

livfun

Fairwinds-River's Edge

JULY 2018 • RED, WHITE & BLUE DAYS

An American Symbol

With his white hair, beard and patriotic top hat and tailcoat, Uncle Sam is an iconic symbol of America.

The character is linked to New York meat packer Samuel Wilson, a well-liked businessman nicknamed Uncle Sam. During the War of 1812, he supplied barrels of beef to the U.S. Army. When soldiers saw "U.S." stamped on his barrels, indicating United States property, they assumed the letters stood for Uncle Sam, and the name became synonymous with the U.S. government.

Political cartoonist Thomas Nast popularized the image of Uncle Sam in the 1870s, drawing him with chin whiskers and a suit adorned with stars and stripes. In 1916, artist James Montgomery Flagg created the most well-known portrait of the national symbol. A stern-faced Uncle Sam, his finger pointing at the reader, first appeared on a magazine cover. The next year, the image was used with the caption "I Want You for U.S. Army" on World War I recruitment posters. More than 4 million copies of the poster were printed. Versions of Flagg's Uncle Sam were also used as a call to action during World War II.



Soap Box Speedsters

Every July, hundreds of kids zoom down an Ohio track in sleek cars powered only by gravity. The drivers are in a race to win the title of world champion at the annual All-American Soap Box Derby.

A national soap box derby program was the idea of newspaper photographer Myron Scott. In 1933, he spotted a group of boys racing homemade engine-less cars down a hill in Dayton, Ohio. The following year, Scott organized an official competition with more than 350 kids steering cars constructed out of items such as wooden crates and baby-buggy wheels.

From the 1940s to the '60s, soap box racing's heyday, youngsters all over the country were building cars for derbies. Today's sport is more high-tech, with fiberglass cars that can reach speeds up to 30 mph, but the goal remains the same: to teach kids construction and engineering skills, sportsmanship and friendly competition.

Drivers ages 7 to 20 compete at the annual championship at Akron's Derby Downs, a three-lane downhill racetrack. This year's derby will take place July 15-21.



A Crispy Classic

Crunchy, spicy or finger-lickin' good ... no matter how you describe your favorite fried chicken, it's become classic fare for summer picnics and family dinners.

The earliest recipe for fried chicken was published by a British woman, Hannah Glasse, in her 1747 cookbook "The Art of Cookery Made Plain and Easy," which was very popular throughout the Colonies. It instructed cooks to fry battered chicken pieces in hog's lard. In 1824, American Mary Randolph published "The Virginia Housewife" and included a similar recipe. While enjoyed across the nation, fried chicken became strongly associated with Southern cooking.

Through the early 20th century, the meal was mostly reserved for special occasions, since its preparation was time-consuming, and chickens were valued for laying eggs. After World War II, improved poultry farming and cooking methods made fried chicken a staple both at home and in restaurants.



