

liv fun

Fairwinds - Redmond

JUNE 2018 • GOOD OL' SUMMERTIME

Save the Date!

June 7: Women's Breakfast

June 14: Fairwinds' Father's Day Dinner

June 18: Live Piano and Song with Tom Lyons

June 19: Classic Sound Men's Chorus Sings!

June 21: H&W Appreciation Ice Cream Social

June 23: Saturday Concert Series Featuring Naomi Morgan

June 25: Crafts and Cocktails

June 26: A Musical Evening With Bill Blackstone

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

June Excursions

June 5: Lunch on Vashon Island

June 9: NW Sounds Men's Chorus Concert at BHS

June 10: "The Last Romance" at Woodinville Repertory Theater

June 12: Tour of Little Bit Stables and Lunch

June 13: Nine-Hole Golfing with Nathan

June 19: Angels of the Winds Casino

June 20: Supper Club Departs

June 21: "The Hunchback of Notre Dame" at the 5th Ave

June 26: Red Hat Society Lunch Out

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

Continue Your Education!

June 2: World Affairs Discussion Group

June 4: Team Trivia

June 5: World Travels With Lance Rhoades

June 13: Art History Talk

June 14: JAY Talk

June 18: Team Trivia

June 26: Health Talk: Visiting Physicians

Find more details, including times, in the Activity Book at the Front Desk.

Essential Exercise Types

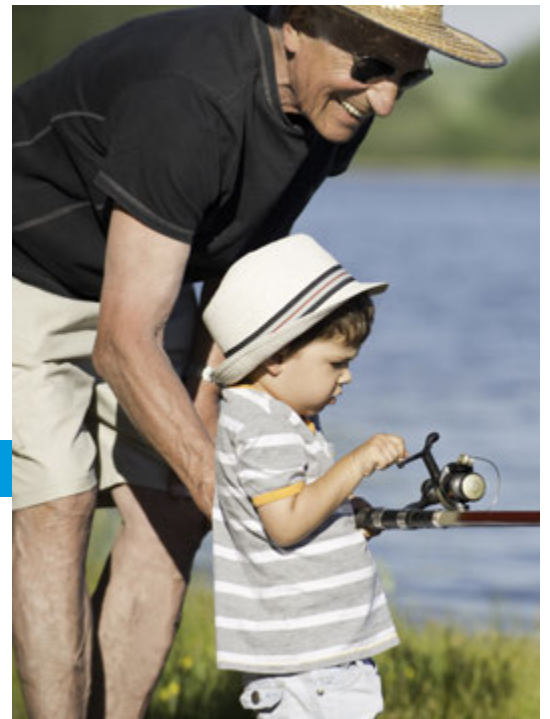
Exercising regularly provides an abundance of health benefits, and varying activities is the key when it comes to physical fitness. Here are four types of exercise that experts say should be part of a well-rounded routine. Be sure to consult a doctor before starting a new exercise program.

Endurance – Also called cardiovascular or aerobic exercise, these activities target the heart, lungs and circulatory system by increasing your heart rate and breathing. Walking, dancing and swimming are examples of endurance exercises.

Strength – Muscle mass often declines with age, and strength training builds it back. This type of exercise makes you stronger, relieves joint pain and improves balance. Common forms of strength training include lifting weights, using resistance bands and doing arm curls and leg lifts.

Balance – Maintaining good balance is essential to preventing falls. Balance exercises often focus on the lower body. Tai chi, standing on one foot, and walking heel to toe in a straight line can improve balance.

Flexibility – Movements that stretch your muscles help you stay flexible and limber, making it easier to perform everyday activities, such as bending to tie your shoes. Stretching exercises and yoga improve flexibility.



Fishing 'Reels'

The days are warm and the fish are biting. Hook one of these movies about fishing:

"The Old Man and the Sea" (1958) – Spencer Tracy plays a fisherman trying to reel in the catch of a lifetime in this film based on a short story by Ernest Hemingway.

"A River Runs Through It" (1992) – Fly-fishing serves as a metaphor for life and love in this drama set in 1920s Montana. The state's rivers and mountains provide a beautiful setting, captured by Academy Award-winning cinematography.

"Grumpy Old Men" (1993) – Retired Minnesota neighbors Max and John bicker and compete over everything, including who can get the biggest catch while ice fishing. Stars Jack Lemmon and Walter Matthau reunited in 1995 for a sequel that had them warm-weather angling for a prized catfish.

