

livfun

Fairwinds - Redmond

FEBRUARY 2019 • FITNESS FRENZY

February Excursions

Feb. 2 – “Harvey” at Woodinville HSPC

Feb. 19 – Angel of the Winds Casino

Feb. 5 – Lunch Out to WildFin
American Grill

Feb. 20 – Supper Club

Feb. 12 – Chihuly Garden & Glass
Museum and Lunch Out

Feb. 21 – Rock of Ages at the 5th Ave

Feb. 26 – Red Hat Society Lunch Out

Find more details, including departure times and sign-up deadlines, in the Activity Book at the Front Desk.



Continue Your Education!

Feb. 2 – Current Affairs
Discussion Group

Feb. 4 – Team Trivia

Feb. 8 – PrimeFit Workshop

Feb. 13 – Art History Talk

Feb. 14 – Lecture
Series with David Smith:
Comparative Religions

Feb. 18 – Team Trivia

Feb. 21 – Oscars Preview with
Lance Rhoades

Find more details, including times and locations, in the Activity Book at the Front Desk.

A Floral Favorite

With more than 100 million of them grown for Valentine’s Day alone, the rose is one of the most popular flowers in America.

- There are at least 100 different species and thousands of varieties of roses. Hybrid tea roses make up the majority of the roses found in flower shops and home gardens.
- President George Washington was the first rose breeder in the U.S.
- Technically, a rose’s thorns aren’t true thorns; they’re actually prickles.
- It’s been a longtime tradition to convey a message by using a rose’s color. For example, red is associated with romance, pink signifies gratitude, and yellow expresses friendship.
- The rose is America’s national flower, as well as the official flower of four states: Georgia, Iowa, New York and North Dakota.
- California is where you’ll find the world’s tallest rosebush, growing to 18 feet, 8 inches.

Military-Made Movies

During World War II, a group of Americans served the nation by combining their specialized talents to form the First Motion Picture Unit, a division of the U.S. Army Air Forces.

The unit was formed in 1942. Recognizing the urgent need for a recruitment film, the commander of the USAAF, Gen. Henry “Hap” Arnold, called upon Jack Warner, the head of Warner Bros. movie studios. Warner and scriptwriter Owen Crump quickly produced “Winning Your Wings,” a short film starring actor and USAAF pilot Jimmy Stewart and directed by John Huston. It played in theaters nationwide, prompting more than 150,000 men to sign up for the Army Air Forces.

Staffed by professionals enlisted from the movie industry – actors, directors, screenwriters, animators and more – the FMPU began producing high-quality training films from its base at a Hollywood studio lot. Throughout the war, the unit made more than 400 movies, covering topics such as survival skills and how to recognize enemy aircraft.

Some of the notable members of the FMPU included Clark Gable, William Holden, Alan Ladd and Ronald Reagan.

Save the Dates!

Feb. 3 – Super Bowl Party

Feb. 4 – February Fitness Frenzy Begins!

Feb. 8 – Staff Talent Show

Feb. 11 – Evening Entertainment with the
Jubilee Singers

Feb. 14 – Women’s Breakfast

Feb. 14 – Forget-Me-Not Mixer

Feb. 16 – Saturday Concert Series
featuring David Lee Howard

Feb. 18 – Wine & Cheese Specials in
the Bistro

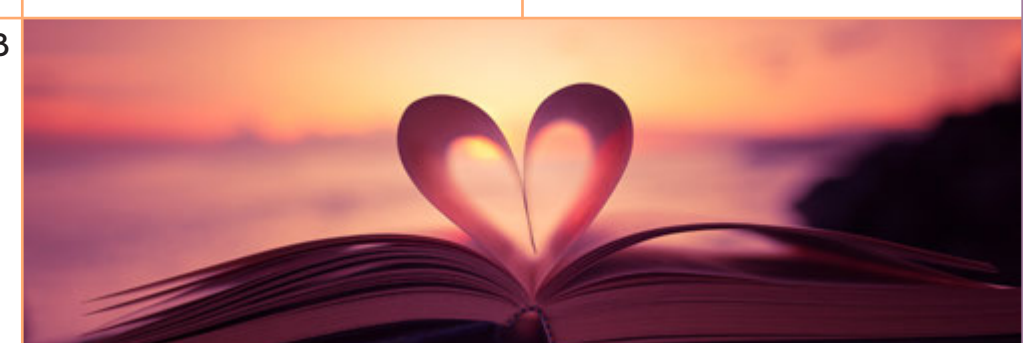
Feb. 26 – Coffee with a Cop

Feb. 26 – St. Jude Parish Charity Project:
Needs Kits Assembly

Find more details in the Activity Book at the Front Desk!

