

livfun

Fairwinds - Redmond

SEPTEMBER 2019 • FALL INTO FUN

Continue Your Education

Sept. 2: Team Trivia

Sept. 6: Tech Talk: Staying Connected

Sept. 7: Current Affairs Discussion Group

Sept. 9: Fairwinds Book Club

Sept. 11: Art History Talk

Sept. 13: PrimeFit Workshop

Sept. 16: Team Trivia

Sept. 17: Health Talk: Pain Management

Sept. 19: Film History Talk

Sept. 20: Tech Talk: Staying Connected

Sept. 24: History Alive! Presentation

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

Save the Dates

Sept. 3: Classical Piano with Luke Doubravsky

Sept. 4: September Birthdays Lunch

Sept. 7: Men's Breakfast

Sept. 10: Ice Cream Social

Sept. 11: Serve Dinner at Avondale Park

Sept. 14: Book Reading with Author Megan Chance

Sept. 17: Chef Demonstration

Sept. 18: Healing Dance Class

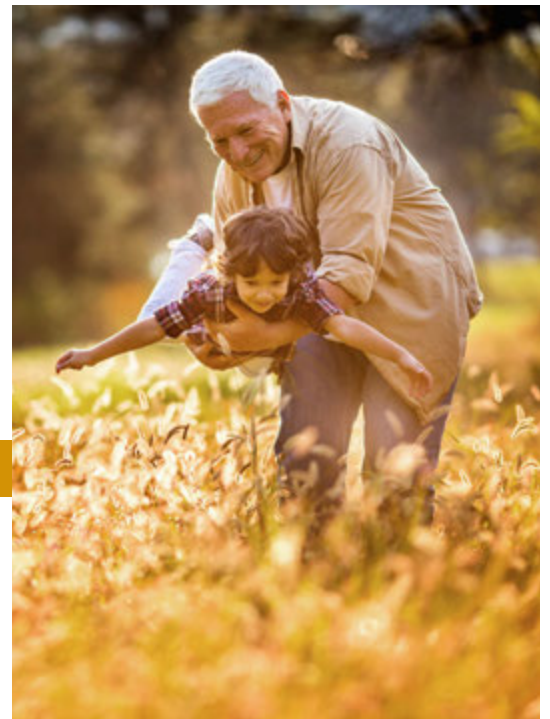
Sept. 19: Oktoberfest Celebration!

Sept. 21: Saturday Concert Series featuring David Layton

Sept. 23: Garden Club Open House

Sept. 27: PrimeFit Olympics!

Sept. 30: Make Pajamas for Kids



Featured Muscle of the Month: Bicep Brachii

What?

The biceps, also biceps brachii, is a large muscle that lies on the front of the upper arm between the shoulder and the elbow. Both heads of the muscle ascend on the scapula and join to form a single muscle belly which is attached to the upper forearm. While the biceps crosses both the shoulder and elbow joints, its main function is at the elbow where it flexes the forearm and supinates the forearm.

Both these movements are used when opening a bottle with a corkscrew: First biceps unscrews the cork (supination), then it pulls the cork out (flexion).

- **Biceps Brachii (short head):** The short head attaches to the coracoid process of the scapula.
- **Biceps Brachii (long head):** The long head attaches to the supraglenoid tubercle of the scapula, which is just above the space where the humerus, or upper arm, enters the shoulder.
- **Brachialis:** Muscle in the upper arm that flexes the elbow joint. The brachialis is the prime mover of elbow flexion. While the biceps brachii appears as a large anterior bulge on the arm and commands considerable interest among body builders, the brachialis underlying it actually generates about 50 percent more power and is thus the prime mover of elbow flexion.

Why?

The biceps brachii crosses two joints – the shoulder and the elbow – so it can influence movement of both joints.

(Continued on back)

September Excursions

Sept. 1: Whale Watching Cruise from Edmonds

Sept. 3: Crystal Mountain Gondola Ride and Lunch at The Summit

Sept. 10: Klondike Gold Rush Museum and Lunch Out

Sept. 11: 9-Hole Golfing with Nathan

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

Sept. 14: Issaquah Farmer's Market

Sept. 15: Overnight In Poulsbo

Sept. 17: Quil Ceda Creek Casino

Sept. 18: Supper Club

Sept. 21: Issaquah Village Theater

Sept. 24: Red Hat Society Lunch Out

Reasons To Read

Getting lost in a good book is an enjoyment for many people. More than just entertainment, reading has been shown to be good for your health.

Boosts brain power – Much like exercise for the body, reading a book is a workout for the brain. Critical thinking is required to process the text, make connections between chapters and retain information. This forges new pathways in the brain, which can help protect against cognitive decline.

Increases empathy – When immersed in reading, especially a fiction story, we are likely to identify with the characters and their emotions. This may help us better relate to people in real life, strengthening bonds and prompting positive interactions.

