

# livfun

Fairwinds - Redmond

APRIL 2019 • SONGS OF SPRING

## Save the Dates!

**April 3** – PrimeFit Walk Across America “We Made it!” Party

**April 4** – Women’s Breakfast

**April 5** – Thailand Treasures Trunk Show

**April 7** – National Beer Day Specials in the Bistro

**April 10** – Trunk Show Fashion Show

**April 11** – 3rd Floor Hall Party

**April 11** – NW Sound Men’s Chorus Concert

**April 14** – Fairwinds Easter Brunch

**April 18** – 2nd Floor Hall Party

**April 20** – Saturday Concert Series featuring The Boeing Employees’ Choir

**April 22** – PrimeFit Earth Day Walk

**April 22** – Dinner Date Auction

**April 25** – 1st Floor Hall Party

**April 30** – Essentials Salon Reception

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

## On-Screen Sheriffs

From honest and trustworthy to silly and inept, fictional sheriffs maintain law and order in many films and TV shows. Here are a few of these arresting characters:

**Andy Taylor, “The Andy Griffith Show”** – He presides over the sleepy town of Mayberry, N.C., with polite charm, common sense and a level head. Off-duty, the widowed father gives love and guidance to his young son, Opie.

**Buford T. Justice, “Smokey and the Bandit”** – At times charming and polite, this Texas lawman, nicknamed Smokey, can also be short-tempered and relentless. He’s in hot pursuit of “the Bandit” in an action-packed car chase through the South.

**Woody Pride, “Toy Story”** – In this animated feature, cowboy sheriff Woody, a pull-string toy, reigns as his owner’s favorite and the loyal leader of the other playthings – until new action figure Buzz Lightyear arrives.

**Rosco P. Coltrane, “The Dukes of Hazzard”** – The bumbling sheriff of Hazzard County wants nothing more than to catch cousins Bo and Luke Duke, who constantly outwit him during car chases. He’s known for his distinctive laugh and soft spot for his basset hound, Flash.

## April Excursions

**April 2** – Lunch Out to Twedes

**April 6** – “Mary Poppins” at RHSPC

**April 9** – Chihuly Garden & Glass Museum & Lunch

**April 13** – Craft Sale at Snohomish United Methodist Church

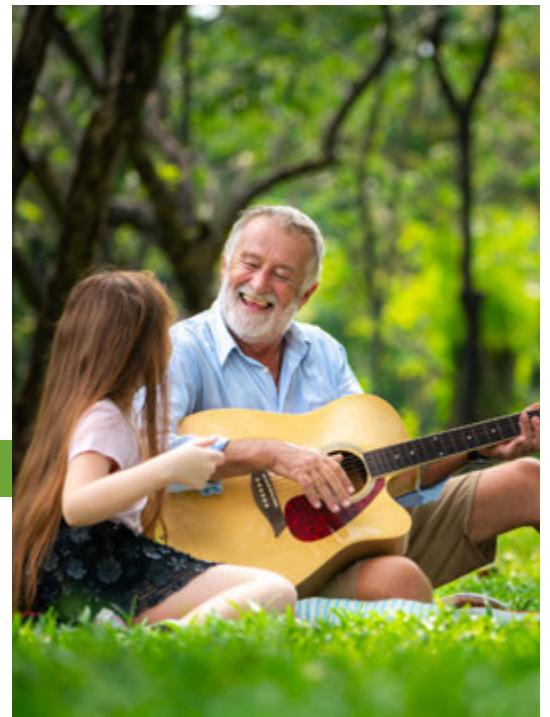
**April 16** – Skagit Valley Tulip Festival & Lunch

**April 17** – Supper Club

**April 20** – Seattle Cheese & Meat Festival

**April 23** – Tulalip Casino

**April 30** – Red Hat Society Lunch Out  
Find more details, including departure times and sign up deadlines, in the Activity Book at the Front Desk.



