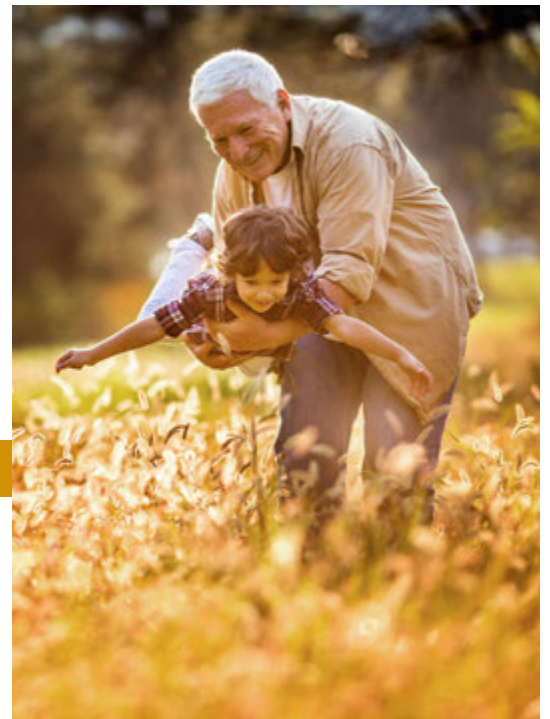


livfun

Fairwinds - River's Edge

SEPTEMBER 2019 • FALL INTO FUN



An Abundance of Apples

Eaten as a snack or in a homemade dessert, apples are a favorite fruit, especially in autumn. You're sure to fall for one of these common varieties:

Gala – Small and sweet, Gala apples are ideal for snacking, and that makes them the top pick among consumers and the most-grown apple in America. Galas can be creamy yellow to red, and are often striped.



Red Delicious – Until recent years, the Red Delicious was the country's most popular apple. This variety is known for its crimson skin and mild flavor.

Granny Smith – Bright green and tart, Granny Smith apples are prized for their versatility. They're often featured in pies and baked goods.

Fuji – Developed in Japan and named after Mount Fuji, this very sweet apple is firm and crisp. Its skin is similar to the Gala.

Honeycrisp – The name of this apple says it all – it's sweet, juicy and crispy, perfect for eating raw. Honeycrisps are also good baked or cooked in both sweet and savory recipes.

Braeburn – Bite into a Braeburn, and you'll taste the subtle spices of cinnamon and nutmeg in addition to the classic apple flavor. This variety's colors range from yellow to orange to deep red.

Honey and Health

Honey, the sweet, golden nectar produced by bees, has been treasured for thousands of years not only for its taste, but also its healing properties.

Antioxidants: Honey is full of these powerful compounds that help protect the body's cells from damage and have been linked to a reduced risk of heart attack, stroke and some types of cancer. Dark varieties of honey, such as the kind made from buckwheat flowers, have the highest antioxidant levels.

Antibacterial properties: Ancient Egyptians used honey's antibacterial power to heal wounds and burns, and modern-day health professionals sometimes use medical-grade honey as a wound treatment. Honey's antiseptic qualities and ability to promote healing make it a popular ingredient in skin care products. Honey is also used in hair care products to soothe various scalp conditions.

Anti-inflammatory effects: There's a reason why honey is often touted as a remedy for a sore throat or a cough. Multiple studies have shown honey to be a better cough suppressant than several over-the-counter medicines because of its anti-inflammatory properties. Honey's soothing effect may also provide relief from acid reflux symptoms.