Promotes sleep – A bedtime routine that includes reading with dimmed lights sends a signal to the body that it's time to wind down. Physical books work best at night since the glare from digital devices can disrupt sleep.

Reduces stress – A page-turner often transports the reader to another world, providing a break from worries. Participants in one study began to relax after just six minutes of reading.

WEEKLY SCHEDULE

EVERY SUNDAY	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	EVERY SATURDAY
2:00 Fairwinds Christian Fellowship, T	3:00 10-Cent Bingo, AR	9:30 PrimeFit Walking Club Meets, BI 10:00 PrimeFit/Silver Sneakers Stability, T 1:00 PrimeFit Balloon Volleyball, AR	11:00 Bean Bag Baseball, T 3:00 Mystery Bingo!, AR 3:00 Bible Study, T	9:30 PrimeFit Walking Club Meets, BI 10:00 PrimeFit/Silver Sneakers Stability, T 11:00 Laughter Yoga!, T 1:00 PrimeFit Mini Golf, AR 1:00 Knitting Club Meets, BI	BLUE FRIDAY!	10:00 Wii Bowling, T

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00 WHALE WATCHING FROM EDMONDS DEPARTS 1:00 Sunday Singalong, T 3:00 Movie Matinee: "Finding Your Feet," T	LABOR DAY No PrimeFit Programs Today 11:00 Team Trivia, AR 1:30 Blackjack, B	9:45 CRYSTAL MOUNTAIN GONDOLA RIDE & LUNCH AT THE SUMMIT 2:00 Classical Piano with Luke Doubravsky, LR	10:00 PrimeFit/Silver Sneakers Classic, T 12:00 September Birthdays Lunch, R 1:00 Seated Yoga, T 1:00 Play the Hand Chimes, AR		10:00 PrimeFit Water Exercises, PL 10:00 Guided Meditation, T 10:30 Catholic Communion Service, R 11:00 Access Medical Equipment Service, LR 11:00 Bean Bag Baseball, T 1:00 Texas Hold 'Em Poker, B 1:00 TECH TALK: STAYING CONNECTED, T 2:00 Pinochle, B 3:00 Happy Birthday Hour, AR	11:00 Scenic Drive Departs 11:00 Zumba Gold Exercise, T 1:00 CURRENT AFFAIRS DISCUSSION GROUP, T 2:30 Movie Matinee: "Oceans 8," T
1:05 Seahawks Game, AR 3:00 Movie Matinee: "Peter Rabbit," T	10:00 PrimeFit/Silver Sneakers Classic, T 10:45 Fairwinds Book Club Meets, T 12:00 COOKING WITH COLLEEN, R 1:30 Garden Club Meeting, T	11:00 KLONDIKE GOLD RUSH MUSEUM & LUNCH OUT DEPARTS 2:00 "Behind the Scenes" Appreciation Ice Cream Social, BI 3:00 Singalong with Barb!, LR	PATRIOT DAY 10:00 PrimeFit/Silver Sneakers Classic, T 11:30 9-HOLE GOLFING WITH NATHAN DEPARTS 1:30 ART HISTORY TALK, T 6:15 SERVE DINNER AT AVONDALE PARK	10:00 Peel Tech Computer & Electronic Support, BI 2:00 Popcorn Social, BI	10:00 PrimeFit Water Exercises, PL 10:00 Guided Meditation, T 10:30 Catholic Communion Service, R 11:00 Bean Bag Baseball, T 1:00 Texas Hold 'Em Poker, B 1:00 PRIMEFIT WORKSHOP, T 2:00 Pinochle, B 3:00 Happy Hour, AR	No Scenic Drive Today 9:00 MEN'S BREAKFAST, AR 10:30 ISSAQUAH FARMER'S MARKET DEPARTS 2:00 Book Reading with Author Megan Chance, AR
10:00 Seahawks Game, AR 11:00 OVERNIGHT IN POULSBO DEPARTS 1:00 Hymn Singalong, T 3:00 Movie Matinee: "Somebody Up There Likes Me," T	10:00 PrimeFit/Silver Sneakers Classic, 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 HEALTH TALK: PAIN MANAGEMENT, T	10:00 PrimeFit/Silver Sneakers Classic, T 1:30 HEALING DANCE PROGRAM: SOUNDS OF SINATRA, AR 4:30 SUPPER CLUB DEPARTS	1:00 FILM HISTORY TALK WITH LANCE RHOADES, T 3:00 Oktoberfest Celebration!, BI	10:00 PrimeFit Water Exercises, PL 10:00 Guided Meditation, T 10:30 Catholic Mass with Father Johnson, R 11:00 Bean Bag Baseball, T 1:00 Texas Hold 'Em Poker, B 1:00 TECH TALK: STAYING CONNECTED, T 2:00 Pinochle, B 3:00 Happy Hour, AR	11:00 Scenic Drive Departs 11:00 Zumba Gold Exercise, T 1:00 ISSAQUAH VILLAGE THEATER DEPARTS 2:00 Saturday Concert Series Featuring David Layton, LR
1:25 Seahawks Game, AR 3:00 Movie Matinee: "The Princess Diaries," T	AUTUMN BEGINS Active Aging Week Begins! GARDEN CLUB OPEN HOUSE TODAY 10:00 PrimeFit/Silver Sneakers Classic, T 11:30 Flower Arrangement Demonstration, AR 1:00 HIGH TEA IN THE ROSE GARDEN	9:30 Traveling Library, BI 11:00 RED HAT SOCIETY LUNCH OUT DEPARTS 1:00 F&B Resident Board Meeting, PDR 2:00 HISTORY ALIVE! PRESENTATION, T	10:00 PrimeFit/Silver Sneakers Classic, T 1:00 Seated Yoga, T	2:00 Popcorn Social, BI 2:30 PrimeFit Olympics Pep Rally!, BI	PRIMEFIT OLYMPICS!	11:00 SCENIC DRIVE & STOP FOR DONUTS DEPARTS 2:30 Movie Matinee: "Crazy Rich Asians," T
ROSH HASHANAH BEGINS AT SUNSET 3:00 Movie Matinee: "Holes," T	10:00 PrimeFit/Silver Sneakers Classic, T 11:00 Nostalgia Club, T 12:00 New Resident Lunch, R 1:00 Make Pajamas for Kids, AR	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	Birthdays Susan Puck, 2nd Billie Roberson, 2nd Betty Pesznecker, 2nd Wayne Christenson, 5th	Viola Fisher, 7th Janey Browning, 8th Phyllis Nichols, 11th Anna Corlis, 15th Joyce Paslay, 16th	Marilyn Dixon, 17th Maureen Sanders, 17th Charlotte Vasilatos, 20th Nancy Stetson, 24th Jim Chesemore, 25th	