## 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
	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 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
	1 10:00 Access Medical Equipment Repair, LR 11:00 Team Trivia, AR 1:30 Blackjack, B	2 11:00 LUNCH OUT TO TWEDES DEPARTS	3 10:00 Peel Tech Computer & Electronic Support, BI 11:00 Bean Bag Baseball, T 12:00 April Birthdays Lunch, R 1:00 Seated Yoga, T 1:00 Play the Hand Chimes, AR 2:00 PrimeFit Walk Across America "We Made It!" Party, BI	4 9:00 WOMEN'S BREAKFAST, AR 1:00 FILM HISTORY TALK WITH LANCE RHOADES, T 2:00 Popcorn Social, BI 3:00 All-Resident Meeting, AR	5 10:00 Thailand Treasures Trunk Show, BI 3:00 Happy Birthday Hour, AR	6 11:00 Scenic Drive Departs 11:00 Zumba Gold Exercise, T 1:15 "MARY POPPINS" AT RHSPC DEPARTS 2:30 Movie Matinee: "Mary Poppins," T 3:00 Pokeno, AR
7 12:00 National Beer Day Specials, BI 1:00 Sunday Singalong, T 2:00 Fairwinds Christian Fellowship, T 3:00 Movie Matinee: "Men in Black," T	8 10:45 Fairwinds Book Club Meets, T 12:00 COOKING WITH COLLEEN, R 1:30 Garden Club Meeting, T	9 11:00 CHIHULY GARDEN & GLASS & LUNCH OUT DEPARTS 3:00 Singalong with Barb!, LR	10 11:00 Bean Bag Baseball, T 11:00 Your Clothing Solution Trunk Show, AR 1:00 Trunk Show Fashion Show, AR 2:00 Live Music with Gary Lee Hood, LR	11 12:30 "Little Dancer" At the 5th Ave Departs 2:00 3rd Floor Hall Party, B 7:15 NW Sound Men's Chorus Concert, AR	12 10:30 Catholic Mass with Father Johnson, R 1:00 PRIMEFIT WORKSHOP, T 2:00 HEALTH TALK: HEALTHY SKIN AND SKIN CANCER AWARENESS, T	13 No Scenic Drive Today 9:00 MEN'S BREAKFAST, AR 11:00 CRAFT SALE AT SNOHOMISH UNITED METHODIST CHURCH DEPARTS 1:00 CURRENT AFFAIRS DISCUSSION GROUP, T 2:30 Movie Matinee: "Bohemian Rhapsody," T
14 <b>PALM SUNDAY</b> 10:00 FAIRWINDS EASTER BRUNCH, R 2:00 Fairwinds Christian Fellowship, T 3:00 Movie Matinee: "First Man," T	15 11:00 Team Trivia, AR 12:00 Red Hat Society Lunch, R 1:00 LECTURE SERIES WITH DAVID SMITH: COMPARATIVE RELIGIONS, T 1:30 Blackjack, B	16 10:30 SKAGIT VALLEY TULIP FESTIVAL & LUNCH OUT DEPARTS 12:00 Chef Demonstration, BI 2:00 Classical Piano with Luke Doubravsky, LR	17 11:00 Bean Bag Baseball, T 1:00 Popcorn & Documentary Movie Matinee: RBG, T 5:00 SUPPER CLUB DEPARTS	18 National High Five Day! 2:00 Popcorn Social, BI 2:00 2nd Floor Hall Party, B 3:00 Live Entertainment with David Cooley, LR	19 <b>GOOD FRIDAY</b> <b>PASSOVER STARTS AT SUNDOWN</b> 3:00 Happy Hour, AR	20 No Scenic Drive Today 11:00 SEATTLE CHEESE & MEAT FESTIVAL DEPARTS 11:00 Zumba Gold Exercise, T 2:00 Saturday Concert Series Featuring the Boeing Employees' Choir, LR
21 <b>EASTER SUNDAY</b> 10:00 Fairwinds Easter Service, T 3:00 Movie Matinee: "Vice," T	22 <b>EARTH DAY</b> 11:00 PrimeFit Earth Day Walk, BI 12:00 New Resident Lunch, R 1:30 Crafts & Cocktails, AR 5:00 Dinner Date Auction!, R	23 9:30 Traveling Library, BI 2:00 Afternoon Entertainment with the Cornerstone Singers, LR 2:00 TULALIP CASINO AT NIGHT DEPARTS 3:00 Mexican Train Dominoes, AR	24 11:00 Bags & Dogs, AR 1:00 Seated Yoga, T	25 2:00 1st Floor Hall Party, B	26 3:00 Happy Hour, AR	27 11:00 Scenic Drive Departs 2:30 Movie Matinee: "My All American," T 3:00 Pokeno, AR
28 2:00 Fairwinds Christian Fellowship, T 3:00 Movie Matinee: "A Star is Born," T	29 11:00 Nostalgia Club, T 1:30 HEALTH TALK: VITAMINS & MINERALS, T	30 11:00 RED HAT SOCIETY LUNCH OUT DEPARTS 1:00 F&B Resident Board Meeting, PDR 3:00 Essentials Salon Reception			<b>Birthdays</b> Bud Gagner, 2nd Bob Sutton, 3rd Janey McIntire, 3rd Alma Joslin, 5th Bea Shanahan, 15th Joe Roberson, 21st Ida Carpenter, 23rd Claire McDonald, 30th	
		<b>Locations</b> Activity Room, AR Balcony, B Bistro, BI Gym, Gym Living Room, LR Pool, PL Private Dining Room, PDR Red Sky Restaurant, R Theater, T				

