

# livfun

Fairwinds - Redmond

MAY 2019 • BLOSSOM AND BLOOM

## PrimeFit May Muscle: Abdominals

### What?

The abdominal muscles are located between the ribs and the pelvis on the front of the body. The abdominal muscles support the trunk, allow movement and hold organs in place by regulating internal abdominal pressure.

**Rectus Abdominis:** Slung between the ribs and the pubic bone at the front of the pelvis. When contracting, this muscle has the characteristic bumps or bulges that are commonly called 'the six pack'. The main function of the rectus abdominis is to move the body between the ribcage and the pelvis.

### Tendinous Incriptions/Intersection:

One is usually situated at the level of the umbilicus, one at the extremity of the xiphoid process, and the third about midway between the two.

**Transversus Abdominis:** The deepest muscle layer. Its main roles are to stabilize the trunk and maintain internal abdominal pressure.

**Internal Abdominal Oblique:** These flank the rectus abdominis and are located just inside the hip bones. They operate in the opposite way to the external oblique muscles. For example, twisting the trunk to the left requires the left side internal oblique and the right side external oblique to contract together.

**External Abdominal Oblique:** These are on each side of the rectus abdominis. The external oblique muscles allow the trunk to twist, but to the opposite side of whichever external oblique is contracting. For example, the right external oblique contracts to turn the body to the left.

**Core Muscle:** Think of your core as a strong column that links the upper body and lower body together. Having a solid core creates a foundation for all activities. All our movements are powered by the

torso – the abdominals and back work together to support the spine when we sit, stand, bend over, pick things up, exercise and more.

Your core muscles are the muscles deep within the abdominals and back, attaching to the spine or pelvis. Some of these muscles include the transversus abdominis, the muscles of the pelvic floor, and the oblique muscles.

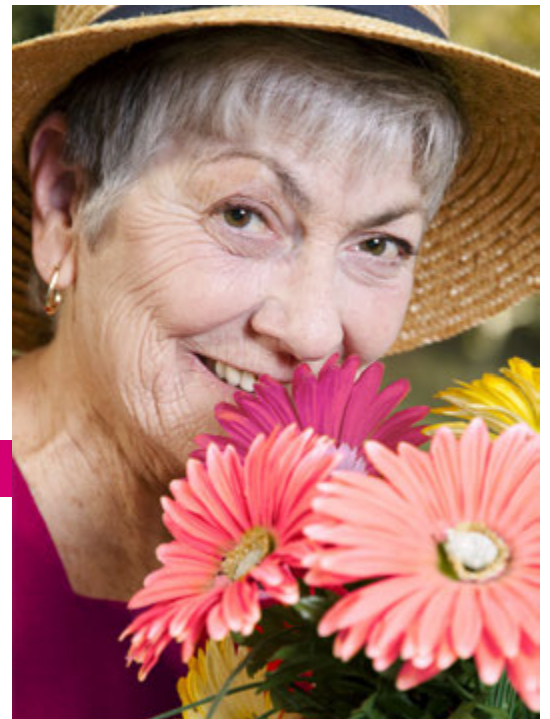
Another muscle that is involved in moving the trunk is the multifidus. This is a deep back muscle that runs along the spine. It works together with the transversus abdominis to increase spine stability and protect against back injury or strain during movement or normal posture. Proper 'core strengthening' techniques, learned from a skilled allied health professional, can support the combined function of these muscle groups.

### Why?

- The abdominal muscles support the trunk, allow movement and hold organs in place by regulating internal abdominal pressure.
- The deep abdominal muscles, together with muscles in the back, make up your core muscles.
- Your core muscles help keep your body stable and balanced, and protect your spine.
- Muscle strains can be prevented by regular stretching, warming up prior to exercise and cooling down afterward, and keeping good form while playing sports.