Vegetable of the Month: Zucchini

The zucchini or courgette is a summer squash, of Mesoamerican origin, which can reach nearly 1 metre in length, but is usually harvested when still immature at about 15 to 25 cm. A zucchini is a thin-skinned cultivar of what in Britain and Ireland is referred to as a marrow.

One medium (196-gram) unpeeled, raw cucumber:

- Calories: 33
- Protein: 2.4 grams
- Carbs: 6 grams
- Fiber: 2 grams
- Vitamin K: 11% of the RDI
- Vitamin C: 56% of the RDI
- Vitamin A: 8% of the RDI
- Folate: 14% of the RDI
- Manganese: 8% of the RDI

Zucchini nutrition also contains some vitamin E, pantothenic acid, choline, calcium, iron, zinc and selenium.

- High Source of Antioxidants and Vitamin C
- Has Anti-Inflammatory Properties that Can Improve Heart Health
- High Source of Potassium
- Helps Improve Digestion

Since obesity and heart disease risk factors are often linked, it's beneficial that zucchini can help support weight loss. Studies show that low-sugar and low-carb diets can be effective in body weight management since they positively impact insulin and other hormones. Of course, there are other factors to consider, especially how many healthy sources of fats and fresh whole fruits someone consumes, but zucchini can definitely play a role in a heart-healthy diet that also improves body weight.



Zucchini benefits digestive health and is often recommended for digestive issues, such as diverticulitis, since it's hydrating and provides essential electrolytes and nutrients. Research suggests that zucchini also offers anti-inflammatory protection within the gastrointestinal tract that can reduce IBS, ulcer-related symptoms and leaky gut syndrome.

There is now mounting evidence to indicate that a compromised epithelial barrier is associated with low-grade immune activation and intestinal dysfunction that can lead to IBS symptoms in some patients. Eating anti-inflammatory foods, such as plenty of non-starchy fresh vegetables, is the first step to lowering body-wide inflammation and gut-related issues.

Featured Muscle of the Month: Bicep Brachii (Continued)

The biceps brachii can bring about a variety of movements when it shortens, including:

- **Supination:** Turning the palm upward. Let one arm hang with your palm facing behind you. When your biceps brachii contracts, it tugs on the radius and pulls it to the outside. This turns your palm to face forward.
- **Forearm flexion:** Bending the elbow with the palm facing forward. Let one arm hang with your palm facing forward. When our biceps brachii contracts, it will tug on your radius and pull it up, bending your elbow.
- **Shoulder Flexion:** Bringing the arm forward and upward
- **Horizontal adduction:** Bringing the arm across the body

Bicep Exercises

1. Curls with Cable Machine
2. Curls with Resistance Bands
3. Curls with Dumbbells
4. Curls with Barbell
5. Curls with Suspension (Body weight)



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