It's important to remember that honey is still sugar and can affect blood sugar levels. Talk to your health care provider about consuming honey.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>1:00 River's Edge Worship Service, TH</p> <p>2:30 Open Play, AR</p> <p>3:00 Matinee Movie, TH</p> <p>6:00 POKER, CR</p> <p>7:00 Evening Movie</p>	<p>2</p> <p>LABOR DAY</p> <p>Massage Therapy with Erica (By Appointment), 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>11:15 Mid Rivers Mall Trip</p> <p>2:00 Low-Impact Aerobics, FC</p> <p>3:00 Prayer & Bible Study, TH</p> <p>7:00 Resident Bingo, AR</p>	<p>3</p> <p>8:30 TV Toning, FC</p> <p>9:00 DR. PORTER, PODIATRIST, 2FL</p> <p>10:00 Chair Dancing, FC</p> <p>10:00 MR. BAKER, HEARING AID REPAIR, AR</p> <p>1:30 Armchair Travel, TH</p> <p>2:00 Bible Study, 2FL</p> <p>2:30 RESIDENT BINGO, AR</p> <p>3:00 Yoga, FC</p> <p>6:00 Poker, CR</p>	<p>4</p> <p>Massage Therapy with Erica (By Appointment), 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:00 BENJAMIN STEPHENSON HOUSE, OP</p> <p>9:30 Local Banks, OP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>10:30 Casino, OP</p> <p>4:00 Open Play, AR</p> <p>7:00 Resident Bingo, AR</p>	<p>5</p> <p>8:30 TV Toning, FC</p> <p>9:30 Armchair Travel, TH</p> <p>11:00 PAINTING WITH CINDI, AR</p> <p>1:30 Wii Bowling, EL</p> <p>2:30 Co-Ed Pinochle, CR</p> <p>2:30 RESIDENT BIRTHDAY PARTY, MW</p> <p>3:00 Yoga, FC</p> <p>6:00 Poker, CR</p> <p>7:00 Rosary, TH</p>	<p>6</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>11:15 Local Banks, OP</p> <p>11:30 "WHEEL OF FORTUNE", AR</p> <p>1:00 Open Play, AR</p> <p>3:00 SILVER COIN HAPPY HOUR WITH SILVER WINGS, MW & EL</p> <p>4:00 Open Play, AR</p> <p>7:00 Friday Night Flick</p>	<p>7</p> <p>10:00 BEGINNING BRIDGE, 2FL</p> <p>10:30 Walgreens & Target, OP</p> <p>1:45 BEAN BAG BASEBALL, EL</p> <p>2:00 Poker, CR</p> <p>2:30 Open Play, AR</p> <p>3:00 Matinee Movie, TH</p> <p>7:00 Evening Movie</p> <p>7:00 Resident Bingo, AR</p>
<p>8</p> <p>1:00 River's Edge Worship Service, TH</p> <p>2:00 Trip to Dollar Tree</p> <p>2:30 Open Play, AR</p> <p>3:00 Matinee Movie, TH</p> <p>3:00 4 THE GOSPEL, GL</p> <p>6:00 POKER, CR</p> <p>7:00 Evening Movie</p>	<p>9</p> <p>Massage Therapy with Erica (By Appointment), 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>1:00 LEARN NEW CARD GAMES, AR</p> <p>2:00 Low-Impact Aerobics, FC</p> <p>2:30 FOOD FORUM & CHEF DEMO, EL</p> <p>3:00 Prayer & Bible Study, TH</p> <p>7:00 Resident Bingo, AR</p>	<p>10</p> <p>8:30 TV Toning, FC</p> <p>10:00 Chair Dancing, FC</p> <p>1:30 Armchair Travel, TH</p> <p>2:00 Bible Study, 2FL</p> <p>2:30 RESIDENT BINGO, AR</p> <p>3:00 Yoga, FC</p> <p>6:00 Poker, CR</p>	<p>11</p> <p>PATRIOT DAY</p> <p>Massage Therapy with Erica (By Appointment), 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Local Banks, OP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>10:30 Casino, OP</p> <p>10:30 SWING A ROUND MINI GOLF, OP</p> <p>3:00 FAIRWINDS CHOIR REHEARSAL, AR</p> <p>4:00 Open Play, AR</p> <p>7:00 Resident Bingo, AR</p>	<p>12</p> <p>8:30 TV Toning, FC</p> <p>9:30 Armchair Travel, TH</p> <p>9:30 ST. CHARLES COUNTY LIBRARY PRESENTS ..., GL</p> <p>10:30 ST. CHARLES LIBRARY LOBBY STOP, AR</p> <p>1:30 Wii Bowling, EL</p> <p>2:30 LADIES' AFTERNOON TEA, AR</p> <p>2:30 Co-Ed Pinochle, CR</p> <p>3:00 Yoga, FC</p> <p>3:00 BUNCO, AR</p> <p>6:00 Poker, CR</p> <p>7:00 Rosary, TH</p>	<p>13</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>10:00 CHARITY GOLF TOURNAMENT, OP</p> <p>11:15 Local Banks, OP</p> <p>11:30 "WHEEL OF FORTUNE", AR</p> <p>1:00 Open Play, AR</p> <p>3:00 SILVER COIN HAPPY HOUR WITH THE JAN AMMERMAN TRIO, MW & EL</p> <p>4:00 Open Play, AR</p> <p>7:00 Friday Night Flick</p>	<p>14</p> <p>10:00 BEGINNING BRIDGE, 2FL</p> <p>10:30 Walgreens & Target, OP</p> <p>1:45 BEAN BAG BASEBALL, EL</p> <p>2:00 Poker, CR</p> <p>2:30 Open Play, AR</p> <p>3:00 Matinee Movie, TH</p> <p>7:00 Evening Movie</p> <p>7:00 Resident Bingo, AR</p>
<p>15</p> <p>1:00 River's Edge Worship Service, TH</p> <p>2:30 Open Play, AR</p> <p>3:00 Matinee Movie, TH</p> <p>6:00 POKER, CR</p> <p>7:00 Evening Movie</p>	<p>16</p> <p>Massage Therapy with Erica (By Appointment), 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>11:15 Mid Rivers Mall Trip</p> <p>1:00 FROLICKING FUN WITH STACY, AR</p> <p>2:00 Low-Impact Aerobics, FC</p> <p>3:00 Prayer & Bible Study, TH</p> <p>7:00 Resident Bingo, AR</p>	<p>17</p> <p>8:30 TV Toning, FC</p> <p>10:00 Chair Dancing, FC</p> <p>1:30 Armchair Travel, TH</p> <p>2:00 Bible Study, 2FL</p> <p>2:30 RESIDENT BINGO, AR</p> <p>3:00 Yoga, FC</p> <p>6:00 Poker, CR</p>	<p>18</p> <p>Massage Therapy with Erica (By Appointment), 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Local