

livfun

Fairwinds - Redmond

AUGUST 2018 • DOG DAYS OF SUMMER

Save the Date!

- **Aug. 1:** Birthday Lunch
- **Aug. 7:** National Night Out in the Rose Garden
- **Aug. 11:** Men's Breakfast
- **Aug. 11:** Summer BBQ, Live Music and Motorcycle Rides with the Buffalo Soldiers
- **Aug. 13:** Fairwinds Book Club Meets
- **Aug. 13:** Cooking with Colleen
- **Aug. 16:** Women's Breakfast
- **Aug. 21:** Storyteller Presentation
- **Aug. 27:** Crafts and Cocktails
- **Aug. 29:** Popcorn and Movie Matinee
- **Aug. 29:** Serve Dinner at Avondale Park

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

August Excursions

- **Aug. 4:** Issaquah Farmers' Market
- **Aug. 7:** Mystic Mountain Farm Tour and Lunch
- **Aug. 8:** Nine-Hole Golfing with Nathan
- **Aug. 14:** Gilman Village Boutique Shopping
- **Aug. 15:** Supper Club
- **Aug. 21:** Muckleshoot Casino
- **Aug. 25:** Emerald Downs Race Track
- **Aug. 28:** Red Hat Society Lunch Out

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

Stay Safe in the Heat

When temperatures rise, we need to take precautions to prevent heat exhaustion and heat stroke. These conditions are caused by the body overheating and can be potentially dangerous, especially for older adults. Follow these tips to stay safe and cool this summer:

Stay inside – During extreme heat, the safest place is an air-conditioned area, especially during midday hours. Stay indoors or opt for outings to cool places such as a shopping mall, library or movie theater.

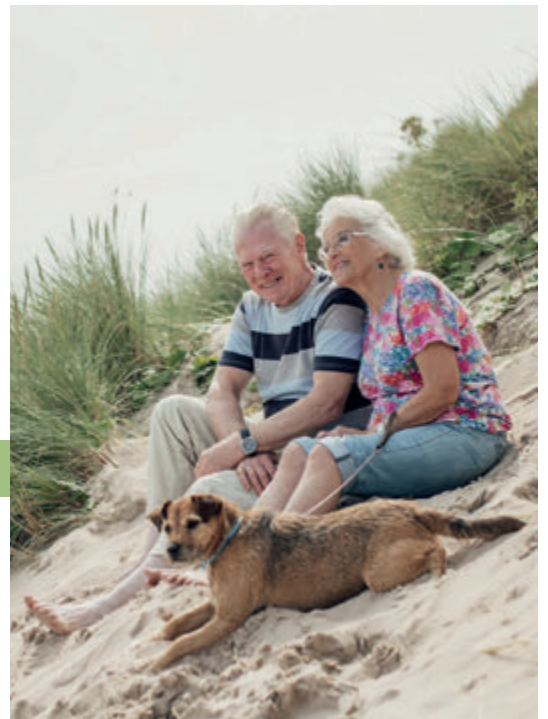
Hydrate – Even if you don't feel thirsty, sip on water or juice throughout the day, and eat hydrating fruits and vegetables. Avoid caffeinated beverages, which can contribute to dehydration.

Dress appropriately – Wear lightweight, loose-fitting clothing in light colors. When outdoors, keep your head cool with a wide-brimmed hat or umbrella.

Take a break – On hot and humid days, it's best to avoid strenuous physical activity, including exercise, even if you're indoors. Rest often and take it slow.

Check your meds – Some medications can affect the way the body regulates temperature. Ask your physician or pharmacist if any of your medications increase your risk of heat-related illness.

Watch for symptoms – If you or someone else shows signs of heat exhaustion, which can lead to heat stroke, seek medical help right away. Symptoms can include heavy sweating; cold, damp skin; weak, rapid pulse; nausea; dizziness; and headache.



Legendary Lions

It may be the dog days of summer, but a big cat is getting attention this month. World Lion Day on Aug. 10 puts the majestic animal in the spotlight. Celebrate this pride of famous lions:

MGM lion – His recognizable roar has signaled the start of every MGM film since the studio's founding in 1924. A feline named Leo has been the featured mascot the longest, since 1957.

Cowardly Lion – He's supposed to be King of the Beasts, but believes he lacks the courage. So the Cowardly Lion joins Dorothy, the Scarecrow and the Tin Man on their journey to see the Wizard in "The Wizard of Oz."

