

# livfun

Fairwinds - River's Edge

APRIL 2019 • SONGS OF SPRING

## Bursting With Blossoms

A sure sign of spring is the beautiful blossoming of many trees. Here are a few varieties that put on a seasonal show:

**Dogwood** – Native to North America, the Dogwood is famous for its stunning springtime display of white or pink blooms, making it a popular landscaping tree since America's earliest days. Both George Washington and Thomas Jefferson had Dogwoods planted at their estates.



**Japanese Flowering Cherry** – This tree is the star of the National Cherry Blossom Festival in Washington, D.C., as well as other spring celebrations around the world. Its branches display delicate pink-white flowers that bloom for just a short time early in the season.

**Magnolia** – Prized for their large, fragrant flowers in shades of white, pink, red, purple and yellow, Magnolias are often associated with the South, but varieties are grown in every region.

**Eastern Redbud** – Dainty clusters of magenta blooms attract butterflies and birds to the Redbud, which grows primarily in the eastern half of the U.S.



## Catch a Ride on a Carousel

Where can you ride a horse, a tiger or even a unicorn? On a carousel!

They're amusement rides now, but carousels began in the Middle Ages as a way for warriors and knights to practice combat skills. The men sat on wooden horses attached to a central pole and played jousting games while a person or trained animal rotated the pole.

By the 1800s, carousels began to appear as rides at fairs and carnivals across Europe. An operator used a hand crank or rope to spin the structure. The wooden horses were not attached to a platform below, so they swung outward, and the ride was called a "flying horses carousel."

As carousels grew in popularity, their designs became more complex. Platforms were added to stabilize the structures. Elaborately decorated zoo animals and fairy-tale beasts, such as elephants, giraffes and dragons, joined horses on the merry-go-rounds. Steam power and then electricity fueled gears that allowed the rides to move up and down in addition to rotating, and pipe organ music and lights added to the entertainment.



## Military Camouflage

Blending in with the environment is an essential aspect of military operations. Camouflage uniforms were developed to help soldiers disguise themselves on the battlefield.

Prior to the 1900s, combat troops wore colorful uniforms that made them visible to generals and distinguished them from the enemy. This changed during World War I with the rise of trench and aerial warfare, which made it crucial for soldiers to remain undetected. The U.S. Army began to employ artists to create camouflage uniforms.

Camouflage comes from the French word *camoufler*, meaning "to disguise." Made to keep military forces hidden, camouflage designs are based on the terrain where units are deployed and are usually mottled patterns in shades of green, brown, black and gray. One of the earliest patterns was called frog skin, with spots that blended in with jungle foliage. Over the years, designs resembling trees, tiger stripes and even chocolate chip cookie dough have helped hide soldiers in forest, desert and urban locations.