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>3:00 DAN HOERLE, GL</p> <p>7:00 Evening Movie</p>	<p>2</p> <p>Message 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 Open Play, 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>3</p> <p>8:30 Walking Club, FC</p> <p>9:00 Dr. Porter, Podiatrist, 2FL</p> <p>9:00 TV Toning, FC</p> <p>10:00 Chair Dancing, FC</p> <p>10:00 Dr. Baker, Hearing Aid Repair, AR</p> <p>1:30 Armchair Travel, TH</p> <p>2:00 Bible Study, 2FL</p> <p>2:30 Fairwinds Jackpot Bingo, AR</p> <p>3:00 Yoga, FC</p> <p>6:30 Poker, CR</p>	<p>4</p> <p>INDEPENDENCE DAY</p> <p>Message 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>1:30 JUST KIDS CONNECTION, GL</p> <p>3:00 Group Karaoke, EL</p> <p>4:00 Open Play, AR</p> <p>7:00 Resident Bingo, AR</p> <p>9:00 4TH OF JULY CELEBRATION, MW</p>	<p>5</p> <p>8:30 Walking Club, FC</p> <p>9:00 TV Toning, FC</p> <p>9:30 Armchair Travel, TH</p> <p>12:00 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>2:30 RESIDENT BIRTHDAY PARTY, MW</p> <p>3:00 Yoga, FC</p> <p>6:30 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 "FAMILY FEUD," AR</p> <p>1:00 Open Play, AR</p> <p>3:00 SILVER COIN HAPPY HOUR WITH ELIZABETH LAKAMP, 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, 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>7:00 Evening Movie</p>	<p>9</p> <p>Message 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 Open Play, 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 Walking Club, FC</p> <p>9:00 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 Fairwinds Jackpot Bingo, AR</p> <p>3:00 Yoga, FC</p> <p>6:30 Poker, CR</p> <p>7:00 SOCIAL DANCING, FC</p>	<p>11</p> <p>Message 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 ST. LOUIS CAR MUSEUM, OP</p> <p>3:00 Group Karaoke, EL</p> <p>4:00 Open Play, AR</p> <p>7:00 Resident Bingo, AR</p>	<p>12</p> <p>8:30 Walking Club, FC</p> <p>9:00 TV Toning, FC</p> <p>9:30 Armchair Travel, TH</p> <p>1:30 Wii Bowling, EL</p> <p>1:30 SWAP, AR</p> <p>2:30 Co-Ed Pinochle, CR</p> <p>3:00 Yoga, FC</p> <p>6:30 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>11:15 Local Banks, OP</p> <p>11:30 "FAMILY FEUD," AR</p> <p>1:00 Open Play, AR</p> <p>3:00 SILVER COIN HAPPY HOUR WITH RICH CULLEN, MW & EL</p> <p>4:00 Open Play, AR</p> <p>5:30 BIG BAND DANCE WITH FANFARE, OP</p> <p>7:00 Friday Night Flick</p>	<p>14</p> <p>10:00 BEGINNING BRIDGE, 2FL</p> <p>10:30 Walgreens, 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>3:00 REKHA DRAVINA, GL</p> <p>7:00 Evening Movie</p>	<p>16</p> <p>Message 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 Walking Club, FC</p> <p>9:00 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 Fairwinds Jackpot Bingo, AR</p> <p>3:00 Yoga, FC</p> <p>6:30 Poker, CR</p>	<p>18</p> <p>Message 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 LOMBARDO'S LUNCHEON, OP</p> <p>3:00 Group Karaoke, EL</p> <p>4:00 Open Play, AR</p> <p>7:00 Resident Bingo, AR</p>	<p>19</p> <p>8:30 Walking Club, FC</p> <p>9:00 TV Toning, FC</p> <p>9:30 Armchair Travel, TH</p> <p>10:30 CHAT WITH JIM, MW</p> <p>12:00 PAINTING WITH CINDI, 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>4:00 THEME DINNER, MW</p> <p>6:30 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 "FAMILY FEUD," AR</p> <p>1:00 Open Play, AR</p> <p>3:00 SILVER COIN HAPPY HOUR WITH J MONET, 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, 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>7:00 Evening Movie</p>	<p>23</p> <p>Message Therapy with Erica (By Appointment), 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>11:00 DESIGNER DIRECT, GL</p> <p>1:00 Open Play, 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 Walking Club, FC</p> <p>9:00 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 Fairwinds Jackpot Bingo, AR</p> <p>3:00 Yoga, FC</p> <p>6:30 Poker, CR</p>	<p>25</p> <p>Message 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>10:15 JOSEPHINE'S TEA ROOM, OP</p> <p>10:30 Casino, OP</p> <p>3:00 Group Karaoke, EL</p> <p>4:00 Open Play, AR</p> <p>7:00 Resident Bingo, AR</p>	<p>26</p> <p>8:30 Walking Club, FC</p> <p>9:00 TV Toning, FC</p> <p>9:30 Armchair Travel, TH</p> <p>1:30 Wii Bowling, EL</p> <p>1:30 SWAP, AR</p> <p>2:30 ICE CREAM SOCIAL, MW</p> <p>2:30 Co-Ed Pinochle, CR</p> <p>3:00 Yoga, FC</p> <p>6:30 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 "FAMILY FEUD," AR</p> <p>1:00 Open Play, AR</p> <p>2:00 SILVER COIN HAPPY HOUR WITH SCOTT & KARL, 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, 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>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>3:00 ROB CALLMEYER, GL</p> <p>7:00 Evening Movie</p>	<p>30</p> <p>Message 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 Open Play, AR</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>31</p> <p>8:30 Walking Club, FC</p> <p>9:00 TV Toning, FC</p> <p>10:00 Chair Dancing, FC</p> <p>11:30 CREATIVE COLORING, AR</p> <p>1:30 Armchair Travel, TH</p> <p>2:00 Bible Study, 2FL</p> <p>2:30 Fairwinds Jackpot Bingo, AR</p> <p>3:00 Yoga, FC</p> <p>4:00 AMERICAN LEGION SPAGHETTI DINNER, OP</p> <p>6:30 Poker, CR</p>	<p>Transportation</p> <p>Monday, 9:30 a.m.: Schnucks (Jungermann), Shop 'N' Save, ALDI, Kohl's & Super Walmart</p> <p>Monday, Starting at Noon: St. Charles County Doctor Appointments</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>Locations</p> <p>Activities Room, AR</p> <p>Aging Well Therapy Room, TR</p> <p>Blanchette Room, BR</p> <p>Card Room (Fourth Floor), CR</p> <p>Circle Drive, CD</p> <p>Edgewater's Lounge, EL</p> <p>Fit Brains Gym, FB</p> <p>Fitness Center, FC</p>	<p>Fourth Floor Pool Table, 4FL</p> <p>Grand Lobby, GL</p> <p>Library, LI</p> <p>Meriwether's, MW</p> <p>Meriwether's/Edgewater's Lounge, MW & EL</p> <p>Off Property, OP</p> <p>Second Floor, 2FL</p> <p>Swimming Pool, SP</p> <p>The Villas, VI</p> <p>Theater, TH</p>	<p>Birthdays</p> <p>Blanche Avery, 3rd</p> <p>Carmen Weber, 4th</p> <p>Dolores Rehling, 6th</p> <p>Carolyn Hollander, 6th</p> <p>Fern Ziegler, 7th</p> <p>Lucille Ruprecht, 7th</p> <p>Margie Thurston, 8th</p> <p>Kay Ramsey, 9th</p>	<p>Bob Avery, 10th</p> <p>Jeanne Andreasen, 12th</p> <p>Gloria LaHay, 13th</p> <p>Dorothy Huddleston, 15th</p> <p>Tom Clendenin, 17th</p> <p>Carol Horning, 18th</p> <p>Richard Stecker, 19th</p> <p>John Wilfong, 20th</p> <p>Gloria Bibko, 21st</p> <p>Penny Meisenheimer, 23rd</p> <p>Pat Kadlec, 24th</p> <p>Tom Kadlec, 25th</p> <p>Charles Tauser, 26th</p> <p>Dorothy Thierry, 28th</p> <p>Cheryl Komor, 29th</p>
				<p>Thursday, Starting at 9 a.m.: St. Charles County Doctor Appointments</p> <p>Friday, 12:30 p.m.: Schnucks (Zumbel), Dierbergs & Target</p> <p>Friday, 11:15 a.m.: Local Banks</p> <p>Friday, 10:30 a.m.: Library</p> <p>Saturday, 10:30 a.m.: Walgreens</p> <p>Sunday, 8:45 a.m.: Harvester Christian Church</p> <p>Sunday, 10:30 a.m.: Hope Lutheran Church</p> <p>Sunday, 11:15 a.m.: St. Robert's Catholic Church</p>	<p>Anniversaries</p> <p>Richard & Joann Stecker, 7/9/1954</p> <p>Tom & Judith Sutton, 7/23/1961</p>		