### Five Great Abdominal Exercises

1. Bird-Dog Crunch
2. Standing Bicycle Crunches
3. Seated Leg Lifts
4. Sit-Ups
5. Modified Bicycle Crunch



## Save the Dates

**May 1:** May Birthdays Lunch

**May 5:** Fairwinds' Mother's Day Brunch

**May 11:** Maifest Celebration!

**May 14:** Chef Demonstration

**May 18:** Afternoon Entertainment with Take4

**May 2:** Make Pajamas for Kids!

**May 23:** Popcorn & Documentary Movie Matinee: "My Italian Secret"

**May 27:** Memorial Day Family BBQ and Flag Salute

**May 29:** National Senior Health & Fitness Day

**May 29:** Healing Dance Program: Hula!

**May 29:** Serve Dinner at Avondale Park  
Find more details in the Activity Book at the Front Desk.

## Continue Your Education

**May 4:** Current Affairs Discussion Group

**May 6:** Team Trivia

**May 15:** Art History Talk

**May 20:** Team Trivia

**May 20:** Lecture Series with David Smith: Comparative Religions

**May 23:** Documentary Movie Matinee: "My Italian Secret"

**May 28:** History Alive! Presentation: Indian Women in Tribal Culture

Find more details, including times and locations, 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 Balance Exercises, T<br>1:00 PrimeFit Mini Golf, AR<br>2:00 PrimeFit Walking Club Meets, BI | 11:00 Bean Bag Baseball, T<br>3:00 Mystery Bingo!, AR<br>3:00 Bible Study, T | 10:00 PrimeFit Balance Exercises, T<br>11:00 Laughter Yoga!, T<br>1:00 PrimeFit Mini Golf, AR<br>1:00 Knitting Club Meets, BI<br>2:00 PrimeFit Walking Club Meets, BI | 10:00 Guided Meditation, T<br>10:00 PrimeFit Water Exercises, PL<br>10:30 Catholic Communion Service, R<br>11:00 Bean Bag Baseball, T<br>1:00 Texas Hold 'Em Poker, B<br>1:30 Pinochle, B | 10:00 Wii Bowling, T |

