

livfun

Fairwinds - Rio Rancho

APRIL 2019 • SONGS OF SPRING

February Fitness Frenzy Finished

During the last week of the month, we had several fun-filled days with Table Tennis, Musical Egg Passing and Seated Badminton. Everyone had a great time and enjoyed earning those event tickets. They turned in the tickets for Raffle Tickets. We finished up our February Fitness Frenzy. Everyone involved gathered on the last day to celebrate and get their tickets for the drawing. We had local vendors donate services and gift certificates for their business. We had gift certificates from The Bagel Deli, Kristen's Hair Salon, Fairwinds Spa, Jazzercise Rio Rancho and Meals from the Red Sky Restaurant. Great job White, Green and Blue Teams.

Keep on moving, you are off to a great start!



Musical Egg Passing. This was a lot of fun.



Larry playing ping pong.



Seated Badminton

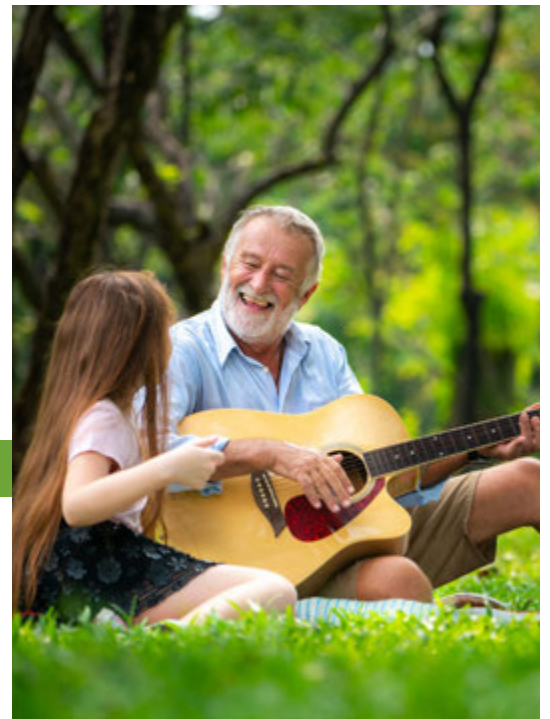
Health Fair

We had a Health Fair on Feb. 23 that went hand-in-hand with the February Fitness Frenzy. We had several vendors here, Footprints, Cottonwood Dental, A to Z Moving, Health South and Heartland Hospice. A big Thank You to the companies for all of their valuable information for our residents with all of their questions! Also, thanks Cottonwood Dental for the electric toothbrush giveaway. Congratulations, Jackie. Keep smiling!

Also a big thank-you to HealthSouth for the bottled water donation, they came in handy for our Fitness Frenzy. Keep hydrated all the time, but especially when you exercise.



Jackie James, our Cottonwood Dental electric toothbrush winner!



Hit Ideas at the Ballpark

With baseball season in full swing, touch base with this look at some ballpark traditions.

Presidential pitches: It was 1892 when Benjamin Harrison became the first U.S. president to attend an MLB game. But in 1910, William H. Taft started the custom of sitting presidents throwing out a ceremonial first pitch.

Concession stands: Chicago's Wrigley Field, home of the Cubs, is the birthplace of permanent concession stands, which started in 1914 with a single kiosk that offered hot dogs, peanuts and popcorn.

Numbered uniforms: Dating back to 1916, teams had struck out with wearing small numbers on their uniform sleeves. Then in 1929, the New York Yankees had more visible 12-inch numbers sewn onto the backs of players' jerseys so fans could identify them. Other MLB teams followed their lead.


Organ music: The first chords of live organ music to be played at an MLB ballpark sounded out at Wrigley Field in April 1941.

Night games: On May 24, 1935, the lights were turned on for big league baseball's first night game, held at Crosley Field, then home of the Cincinnati Reds.

Foul balls: The owner of the Chicago Cubs, Charlie Weeghman, was the first team owner to allow fans to keep foul balls hit into the stands, starting in 1915. Most ballparks had ushers retrieve the balls so they could be put back into play.

