

# livfun

Fairwinds - River's Edge

JUNE 2019 • SOAK UP THE SUNSHINE

## 'Berry' Healthy Fruits

Juicy berries are a refreshing summer treat. Their water content and nutrients make them a healthy snack, and their sweet taste adds a burst of flavor to salads, smoothies and desserts. Enjoy these berries that are ripe for the eating:



**Strawberries** – This summer staple often tops surveys as America's favorite berry and is one of the most-consumed fruits in the U.S. Packed with vitamin C and a good source of fiber, the red, heart-shaped fruit may help protect the heart by lowering blood pressure and reducing cholesterol.

**Blueberries** – Plump, round blueberries have a high concentration of antioxidants, earning their status as a super food. Research suggests compounds in these berries can boost brain health and help prevent heart disease and diabetes.

**Raspberries** – At 8 grams per cup, raspberries are one of the fruits highest in fiber. Red varieties are the most popular and have a slightly tart taste. There are also varieties in black, purple and yellow.

**Blackberries** – Their deep, glossy color is a good indicator of their nutritional content. Blackberries are loaded with disease-fighting antioxidants, manganese and vitamins C and K.



## The US Senior Open

Each summer, some of the world's best golfers tee off at the U.S. Senior Open, considered the most prestigious tournament for senior players.

Established by the U.S. Golf Association in 1980 as a result of the rise in older golfers, the first competition was open to men age 55 and older. Roberto De Vincenzo of Argentina, at age 57, won the top prize. The minimum age was lowered to 50 the following year, and 51-year-old Arnold Palmer was the champion.

Golf clubs across the country take turns hosting the event, which takes place annually in late June or early July. Out of the more than 2,000 hopeful professional and amateur golfers from around the globe who enter to play, only 156 qualify to compete in the tournament.

Among the game's greats who have won the Senior Open are Lee Trevino, Jack Nicklaus, Fred Funk and Hale Irwin.

This year, the 40th U.S. Senior Open takes place June 27-30 in Indiana, at the University of Notre Dame's Warren Golf Course. It marks the first time the event has been held on a college campus.



## Honoring the US Flag

We celebrate Flag Day on June 14, the anniversary of Old Glory's adoption as America's flag in 1777. The U.S. Flag Code outlines how this national symbol should be honored.



American flags are displayed outside public institutions, including government offices, police stations and schools, as well as private businesses and homes. The Stars and Stripes always flies at the peak of a staff, higher than any other flag when on the same pole. When multiple flags are flown on separate poles, the U.S. flag is hoisted first and placed to the observer's far left.

The flag should not touch anything beneath it, such as the ground or floor. Unless properly lit, the flag is lowered – slowly and ceremoniously – and brought indoors at sundown.

