

livfun

Fairwinds - Desert Point



OCTOBER 2019 • BUSHELS OF FUN

Activities for Breast Cancer Awareness Month

Every October, people come together to support the fight against breast cancer, and there are numerous ways to get involved.

Put on some pink – The color pink is a global symbol of breast cancer awareness. Sporting a pink ribbon and other accessories is a simple way to spark conversation about the disease. Some workplaces, schools and other groups designate a Pink Out Day, when participants make a donation and dress in pink to raise money and awareness.

Walk for a cure – Communities often host a 5K race or walk-a-thon in honor of Breast Cancer Awareness Month. These fundraising events allow people to join together and show widespread support to those battling breast cancer.

Go shopping – Many national brands and local businesses run promotions during October, when proceeds from the sales of specific items are donated to breast cancer organizations. Whether buying clothing, beauty products or baked goods, shopping can help fund the cause.

Give back – If you want to contribute money, choose charities that focus on patient support and/or research initiatives. To donate items such as blankets, hats and cards of encouragement, check with local hospitals and treatment centers to see if they accept donations for their breast cancer patients.

Please join us all day Friday, Oct. 18, 2019, for our Pink Out Day! In addition to dressing in full pink, we will be hosting a walk-a-thon that day beginning at 2:30 p.m. in our Bistro!



Get your pink on!



Together we fight. Together we win.

Updated PrimeFit Schedule

Michael Linzey's PrimeFit Instructor Hours: Monday-Friday: 8:30 a.m.-4:30 p.m. Gym Hours: 24 hours, 7 days a week

Class Descriptions

Balance & Core – This class gets you on your feet to work on flexibility, core strength and balance. A chair may be used for assistance. All exercises are designed to increase range of movement, stability and mobility. (30 minutes)

Monday, Wednesday and Friday at 11 a.m.

Flexercise – A chair-based class focused on light-resistance strength training using hand weights, balls and bands. All movements are done seated and include a total body warm-up, strength training and cool down. You are sure to get your heart rate up as well in this fun, safe environment. (45 minutes)

Monday, Wednesday and Friday at 10 a.m.

Orientations – Designed especially for newer residents to complete gym orientation, learn how to use and adjust all equipment and ask any questions about programs or classes. Everyone is welcome to attend. Wednesday at 2:30 p.m.



Getting things done!