# Continue Your Education!

**April 1** – Team Trivia

**April 4** – Film History Talk with Lance Rhoades

**April 12** – PrimeFit Workshop

**April 12** – Health Talk: Healthy Skin and Skin Cancer Awareness

**April 13** – Current Affairs Discussion Group

**April 15** – Team Trivia

**April 15** – Lecture Series with David Smith: Comparative Religions

**April 29** – Health Talk: Vitamins & Minerals

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

# PrimeFit April Muscle: Deltoid

**Where?** See photo

**What?**

The deltoid muscle is located on the outer aspect of the shoulder and is recognized by its triangular shape. The deltoid muscle was named after the Greek letter Delta due to the similar shape they both share.



The deltoid muscle is constructed with three main sets of fibers:

- Anterior (front)
- Medial (middle)
- Posterior (back)

These fibers are connected by a very thick tendon and are anchored into a V-shaped channel. This channel is housed in the shaft of the humerus bone in the arm. The deltoid muscle is responsible for the brunt of all arm rotation and allows a person to keep carried objects at a safer distance from the body. It is also tasked with stopping dislocation and injury to the humerus when carrying heavy loads.

**Why?**

It's important to keep them strong and flexible so you can lift objects and stay competitive at beanbag baseball.

# PrimeFit Featured Vegetable for April: Asparagus

A former member of the lily family of plants, asparagus now has its own plant family named after it – the Asparagaceae family. This fact alone should tell you something about the uniqueness of this vegetable, a uniqueness that we believe has been fully earned.

Many people might associate this uniqueness with the unusual urine odor that can often be so quickly detected when asparagus is consumed. While we will provide you with more information about this unique aspect of asparagus later in this section, for now let's focus on the nutritional uniqueness of this food. Researchers have identified nearly 100 phytonutrient compounds in asparagus, and you will find some of these spotlight compounds listed below.

**Calories:** 40 – 1 cup of asparagus

**Protein:** 4.4 grams

**Carbs:** 3.6 grams

**Fiber:** 3.6 grams

**Vitamin K:** 57% of the RDI

**Vitamin C:** 12% of the RDI

**Vitamin A:** 18% of the RDI

**Folate:** 34% of the RDI

Contains a long list of phytonutrients  
Numerous anti-inflammatory and antioxidant benefits

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.



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## 2019 Destinations

Alaska Cruise | July 27–August 3

Las Vegas | September 30–October 4

Bermuda Cruise | October 20–27

For more information,  
or to book your getaway, contact:  
Carol Dennis at 1-888-468-2010



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