When an American flag is worn or faded, it should be retired in a flag-burning ceremony. The American Legion, Veterans of Foreign Wars, Boy Scout and Girl Scout troops, and other organizations perform these ceremonies as a community service.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Anniversaries</b> Paul & Jeanne Nowakowski, 6/10/1961 Herb & Jean Young, 6/15/1946 Tom & Bessie Edwards, 6/18/1953 Tom & Rosemary Davis, 6/21/1950 Jerry & Kathy Mazdra, 6/24/1967 Bob & Vivian Moll, 6/26/1954 Steve & Joan Bronson, 6/28/1974		<b>Birthdays</b> Elenore Hoefle, 3rd Bob Phillips, 3rd Tony LoFaro, 6th Franz Zinsser, 7th Anne Pepple, 10th Jeanne Nowakowski, 11th Jodie Ricketts, 13th Waneta Johnson, 14th Audrey Garrett, 15th Art Stepp, 18th Philip Moore, 21st Berna Bach, 24th Mary Walls, 25th Judith Sutton, 26th Sue Spellmann, 26th Carole Long, 26th Ginger Robinson, 29th Herb Young, 29th June Miller, 29th		10:00 <b>BEGINNING BRIDGE, 2FL</b> 10:30 Walgreens & Target, OP 1:45 <b>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
		2 1:00 River's Edge Worship Service, TH 2:30 Open Play, AR 3:00 Matinee Movie, TH 7:00 Evening Movie	3 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	4 8:30 TV Toning, FC 9:00 <b>DR. PORTER, PODIATRIST, 2FL</b> 10:00 Chair Dancing, FC 10:00 <b>DR. BAKER, HEARING AID REPAIR, AR</b> 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL 2:30 <b>RESIDENT BINGO, AR</b> 3:00 Yoga, FC 6:00 Poker, CR	5 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 3:00 <b>FAIRWINDS CHOIR CONCERT, GL</b> 4:00 Open Play, AR 7:00 Resident Bingo, AR	6 8:30 TV Toning, FC 9:30 Armchair Travel, TH 12:00 <b>PAINTING WITH CINDI, AR</b> 1:30 Wii Bowling, EL 1:30 <b>SWAP, AR</b> 2:30 <b>RESIDENT BIRTHDAY PARTY, MW</b> 2:30 Co-Ed Pinochle, CR 3:00 Yoga, FC 6:00 Poker, CR 7:00 Rosary, TH
9 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	10 Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 1:00 <b>LEARN NEW CARD GAMES, AR</b> 2:00 Low-Impact Aerobics, FC 2:30 <b>FOOD FORUM &amp; CHEF DEMO, EL</b> 3:00 Prayer & Bible Study, TH 7:00 Resident Bingo, AR	11 8:30 TV Toning, FC 10:00 Chair Dancing, FC 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL 2:30 <b>RESIDENT BINGO, AR</b> 3:00 Yoga, FC 6:00 Poker, CR	12 Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Local Banks, OP 9:30 Aqua Fitness Class, SP 10:00 <b>FIELD HOUSE MUSEUM, OP</b> 10:30 Casino, OP 4:00 Open Play, AR 7:00 Resident Bingo, AR	13 8:30 TV Toning, FC 9:30 Armchair Travel, TH 10:00 <b>ST. CHARLES COUNTY LIBRARY PRESENTS ..., GL</b> 1:30 Wii Bowling, EL 2:30 <b>LADIES' AFTERNOON TEA, AR</b> 2:30 Co-Ed Pinochle, CR 3:00 Yoga, FC 3:00 <b>BUNCO, AR</b> 6:00 Poker, CR 7:00 Rosary, TH	14 <b>FLAG DAY</b> 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:15 Local Banks, OP 11:30 <b>"FAMILY FEUD", AR</b> 1:00 Open Play, AR 3:00 <b>SILVER COIN HAPPY HOUR WITH HARRY FRY, MW &amp; EL</b> 4:00 Open Play, AR 7:00 Friday Night Flick	15 10:00 <b>BEGINNING BRIDGE, 2FL</b> 10:30 Walgreens & Target, OP 1:45 <b>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>FATHER'S DAY</b> 16 1:00 River's Edge Worship Service, TH 2:30 Open Play, AR 3:00 Matinee Movie, TH 3:00 <b>MASTERS PRAISE, GL</b> 7:00 Evening Movie	17 Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:15 Mid Rivers Mall Trip 1:00 <b>FROLICKING FUN WITH STACY, AR</b> 2:00 Low-Impact Aerobics, FC 3:00 Prayer & Bible Study, TH 7:00 Resident Bingo, AR	18 8:30 TV Toning, FC 10:00 Chair Dancing, FC 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL 2:30 <b>RESIDENT BINGO, AR</b> 3:00 Yoga, FC 6:00 Poker, CR	19 Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Local Banks, OP 9:30 Aqua Fitness Class, SP 10:00 <b>POMPEII EXHIBIT @ SCIENCE CENTER, OP</b> 10:30 Casino, OP 4:00 Open Play, AR 7:00 Resident Bingo, AR	20 8:30 TV Toning, FC 9:30 Armchair Travel, TH 10:30 <b>CHAT WITH JIM, MW</b> 12:00 <b>PAINTING WITH CINDI, AR</b> 1:30 <b>SWAP, AR</b> 1:30 Wii Bowling, EL 2:30 Co-Ed Pinochle, CR 3:00 Yoga, FC 4:00 <b>THEME DINNER, MW</b> 6:00 Poker, CR 7:00 Rosary, TH	21 <b>SUMMER BEGINS</b> 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:15 Local Banks, OP 11:30 <b>"FAMILY FEUD", AR</b> 1:00 <b>ST. CHARLES LIBRARY LOBBY STOP, AR</b> 3:00 <b>SILVER COIN HAPPY HOUR WITH TOM O'BRIEN, MW &amp; EL</b> 4:00 Open Play, AR 7:00 Friday Night Flick	22 10:00 <b>BEGINNING BRIDGE, 2FL</b> 10:30 Walgreens & Target, OP 1:45 <b>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
23 1:00 River's Edge Worship Service, TH 2:30 Open Play, AR 3:00 Matinee Movie, TH 7:00 Evening Movie	24 Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 1:00 <b>LEARN NEW CARD GAMES, AR</b> 2:00 Low-Impact Aerobics, FC 2:30 <b>FOOD FORUM &amp; CHEF DEMO, EL</b> 3:00 Prayer & Bible Study, TH 3:30 <b>RIVER'S EDGE BOOK CLUB MEETING, BR</b> 7:00 Resident Bingo, AR	25 8:30 TV Toning, FC 10:00 Chair Dancing, FC 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL 2:30 <b>RESIDENT BINGO, AR</b> 3:00 Yoga, FC 4:00 <b>SPAGHETTI DINNER, OP</b> 6:00 Poker, CR	26 Massage Therapy with Erica (By Appointment), 2FL 8:30 <b>GRANT'S FARM, OP</b> 9:00 Water Walking, SP 9:30 Local Banks, OP 9:30 Aqua Fitness Class, SP 10:30 Casino, OP 4:00 Open Play, AR 7:00 Resident Bingo, AR	27 8:30 TV Toning, FC 9:30 Armchair Travel, TH 1:30 Wii Bowling, EL 1:30 <b>SWAP, AR</b> 2:30 Co-Ed Pinochle, CR 2:30 <b>ICE CREAM SOCIAL, MW</b> 3:00 Yoga, FC 6:00 Poker, CR 7:00 Rosary, TH	28 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:15 Local Banks, OP 11:30 <b>"FAMILY FEUD", AR</b> 1:00 Open Play, AR 3:00 <b>SILVER COIN HAPPY HOUR WITH SILVER WINGS, MW &amp; EL</b> 4:00 Open Play, AR 7:00 Friday Night Flick	29 10:00 <b>BEGINNING BRIDGE, 2FL</b> 10:30 Walgreens & Target, OP 1:45 <b>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
30 1:00 River's Edge Worship Service, TH 2:30 Open Play, AR 3:00 Matinee Movie, TH 3:00 <b>REHKA DRAVINA, GL</b> 7:00 Evening Movie	<b>Locations</b> 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	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	<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 (Zumbel) & 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		