Banks, OP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>10:30 Casino, OP</p> <p>11:00 CARDINALS GAME, OP</p> <p>3:00 FAIRWINDS CHOIR REHEARSAL, AR</p> <p>4:00 Open Play, AR</p> <p>7:00 Resident Bingo, AR</p>	<p>19</p> <p>8:30 TV Toning, FC</p> <p>9:30 Armchair Travel, TH</p> <p>10:30 CHAT WITH JIM, MW</p> <p>11:00 PAINTING WITH CINDI, AR</p> <p>1:30 SWAP, AR</p> <p>1:30 Wii Bowling, EL</p> <p>2:30 Co-Ed Pinochle, CR</p> <p>3:00 Yoga, FC</p> <p>6:00 Poker, CR</p> <p>7:00 Rosary, TH</p>	<p>20</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>11:15 Local Banks, OP</p> <p>11:30 "WHEEL OF FORTUNE", AR</p> <p>1:00 Open Play, AR</p> <p>3:00 SILVER COIN HAPPY HOUR WITH MISS JUBILEE, MW & EL</p> <p>4:00 Open Play, AR</p> <p>7:00 Friday Night Flick</p>	<p>21</p> <p>10:00 BEGINNING BRIDGE, 2FL</p> <p>10:30 Walgreens & Target, OP</p> <p>1:45 BEAN BAG BASEBALL, EL</p> <p>2:00 Poker, CR</p> <p>2:30 Open Play, AR</p> <p>3:00 Matinee Movie, TH</p> <p>7:00 Evening Movie</p> <p>7:00 Resident Bingo, AR</p>
<p>22</p> <p>1:00 River's Edge Worship Service, TH</p> <p>2:30 Open Play, AR</p> <p>3:00 Matinee Movie, TH</p> <p>3:00 DAN HOERLE, GUITARIST, GL</p> <p>6:00 POKER, CR</p> <p>7:00 Evening Movie</p>	<p>23</p> <p>AUTUMN BEGINS</p> <p>Massage Therapy with Erica (By Appointment), 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>1:00 LEARN NEW CARD GAMES, AR</p> <p>2:00 Low-Impact Aerobics, FC</p> <p>2:30 FOOD FORUM & CHEF DEMO, EL</p> <p>3:00 Prayer & Bible Study, TH</p> <p>7:00 Resident Bingo, AR</p>	<p>24</p> <p>8:30 TV Toning, FC</p> <p>10:00 Chair Dancing, FC</p> <p>1:30 Armchair Travel, TH</p> <p>2:00 Bible Study, 2FL</p> <p>2:30 RESIDENT BINGO, AR</p> <p>3:00 Yoga, FC</p> <p>4:00 SPAGHETTI DINNER, OP</p> <p>6:00 Poker, CR</p>	<p>25</p> <p>Massage Therapy with Erica (By Appointment), 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Local Banks, OP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>10:30 Casino, OP</p> <p>11:00 CREATIVE COLORING WITH JAMIE, AR</p> <p>2:00 FAIRWINDS TALENT SHOWCASE, GL</p> <p>4:00 Open Play, AR</p> <p>7:00 Resident Bingo, AR</p>	<p>26</p> <p>8:30 TV Toning, FC</p> <p>9:30 Armchair Travel, TH</p> <p>1:30 Wii Bowling, EL</p> <p>2:30 Co-Ed Pinochle, CR</p> <p>2:30 KONA SNOW CONE TRUCK, CD</p> <p>3:00 Yoga, FC</p> <p>6:00 Poker, CR</p> <p>7:00 Rosary, TH</p>	<p>27</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>11:15 Local Banks, OP</p> <p>11:30 "WHEEL OF FORTUNE", AR</p> <p>1:00 Open Play, AR</p> <p>3:00 SILVER COIN HAPPY HOUR WITH TOM O'BRIEN, MW & EL</p> <p>4:00 Open Play, AR</p> <p>7:00 Friday Night Flick</p>	<p>28</p> <p>10:00 BEGINNING BRIDGE, 2FL</p> <p>10:30 Walgreens & Target, OP</p> <p>1:45 BEAN BAG BASEBALL, EL</p> <p>2:00 Poker, CR</p> <p>2:30 Open Play, AR</p> <p>3:00 Matinee Movie, TH</p> <p>7:00 Evening Movie</p> <p>7:00 Resident Bingo, AR</p>
<p>ROSH HASHANAH BEGINS AT SUNSET</p> <p>29</p> <p>1:00 River's Edge Worship Service, TH</p> <p>2:30 Open Play, AR</p> <p>3:00 Matinee Movie, TH</p> <p>6:00 POKER, CR</p> <p>7:00 Evening Movie</p>	<p>30</p> <p>Massage Therapy with Erica (By Appointment), 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>2:00 Low-Impact Aerobics, FC</p> <p>3:00 Prayer & Bible Study, TH</p> <p>3:30 RIVER'S EDGE BOOK CLUB MEETING, BR</p> <p>7:00 Resident Bingo, AR</p>	<p>Birthdays</p> <p>Billie Johnson, 1st Pat Lovata, 3rd Lora Kiel, 3rd Dee Slezak, 7th Dolores Wade, 8th Tom Edwards, 9th Wanda Woodall, 11th Fred Wilke, 13th Pat Hoepfner, 14th Anne Wright, 15th Alice Rathjen, 16th</p> <p>Margy TaFoya, 16th Iris Hosto, 16th Shirley Yates, 18th Ginnie Mutz, 19th John Pozzo, 20th Bill Oller, 21st Mary Parrish, 22nd Tom Dunne, 22nd Richard Wall, 27th Shirley Kleiman, 27th Jeanette Honerkamp, 28th Bette Doyle, 30th</p>	<p>Locations</p> <p>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</p> <p>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</p>	<p>Transportation</p> <p>Monday, Starting at 9 a.m.: St. Charles County Doctor Appointments</p> <p>Monday, 9:30 a.m.: Schnucks (Jungermann), Aldi, Kohl's & Super Walmart</p> <p>Tuesday, Starting at 9 a.m.: St. Louis County Doctor Appointments</p> <p>Wednesday, 9:30 a.m.: Local Banks</p> <p>Wednesday, 10:30 a.m.: Casino</p>	<p>Thursday, Starting at 9 a.m.: St. Charles County Doctor Appointments</p> <p>Friday, 10:30 a.m.: Library</p> <p>Friday, 11:15 a.m.: Local Banks</p> <p>Friday, 12:30 p.m.: Schnucks (Zumbel) & Dierberg's</p> <p>Saturday, 10:30 a.m.: Walgreens & Target</p> <p>Sunday, 8:45 a.m.: Trinity Episcopal</p> <p>Sunday, 10:30 a.m.: Bible Baptist</p> <p>Sunday, 11:15 a.m.: St. Roberts Catholic Church</p>	<p>Anniversaries</p> <p>Jim & Ginnie Mutz, 9/18/1965</p> <p>Joe & Marilyn Pewitt, 9/24/1955</p>