Military camouflage design has become more complex, with computers now generating digital patterns based on neuroscience.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Birthdays</b> Frank Oestereich, 1st Anna Wagner, 16th Paula Antrainer, 6th Robert McEvoy, 20th Jane Vogt, 7th Gene Jackson, 26th Pat Vitale, 10th  <b>Anniversaries</b> Gene & Allene Jackson, 4/2/1955 Ed & Iris Hosto, 4/18/1951 Robert & Carol McEvoy, 4/20/1989 Bob & Blanche Avery, 4/21/1951	<b>1</b> Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:15 Mid Rivers Mall Trip 2:00 Low-Impact Aerobics, FC 3:00 Prayer & Bible Study, TH 7:00 Resident Bingo, AR	<b>2</b> 9:00 TV Toning, FC <b>9:00 DR. PORTER, PODIATRIST, 2FL</b> 10:00 Chair Dancing, FC <b>10:00 DR. BAKER, HEARING AID REPAIR, AR</b> 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL <b>2:30 RESIDENT BINGO, AR</b> 3:00 Yoga, FC 6:00 Poker, CR	<b>3</b> Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Local Banks, OP 9:30 Aqua Fitness Class, SP <b>9:30 THE CAMPBELL HOUSE MUSEUM, OP</b> 10:30 Casino, OP <b>3:00 FAIRWINDS CHOIR REHEARSAL, AR</b> 4:00 Open Play, AR 7:00 Resident Bingo, AR	<b>4</b> 9:00 TV Toning, FC 9:30 Armchair Travel, TH 1:30 Wii Bowling, EL <b>1:30 SWAP, AR</b> 2:30 Co-Ed Pinochle, CR <b>2:30 RESIDENT BIRTHDAY PARTY, MW</b> 3:00 Yoga, FC 6:00 Poker, CR 7:00 Rosary, TH	<b>5</b> 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:15 Local Banks, OP <b>11:30 "FAMILY FEUD," AR</b> 1:00 Open Play, AR <b>3:00 SILVER COIN HAPPY HOUR WITH SANDY UNGER, MW &amp; EL</b> 4:00 Open Play, AR 7:00 Friday Night Flick	<b>6</b> <b>10:00 BEGINNING BRIDGE, 2FL</b> 10:30 Walgreens & Target, OP <b>1:45 BEAN BAG BASEBALL, EL</b> 2:00 Poker, CR 2:30 Open Play, AR 3:00 Matinee Movie, TH 7:00 Evening Movie 7:00 Resident Bingo, AR
<b>7</b> 1:00 River's Edge Worship Service, TH 2:30 Open Play, AR 3:00 Matinee Movie, TH <b>3:00 4 THE GOSPEL, GL</b> 7:00 Evening Movie	<b>8</b> Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 2:00 Low-Impact Aerobics, FC <b>2:30 FOOD FORUM &amp; CHEF DEMO, EL</b> 3:00 Prayer & Bible Study, TH <b>3:00 JEFF LINC, GL</b> 7:00 Resident Bingo, AR	<b>9</b> 9:00 TV Toning, FC 10:00 Chair Dancing, FC 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL <b>2:30 RESIDENT BINGO, AR</b> 3:00 Yoga, FC 6:00 Poker, CR	<b>10</b> Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Local Banks, OP 9:30 Aqua Fitness Class, SP <b>9:30 NATIONAL BLUES MUSEUM, OP</b> 10:30 Casino, OP <b>3:00 FAIRWINDS CHOIR REHEARSAL, AR</b> 4:00 Open Play, AR 7:00 Resident Bingo, AR	<b>11</b> 9:00 TV Toning, FC 9:30 Armchair Travel, TH <b>10:00 ST. CHARLES COUNTY LIBRARY PRESENTS ..., GL</b> <b>12:00 PAINTING WITH CINDI, AR</b> 1:30 Wii Bowling, EL <b>2:30 LADIES' AFTERNOON TEA, AR</b> 2:30 Co-Ed Pinochle, CR 3:00 Yoga, FC <b>3:00 BUNCO, AR</b> 6:00 Poker, CR 7:00 Rosary, TH	<b>12</b> 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:15 Local Banks, OP <b>11:30 "FAMILY FEUD," AR</b> <b>3:00 SILVER COIN HAPPY HOUR WITH THE JAN AMMERMAN TRIO, MW &amp; EL</b> 4:00 Open Play, AR 7:00 Friday Night Flick	<b>13</b> <b>10:00 BEGINNING BRIDGE, 2FL</b> 10:30 Walgreens & Target, OP <b>1:45 BEAN BAG BASEBALL, EL</b> 2:00 Poker, CR 2:30 Open Play, AR 3:00 Matinee Movie, TH 7:00 Evening Movie 7:00 Resident Bingo, AR
<b>PALM SUNDAY</b> 1:00 River's Edge Worship Service, TH 2:00 Trip to Dollar Tree 2:30 Open Play, AR 3:00 Matinee Movie, TH 7:00 Evening Movie	<b>14</b> Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:15 Mid Rivers Mall Trip <b>1:00 FROLICKING FUN WITH STACY, AR</b> 2:00 Low-Impact Aerobics, FC 3:00 Prayer & Bible Study, TH 7:00 Resident Bingo, AR	<b>15</b> 9:00 TV Toning, FC 10:00 Chair Dancing, FC 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL <b>2:30 RESIDENT BINGO, AR</b> 3:00 Yoga, FC 6:00 Poker, CR	<b>16</b> Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Local Banks, OP 9:30 Aqua Fitness Class, SP <b>10:00 OMNIMAX: EXTREME WEATHER, OP</b> 10:30 Casino, OP <b>3:00 FAIRWINDS CHOIR REHEARSAL, AR</b> 4:00 Open Play, AR 