WEEKLY SCHEDULE

EVERY SUNDAY	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	EVERY SATURDAY
9:00 Roman Catholic Church, FCP 1:00 Nickels, MZ 2:00 Movie Matinee, TR 3:15 Church (Nondenominational), TR 6:30 Game Night, MZ 7:00 Movie Night, TR	9:00 Core & Balance Builders, FC 9:30 Stonecroft Bible Study, AR 10:30 BLACKJACK FOR SNACKS, MZ 11:00 Lunch Outing: See Outing Book, Bus** 1:00 Mahjong, MZ 1:00 Core & Balance Builders, FC 1:00 Rummikub, FSR 1:00 Bridge, AR 2:00 Movie, TR 7:00 Movie, TR	9:00 UPPER BODY & ABS, FC 2:00 Movie Matinee, TR 3:00 Game of Pool, MZ 6:30 Game Night, MZ 7:00 Movie, TR	9:00 SEATED BALL BLAST, FC 9:45 Friendship Bible Study, AR 10:30 COFFEE & NEWS, MZ 1:00 Bridge, AR 7:00 Movie, TR	9:00 REACH & STRETCH FITNESS CLASS, FC 10:30 Blackjack for Snacks, MZ 2:00 Movie Matinee, TR 3:00 Game of Pool, MZ 6:30 Game Night, MZ 7:00 Movie Night, TR	9:00 CORE & BALANCE BUILDERS CLASS, FC 1:00 "Jeopardy!," TR 1:00 Core & Balance Builders Class, FC 1:00 Rummikub, FSR 1:00 Bunco, MZ 7:00 Movie, TR	10:00 Chair Yoga with Lori, FC 11:00 The Legion of Mary Rosary, TR 2:00 Movie Matinee, TR 3:00 Game of Pool, MZ 6:30 Game Night, MZ 7:00 Movie Night, TR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00 St. Thomas Aquinas Rosary, TR 1:30 Poker, AR 2:00 CARD MAKING WITH SASHA, AR 3:30 Wii Games!, FC	2 9:30 Bocce Ball, BBC 10:00 Fairwinds' Walking Club, LB 10:30 Baking Group, AR 1:30 Bingo, MZ 3:00 Favorite Songs Singalong, TR 3:30 Wii Games!, FC	3 11:00 LUNCH OUTING: BJ'S, BUS** 1:00 Mexican Train, MZ 1:30 Poker, AR 2:00 GAME OF UNO, MZ 3:00 "Who am I?," MZ 3:30 Wii Games!, FC 4:00 Dinner Outing: Red Lobster, Bus**	4 9:30 Bocce Ball, BBC 10:00 Fairwinds' Walking Club, LB 1:30 Bingo, MZ 3:00 Nickels, MZ 3:30 FANCY FINGERS (PAINTING NAILS), FSR	5 10:30 Hole in One Golf, MZ 3:30 HAPPY HOUR SWING SHIFT BAND, MZ	6 9:00 OUTING: EL SANTUARIO DE CHMIAYO/ LUNCH: RANCHO DE CHIMAYO, BUS** 9:15 Joe & Dough, LB 1:30 Bingo, MZ 3:00 Scrabble, MZ 3:00 BUDD WARNEN, MZ
7 11:00 Mexican Train, MZ	8 10:00 St. Thomas Aquinas Rosary, TR 10:30 Rosary Making, MZ 1:30 Poker, AR 2:00 GAME OF UNO, MZ 3:30 Wii Games!, FC	9 9:30 Bocce Ball, BBC 10:00 Fairwinds' Walking Club, LB 10:30 ARTS & CRAFTS, AR 1:30 Bingo, MZ 3:30 Wii Games!, FC	10 10:30 New Resident Tour, LB 11:00 LUNCH OUTING: BJ'S, BUS** 12:30 Popcorn Party!, TR 1:00 Mexican Train, MZ 1:30 Poker, AR 2:00 RUCHELL ALEXANDER PIANO, MZ 3:00 Who Am I?, MZ 3:30 Wii Games, FC 4:00 Outing Casino, Bus**	11 9:30 Bocce Ball, BBC 10:00 Fairwinds' Walking Club, LB 1:30 Bingo, MZ 3:00 Nickels, MZ	12 10:30 Hole-in-One Golf, MZ 3:30 HAPPY HOUR LENNY PENA, MZ	13 9:15 Joe & Dough, LB 10:00 Poker, AR 1:00 Outing: Cirque Du Soleil, Bus** 1:30 Bingo, MZ 3:00 Scrabble, MZ
