

# livfun

Fairwinds - River's Edge

MAY 2019 • BLOSSOM AND BLOOM

## The History of Memorial Day

Observed with ceremonies and parades, Memorial Day honors the men and women who gave their lives while serving in the U.S. military.

After the Civil War ended in 1865, people in various cities began decorating the graves of fallen soldiers with flowers, flags and wreaths. This inspired Maj. Gen. John A. Logan, the head of a veterans organization, to designate May 30, 1868, as Decoration Day, a national day of remembrance. It's believed that date was chosen because it didn't fall on the anniversary of any battle, and spring flowers would be in bloom all over the country.



On that first Decoration Day, a large ceremony was held at Arlington National Cemetery in Washington, D.C. Officials gave speeches, and more than 5,000 people placed small American flags on the graves of 20,000 Civil War soldiers.

After World War I, Decoration Day was expanded to honor fallen soldiers from all wars. An act of Congress officially renamed it Memorial Day in 1967, and one year later, a public law made it a federal holiday to be celebrated on the last Monday in May.



## Dip Into Guacamole

Paired with tortilla chips, guacamole is often dished up at restaurants and parties. Though its popularity has risen in recent decades, the history of the dip can be traced back hundreds of years.

The Aztecs, who lived in central Mexico beginning in the 14th century, were the first to combine mashed avocados, tomatoes, chili peppers, onions and salt, naming the concoction *ahuacamolli*, which means "avocado sauce." After avocado trees were brought to California in the late 1800s, guacamole eventually made its way to diners' tables across the U.S.

Traditional recipes have not changed much since the Aztecs' invention. Regional variations and personal preferences result in nearly endless flavor combinations, with bacon, corn and mango just a few of the ingredients that can add a taste twist. Guacamole is most often eaten as a dip for chips and vegetables, but it's also used as a condiment on tacos, burritos, burgers, sandwiches and salads.

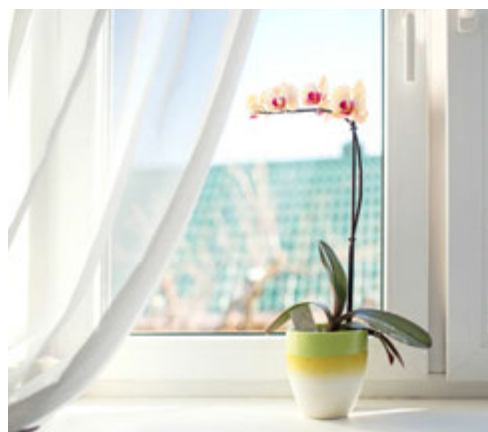


## Extraordinary Orchids

Prized for their exotic beauty and elegant blooms, orchids are one of the best-selling potted flowers in the U.S.

Fossils show that orchids have grown wild for millions of years. Throughout much of human history, the flowers were an expensive luxury enjoyed by the wealthy. During the Victorian era, many orchid collectors hired professional hunters to track down rare varieties only found in the jungles of South America and Asia. Over the decades, advances in transportation and greenhouse technology made the plants easier to cultivate and more affordable.