WEEKLY SCHEDULE

EVERY SUNDAY	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	EVERY SATURDAY
2:00 Fairwinds Christian Fellowship, T	10:00 PrimeFit Chair Exercises, T 3:00 10-Cent Bingo, AR	10:00 PrimeFit Balance Exercises, T 1:00 PrimeFit Mini Golf, AR 2:00 PrimeFit Walking Club Meets, BI	10:00 PrimeFit Chair Exercises, T 11:00 Bean Bag Baseball, T 3:00 Mystery Bingo!, AR 3:00 Bible Study, T	10:00 PrimeFit Balance Exercises, T 11:00 Laughter Yoga!, T 1:00 PrimeFit Mini Golf, AR 1:00 Knitting Club Meets, BI 2:00 PrimeFit Walking Club Meets, BI	10:00 Guided Meditation, T 10:00 PrimeFit Water Exercises, PL 10:30 Catholic Communion Service, R 11:00 Bean Bag Baseball, T 1:00 Texas Hold 'Em Poker, B 2:00 Pinochle, B	10:00 Wii Bowling, T 11:00 Scenic Drive Departs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations Living Room, LR Activity Room, AR Pool, PL Balcony, B Private Dining Room, PDR Bistro, BI Red Sky Restaurant, R Gym, Gym Theater, T		Birthdays Nadenne Hauserman, 2nd Barry Roenfeldt, 10th Lucille Duvall, 10th	Peggy Nesland, 14th Ruth Adams, 14th Patricia Leas, 18th Chuck Johns, 20th	Madhavi RajGuru, 20th Sally Rowell, 20th Kikue Anderson, 21st Elizabeth Wacker, 26th	1 February Fitness Frenzy Begins! 3:00 Happy Birthday Hour, AR	2 GROUNDHOG DAY 11:00 Zumba Gold Exercise, T 1:00 CURRENT AFFAIRS DISCUSSION GROUP, T 2:30 Movie Matinee: "Tea with the Dames," T 6:00 "HARVEY" AT WOODINVILLE HSPC DEPARTS
3 1:00 Sunday Singalong, T 3:00 Movie Matinee: "Easy Virtue," T 3:30 Super Bowl Party!, AR	4 11:00 Team Trivia, AR 1:30 Blackjack, B	5 11:30 LUNCH OUT TO WILDFIN AMERICAN GRILL DEPARTS 3:00 NFL Pick 'Em Root Beer Float Party, AR	6 10:00 Peel Tech Computer & Electronic Support, BI 12:00 February Birthdays Lunch, R 1:00 Seated Yoga, T 1:00 Play the Hand Chimes, AR	7 2:00 Popcorn Social, BI 3:00 All-Resident Meeting, AR	8 1:00 PRIMEFIT WORKSHOP, T 3:00 Staff Talent Show!, AR	9 9:00 MEN'S BREAKFAST, AR 2:30 Movie Matinee: "The Importance of Being Earnest," T 3:00 Pokeno, AR
10 St. Jude Parish Charity Project: Needs Kits Supply Drive Begins! 3:00 Movie Matinee: "Chocolat," T	11 10:45 Fairwinds Book Club Meets, T 12:00 LUNCH WITH COLLEEN, R 7:00 The Jubilee Singers Sing!, LR	12 11:00 CHIHULY GARDEN & GLASS & LUNCH OUT DEPARTS 3:00 Singalong with Barb!, LR	13 10:00 Access Medical Equipment Repair, LR 1:30 ART HISTORY TALK, T	14 VALENTINE'S DAY 9:00 WOMEN'S BREAKFAST, AR 10:00 Sweethearts on Display, BI 1:00 LECTURE SERIES: COMPARATIVE RELIGIONS, T 3:00 Forget-Me-Not Mixer, BI	15 10:30 Catholic Mass with Father Johnson, R 3:00 Happy Hour, AR	16 11:00 Zumba Gold Exercise, T 2:00 Saturday Concert Series Featuring David Lee Howard, LR
17 1:00 Hymn Singalong, T 3:00 Movie Matinee: "Larry Crowne," T	18 PRESIDENTS DAY National Drink Wine Day 11:00 Team Trivia, AR 12:00 Red Hat Society Lunch, R 1:30 Blackjack, B 2:00 Wine & Cheese Specials, BI 7:00 Magic Show with Brian Ledbetter, AR	19 11:00 ANGEL OF THE WINDS CASINO DEPARTS 12:00 Chef Demonstration, BI	20 1:00 Seated Yoga, T 2:00 Live Music with Gary Lee Hood, LR 5:00 SUPPER CLUB DEPARTS	21 12:30 Rock of Ages at 5th Ave Departs (Season Ticket Holders) 1:00 OSCARS PREVIEW WITH LANCE RHOADES, T 2:00 Popcorn Social, BI	22 3:00 Happy Hour, AR	23 2:30 Movie Matinee: "First Man," T
24 3:00 Movie Matinee: "The Wife," T	25 11:00 Nostalgia Club, T 12:00 New Resident Lunch, R 1:30 AARP LECTURE SERIES, T	26 9:30 Traveling Library, BI 9:30 Coffee with a Cop, BI 11:00 RED HAT SOCIETY LUNCH OUT DEPARTS 1:00 F&B Resident Board Meeting, PDR 3:00 Needs Kits Assembly, AR	27 1:30 CRAFTS & COCKTAILS, AR	28 2:00 Popcorn Social, BI 3:00 Balloon Volleyball, AR		