A Knotted Craft

The word “macramé” may bring to mind the handmade wall hangings and plant holders that adorned many homes in the 1970s. The art of tying thread or rope into decorative knots and patterns dates back many centuries and is making a comeback.

In the 13th century, Arab weavers knotted the excess thread along the edges of handmade fabrics, creating decorative fringe on rugs, blankets and clothing. European sailors picked up on the craft and spent their long hours at sea making ornamental covers for tools as well as practical objects such as nets and hammocks. Some sold their handcrafted pieces in port cities, spreading the art form around the world.

The craft had a resurgence during the Victorian era, when the publication of “Sylvia’s Book of Macramé Lace” showed readers how to create a variety of patterned pieces for garments, bedspreads and tablecloths. Perhaps the biggest revival took place in the 1970s, when macramé wall art, plant hangers and clothing were all the rage in décor and fashion.

Crafters have made macramé popular again, and enthusiasts are tying knots to make everything from jewelry to curtains. Retailers have also picked up on the trend, offering macramé items of all kinds.



Drawn to Coloring Books

Coloring books have grown into a fun, creative outlet for adults to relax and relive a nostalgic childhood activity.

The books originated as an artistic endeavor for adults. Historians have found examples of illustrated books that were meant to be colored in by hand as far back as the 1600s in England. Called painting books, they were used to teach aristocrats how to paint with watercolors.

How did children get drawn into the pastime? Advances in printing made illustrated books more affordable and accessible to more people, including youngsters. At the same time, changes in education, including the establishment of kindergartens, encouraged kids’ creativity. In 1879, the American company McLoughlin Brothers began printing the “Little Folks” series of painting books. Considered the first popular coloring books, they helped pioneer the children’s genre.

The industry grew with the invention of colorful wax crayons around 1900. Soon, many companies saw an advertising opportunity and offered books that featured their products. By the 1960s, coloring was a familiar part of growing up.

With the recent trend, grown-ups can continue to enjoy this childhood pursuit. Coloring books abound in a multitude of themes, along with a variety of crayons, pencils and markers. There are also digital coloring pages that can be colored online.



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