

livfun

Fairwinds - Redmond

JUNE 2019 • SOAK UP THE SUNSHINE

'Berry' Healthy Fruits

Juicy berries are a refreshing summer treat. Their water content and nutrients make them a healthy snack, and their sweet taste adds a burst of flavor to salads, smoothies and desserts. Enjoy these berries that are ripe for the eating:

Strawberries — This summer staple often tops surveys as America's favorite berry and is one of the most-consumed fruits in the U.S. Packed with vitamin C and a good source of fiber, the red, heart-shaped fruit may help protect the heart by lowering blood pressure and reducing cholesterol.

Blueberries — Plump, round blueberries have a high concentration of antioxidants, earning their status as a super food. Research suggests compounds in these berries can boost brain health and help prevent heart disease and diabetes.

Raspberries — At 8 grams per cup, raspberries are one of the fruits highest in fiber. Red varieties are the most popular and have a slightly tart taste. There are also varieties in black, purple and yellow.

Blackberries — Their deep, glossy color is a good indicator of their nutritional content. Blackberries are loaded with disease-fighting antioxidants, manganese and vitamins C and K.

Honoring the US Flag

We celebrate Flag Day on June 14, the anniversary of Old Glory's adoption as America's flag in 1777. The U.S. Flag Code outlines how this national symbol should be honored.

American flags are displayed outside public institutions, including government offices, police stations and schools, as well as private businesses and homes. The Stars and Stripes always flies at the peak of a staff, higher than any other flag when on the same pole. When multiple flags are flown on separate poles, the U.S. flag is hoisted first and placed to the observer's far left.

The flag should not touch anything beneath it, such as the ground or floor. Unless properly lit, the flag is lowered — slowly and ceremoniously — and brought indoors at sundown.

When an American flag is worn or faded, it should be retired in a flag-burning ceremony. The American Legion, Veterans of Foreign Wars, Boy Scout and Girl Scout troops, and other organizations perform these ceremonies as a community service.

PrimeFit June Muscle: Chest

What? The chest muscle includes the pectoralis major, pectoralis minor and the serratus anterior. The chest is part of a larger group of "pushing muscles" found in the upper body. The chest, as part of this group, enables you to perform pushing actions such as a bench press, push ups or a daily activity such as moving a heavy dresser.

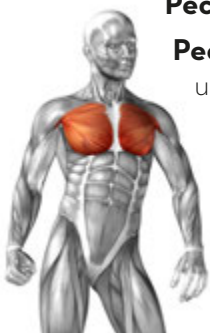
Pectoralis Major: Horizontal Abduction

Pectoralis Minor: Stabilization, depression, abduction or protraction, upward tilt and downward rotation of the scapula

Serratus Anterior: Scapula abduction, Scapula upward rotation, Scapula elevation

Where? See photo.

Why? Strong pectoral muscles can improve your posture, contribute to overall upper-body strength, push yourself off of something, push away something.



Save the Date!

June 5 — June Birthdays Lunch

June 6 — Women's Breakfast

June 12 — Live Music with Gary Lee Hood

June 13 — Fairwinds Father's Day Dinner

June 15 — Saturday Concert Series featuring Joseph Dane

June 18 — Chef Demo

June 19 — Popcorn & Movie Matinee Documentary "Won't You Be My Neighbor"