7:00 Resident Bingo, AR	<b>17</b> 9:00 TV Toning, FC 9:30 Armchair Travel, TH <b>10:30 CHAT WITH JIM, MW</b> 1:30 Wii Bowling, EL <b>1:30 SWAP, AR</b> 2:30 Co-Ed Pinochle, CR 3:00 Yoga, FC <b>4:00 THEME DINNER, MW</b> 6:00 Poker, CR 7:00 Rosary, TH	<b>18</b> 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:15 Local Banks, OP <b>11:30 "FAMILY FEUD," AR</b> <b>3:00 SILVER COIN HAPPY HOUR WITH BRYAN FOGGS, MW &amp; EL</b> 4:00 Open Play, AR 7:00 Friday Night Flick	<b>19</b> <b>GOOD FRIDAY</b> <b>PASSOVER BEGINS AT SUNSET</b> 10:00 BEGINNING BRIDGE, 2FL 10:30 Walgreens & Target, OP <b>1:45 BEAN BAG BASEBALL, EL</b> 2:00 Poker, CR 2:30 Open Play, AR 3:00 Matinee Movie, TH 7:00 Evening Movie 7:00 Resident Bingo, AR
<b>EASTER SUNDAY</b> 1:00 River's Edge Worship Service, TH 2:30 Open Play, AR 3:00 Matinee Movie, TH 7:00 Evening Movie	<b>20</b> Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP <b>10:00 PAPARAZZI JEWELRY, GL</b> 2:00 Low-Impact Aerobics, FC <b>2:30 FOOD FORUM &amp; CHEF DEMO, EL</b> 3:00 Prayer & Bible Study, TH 7:00 Resident Bingo, AR	<b>21</b> 9:00 TV Toning, FC 10:00 Chair Dancing, FC 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL <b>2:30 RESIDENT BINGO, AR</b> 3:00 Yoga, FC 6:00 Poker, CR	<b>22</b> Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Local Banks, OP 9:30 Aqua Fitness Class, SP <b>10:15 JOSEPHINE'S TEA ROOM, OP</b> 10:30 Casino, OP <b>3:00 FAIRWINDS CHOIR REHEARSAL, AR</b> 4:00 Open Play, AR 7:00 Resident Bingo, AR	<b>23</b> 9:00 TV Toning, FC 9:30 Armchair Travel, TH <b>12:00 PAINTING WITH CINDI, AR</b> 1:30 Wii Bowling, EL <b>1:30 SWAP, AR</b> <b>2:00 SPECIAL MARKETING HAPPY HOUR WITH SCOTT &amp; KARL, MW &amp; EL</b> 2:30 Co-Ed Pinochle, CR 3:00 Yoga, FC 6:00 Poker, CR 7:00 Rosary, TH	<b>24</b> 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:15 Local Banks, OP <b>11:30 "FAMILY FEUD," AR</b> <b>3:00 SILVER COIN HAPPY HOUR WITH ELIZABETH LAKAMP, MW &amp; EL</b> 4:00 Open Play, AR 7:00 Friday Night Flick	<b>25</b> <b>10:00 BEGINNING BRIDGE, 2FL</b> 10:30 Walgreens & Target, OP <b>1:45 BEAN BAG BASEBALL, EL</b> 2:00 Poker, CR 2:30 Open Play, AR 3:00 Matinee Movie, TH 7:00 Evening Movie 7:00 Resident Bingo, AR
<b>26</b> 1:00 River's Edge Worship Service, TH 2:30 Open Play, AR 3:00 Matinee Movie, TH 7:00 Evening Movie <b>3:00 MAX MCCOMBS REWIND BAND, GL</b>	<b>27</b> Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 2:00 Low-Impact Aerobics, FC 3:00 Prayer & Bible Study, TH <b>3:30 RIVER'S EDGE BOOK CLUB MEETING, BR</b> 7:00 Resident Bingo, AR	<b>28</b> 9:00 TV Toning, FC 10:00 Chair Dancing, FC 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL <b>2:30 RESIDENT BINGO, AR</b> 3:00 Yoga, FC <b>4:00 SPAGHETTI DINNER, OP</b> 6:00 Poker, CR	<b>29</b> Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Local Banks, OP 9:30 Aqua Fitness Class, SP <b>10:30 CASINO, OP</b> 4:00 Open Play, AR 7:00 Resident Bingo, AR	<b>30</b> <b>Transportation</b> <b>Monday, Starting at 9 a.m.:</b> St. Charles County Doctor Appointments <b>Monday, 9:30 a.m.:</b> Schnucks (Jungermann), Aldi, Kohl's & Super Walmart <b>Tuesday, Starting at 9 a.m.:</b> St. Louis County Doctor Appointments <b>Wednesday, 9:30 a.m.:</b> Local Banks <b>Wednesday, 10:30 a.m.:</b> Casino <b>Thursday, Starting at 9 a.m.:</b> St. Charles County Doctor Appointments <b>Friday, 10:30 a.m.:</b> Library <b>Friday, 11:15 a.m.:</b> Local Banks <b>Friday, 12:30 p.m.:</b> Schnucks (Zumbehl) & Dierberg's <b>Saturday, 10:30 a.m.:</b> Walgreens & Target <b>Sunday, 9:45 a.m.:</b> Trinity Episcopal <b>Sunday, 10:30 a.m.:</b> Bible Baptist <b>Sunday, 11:15 a.m.:</b> St. Roberts Catholic Church	<b>31</b> <b>Locations</b> Grand Lobby, GL Library, LI Meriwether's, MW Meriwether's/Edgewater's Lounge, MW & EL Off Property, OP Second Floor, 2FL Swimming Pool, SP The Villas, VI Theater, TH Activities Room, AR Aging Well Therapy Room, TR Blanchette Room, BR Card Room (Fourth Floor), CR Circle Drive, CD Edgewater's Lounge, EL Fit Brains Gym, FB Fitness Center, FC Fourth Floor Pool Table, 4FL	