Aslan – The wise and powerful lion in "The Chronicles of Narnia" book and movie series serves as a guide to four children who walk through a wardrobe and into the fantasy land of Narnia.

Elsa – The true story of this real-life lioness was the basis of "Born Free," a book and movie about a couple who raised the orphaned cub, then released her back into the wild.

Simba – From playful lion cub to king of Pride Rock, Simba grows up and faces his fears in Disney's blockbuster animated movie "The Lion King."

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 1:30 Exergaming with Jay, T	10:00 PrimeFit Chair Exercises, T 11:00 Bean Bag Baseball, AR 3:00 Mystery Bingo!, AR 3:00 Bible Study, T	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
Locations Living Room, LR Activity Room, AR Pool, PL Balcony, B Private Dining Room, PDR Bistro, BI Red Sky Restaurant, R Gym, Gym Theater, T	Birthdays Jean Hartje, 22nd Doris Evans, 6th Judy Laird, 23rd Marty Niemela, 6th Linda Cranfill, 24th Marie VanLoon, 8th Judy Pagnotta, 27th Mary Resnick, 15th Edna Parker, 30th		12:00 August Birthdays Lunch, R 1:00 Play the Hand Chimes, AR 1:00 Seated Yoga, T	1:00 Build a Birdhouse with John, AR 2:00 Popcorn Social with Live Music by Max Randal & Emily Huston, BI 3:00 All-Resident Meeting, AR	3:00 Happy Birthday Hour, AR	No Scenic Drive Today 10:30 ISSAQUAH FARMERS' MARKET DEPARTS 11:00 Zumba Gold Exercise, T 2:30 Movie Matinee: "Rebel in the Rye," T
5 1:00 Sunday Singalong, AR 3:00 Sunday Cinema Classic: "The Russians Are Coming, The Russians Are Coming," T	6 11:00 Team Trivia, AR 12:00 Red Hat Society Lunch, R 1:30 Blackjack, B	7 10:00 MYSTIC MOUNTAIN FARM TOUR & LUNCH DEPARTS 1:00 Legacy Writing, PDR 2:00 Live Piano with Luke Doubravsky, LR 5:30 National Night Out in the Rose Garden	8 10:00 Peel Tech Computer & Electronic Support, BI 11:30 NINE-HOLE GOLFING WITH NATHAN DEPARTS 1:30 ART HISTORY TALK, T	9 1:00 SOCIAL & CRIMINAL JUSTICE LECTURE SERIES WITH DAVID SMITH, T 2:00 Popcorn Social, BI 3:00 Balloon Volleyball, AR 7:00 Seahawks Preseason Game, AR	10 2:00 AARP PRESENTATION: FRAUD PREVENTION, T 3:00 Happy Hour, AR	11 9:00 MEN'S BREAKFAST, AR 11:00 Scenic Drive Departs 11:00 Summer BBQ, Live Music & Motorcycle Rides with the Buffalo Soldiers, R 3:00 Pokeno, AR
12 3:00 Sunday Cinema Classic: "The Big Country," T	13 10:45 Fairwinds Book Club Meets, T 12:00 COOKING WITH COLLEEN, R 1:30 Garden Club Meeting, T	14 11:00 GILMAN VILLAGE BOUTIQUE SHOPPING DEPARTS 1:00 Legacy Writing, PDR 3:00 Singalong with Barb!, LR	15 1:00 Play the Hand Chimes, AR 5:00 SUPPER CLUB DEPARTS	16 9:00 WOMEN'S BREAKFAST, AR 1:00 Build a Birdhouse with John, AR 2:00 Root Beer Float Social, BI	17 3:00 Happy Hour, AR	18 11:00 Scenic Drive Departs 11:00 Zumba Gold Exercise, T 1:00 CURRENT AFFAIRS DISCUSSION GROUP, T 2:30 Movie Matinee: "Lady Bird," T 7:00 Seahawks Preseason Game, AR
19 1:00 Hymn Singalong, AR 3:00 Sunday Cinema Classic: "The Wrong Man," T	20 11:00 Team Trivia, AR 12:00 New Resident Lunch, R 1:30 Blackjack, B	21 10:00 Hearing Clinic 12:00 MUCKLESHOOT CASINO DEPARTS 1:00 Legacy Writing, PDR 2:00 STORYTELLER PRESENTATION: AROUND THE WORLD WITH NELLIE BLY, T	22 10:00 Peel Tech Computer & Electronic Support, BI 1:00 Seated Yoga, T 2:00 Live Piano & Song with Irma Aghajanyan, LR	23 1:00 SOCIAL & CRIMINAL JUSTICE LECTURE SERIES WITH DAVID SMITH, T 2:00 Popcorn Social, BI 3:00 Balloon Volleyball, AR	24 3:00 Happy Hour, AR 5:00 Seahawks Preseason Game, AR	25 No Scenic Drive Today 10:00 Donuts with Nancy, BI 1:00 EMERALD DOWNS RACE TRACK DEPARTS 2:30 Movie Matinee: "Film Stars Don't Die in Liverpool," T 3:00 Pokeno, AR
26 3:00 Sunday Cinema Classic: "3:10 to Yuma," T	27 11:00 Nostalgia Club, T 1:00 Crafts & Cocktails, AR	28 9:30 Traveling Library, B 11:00 RED HAT SOCIETY LUNCH OUT DEPARTS 1:00 F&B Resident Board Meeting, PDR 1:30 FILM HISTORY TALK WITH LANCE RHOADES: "ELVIS," T 3:00 Mexican Train Dominoes, AR	29 1:00 Popcorn & Movie Matinee: "Documentary Earth: One Amazing Day," T 6:15 Serve Dinner at Avondale Park	30 2:00 Ice Cream Social, BI 3:00 Balloon Volleyball, AR 7:00 Seahawks Preseason Game, AR	31 3:00 Happy Hour, AR	