June 20 — H&W Appreciation Ice Cream Social

June 24 — Crafts & Cocktails

June 25 — Make Pajamas for Kids

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

June Excursions

June 1 — NW Sound Men's Chorus Spring Concert

June 5 — Lunch On Vashon Island

June 8 — Seattle Chocolate's "Broken Pieces" Pick Up

June 9 — Emerald Downs Race Track

June 11 — Carnation Farms Tour & Lunch

June 12 — 9-Hole Golfing with Nathan

June 18 — Snoqualmie Casino

June 19 — Supper Club

June 27 — Red Hat Society Lunch Out

June 30 — "Singin' in the Rain, Jr." at RHS

Find more details, including departure times and signup deadlines, 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/Silver Sneakers Classic, T 3:00 10-Cent Bingo, AR	10:00 PrimeFit/Silver Sneakers Stability, T 1:00 PrimeFit Balloon Volleyball, AR 2:00 PrimeFit Walking Club Meets, BI	10:00 PrimeFit/Silver Sneakers Classic, T 11:00 Bean Bag Baseball, T 3:00 Mystery Bingo!, AR 3:00 Bible Study, T	10:00 PrimeFit/Silver Sneakers Stability, 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
		Birthdays Tess Herlan, 4th Ora Dawson, 5th Penny Niemela, 5th Dee Kavanaugh, 6th	Elizabeth Rourke, 8th Sharon Macpherson, 11th John Zerbe, 12th Horst Gollnick, 12th	Marian Relkoff, 13th Nancy Horrell, 19th Sandra Frankenberger, 22nd Ginny James, 22nd	Ted Rothbauer, 23rd Betty Wright, 23rd Al Bently, 26th Anne Nelson, 28th	Leona Hansen, 28th Lois Rusch, 30th
2 1:00 Sunday Singalong, T 3:00 Movie Matinee: "Casablanca," T	3 11:00 Team Trivia, AR 1:30 Blackjack, B	4 11:00 LIFE STORY VISION BOARD CLASS, AR 3:00 Mexican Train Dominoes, AR	5 10:00 Peel Tech Computer & Electronic Support, BI 10:00 LUNCH ON VASHON ISLAND DEPARTS 12:00 June Birthdays Lunch, R 1:00 Seated Yoga, T 1:00 Play the Hand Chimes, AR	6 9:00 WOMEN'S BREAKFAST, AR 2:00 Popcorn Social, BI 3:00 All-Resident Meeting, AR	7 3:00 Happy Birthday Hour, AR	1 No Scenic Drive Today 1:00 CURRENT AFFAIRS DISCUSSION GROUP, T 1:00 NW SOUNDS MEN'S CHORUS SPRING CONCERT AT BHS DEPARTS 2:30 Movie Matinee: "The Greatest Showman," T 3:00 Pokemo, AR
9 12:30 EMERALD DOWNS RACE TRACK DEPARTS 3:00 Movie Matinee: "The Way," T	10 10:45 Fairwinds Book Club Meets, T 12:00 COOKING WITH COLLEEN, R 1:30 Garden Club Meeting, T	11 10:30 CARNATION FARM TOUR & LUNCH OUT DEPARTS 3:00 Singalong with Barb!, LR	12 10:00 Access Medical Equipment Repair, LR 11:30 9 HOLE GOLFING WITH NATHAN DEPARTS 1:30 ART HISTORY TALK, T 2:00 Live Music with Gary Lee Hood, LR	13 1:00 PRESENTATION: WHAT WAS THE FIRST ROCK 'N' ROLL RECORD?, T 2:00 Popcorn Social, BI 4:00 FATHER'S DAY DINNER, R	14 FLAG DAY 1:00 PRIMEFIT WORKSHOP, T 3:00 Happy Hour, AR	15 11:00 Scenic Drive Departs 2:00 Saturday Concert Series Featuring Joseph Dane, LR
16 FATHER'S DAY 1:00 Hymn Singalong, T 3:00 Movie Matinee: "Book Club," T	17 11:00 Team Trivia, AR 12:00 Red Hat Society Lunch, R 1:30 Blackjack, B	18 9:30 SNOQUALMIE CASINO DEPARTS 12:00 Chef Demonstration, BI 2:00 HEALTH TALK: ARTHRITIS MANAGEMENT, T	19 1:30 Popcorn & Documentary Movie Matinee: "Won't You Be My Neighbor," T 5:00 SUPPER CLUB DEPARTS	20 12:30 "West Side Story" At the 5th Ave Departs 2:30 Health & Wellness Team Appreciation Ice Cream Social, BI 3:00 Mexican Train Dominoes, AR	21 SUMMER BEGINS National Selfie Day! 10:30 Catholic Mass with Father Johnson, R 3:00 Happy Hour, AR	22 11:00 Scenic Drive Departs 2:30 Movie Matinee: "Crazy Rich Asians," T
23 3:00 Movie Matinee: "Dog Days," T	24 11:00 Nostalgia Club, T 12:00 New Resident Lunch, R 1:30 CRAFTS & COCKTAILS, AR	25 9:30 Traveling Library, BI 1:00 F&B Resident Board Meeting, PDR 3:00 Make Pajamas for Kids, AR	26 1:00 Seated Yoga, T	27 11:00 RED HAT SOCIETY LUNCH OUT DEPARTS 2:00 Popcorn Social, BI	28 3:00 Happy Hour, AR	29 11:00 Scenic Drive Departs 11:00 Zumba Gold Exercise, T 2:30 Movie Matinee: "Strangers on a Train," T
30 1:30 "SINGIN' IN THE RAIN, JR." AT RHS DEPARTS 3:00 Movie Matinee: "The Treasure of Sierra Madre," T	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					