"Gone Fishin'" (1997) – Joe Pesci and Danny Glover star as two longtime friends from New Jersey who win a fishing trip to the Florida Everglades, but their fun flounders as one comedic thing after another goes wrong.

"The Perfect Storm" (2000) – This action-drama is based on the true story of a Massachusetts commercial swordfishing crew that sails into a fierce storm in the Atlantic Ocean.

WEEKLY SCHEDULE

EVERY SUNDAY	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	EVERY SATURDAY
11:00 Coloring Escapes, BI 2:00 Fairwinds Christian Fellowship, T	10:00 PrimeFit Chair Exercises, T 3:00 10-Cent Bingo, AR	10:00 PrimeFit Balance Exercises, T	10:00 PrimeFit Chair Exercises, T 11:00 Bean Bag Baseball, AR 3:00 Mystery Bingo!, AR	10:00 PrimeFit Mobility Exercises, T 11:00 Laughter Yoga!, T	10:00 Catholic Communion Service, T 10:00 PrimeFit Water Exercises, PL 10:30 Guided Meditation, T 11:00 Bean Bag Baseball, AR 1:00 Texas Hold 'Em Poker, B 2:00 Pinochle, B	10:00 Wii Bowling, T 11:00 Coloring Escapes, BI

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Birthdays Tess Herlan, 4th Ora Dawson, 5th Penny Niemela, 5th Mary Ann Colgan, 10th Sharon Macpherson, 11th Horst Gollnick, 12th	John Zerbe, 12th Marian Relkoff, 13th Sandra Frankenberger, 22nd Ted Rothbauer, 23rd Leona Hansen, 28th Anne Nelson, 28th Lois Rusch, 30th	Locations Living Room, LR Activity Room, AR Balcony, B Bistro, BI Gym, Gym	Pool, PL Private Dining Room, PDR Red Sky Restaurant, R Theater, T			11:00 Scenic Drive Departs 1:00 WORLD AFFAIRS DISCUSSION GROUP, T 2:30 Movie Matinee: "The Greatest Showman," T 3:00 Pokeno, AR
3 1:00 Sunday Singalong, AR 3:00 Sunday Cinema Classic: "Pocket Full of Miracles," T	4 11:00 Team Trivia, AR 1:30 Blackjack, B 1:30 Red Hat Society Social, AR	5 10:00 LUNCH ON VASHON ISLAND DEPARTS 1:30 WORLD TRAVELS WITH LANCE RHOADES: JAPAN, T	6 12:00 June Birthdays Lunch, R 1:00 Play the Hand Chimes, AR 1:00 Seated Yoga, T	7 9:00 WOMEN'S BREAKFAST, AR 2:00 Popcorn Social, BI 3:00 All-Resident Meeting, AR	8 3:00 Happy Hour, AR	9 No Scenic Drive Today 9:00 MEN'S BREAKFAST, AR 11:00 Zumba Gold, T 1:00 NW SOUNDS MEN'S CHORUS SPRING CONCERT AT BHS DEPARTS 2:30 Movie Matinee: "Phantom Thread," T
10 1:00 "THE LAST ROMANCE" AT WOODINVILLE REPERTORY THEATER DEPARTS 3:00 Sunday Cinema Classic: "Boom Town," T	11 10:45 Fairwinds Book Club Meets, T 12:00 COOKING WITH COLLEEN, R 1:30 Garden Club Meeting, T	12 10:15 TOUR OF LITTLE BIT STABLES & LUNCH DEPARTS 1:00 F&B Resident Board Meeting, PDR 1:30 Exergaming with Jay, T 3:00 Singalong with Barb!, LR	13 11:30 9 HOLE GOLFING WITH NATHAN DEPARTS 1:30 ART HISTORY TALK, T	14 FLAG DAY 12:00 Red Hat Society Lunch, R 1:30 JAY TALK, T 2:00 Popcorn Social, BI 4:00 FAIRWINDS' FATHER'S DAY DINNER, R	15 10:30 Access Medical Equipment Checks, LR 3:00 Happy Hour, AR	16 11:00 Scenic Drive Departs 2:30 Movie Matinee: "Dunkirk," T
17 FATHER'S DAY 1:00 Sunday Singalong, AR 3:00 Sunday Cinema Classic: "Father of the Bride," T	18 11:00 Team Trivia, AR 12:00 New Resident Lunch, R 1:30 Blackjack, B 2:00 Live Piano & Song with Tom Lyons, LR	19 9:30 ANGEL OF THE WINDS CASINO DEPARTS 10:00 Hearing Clinic 1:30 Exergaming with Jay, T 2:00 Chef Demonstration, BI 7:00 Classic Sound Men's Chorus Sings!, AR	20 1:00 Play the Hand Chimes, AR 5:00 SUPPER CLUB DEPARTS	21 SUMMER BEGINS 12:30 The Hunchback of Notre Dame at the 5th Ave Departs (Sold Out) 2:00 H&W Appreciation Ice Cream Social, BI 3:00 Balloon Volleyball, AR	22 3:00 Happy Hour, AR	23 11:00 Scenic Drive Departs 11:00 Zumba Gold, T 2:00 Saturday Concert Series Featuring Naomi Morgan, LR
24 1:00 Hymn Singalong with Pam, AR 3:00 Sunday Cinema Classic: "The Palm Beach Story," T	25 11:00 Nostalgia Club, T 1:30 Crafts & Cocktails, AR	26 9:30 Traveling Library, B 11:00 RED HAT SOCIETY LUNCH OUT DEPARTS 1:30 Exergaming with Jay, T 3:00 HEALTH TALK: VISITING PHYSICIANS, T 7:00 A Musical Evening with Bill Blackstone, LR	27 1:00 Seated Yoga, T	28 2:00 Popcorn Social, BI 3:00 Balloon Volleyball, AR	29 3:00 Happy Hour, AR	30 11:00 Scenic Drive Departs 2:30 Movie Matinee: "The Meddler," T