# The Anniversary of D-Day

On June 6, 1944, more than 150,000 Allied troops stormed the beaches of Normandy, France, in the largest amphibious military operation in history. This year marks the 75th anniversary of the historic World War II invasion known as D-Day.

Under the command of U.S. Army General Dwight D. Eisenhower, the Allied attack came after two years of planning and preparation to overtake German forces and liberate Western Europe. A 50-mile stretch of coastline in northern France was chosen as the landing site and divided into five beaches, code-named Utah, Omaha, Gold, Juno and Sword.

More than 13,000 airplanes and 5,000 ships and landing craft carrying American, British and Canadian soldiers departed England, crossed the English Channel and invaded Normandy by sea and air in the early hours of June 6. By day's end, it's estimated that 10,000 Allied troops were killed or wounded.

After gaining a foothold along the coast, the Allies advanced into France and eastward to Germany. D-Day is often considered the beginning of the end of the war.



## A Lot of Hoopla

In the late 1950s, a circular piece of plastic became the object of a fad that captivated the country. What was it? The Hula-Hoop!

The idea for it was not new. Since ancient times, people have used dried grapevines and reeds to construct hoops, which they twirled around their waists, rolled along the ground with sticks, and tossed to each other in games of catch. Native Americans used hoops to practice hunting skills and to perform storytelling dances.

Skip ahead to the 20th century, when gym classes in Australia had schoolchildren spinning bamboo hoops around their waists for exercise. That caught the attention of American toy company Wham-O, which then designed a brightly colored plastic version, priced at \$1.98. It called the toy the Hula-Hoop, using a name that had been around because of hooping's resemblance to the Hawaiian hula dance.

Wham-O passed out free hoops and gave playground demonstrations, sparking a Hula-Hoop craze in 1958. Kids and adults swiveled the hoops on their hips, necks and limbs. In just four months, 25 million Hula-Hoops were sold.

Many people still hula-hoop for fun and exercise, and classes and competitions are held all over the world.



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