With more than 25,000 species worldwide, orchids grow in nearly every color of the rainbow, including rare blue hues and two-toned combinations. They range in height from a few inches to over 40 feet tall. A single orchid seedpod contains up to 3 million microscopic seeds, but the plants are slow-growing, with some varieties taking several years to produce their first flowers.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Locations</b></p> <ul style="list-style-type: none"> <li>Activities Room, AR</li> <li>Aging Well Therapy Room, TR</li> <li>Blanchette Room, BR</li> <li>Card Room (Fourth Floor), CR</li> <li>Circle Drive, CD</li> <li>Edgewater's Lounge, EL</li> <li>Fit Brains Gym, FB</li> <li>Fitness Center, FC</li> </ul>	<p>Fourth Floor Pool Table, 4FL Grand Lobby, GL Library, LI Meriwether's, MW Meriwether's/Edgewater's Lounge, MW &amp; EL Off Property, OP Second Floor, 2FL Swimming Pool, SP The Villas, VI Theater, TH</p> <p><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 &amp; 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</p>	<p><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 (Zumbeh) &amp; Dierberg's  <b>Saturday, 10:30 a.m.:</b> Walgreens &amp; 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</p>	<p><b>MAY DAY</b></p> <p>1            Massage Therapy with Erica (By Appointment), 2FL            9:00 Water Walking, SP            9:30 Local Banks, OP            9:30 Aqua Fitness Class, SP  <b>9:50 CROWN CANDY KITCHEN LUNCHEON, OP</b>            10:30 Casino, OP  <b>3:00 FAIRWINDS CHOIR REHEARSAL, AR</b>            4:00 Open Play, AR            7:00 Resident Bingo, AR</p>	<p>2            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</p>	<p>3            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 KEN ROBERTS, MW &amp; EL</b>            4:00 Open Play, AR  <b>5:30 BIG BAND DANCE WITH SCOTT &amp; KARL, OP</b>            7:00 Friday Night Flick</p>	<p>4  <b>10:00 BEGINNING BRIDGE, 2FL</b>            10:30 Walgreens &amp; 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</p>
<p>5            1:00 River's Edge Worship Service, TH            2:30 Open Play, AR            3:00 Matinee Movie, TH            7:00 Evening Movie</p>	<p>6            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 &amp; Bible Study, TH            7:00 Resident Bingo, AR</p>	<p>7            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>  <b>10:00 GIFTS &amp; MORE, GL</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</p>	<p>8            Massage Therapy with Erica (By Appointment), 2FL            9:00 Water Walking, SP            9:30 Local Banks, OP            9:30 Aqua Fitness Class, SP            10:30 Casino, OP  <b>10:30 MONTELLE WINERY, OP</b>  <b>3:00 FAIRWINDS CHOIR REHEARSAL, AR</b>            4:00 Open Play, AR            7:00 Resident Bingo, AR</p>	<p>9            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</p>	<p>10            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 STEVE DAVIS, MW &amp; EL</b>            4:00 Open Play, AR            7:00 Friday Night Flick</p>	<p>11  <b>10:00 BEGINNING BRIDGE, 2FL</b>            10:30 Walgreens &amp; 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</p>
<p><b>MOTHER'S DAY</b></p> <p>12            1:00 River's Edge Worship Service, TH            2:00 Trip to Dollar Tree            2:30 Open Play, AR            3:00 Matinee Movie, TH  <b>3:00 CAROLYN SCHLUETER, PIANIST, GL</b>            7:00 Evening Movie</p>	<p>13            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 &amp; Bible Study, TH            7:00 Resident Bingo, AR</p>	<p>14            9:00 TV Toning, FC            10:00 Chair Dancing, FC  <b>11:30 FAIRMOUNT PARK, OP</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</p>	<p>15            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 BEV SCHEUTZ PRESENTS..., MW</b>            10:30 Casino, OP  <b>3:00 FAIRWINDS CHOIR REHEARSAL, AR</b>            4:00 Open Play, AR            7:00 Resident Bingo, AR</p>	<p>16            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            6:00 Poker, CR            7:00 Rosary, TH</p>	<p>17            9:00 Water Walking, SP            9:30 Aqua Fitness Class, SP            11:15 Local Banks, OP  <b>11:30 "FAMILY FEUD", AR</b>  <b>1:00 ST CHARLES LIBRARY LOBBY STOP, AR</b>  <b>3:00 SILVER COIN HAPPY HOUR WITH MISS JUBILEE, MW &amp; EL</b>            4:00 Open Play, AR            7:00 Friday Night Flick</p>	<p>18  <b>10:00 BEGINNING BRIDGE, 2FL</b>            10:30 Walgreens &amp; Target, OP  <b>1:45 BEAN BAG BASEBALL, EL</b>            2:00 Poker, CR            2:30 Open Play, AR            3:00 Matinee Movie, TH  <b>3:00 MUSICAL MEMORIES, GL</b>            7:00 Evening Movie            7:00 Resident Bingo, AR</p>
<p>19            1:00 River's Edge Worship Service, TH            2:30 Open Play, AR            3:00 Matinee Movie, TH            7:00 Evening Movie</p>	<p>20            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 &amp; Bible Study, TH            7:00 Resident Bingo, AR</p>	<p>21            9:00 TV Toning, FC            10:00 Chair Dancing, FC            1:30 Armchair Travel, TH            2:00 Bible Study, 2FL  <b>2:00 SPRING FLING &amp; SHRED TRUCK WITH FANFARE, MW &amp; EL</b>  <b>2:30 RESIDENT BINGO, AR</b>            3:00 Yoga, FC            6:00 Poker, CR</p>	<p>22            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 MUSEUM OF TRANSPORTATION, OP</b>            10:30 Casino, OP  <b>3:00 FAIRWINDS CHOIR REHEARSAL, AR</b>            4:00 Open Play, AR            7:00 Resident Bingo, AR</p>	<p>23            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>2:30 ICE CREAM SOCIAL, MW</b>            2:30 Co-Ed Pinochle, CR            3:00 Yoga, FC            6:00 Poker, CR            7:00 Rosary, TH</p>	<p>24            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 DAVID GREEN, MW &amp; EL</b>            4:00 Open Play, AR            7:00 Friday Night Flick</p>	<p>25  <b>10:00 BEGINNING BRIDGE, 2FL</b>            10:30 Walgreens &amp; 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</p>
<p>26            1:00 River's Edge Worship Service, TH            2:30 Open Play, AR            3:00 Matinee Movie, TH  <b>3:00 LAVERNE BOYED WISDOM, PIANIST, GL</b>            7:00 Evening Movie</p>	<p><b>MEMORIAL DAY</b></p> <p>27            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 &amp; Bible Study, TH  <b>3:30 RIVER'S EDGE BOOK CLUB MEETING, BR</b>            7:00 Resident Bingo, AR</p>	<p>28            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</p>	<p>29            Massage Therapy with Erica (By Appointment), 2FL            9:00 Water Walking, SP            9:30 Local Banks, OP            9:30 Aqua Fitness Class, SP            10:30 Casino, OP  <b>11:30 CREVE COEUR COOKOUT, OP</b>  <b>3:00 FAIRWINDS CHOIR REHEARSAL, AR</b>            4:00 Open Play, AR            7:00 Resident Bingo, AR</p>	<p>30            9:00 TV Toning, FC            9:30 Armchair Travel, TH            1:30 Wii Bowling, EL            2:30 Co-Ed Pinochle, CR            3:00 Yoga, FC            6:00 Poker, CR            7:00 Rosary, TH</p>	<p>31            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 SHOWCASE, MW &amp; EL</b>            4:00 Open Play, AR            7:00 Friday Night Flick</p>	<p><b>Anniversaries</b>            Ed &amp; Anna Wagner, 5/8/1954</p> <p><b>Birthdays</b></p> <ul style="list-style-type: none"> <li>Joanne Lines, 22nd</li> <li>Ed Hosto, 23rd</li> <li>Susan Spann, 25th</li> <li>Mary Schweiker, 26th</li> <li>Carolyn Strong, 27th</li> <li>Dot McMillon, 30th</li> </ul>