## Understanding Cholesterol

Keeping cholesterol levels within an ideal range is essential for good health. That's why it's important to understand the terms and numbers associated with managing it.

Cholesterol is a waxy, fatty substance that the human body needs to build cells. The liver makes cholesterol, and it's also found in the foods we eat, such as meat and full-fat dairy products. Too much cholesterol in the bloodstream can build up on artery walls and block blood flow, resulting in heart disease or stroke.

There are two types of cholesterol, and the levels of both can be measured with a blood test. Low-density lipoprotein, or LDL, is the "bad" kind that leads to fatty buildup in arteries. Your LDL should be less than 100 milligrams per deciliter of blood. High-density lipoprotein, or HDL, is the "good" type that is broken down by the liver. Ideally, HDL should be above 60 mg/dL. Your total blood cholesterol level is a sum of several measurements, and should be less than 200 mg/dL.

Maintaining a healthy weight, eating a diet low in saturated fat, and getting regular exercise can help keep cholesterol at target levels. It is important to get regular checkups and consult your physician if you have any questions or concerns.



## Crunchy Carrots

Famous for their crunch and their bright orange color, carrots are one of the most popular produce picks.

Wild carrots grew in Asia at least 3,000 years ago, but they weren't the vegetable we know today. In hues of purple, green, yellow and white, they were tough and bitter, and used mainly for medicinal purposes. Edible orange carrots are thought to have been developed by the Dutch in the 1600s. European settlers brought carrot seeds to Colonial America for cultivating.



Carrots are a root vegetable, and because they grow underground, they absorb nutrients from the soil. Along with fiber and vitamin C, carrots are packed with beta carotene, an antioxidant that the body converts into vitamin A, needed for healthy eyes, skin and immunity. The natural sugar content in carrots provides a subtle sweet flavor to dishes, even desserts such as carrot cake.

Although carrots come in many colors and sizes, baby-cut carrots make up nearly 70 percent of carrot sales. Developed in 1986, these snack staples are simply full-grown carrots that have been cut and peeled into 2-inch pieces.

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## 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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