Greetings From ...

Whether they serve as vacation souvenirs, correspondence or collectibles, postcards offer a picture-perfect way to send a message and capture a moment.

Postal correspondence cards were first used in Europe beginning in 1869. The U.S. issued the first official "postal cards" in 1873. Pre-stamped with 1-cent postage, these cards were blank, with one side for the address and the other side for the message.

The first souvenir cards were sold at the 1893 World's Fair in Chicago and featured colorful printed images of fair attractions. The cards were a hit and started a nationwide trend of using inexpensive postcards to mark special events, as well as for travel mementos and advertising.

Characteristics of a postcard give clues about the era in which it was printed. In the early 1900s, postcards with divided backs were introduced, allowing the address and message on one side. To reduce ink costs during World War I, a white border was added around postcard images. Linen cards, with a fabric-like texture and bright printed images, were popular in the 1930s. Color photo technology took over the market after World War II.

Many people collect postcards, a hobby called deltiology.

Important Numbers

General Manager: 425-250-1100

Concierge/Transportation: 425-250-1070

Daily Buzz: 425-250-1086

Front Desk: 425-558-4700

Guest Services: 425-250-1101

Activities: 425-250-1101

Health and Wellness: 425-558-4700

PrimeFit: 425-250-1088

Red Sky Restaurant: 425-250-1071

Salon: 425-250-1083

Tenpin Tidbits

A popular pastime all year long, the sport of bowling is recognized every August on the second Saturday of the month, National Bowling Day. Spare a moment for some trivia that's right up your alley!

- The sport may have been around as early as 3200 B.C., as evidenced by Egyptian artifacts.
- Bowling balls used to be made of wood, but most modern balls are made from various types and blends of plastic.
- Bowling balls can weigh 10 to 16 pounds, and have two or three finger holes.
- Regulation bowling pins are 15 inches tall and made of hard maple wood.
- In the game's triangular setup of 10 pins, the pin that stands in the center is known as the kingpin.
- Bowling three strikes in a row is called a "turkey."
- In 1947, bowling lanes were built inside the White House as a birthday present for President Harry S. Truman.
- Japan is home to the largest bowling alleys in the world. The Nagoya Grand Bowl boasts 156 lanes on three floors, and the Inazawa Grand Bowl has 116 lanes on one floor.
- Bowling was an exhibition sport at the 1988 Summer Olympics in Seoul, South Korea, but has yet to be made an official Olympic event.
- The major league of bowling, the Professional Bowlers Association was founded in 1958 and has over 3,000 players from more than 30 countries.

Continue Your Education!

- **Aug. 6:** Team Trivia
- **Aug. 8:** Art History Talk
- **Aug. 9:** Social and Criminal Justice Lecture Series
- **Aug. 10:** AARP Presentation: Fraud Prevention
- **Aug. 18:** Current Affairs Discussion Group
- **Aug. 20:** Team Trivia
- **Aug. 21:** Storyteller Presentation: Around the World with Nellie Bly
- **Aug. 23:** Social and Criminal Justice Lecture Series
- **Aug. 28:** Film History Talk with Lance Rhoades: Elvis

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



It's More Than Retirement. It's Five-Star Fun.

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