

livfun

Fairwinds - Redmond

MARCH 2019 • SINGIN' IN THE RAIN

Save The Dates!

March 5: Red Sky Theme Night – Mardi Gras!

March 6: A Musical Evening with the Jubilee Singers

March 11: Lunch with Colleen

March 13: Healing Dance Program

March 15: St. Patty's Happy Hour

March 16: Saturday Concert Series Featuring Wild Thyme

March 20: Fashion Classics Trunk Show

March 25: Vision Matters Expo

March 26: Make Pajamas for Kids

March 27: Live Music with Gary Lee Hood

March 30: Elvis Is in the Building!

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

March Excursions

March 5: Seattle Chocolates Tour and Lunch

March 12: Sky View Observatory Tour and Lunch

March 16: Quilter's Anonymous Quilt Show

March 19: Quil Ceda Creek Casino

March 20: Supper Club

March 23: "The Curious Incident" at Issaquah Village Theater

March 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!

March 2: Current Affairs Discussion Group

March 4: Team Trivia

March 7: Film History Talk – The Irish-American Film

March 14: Lecture Series with David Smith – Comparative Religions

March 18: Team Trivia

March 26: History Alive! Presentation – Mardi Gras

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

Aim to Be Wellderly

With today's seniors living longer, there's a determined focus on vibrant, healthy aging. Wellderly Week, the third week in March, encourages seniors to embrace growing older.

What does it mean to be "wellderly"? The term refers to older adults who focus on health span rather than life span, seeking optimal wellness for as long as possible. They take proactive steps to lead fulfilling, engaged lives without fixating on their age. Thriving, not just living, is the goal.

A number of lifestyle choices contribute to being wellderly. Regular physical activity is key, and it can be as simple as stretching, walking and gardening. A healthy, balanced diet fights illness and helps the body function at its best. Staying socially and mentally engaged are crucial to emotional well-being, as is maintaining a strong sense of purpose. Gratitude, humor and joy are also traits of the wellderly.

A good balance of optimism and realism is also important for healthy aging. Growing older is a part of life, but those who strive to nourish their body and mind can truly be wellderly.



Big Easy Eats

Food is part of the fun of Mardi Gras celebrations. Let the good times roll with this menu of classic New Orleans cuisine:

Gumbo – The official state dish of Louisiana, gumbo is a thick stew or soup that is served over rice. There are countless variations, but seafood gumbo and chicken and sausage gumbo are the most popular.

Jambalaya – This hearty rice dish includes a mix of meat, seafood and vegetables. Creole versions include tomatoes while Cajun versions do not.

Etouffee – Pronounced "ay-too-fay," it's a seafood stew that most often features crawfish, shrimp or crab, and is served atop rice.

Po'boy – Whether it's stuffed with fried shrimp, fried oysters or roast beef, the French bread is said to be the key to this iconic New Orleans sandwich. Locals order their po'boys "dressed," which means lettuce, tomatoes, mayonnaise and pickles are added.

Beignets – The city's French Quarter is famous for eateries that serve these deep-fried pastries that are covered with powdered sugar. They are traditionally paired with a cup of chicory coffee or a café au lait.

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 1:30 Pinochle, B	10:00 Wii Bowling, T