(Continued on back.)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Birthdays Bruce Warner, 2nd Rose Dambrosio, 3rd Bess Lorenz, 3rd Jolly Turnbull, 3rd Polly Aten, 5th Joe Wallin, 6th Cheri Cross-Bushnell, 8th	Evelyn Thomson, 9th Mary Bell, 10th Sue Hankins, 10th Jimmie Miller, 11th Theresia Smith, 12th Alice Lubkin, 12th Charleen Ruiz, 12th Abe Lackow, 14th Joan Roberts, 15th	Aline Kennedy, 16th Bernie Kramer, 18th Jim Bixler, 21st Sibyl Stewart, 23rd Sue Paisola, 24th Joy Oram, 29th Sally Ashton-Brown, 30th Ralph Davis, 30th	10:00 Bridge Lessons, 2AA 10:00 Movie, TH 10:00 Silver Sneakers Classic, Gym 1:30 Bingo, 2AA 1:30 Aqua Aerobics, P 3:00 Qi Gong with Gary & Deb Kortyna, Gym 3:30 Guess the Sound, TH 6:45 Movie, TH	9:00 Women's Bible Study, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Catholic Service, 1LR 11:00 Balance & Core, Gym 1:30 Mahjong, RR 1:30 Vistoso Community Church Bible Study, 1LR 2:30 Gym Orientations, Gym 2:30 Scrabble, 2AA 3:20 Trivia, TH 6:45 Movie, TH	10:00 Silver Sneakers Classic, Gym 10:00 TED Talks, TH 10:30 Movie 1:30 Aqua Aerobics, P 2:30 Happy Hour, L 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 3:00 Qi-Gong with Gary & Deb Kortyna, Gym 3:00 Jenga & Popcorn, L 6:45 Movie, TH	9:00 Wii Bowling, 2AA 9:30 Book Club, TH 10:00 The Crafts Circle, 1LR 10:30 Blood Pressure Clinic & TB Testing, Gym 1:00 Mexican Train, 2AA 1:00 Bridge, 2AA 2:00 Movie, TH 4:00 Outing to Catalina State Park 6:45 Movie, TH
Anniversaries Mr. & Mrs. Bonneprise, 10/17/1953 Mr. & Mrs. Harris, 10/17/1953							
6 1:30 Bingo, 2AA 2:00 Movie, TH 2:30 Vespers Service, 1LR 4:30 Outing to the Pumpkin Patch 6:45 Movie, TH	7 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 1:45 Ladies' Movie Matinee Hosted by Marianne Ryberg From Bayada Home Health Care 6:45 Movie, TH	YOM KIPPUR STARTS AT SUNSET 8 10:00 Bridge Lessons, 2AA 10:00 Movie, TH 10:00 Silver Sneakers Classic, Gym 1:30 Bingo, 2AA 1:30 Aqua Aerobics, P 3:00 Joyful Melodies, L 3:00 Qi Gong with Gary & Deb Kortyna, Gym 6:45 Movie, TH 6:45 Ladies' Movie Night Hosted by Marianne Ryberg From Bayada Home Health Care, TH	9 9:00 Women's Bible Study, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Catholic Service, 1LR 11:00 Balance & Core, Gym 1:30 Mahjong, RR 1:30 Vistoso Community Church Bible Study, 1LR 2:30 Gym Orientations, Gym 2:30 Scrabble, 2AA 2:30 Oktoberfest, L 6:45 Movie, TH	10 10:00 Silver Sneakers Classic, Gym 10:00 TED Talks, TH 10:30 Movie 1:30 Aqua Aerobics, P 2:30 Happy Hour, L 6:45 Movie, TH	11 9:00 Discussion, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Balance & Core, Gym 1:30 Bingo, 2AA 3:00 Shabbat Service, RR 3:00 Jenga & Popcorn, L 6:45 Movie, TH	12 9:00 Wii Bowling, 2AA 10:00 The Crafts Circle, 1LR 12:00 Outing to Golden Goose 1:00 Mexican Train, 2AA 1:00 Bridge, 2AA 2:00 Movie, TH 6:45 Movie, TH	
13 1:00 Outing to Spirit Halloween 1:30 Bingo, 2AA 2:00 Movie, TH 2:30 Vespers Service, 1LR 6:45 Movie, TH	COLUMBUS DAY 14 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 6:45 Movie, TH	15 10:00 Bridge Lessons, 2AA 10:00 Movie, TH 10:00 Silver Sneakers Classic, Gym 1:30 Bingo, 2AA 1:30 Aqua Aerobics, P 3:00 Qi Gong with Gary & Deb Kortyna, Gym 3:30 Guess the Sound, TH 6:45 Movie, TH	16 9:00 Women's Bible Study, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Catholic Service, 1LR 11:00 Balance & Core, Gym 1:30 Mahjong, RR 1:30 Vistoso Community Church Bible Study, 1LR 2:30 Resident Meeting, L 2:30 Gym Orientations, Gym 2:30 Scrabble, 2AA 3:20 Trivia, TH 6:45 Movie, TH	17 10:00 Silver Sneakers Classic, Gym 10:00 TED Talks, TH 10:30 Movie 1:30 Aqua Aerobics, P 2:30 Happy Hour, L 6:45 Movie, TH	18 9:00 Discussion, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Balance & Core, Gym 1:30 Bingo, 2AA 2:30 Pink Breast Cancer Walk a Thon, B 3:00 Qi-Gong with Gary & Deb Kortyna, Gym 3:00 Jenga & Popcorn, L 6:45 Movie, TH	19 9:00 Wii Bowling, 2AA 9:30 Outing to Air Space Museum 10:00 The Crafts Circle, 1LR 1:00 Mexican Train, 2AA 1:00 Bridge, 2AA 2:00 Movie, TH 6:45 Movie, TH	
20 12:45 Outing to the Views 1:30 Bingo, 2AA 2:00 Movie, TH 2:30 Vespers Service, 1LR 6:45 Movie, TH	21 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 with Kelly From Clear Captions 2:30 Voices of the Desert, L 6:45 Movie, TH	22 10:00 Bridge Lessons, 2AA 10:00 Movie, TH 10:00 Silver Sneakers Classic, Gym 1:30 Bingo, 2AA 1:30 Aqua Aerobics, P 3:00 Joyful Melodies, L 3:00 Qi Gong with Gary & Deb Kortyna, Gym 6:45 Movie, TH	23 9:00 Women's Bible Study, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Catholic Service, 1LR 11:00 Balance & Core, Gym 1:30 Mahjong, RR 1:30 Vistoso Community Church Bible Study, 1LR 2:30 Gym Orientations, Gym 2:30 Scrabble, 2AA 3:00 Health Talk: Bayada, TH 6:45 Movie, TH	24 10:00 Silver Sneakers Classic, Gym 10:00 TED Talks, TH 10:30 Movie 1:30 Aqua Aerobics, P 2:30 Happy Hour, L 6:45 Movie, TH	25 9:00 Discussion, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Balance & Core, Gym 1:30 Bingo, 2AA 3:00 Qi-Gong with Gary & Deb Kortyna, Gym 3:00 Jenga & Popcorn, L 6:45 Movie, TH	26 9:00 Wii Bowling, 2AA 10:00 The Crafts Circle, 1LR 1:00 Mexican Train, 2AA 1:00 Bridge, 2AA 2:00 Movie, TH 5:15 Outing to Gaslight Music Hall 6:45 Movie, TH	
27 11:00 Vistoso Community Church Service, L 1:00 Outing to Walmart 1:30 Bingo, 2AA 2:00 Movie, TH 2:30 Vespers Service, 1LR 6:45 Movie, TH	28 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 6:45 Movie, TH	29 10:00 Bridge Lessons, 2AA 10:00 Movie, TH 10:00 Silver Sneakers Classic, Gym 1:30 Bingo, 2AA 1:30 Aqua Aerobics, P 3:00 Qi Gong with Gary & Deb Kortyna, Gym 3:30 Guess the Sound, TH 6:45 Movie, TH	30 9:00 Women's Bible Study, 1LR 10:00 Flexercise, Gym 10:00 Movie, TH 11:00 Catholic Service, 1LR 11:00 Balance & Core, Gym 1:30 Mahjong, RR 1:30 Vistoso Community Church Bible Study, 1LR 2:30 Gym Orientations, Gym 2:30 Scrabble, 2AA 3:00 Walker & Scooter Repair, L 3:00 Wheelchair & Walker Cleaning, Gym 3:20 Trivia, TH 6:45 Movie, TH	HALLOWEEN 31 8:00 Men's Breakfast, 1LR 10:00 Silver Sneakers Classic, Gym 10:00 TED Talks, TH 10:30 Movie 1:30 Aqua Aerobics, P 2:30 Happy Hour, L 6:00 Costume Party, L 6:45 Movie, TH	Locations 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	Transportation Monday, 7 a.m.-2:30 p.m.: Medical Appointments Tuesday, 8:45 p.m.-2:30 p.m.: Grocery Stores/ Shopping Wednesday, 7 a.m.-2:30 p.m.: Medical Appointments Thursday, 7 a.m.-2:30 p.m.: Medical Appointments Friday, 8 a.m.-12 p.m.: Banks, Hair & Nail Salon Sunday, 8 a.m.-12:30 p.m.: Northwest Churches	