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A Soothing Succulent

Mention aloe vera, and its common use in soothing sunburned skin probably comes to mind, but this succulent has been a prized plant since ancient times.

More than 6,000 years ago, Egyptians called aloe the "plant of immortality" and used it in their health and beauty regimens. Legend has it that queens Nefertiti and Cleopatra included aloe in their skincare routines, and ancient Egyptian medical scrolls listed a variety of therapeutic remedies containing aloe. Traders later introduced the plant to other countries throughout Asia and Europe, and the popularity of aloe spread.

Aloe vera requires little care, making it an easy-to-grow houseplant even for those without a green thumb. Cutting open one of its thick, spear-shaped leaves exposes a translucent gel that can be applied directly to sunburns, rashes and other minor skin irritations. Some people find that the cool gel soothes skin, provides moisture and relieves itching.

Numerous ready-made aloe vera gel products are also widely available.

Tale of the Typewriter

Today, most typing is done on a computer keyboard or a smartphone screen, but this modern method of communicating began 150 years ago with the invention of the typewriter.

Prototypes of printing machines were created as far back as the 16th century, with many versions as large as pianos. The first practical typewriter was patented by American inventor Christopher Latham Sholes on June 23, 1868.

Resembling a sewing machine, this early model included many features that became standard for typewriters. It had an inked ribbon to print type and it used the QWERTY keyboard, which arranged the letters of the alphabet in a way that prevented the keys from jamming. Later named the Remington for the company that manufactured it, the typewriter became popular after Mark Twain purchased one and became the first author to submit a typed manuscript.

The following decades brought many improvements, including the introduction of the shift key, which allowed both upper and lower case letters to be typed, and frontstriking models, designed to let users see what they were typing in real time instead of having to lift up the carriage to view their work. The 1920s introduced user-friendly electric typewriters.

By the end of the 1980s, the world transitioned from typewriters to computers and compact printers. However, retro typewriters are still enjoyed by collectors and writers.

All Eyes on the World Cup

Soccer fans around the globe are gearing up to watch the sport's biggest event, the FIFA World Cup. The monthlong tournament kicks off in Russia on June 14, with the championship game on July 15.

The World Cup takes place every four years. Qualifying games are held in the three years prior to determine which teams play in the finals. Out of more than 200 FIFA teams, only 32 make it to the World Cup – 31 qualifiers plus the host country's team, which automatically earns a spot.

This year, 64 elimination matches will be played in 11 Russian cities, with Moscow hosting the tournament's first and final games.

Due to soccer's global popularity, the World Cup is one of the most widely viewed sporting events. More than 3 billion people tune in for the games.

Since the World Cup was first held in 1930, Brazil has the most championship wins, with five titles. Germany is the current defending champion, having won the 2014 tournament.

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