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|---|---|---|--|---|---|--|
| <p><b>Locations</b></p> <ul style="list-style-type: none"> <li>Living Room, LR</li> <li>Activity Room, AR</li> <li>Pool, PL</li> <li>Balcony, B</li> <li>Private Dining Room, PDR</li> <li>Bistro, BI</li> <li>Red Sky Restaurant, R</li> <li>Gym, Gym</li> <li>Theater, T</li> </ul> | <p><b>Birthdays</b></p> <ul style="list-style-type: none"> <li>Janoma Powell, 3rd</li> <li>Ralph Platzner, 6th</li> <li>Harris Freedman, 7th</li> <li>Lloyd Johnson, 9th</li> <li>JoAnn Bruce, 9th</li> </ul>   | <p><b>Birthdays</b></p> <ul style="list-style-type: none"> <li>Loreen Tolford, 10th</li> <li>Phyllis Bartel, 15th</li> <li>Marvel Stoudt, 17th</li> <li>Judie Shape, 25th</li> <li>Pat Stapledon, 26th</li> <li>Bud Berns, 28th</li> </ul>                  | <p><b>MAY DAY</b></p> <ul style="list-style-type: none"> <li>10:00 PrimeFit Chair Exercises, T</li> <li>10:00 Peel Tech Computer &amp; Electronic Support, BI</li> <li>12:00 May Birthdays Lunch, R</li> <li>1:00 Seated Yoga, T</li> <li>1:00 Play the Hand Chimes, AR</li> </ul> | <ul style="list-style-type: none"> <li>1:00 FILM HISTORY TALK WITH LANCE RHOADES, T</li> <li>2:00 Popcorn Social, BI</li> <li>3:00 All-Resident Meeting, AR</li> </ul>            | <ul style="list-style-type: none"> <li>3:00 Happy Birthday Hour, AR</li> </ul>  | <ul style="list-style-type: none"> <li>11:00 Scenic Drive Departs</li> <li>11:00 Zumba Gold Exercise, T</li> <li>1:00 CURRENT AFFAIRS DISCUSSION GROUP, T</li> <li>2:30 Movie Matinee: "The Post," T</li> <li>3:00 Pokeno, AR</li> </ul>   |
| <ul style="list-style-type: none"> <li>10:00 FAIRWINDS' MOTHER'S DAY BRUNCH, R</li> <li>1:00 Sunday Singalong, T</li> <li>3:00 Movie Matinee: "The Hollars," T</li> </ul>   | <ul style="list-style-type: none"> <li>10:00 PrimeFit Chair Exercises, T</li> <li>11:00 Team Trivia, AR</li> <li>1:30 Blackjack, B</li> <li>3:00 10-Cent Bingo, AR</li> </ul>   | <ul style="list-style-type: none"> <li>11:00 PARKLANE GALLERY MINIATURE SHOW &amp; LUNCH DEPARTS</li> </ul>   | <ul style="list-style-type: none"> <li>10:00 PrimeFit Chair Exercises, T</li> <li>10:00 Fashion Classics Trunk Show, AR</li> <li>11:30 9 HOLE GOLFING WITH NATHAN DEPARTS</li> </ul>   | <ul style="list-style-type: none"> <li>11:15 The Overlake School Middle School Concert Band Performs!, R</li> <li>3:00 Balloon Volleyball, AR</li> </ul>                          | <ul style="list-style-type: none"> <li>1:00 PRIMEFIT WORKSHOP, T</li> <li>3:00 Happy Hour, AR</li> </ul>                  | <ul style="list-style-type: none"> <li>9:00 MEN'S BREAKFAST, AR</li> <li>11:00 Scenic Drive Departs</li> <li>2:00 Maifest Celebration!, BI</li> </ul>  |
| <p><b>MOTHER'S DAY</b></p> <ul style="list-style-type: none"> <li>3:00 Movie Matinee: "Mary Poppins Returns," T</li> </ul>  | <ul style="list-style-type: none"> <li>10:00 PrimeFit Chair Exercises, T</li> <li>10:45 Fairwinds Book Club Meets, T</li> <li>12:00 COOKING WITH COLLEEN, R</li> <li>1:30 Garden Club Meeting, T</li> <li>3:00 10-Cent Bingo, AR</li> </ul>   | <ul style="list-style-type: none"> <li>10:30 FLOWER WORLD &amp; LUNCH AT MALTBY CAFE DEPARTS</li> <li>3:00 Singalong with Barb!, LR</li> </ul>  | <ul style="list-style-type: none"> <li>10:00 PrimeFit Chair Exercises, T</li> <li>1:30 ART HISTORY TALK, T</li> <li>5:00 SUPPER CLUB DEPARTS</li> </ul>  | <ul style="list-style-type: none"> <li>2:00 Popcorn Social, BI</li> </ul>   | <ul style="list-style-type: none"> <li>10:30 Catholic Mass with Father Johnson, R</li> <li>3:00 Happy Hour, AR</li> </ul> | <ul style="list-style-type: none"> <li>No Scenic Drive Today</li> <li>10:00 NW DRIFTWOOD ARTISTS SHOW DEPARTS</li> <li>11:00 Zumba Gold Exercise, T</li> <li>1:00 "MILLION DOLLAR QUARTET" AT THE VILLAGE THEATER DEPARTS</li> <li>1:00 Live Entertainment with Take4, LR</li> <li>2:30 Movie Matinee: "The Wife," T</li> <li>3:00 Pokeno, AR</li> </ul> |
| <ul style="list-style-type: none"> <li>1:00 Hymn Singalong, AR</li> <li>2:30 WCB SPRING CONCERT AT RHS DEPARTS</li> <li>3:00 Movie Matinee: "Mr. Deeds Goes to Town," T</li> </ul>  | <ul style="list-style-type: none"> <li>10:00 PrimeFit Chair Exercises, T</li> <li>11:00 Team Trivia, AR</li> <li>12:00 Red Hat Society Lunch, R</li> <li>1:00 LECTURE SERIES WITH DAVID SMITH: COMPARATIVE RELIGIONS, T</li> <li>1:30 Blackjack, B</li> <li>3:00 10-Cent Bingo, AR</li> </ul> | <ul style="list-style-type: none"> <li>9:30 SNOQUALMIE CASINO DEPARTS</li> <li>12:00 Chef Demonstration, BI</li> <li>2:00 Live Music with Gary Lee Hood, LR</li> <li>3:00 Make Pajamas for Kids, AR</li> </ul>  | <ul style="list-style-type: none"> <li>10:00 PrimeFit Chair Exercises, T</li> <li>1:00 Seated Yoga, T</li> </ul>   | <ul style="list-style-type: none"> <li>1:00 "Urine Town" At Act Theater Departs</li> <li>2:00 Popcorn &amp; Documentary</li> <li>Movie Matinee: "My Italian Secret," T</li> </ul> | <ul style="list-style-type: none"> <li>3:00 Happy Hour, AR</li> </ul>   | <ul style="list-style-type: none"> <li>11:00 Scenic Drive Departs</li> <li>2:30 Movie Matinee: "Ocean's 8," T</li> </ul>   |
| <ul style="list-style-type: none"> <li>3:00 Movie Matinee: "The Best Years of our Lives," T</li> </ul>  | <p><b>MEMORIAL DAY</b></p> <ul style="list-style-type: none"> <li>No Regular PrimeFit or Activities Today</li> <li>11:00 Memorial Day Family BBQ &amp; Flag Salute, R</li> </ul>  | <ul style="list-style-type: none"> <li>9:30 Traveling Library, BI</li> <li>9:30 VOLUNTEER AT DICKINSON ELEM.</li> <li>11:00 RHS LUNCH OUT DEPARTS</li> <li>1:00 F&amp;B Resident Board Meeting, PDR</li> <li>2:00 HISTORY ALIVE! PRESENTATION, T</li> </ul> | <p>National Senior Health &amp; Fitness Day</p> <ul style="list-style-type: none"> <li>9:00 PRIMEFIT "WALK PERRIGO PARK" DEPARTS</li> <li>10:00 PrimeFit Chair Exercises, T</li> <li>1:30 Healing Dance Program: Hula!, AR</li> <li>6:15 Serve Dinner at Avondale Park</li> </ul>  | <ul style="list-style-type: none"> <li>3:00 Balloon Volleyball, AR</li> </ul>   | <ul style="list-style-type: none"> <li>3:00 Happy Hour, AR</li> </ul>   |  |