Continue Your Education!

- June 1** – Current Affairs Discussion Group
- June 3** – Team Trivia
- June 12** – Art History Talk
- June 13** – Special Presentation with John Jensen: What Was the First Rock 'n' Roll Album

- June 17** – Team Trivia
 - June 18** – Health Talk: Arthritis Management
- Find more details in the Activity Book at the Front Desk.

PrimeFit Featured Vegetable for June 2019: Cucumbers

The cucumber is a member of the Cucurbitaceae family, along with squash and different kinds of melon. Cucumbers are high in water and low in calories, fat, cholesterol and sodium.



One 11-ounce (300-gram) unpeeled, raw cucumber:

- **Calories:** 45
- **Protein:** 2 grams
- **Carbs:** 11 grams
- **Fiber:** 2 grams
- **Vitamin K:** 14% of the RDI
- Rich in beneficial antioxidants that may reduce the risk of conditions like cancer, heart, lung and autoimmune disease.
- Because cucumbers are composed of about 96 percent water, they are especially effective at promoting hydration and can help you meet your daily fluid needs.
- One study had 80 participants supplement with pectin. It found that pectin sped up the movement of the intestinal muscles, all while feeding the beneficial bacteria in the gut that improve digestive health.
- Easy to add to your diet. Cucumbers are also often eaten raw as a low-calorie snack or can be paired with hummus, olive oil, salt or salad dressing to add a bit more flavor.
- **Vitamin C:** 14% of the RDI
- **Vitamin A:** 1% of the RDI
- **Folate:** 7% of the RDI
- **Manganese:** 12% of the RDI

Washboard Rhythms

Simple and reliable, washboards were once a fixture in many homes. But this cleaning tool does double duty as a music instrument.

For most, washboards were a necessity for doing laundry up until the 1950s. The standard washboard has a grooved metal cleaning surface set inside a wooden frame. Standing the board inside a basin of soapy water, one would scrub clothes clean.

Some also put the boards to work as percussion instruments, often using thimbles, spoons and other accessories to strum and tap the ribbed metal to produce a raspy, clickety-clack sound. Jug bands, which were popular in the 1920s, and Cajun, zydeco and folk groups have incorporated washboard rhythms into their music.

The demand for washboards began to trickle with the use of affordable electric washing machines. Today, the Columbus Washboard Company, located in Logan, Ohio, is the only remaining washboard manufacturer in the U.S. Customers buy the boards for functional and decorative use, but about 40% are purchased for making music.

Every June since 2000, Logan hosts the Washboard Music Festival, where people can soak up the sounds of bands and performers who feature the laundry day mainstay as a musical instrument.



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