym</b> 1:30 Vistoso Community Church Bible Study, 1LR <b>2:30 Gym Orientations, Gym</b> <b>3:15 Trivia, TH</b> 6:45 Movie, TH	10:00 Silver Sneakers Classic, Gym 10:00 Movie, TH 1:30 Aqua Aerobics, Gym <b>2:30 Happy Hour, L</b> 6:45 Movie, TH	9:00 Discussion, 1LR <b>9:00 Vendor: Dusty Knob, L</b> 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Balance & Core, Gym 1:30 Bingo, 2AA <b>3:00 Shabbat Service, RR</b> <b>3:00 Qi-Gong with Gary &amp; Deb Kortyna, Gym</b> <b>3:30 Jenga &amp; Popcorn, L</b> 6:45 Movie, TH	9:00 Wii Bowling, 2AA 10:00 The Crafts Circle, 1LR 1:00 Mexican Train, 2AA 2:00 Movie, TH 6:45 Movie, TH		
<b>PALM SUNDAY</b> 1:30 Bingo, 2AA 2:00 Movie, TH 2:30 Vespers Service, 1LR 6:45 Movie, TH	9:00 Bible Study, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Balance & Core, Gym 1:00 Wii Bowling, 2AA 1:30 Ice Cream Social, B <b>3:15 Current Events, 1LR</b> 6:45 Movie, TH	10:00 Bridge Lessons, 2AA 10:00 Silver Sneakers Classic, Gym 10:00 Movie, TH <b>11:00 Qi-Gong with Gary &amp; Deb Kortyna, Gym</b> 1:30 Bingo, 2AA 1:30 Aqua Aerobics, Gym <b>3:15 Trivia, TH</b> <b>3:30 Popcorn Party, L</b> 6:45 Movie, TH	9:00 Women's Bible Study, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Balance & Core, Gym 11:00 Catholic Service, 1LR <b>1:00 Corn Hole, Gym</b> 1:30 Vistoso Community Church Bible Study, 1LR <b>2:30 Resident Meeting, L</b> <b>2:30 Gym Orientations, Gym</b> 6:45 Movie, TH	10:00 Silver Sneakers Classic, Gym 10:00 Movie, TH 1:30 Aqua Aerobics, Gym <b>1:30 Birthday Cake Hosted by Kelly From Clear Captions, 1LR</b> <b>2:30 Happy Hour, L</b> 6:45 Movie, TH	<b>GOOD FRIDAY</b> <b>PASSOVER BEGINS AT SUNSET</b> 9:00 Discussion, 1LR <b>9:30 JTED: Easter Celebration, 2AA</b> 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Balance & Core, Gym <b>11:30 Lunch Walk</b> 1:30 Bingo, 2AA <b>3:00 Qi-Gong with Gary &amp; Deb Kortyna, Gym</b> <b>3:30 Jenga &amp; Popcorn, L</b> 6:45 Movie, TH	9:00 Wii Bowling, 2AA 10:00 The Crafts Circle, 1LR 1:00 Mexican Train, 2AA 2:00 Movie, TH 6:45 Movie, TH		
<b>EASTER SUNDAY</b> 1:30 Bingo, 2AA 2:00 Movie, TH 2:30 Vespers Service, 1LR 6:45 Movie, TH	<b>EARTH DAY</b> 9:00 Bible Study, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Balance & Core, Gym 1:00 Wii Bowling, 2AA <b>1:00 Health &amp; Wellness Clinic Hosted by Marianne Ryberg with Bayada, 1LR</b> 1:30 Ice Cream Social, B <b>3:15 Current Events, 1LR</b> 6:45 Movie, TH	10:00 Bridge Lessons, 2AA 10:00 Silver Sneakers Classic, Gym 10:00 Movie, TH <b>11:00 Qi-Gong with Gary &amp; Deb Kortyna, Gym</b> 1:30 Bingo, 2AA 1:30 Aqua Aerobics, Gym <b>3:00 Joyful Melodies, L</b> 6:45 Movie, TH	9:00 Women's Bible Study, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Balance & Core, Gym 11:00 Catholic Service, 1LR <b>1:00 Memory Games Hosted by Cigna, 2AA</b> <b>1:00 Corn Hole, Gym</b> 1:30 Vistoso Community Church Bible Study, 1LR <b>2:30 Gym Orientations, Gym</b> <b>3:00 Walker &amp; Scooter Repair, L</b> <b>3:00 Wheelchair &amp; Walker Cleaning, Gym</b> <b>3:15 Trivia, TH</b> 6:45 Movie, TH	10:00 Silver Sneakers Classic, Gym 10:00 Movie, TH 1:30 Aqua Aerobics, Gym <b>2:30 Happy Hour, L</b> 6:45 Movie, TH	9:00 Discussion, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Balance & Core, Gym 1:30 Bingo, 2AA <b>3:00 Qi-Gong with Gary &amp; Deb Kortyna, Gym</b> <b>3:30 Jenga &amp; Popcorn, L</b> 6:45 Movie, TH	9:00 Wii Bowling, 2AA 10:00 The Crafts Circle, 1LR 1:00 Mexican Train, 2AA 2:00 Movie, TH 6:45 Movie, TH		
<b>11:00 Vistoso Community Church Service, L</b> 1:30 Bingo, 2AA 2:00 Movie, TH 2:30 Vespers Service, 1LR 6:45 Movie, TH	9:00 Bible Study, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Balance & Core, Gym 1:00 Wii Bowling, 2AA 1:30 Ice Cream Social, B <b>3:15 Current Events, 1LR</b> 6:45 Movie, TH	10:00 Bridge Lessons, 2AA 10:00 Silver Sneakers Classic, Gym 10:00 Movie, TH <b>11:00 Qi-Gong with Gary &amp; Deb Kortyna, Gym</b> 1:30 Bingo, 2AA 1:30 Aqua Aerobics, Gym <b>3:30 Popcorn Party, L</b> 6:45 Movie, TH	<b>Transportation</b> <b>Monday, 7 a.m. - 2:30 p.m.:</b> Medical Appointments <b>Tuesday, 8:45 p.m. - 2:30 p.m.:</b> Grocery Stores/ Shopping <b>Wednesday, 7 a.m. - 2:30 p.m.:</b> Medical Appointments <b>Thursday, 7 a.m. - 2:30 p.m.:</b> Medical Appointments <b>Friday, 8 a.m. - 12 p.m.:</b> Banks, Hair & Nail Salon <b>Sunday, 8 a.m. - 12:30 p.m.:</b> Northwest Churches			<b>Birthdays</b> Bob Ehlert, 2nd Arlene Hendrickson, 5th Esther Mortensen, 11th Louise McCutcheon, 12th Jacqueline Thomas, 12th Fred Gustin, 14th Serrine Lau, 15th Alfred Coleman, 16th Mary Herrschaft, 17th Phyllis Wallin, 18th Elizabeth Dorschner, 18th Nancy Mashoff, 21st Jackie Sullivan, 22nd Nancy Loalbo, 26th Charlotte Dolak, 26th		<b>Anniversaries</b> Mr. & Mrs. Ievers, 4/20/1982