# The History of Memorial Day

Observed with ceremonies and parades, Memorial Day honors the men and women who gave their lives while serving in the U.S. military.

After the Civil War ended in 1865, people in various cities began decorating the graves of fallen soldiers with flowers, flags and wreaths. This inspired Maj. Gen. John A. Logan, the head of a veterans organization, to designate May 30, 1868, as Decoration Day, a national day of remembrance. It's believed that date was chosen because it didn't fall on the anniversary of any battle, and spring flowers would be in bloom all over the country.

On that first Decoration Day, a large ceremony was held at Arlington National Cemetery in Washington, D.C. Officials gave speeches, and more than 5,000 people placed small American flags on the graves of 20,000 Civil War soldiers.

After World War I, Decoration Day was expanded to honor fallen soldiers from all wars. An act of Congress officially renamed it Memorial Day in 1967, and one year later, a public law made it a federal holiday to be celebrated on the last Monday in May.

Make your  
"someday"  
today.

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## May Excursions

- May 7:** Parklane Gallery Miniature Show & Lunch
- May 8:** Nine-Hole Golfing with Nathan
- May 14:** Flower World & Lunch at Maltby Cafe
- May 15:** Supper Club
- May 18:** Northwest Driftwood Artists' Annual Driftwood Show
- May 18:** Million Dollar Quartet at the Village Theater
- May 19:** WBC Spring Concert at RHS
- May 21:** Snoqualmie Casino
- May 28:** Classroom Volunteering at Emily Dickinson Elementary
- May 28:** Red Hat Society Lunch Out

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

## PrimeFit Featured Vegetable for May 2019: Cauliflower

The cauliflower head is composed of a white inflorescence meristem. Cauliflower heads resemble those in broccoli, which differs in having flower buds as the edible portion. Brassica oleracea also includes broccoli, brussels sprouts, cabbage, collard greens, and kale, collectively called "cole" crops, though they are of different cultivar groups.

- **Calories:** 29 (1 cup)
- **Protein:** 2.1 grams
- **Carbs:** 5 grams
- **Fiber:** 2.1 grams
- **Vitamin K:** 19% of the RDI
- **Vitamin C:** 85% of the RDI
- **Vitamin A:** 0% of the RDI
- **Folate:** 14% of the RDI
- **Manganese:** 4% of the RDI
- Include cauliflower as one of the cruciferous vegetables you eat on a regular basis if you want to receive the fantastic health benefits provided by the cruciferous vegetable family.
- At a minimum, we should eat 3/4 cup of cruciferous vegetables on a daily basis.
- This amount is equivalent to approximately 5 cups per week. A more optimal intake amount would be 1-1/2 cups per day, or about 10 cups per week.



## 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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