Painting With Bob Ross

With his soothing voice and ability to turn a blank canvas into a beautiful painting in just 30 minutes, Bob Ross mesmerized millions of fans who tuned in to his TV show, "The Joy of Painting."

Ross took up oil painting while serving in the U.S. Air Force. The Florida native was stationed in Alaska when he saw snow and mountains for the first time, and both served as inspiration for his paintings. He practiced the "wet-on-wet" technique, in which oil paints are applied on top of one another without waiting for each layer to dry.

After 20 years in the military, Ross returned to civilian life and held painting workshops in shopping malls, then launched his show on public television in 1983. Wearing jeans and a button-down shirt and sporting his signature curly hairstyle, Ross guided viewers through his quick process of painting a landscape, making it look effortless. Audiences were drawn to his soft-spoken voice and words of encouragement, which included gems such as, "We don't make mistakes. We just have happy accidents."

Ross hosted "The Joy of Painting" for 11 years. He also taught classes and created a line of art supplies and how-to videos. Today, certified Bob Ross instructors carry on his legacy by teaching classes to budding artists.



Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are a variety of ways to connect with them and create lasting memories.



Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits or phone calls, or sending "just because" cards by mail. With technology such as email, text messaging, video calls and social media websites, it's even easier to stay in touch.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences. Your loved ones will treasure reading about those memories now and for years to come. Creating these keepsakes can be a fun hobby and help you feel closer to your family, even when you're apart.

You've probably heard the saying "They may forget what you said, but they will never forget how you made them feel." What grandchildren will value most from you is love and support. Showing interest in their lives, offering a listening ear, and saying "I love you" are all simple yet shining ways of being a great grandparent.



FAIRWINDS

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