PrimeFit February Muscle: Quadriceps

Quadriceps Muscle means four heads (Vastus Intermedius (under the Rectus Femoris), Rectus Femoris, Vastus Lateralis, Vastus Medialis)

What?

Function. All four quadriceps are powerful extensors of the knee joint. They are crucial in walking, running, jumping and squatting. Because the rectus femoris attaches to the ilium, it is also a flexor of the hip.

Vastus Intermedius: Knee Extension

Rectus Femoris: Knee & Hip Extension

Vastus Lateralis: Knee Extension

Vastus Medialis: Knee Extension & Stabilize the knee cap (Patella)

Where? (see photo)

Why? Keeping the quads strong is important for several reasons. First, strong quads bring stability to the knee joints, which are inherently unstable and dependent on ligaments and muscles to protect them from injury. Weak quads can decrease your ability to live independently in your later years – as the decades go by, the quads gradually become weaker if they aren't worked regularly, until eventually it becomes difficult to go up and down stairs and get up out of a chair.

QUADRICEPS FEMORIS

1. Rectus Femoris
2. Vastus lateralis
3. Vastus medialis
4. Vastus intermedius



Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

Wear red – Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

Know your numbers – Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

Get fit with a friend – Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

Set a nutritious example – Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

Give back – Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.

PrimeFit Featured Vegetable for February 2019: Beets

Beets are an ancient and prehistoric food. This vegetable grew naturally along coastlines in North Africa, Asia, and Europe. Originally, it was the beet greens that were consumed; the sweet red beet root that most people think of as a "beet" today wasn't cultivated until the era of ancient Rome.

Calories: 58 1 cup of beets

Protein: 2.9 grams

Carbs: 13 grams

Fiber: 12 grams

Vitamin K: .27% of the RDI

Vitamin C: 8% of the RDI

Vitamin A: 1% of the RDI

Folate: 34% of the RDI

Magnesium: 9% of the RDI

Beets contain magnesium which helps balance calcium within your body. Your body definitely needs folate for healthy gums, blood cell formation, and multiple gastrointestinal, immune, and cardiovascular functions. Vitamin A is important for normal vision, the immune system, and helps your organs work properly. There are eight B vitamins, each of which are important for normal functioning of the central nervous system. Vitamin C is necessary for the growth and repair of all tissues in your body, including healing wounds.



It's More Than Retirement. It's Five-Star Fun.

9988 Avondale Road NE
Redmond, WA 98052
425.558.4700

Staff

General Manager

Nathan Wetmore

Guest Services Manager

Randee Young

Sales Advisor

Nancy Ferrell

Sales Advisor

Nancy Plum-Watts

Sales Advisor

Colleen James

Chef

Jeff Kitchen

Dining Services Manager

Priscilla Meyers

Health and Wellness Director

Cathy Corlis

Health and Wellness

Assistant Director

Leilanie Prepotente

Office Manager

Jennifer Mehl

Program Supervisor

Randee Young

PrimeFit Instructor

Kelly Fennelly

Concierge

Richard Todd

Concierge

Pam Talcott

Receptionist

Michelle Chesterfield

Plant Operations Supervisor

John Woods



PRIMEFIT

2019 PrimeFit Resolution:
Welcome to the new you.