# 80 Years of Batman

In May 1939, DC Comics introduced a new superhero. Celebrate 80 years of Batman with these facts about the Caped Crusader:

- Created by artist Bob Kane and writer Bill Finger, the crime fighter disguised as a bat debuted in "Detective Comics" No. 27.
- Batman's alter ego is Bruce Wayne, a billionaire philanthropist whose parents were killed by a thief when he was a child. He vowed to avenge their deaths by spending the rest of his life fighting criminals in Gotham City.
- Unlike many superheroes, Batman does not have any superpowers. He uses physical strength, intelligence, detective skills and technology to defeat villains.
- The winged design of his cape was inspired by Leonardo da Vinci's "flying machine" sketches.
- His original sidekick, Robin, the Boy Wonder, was introduced in 1940 as orphaned circus acrobat Dick Grayson. Batman took him under his wing, and the Dynamic Duo was born.
- Batman's many foes include the Joker, the Riddler, Penguin, Poison Ivy and Mr. Freeze.
- The Batmobile wheeled into action in 1941. Before that, Batman drove a red sedan.
- Campy and comical, the "Batman" TV series, premiering in 1966, starred Adam West and attracted a new generation of fans.



## Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

**Stay out of the sun** – If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.



**Use sunscreen** – Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

**Dress appropriately** – To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

**Stay hydrated** – Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

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"someday"  
today.

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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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