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Locations Activity Room, AR Balcony, B Bistro, BI Gym, Gym	Living Room, LR Pool, PL Private Dining Room, PDR Red Sky Restaurant, R Theater, T				
1:00 Sunday Singalong, T 3:00 Movie Matinee: "Howard's End," T	11:00 Team Trivia, AR 1:30 Blackjack, B	MARDI GRAS 11:00 SEATTLE CHOCOLATES TOUR & LUNCH OUT DEPARTS 4:00 Red Sky Theme Night: Mardi Gras!, R	ASH WEDNESDAY 10:00 Peel Tech Computer & Electronic Support, BI 12:00 March Birthdays Lunch, R 1:00 Seated Yoga, T 1:00 Play the Hand Chimes, AR 7:00 A Musical Evening with the Jubilee Singers, LR	1:00 FILM HISTORY TALK WITH LANCE RHOADES: THE IRISH-AMERICAN FILM, T 2:00 Popcorn Social, BI 3:00 All-Resident Meeting, AR	3:00 Happy Birthday Hour, AR	11:00 Scenic Drive Departs 1:00 CURRENT AFFAIRS DISCUSSION GROUP, T 2:30 Movie Matinee: "The Dressmaker," T
DAYLIGHT SAVING TIME BEGINS 3:00 Movie Matinee: "Gosford Park," T	10:45 Fairwinds Book Club Meets, T 12:00 LUNCH WITH COLLEEN, R 1:30 Garden Club Meeting, T	11:00 SKY VIEW OBSERVATORY TOUR & LUNCH OUT DEPARTS 3:00 Singalong with Barb!, LR	1:30 Healing Dance Program: Sounds of Sinatra, AR 6:15 SERVE DINNER AT AVONDALE PARK DEPARTS	1:00 LECTURE SERIES: COMPARATIVE RELIGIONS, T 2:00 Popcorn Social, BI 3:00 Balloon Volleyball, AR	10:30 Catholic Mass with Father Johnson, R 3:00 St. Patty's Happy Hour, AR	9:00 MEN'S BREAKFAST, AR 11:00 Scenic Drive Departs 11:00 Zumba Gold Exercise, T 2:30 Movie Matinee: "Love Actually," T
ST. PATRICK'S DAY 3:00 Movie Matinee: "A Room with a View," T	11:00 Team Trivia, AR 12:00 Red Hat Society Lunch, R 1:30 Blackjack, B	9:30 QUIL CEDA CREEK CASINO DEPARTS 12:00 Chef Demonstration, BI 2:00 Northshore Variety Band Performs!, LR	SPRING BEGINS 10:00 Fashion Classics Trunk Show, AR 1:30 AARP LECTURE SERIES: BRAIN HEALTH, T 5:00 SUPPER CLUB DEPARTS	2:00 Popcorn Social, BI	3:00 Happy Hour, AR	11:00 Scenic Drive Departs 11:00 Zumba Gold Exercise, T 1:00 "THE CURIOUS INCIDENT" AT ISSAQUAH VILLAGE THEATER DEPARTS 2:30 Movie Matinee: "A Good Woman," T
3:00 Movie Matinee: "Elmer Gantry," T	11:00 Nostalgia Club, T 11:00 Vision Matters Expo, BI 12:00 New Resident Lunch, R 1:30 Mexican Train Dominoes, AR	9:30 Traveling Library, BI 11:00 RED HAT SOCIETY LUNCH OUT DEPARTS 1:00 F&B Resident Board Meeting, PDR 1:30 HISTORY ALIVE! PRESENTATION: MARDI GRAS!, T 3:00 Make Pajamas for Kids, AR	1:00 Seated Yoga, T 2:00 Live Music with Gary Lee Hood, LR	2:00 Popcorn Social, BI 3:00 Balloon Volleyball, BI	3:00 Happy Hour, AR	10:30 Susan Wolbrecht's Piano Students Recital, LR 11:00 Scenic Drive Departs 2:00 Elvis Is in the Building!, AR
3:00 Movie Matinee: "E.T.," T	Birthdays Bob Fisher, 5th Phyllis McDaniels, 7th Jan Dries, 12th	Peter Gartshore, 14th Jerie Gagner, 16th Lea Gollnick, 17th Pat Jacobs, 17th	Harold Rathbun, 18th Joan Sowder, 21st Dell Foster, 27th Cynthia Zerbe, 29th			

PrimeFit Featured Vegetable for March 2019: Broccoli

The word broccoli comes from the Italian plural of broccolo, which means “the flowering crest of a cabbage,” and is the diminutive form of brocco, meaning “small nail” or “sprout.” Broccoli is often boiled or steamed but may be eaten raw.

While broccoli is grown commercially in many states throughout the U.S., about 90% of U.S. production takes place in the state of California. Cultivation of broccoli in California makes use of about 115,000 acres of land throughout the state, and about 1.8 billion pounds of broccoli are produced each year. United States consumers average about 6.75 pounds of broccoli consumption per year. While this amount may not seem like a large amount, it has increased consistently over recent decades. After California, the next largest U.S. producer of broccoli is Arizona. In terms of U.S. imports, the largest amount of broccoli brought into the country is from Mexico.

Calories: 54.60 – one cup of broccoli

Protein: 3.71 grams

Carbs: 11.20 grams

Fiber: 5.15 grams

Vitamin K: .245% of the RDI

Vitamin C: 135% of the RDI

Vitamin A: 13% of the RDI

Folate: 42% of the RDI

Magnesium: 13% of the RDI

Rich in essential vitamins, minerals and fiber

- Great source of Vitamin K which is essential for the functioning of many proteins involved in blood clotting.
- Contains Vitamin C for building collagen, which forms body tissue and bone, and helps cuts and wounds heal. Vitamin C is a powerful antioxidant.
- Fiber-rich for promoting good digestive health. High fiber intake can also help lower cholesterol.
- Loaded with potassium – a mineral and electrolyte that is essential for the function of nerves and heart contraction.

Submitted by PrimeFit Instructor, Kelly Fennelly



PrimeFit March Muscle: Hamstrings

The word “ham” is derived from the Old English ham or hom meaning the hollow or bend of the knee, from a Germanic base where it meant “crooked.” It gained the meaning of the leg of an animal around the 15th century. String refers to tendons, and thus, the hamstrings are the string-like tendons felt on either side of the back of the knee. The hamstring muscle is one of three posterior thigh muscles located between the hip and knee (semitendinosus, semimembranosus and biceps femoris).

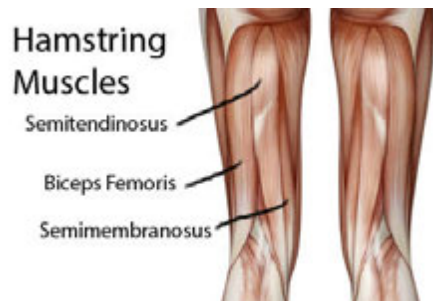
What? Function of the hamstring is to for knee flexion, hip extension and lower body deceleration. These muscles are crucial for daily activity like running, walking, jumping, and controlling movements with the trunk.

Hamstring muscles consist of:

- Bicep Femoris (long and short heads)
- Semitendinosus
- Semimembranosus

Where? See photo.

Why? Keeping the hamstrings strong is important for speed, decelerations to change directions quickly and to reduce the risk of lower body injury.



Submitted by PrimeFit Instructor, Kelly Fennelly.

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