## Jenga!

The most physical skill game you will ever play is Jenga! Jenga challenges your thought process and forces you to analyze the overall picture. The concept of Jenga is to not knock the tower over! Here at Fairwinds Desert Point, we gather together every Friday at 3:30 p.m. in our Lobby! Here you will melt from the smell of fresh popcorn! Yes, you heard correctly, popcorn! Join us in the Lobby for fresh popcorn and a thrilling game of Jenga!



*Jenga! Jenga! Jenga!*

## Fred and Pat Gustin Discuss Home at Fairwinds Desert Point

Fred and Pat are two of our very own Fairwinds Desert Point residents. This lovely couple genuinely enjoyed talking about our Community which they call home. Mr. and Mrs. Gustin both agreed that their absolute favorite activity to do at Fairwinds Desert Point is their 10 a.m. fitness class with Michael Linzey! The two not only enjoy the health benefits of this fitness class, but also the friendly environment. Besides exercise, Fred and Pat have a wonderful time attending Bible study together. Fred added that eating in our Dining Room is also such a joy of theirs because there are no dishes to wash, and the food and service are great! The Gustins both shared that Fairwinds Desert Point is such a very unique place. Despite making a big move to a new state, they've never felt more at home. Pat added that all the departments here at Fairwinds Desert Point make living here what it truly is! Housekeepers and Dining Room servers are a great asset to our team. Aside from how much fun they say our management team is, they really approve



*Smile if you don't have dishes to do!*

of how Fairwinds Desert Point is run. She says with that, we've all become family and they're both so thankful for each and every staff member here at Fairwinds Desert Point. Pat's example was Theresa. They see her as a granddaughter and mentioned how thankful they are for her and Hilary both. Pat added that when she was ill, Hilary was such a great help to her peace of mind. Not only did Hilary take care of her health, but she also assured her that Fred, too, would be in good hands while she was in the hospital. Pat and Fred say they'll never leave because they love their friends, family and most importantly their home here at Fairwinds Desert Point.

## DESERT POINT

10701 North La Reserve Drive  
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