PALM SUNDAY 14	15 10:00 St. Thomas Aquinas Rosary, TR 10:30 Rosary Making, MZ 1:30 Poker, AR 3:30 Wii Games!, FC	16 9:30 Bocce Ball, BBC 10:00 Fairwinds' Walking Club, LB 10:30 Baking Group, AR 1:30 Bingo, MZ 3:00 Favorite Songs Singalong, TR 3:30 Wii Games!, FC	17 11:00 LUNCH OUTING: BJ'S, BUS** 1:00 Mexican Train, MZ 1:30 Poker, AR 2:00 BOB PADGETT FLUTE, FSR 3:00 "Who am I?," MZ 3:30 Wii Games!, FC 4:00 Dinner Outing: Pho Bar, Bus**	18 9:30 Bocce Ball, BBC 10:00 Fairwinds' Walking Club, LB 1:30 Bingo, MZ 3:00 Nickels, MZ 3:30 FANCY FINGERS (PAINTING NAILS), FSR 3:30 PAINT FINGERNAILS, FSR	19 GOOD FRIDAY PASSOVER STARTS AT SUNDOWN 10:30 Hole in One Golf, MZ 3:30 KEVIN WHITCOMBE HAPPY HOUR, MZ	20 9:15 Joe & Dough, LB 10:00 Poker, AR 11:00 Outing: Whole Foods, Bus** 1:30 Bingo, MZ 3:00 Scrabble, MZ
EASTER SUNDAY 21 11:00 Mexican Train, MZ	22 EARTH DAY 10:00 St. Thomas Aquinas Rosary, TR 1:30 Poker, AR 2:00 LARRY FREEDMAN PIANO, MZ 3:30 Wii Games!, FC	23 9:30 Bocce Ball, BBC 10:00 Fairwinds' Walking Club, LB 10:30 ARTS & CRAFTS, AR 1:30 Bingo, MZ 3:30 Wii Games!, FC	24 10:30 New Resident Tour, LB 1:00 AGING LIFE CARE MGMT, MZ 2:30 Resident Meeting, MZ 3:00 Who Am I?, MZ 3:30 NOSTALGIA LIVE, MZ 4:00 Casino Outing: Santa Ana, Bus**	25 10:00 Fairwinds' Walking Club, LB 1:30 Bingo, MZ 3:00 Nickels, MZ	26 10:30 Hole-in-One Golf, MZ 3:30 HAPPY HOUR WITH NORIO, MZ	27 9:15 Joe & Dough, LB 10:00 Poker, AR 11:00 Outing: Casa Rondeno Winery Tasting & Lunch, Bus** 1:30 Bingo, MZ 3:00 Scrabble, MZ
28	29 1:30 Poker, AR 2:00 GAME OF UNO, MZ	30 9:30 Bocce Ball, BBC 2:00 JOHN MARTINEZ GUITAR, FSR	Locations Activity Room, AR Bistro, Bistro Bocce Ball Court, BBC Bus**, Bus** Computer Room, CR Courtyard, CT Fairwinds Tea Room, FTR Fireside Room, FSR Fitness Center, FC Fitness Center Patio, FCP Health & Wellness Office, HW Library, LIB Lobby, LB Mezzanine, MZ Putting Green, PG Red Sky Restaurant, RS Red Sky Restaurant Patio, RSP Theatre, TR	Birthdays David Fahrny, 5th Al Howard, 12th Lee Elsmann, 15th Joycie Boydston, 20th Ruth Pollak, 21st Martha Dowdy, 24th Gloria Armijo, 27th Laverne Fitzgerald, 29th		

February Birthday Celebration

Beehive representative Bianca was here to help celebrate February Birthdays on Feb. 21. The residents with birthdays or anniversaries in February were invited to enjoy fruit, cheese, cupcakes and cookies. There were great goodies and conversation with all of the residents.

We sang Happy Birthday and had a nice time visiting and making new friends. We will be doing it again next month. Thanks, Bianca.

Happy Birthday

Paula Leming, Edith Glendening, Dorothy Connors, Jose Valdez, Catherine Green, Mary Leahy, Barbara Burgeson, Louise Ambrisco and Ruth Reiners.

Happy Anniversary

Chuck and Gretchen McCurdy



Bianca from Beehive helping residents celebrate their birthdays.



February Birthday Celebration

February Bingo Jackpot Winner

Betty was our Bingo Jackpot Winner for February. She won \$100. Hey, Betty; I think it's time to go shopping! Good job.



Betty is our big Jackpot Bingo Winner for February.

Make your "someday" today.

Get on board with **TRAVEL BY LEISURE CARE**



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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