Updated PrimeFit Schedule (Continued)

SilverSneakers® Classic – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. This is a chair-based class utilizing a ball and elastic resistance tubing with handles. (45 minutes)

Tuesday and Thursday at 10 a.m.

Qi-Gong – A gentle chair-based class that uses breathing techniques and slow, fluid body with movements along with pressure points to achieve a state of relaxation of both body and mind. Qi-Gong helps reduce anxiety and pain while helping total body functions. (45 minutes)

Tuesday at 11 a.m. and Friday at 3 p.m.

Aqua Fit – Aqua Fit is a challenging water workout and fit for everyone, especially those with joint ailments or injuries. The class begins with a gentle warm-up in the pool's 80-85 degree water. (30 minutes)

Tuesday and Thursday at 1:30 p.m.

Travel by Leisure Care

At Travel by Leisure Care, we offer three travel options – group destination travel, personal travel and staycations – all to help residents make the most of their retirement, whether it's seeing the world, visiting family, checking an item off their bucket list or seeing what's in their own backyard.

Destination Travel: One of our more popular options, we plan several group trips each year. These trips are open to residents in any of our communities, bringing together residents from all over the globe to travel together. Grab your friends and your family members for one of our trips and have the time of your life.

Personal Travel: In addition to our group trips, we are fully equipped to be your personal travel agency whenever you need us, wherever you need to go. From booking individual airfare and making hotel arrangements, to planning family reunions or three-week Mediterranean cruises, Travel by Leisure Care can take care of it from start to finish.

Staycations: Our communities are located in highly desirable areas with each location offering a wide range of fun and exciting things to do and see. From wine country to mountain country, let Travel by Leisure Care make sure you are making the most of your local area.

Upcoming: Hawaii

Dec. 5-12, 2020

Cruise Hawaii on the newly refurbished Pride of America. Voted best Hawaii Itinerary 13 years in a row! Space is limited, so book today for best availability.

Only Norwegian Cruise Line allows you to see four islands with two overnight stays in seven days. Norwegian Cruise Line's award-winning itinerary gives you the most time in port, nearly 100 hours. You can capture the spirit and soul of Hawaii as you visit Oahu, Kauai, Maui and the Big Island.

With Norwegian Cruise Line's unique 7-day Hawaii cruise itineraries, you get overnights in both Maui and Kauai, as well as visits to Oahu and the Big Island of Hawaii. You'll be on island time as you discover cascading waterfalls; active volcanoes; black, green and white sand beaches; historic sites and unspoiled nature.

Prices are per person, based on double occupancy. Price includes cruise fare, port taxes and insurance, and a pre-night hotel in Honolulu. Optional free or reduced airfare depending on city gateway.

Hotel Service Charges (daily gratuities) are not included but may be pre-paid.

Balcony: \$3428.26

Outside: \$2989.69

Inside: \$2480.72

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