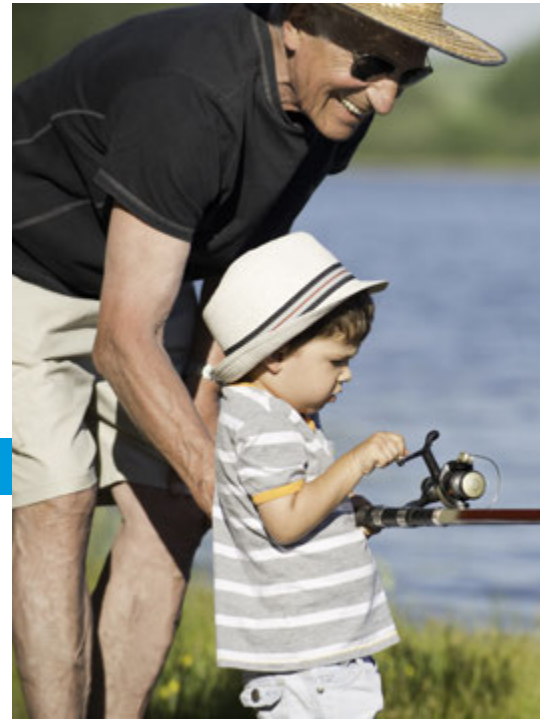


livfun

Fairwinds - River's Edge

JUNE 2018 • GOOD OL' SUMMERTIME



Essential Exercise Types

Exercising regularly provides an abundance of health benefits, and varying activities is the key when it comes to physical fitness. Here are four types of exercise that experts say should be part of a well-rounded routine. Be sure to consult a doctor before starting a new exercise program.

Endurance – Also called cardiovascular or aerobic exercise, these activities target the heart, lungs and circulatory system by increasing your heart rate and breathing. Walking, dancing and swimming are examples of endurance exercises.

Strength – Muscle mass often declines with age, and strength training builds it back. This type of exercise makes you stronger, relieves joint pain and improves balance. Common forms of strength training include lifting weights, using resistance bands and doing arm curls and leg lifts.

Balance – Maintaining good balance is essential to preventing falls. Balance exercises often focus on the lower body. Tai chi, standing on one foot, and walking heel to toe in a straight line can improve balance.

Flexibility – Movements that stretch your muscles help you stay flexible and limber, making it easier to perform everyday activities, such as bending to tie your shoes. Stretching exercises and yoga improve flexibility.



Fishing 'Reels'

The days are warm and the fish are biting. Hook one of these movies about fishing:

"The Old Man and the Sea" (1958) – Spencer Tracy plays a fisherman trying to reel in the catch of a lifetime in this film based on a short story by Ernest Hemingway.

"A River Runs Through It" (1992) – Fly-fishing serves as a metaphor for life and love in this drama set in 1920s Montana. The state's rivers and mountains provide a beautiful setting, captured by Academy Award-winning cinematography.

"Grumpy Old Men" (1993) – Retired Minnesota neighbors Max and John bicker and compete over everything, including who can get the biggest catch while ice fishing. Stars Jack Lemmon and Walter Matthau reunited in 1995 for a sequel that had them warm-weather angling for a prized catfish.

"Gone Fishin'" (1997) – Joe Pesci and Danny Glover star as two longtime friends from New Jersey who win a fishing trip to the Florida Everglades, but their fun flounders as one comedic thing after another goes wrong.

"The Perfect Storm" (2000) – This action-drama is based on the true story of a Massachusetts commercial swordfishing crew that sails into a fierce storm in the Atlantic Ocean.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
<p>Transportation Mon., 9:30 a.m.: Schnucks (Jungermann), Shop 'N' Save, ALDI, Kohl's and Super Walmart Mon., Starting at Noon: St. Charles County Doctor Appointments Tue., Starting at 9 a.m.: St. Louis County Doctor Appointments Wed., 9:30 a.m.: Local Banks Wed., 10:30 a.m.: Casino Thur., Starting at 9 a.m.: St. Charles County Doctor Appointments</p>	<p>Fri., 10:30 a.m.: Library Fri., 11:15 a.m.: Local Banks Fri., 12:30 p.m.: Schnucks (Zumbel), Dierbergs and Target Sat., 10:30 a.m.: Walgreens Sun., 8:45 a.m.: Harvester Christian Church Sun., 10:30 a.m.: Hope Lutheran Church Sun., 11:15 a.m.: St. Robert's Catholic Church</p>	<p>Birthdays Bob Phillips, 3rd Elenore Hoefle, 3rd Betty Pieper, 5th Sue Bivins, 5th Leo Thierry, 6th</p>	<p>Tony LoFaro, 6th Joan Phillips, 6th Franz Zinsser, 7th Anne Pepple, 10th Peggy Decker, 10th Jodie Ricketts, 13th Betsy Clendenin, 13th</p>	<p>Glen Schuman, 13th Waneta Johnson, 14th Dorlis Kirchner, 15th Art Stepp, 18th Marge Dey, 20th Philip Moore, 21st Mary Walls, 25th</p>	<p>Carole Long, 26th Judith Sutton, 26th Sue Spellmann, 26th Ginger Robinson, 27th June Miller, 29th Herb Young, 29th</p>	<p>Locations 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</p>	<p>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>9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:15 Local Banks, OP 11:30 "FAMILY FEUD," AR 1:00 Open Play, AR 3:00 SILVER COIN HAPPY HOUR WITH JOHN SCOTT, MW & EL 4:00 Open Play, AR 7:00 Friday Night Flick</p>	<p>10:00 BEGINNING BRIDGE, 2FL 10:30 Walgreens, OP 1:45 BEAN BAG BASEBALL, EL 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>1:00 River's Edge Worship Service, TH 2:30 Open Play, AR 3:00 Matinee Movie, TH 7:00 Evening Movie</p>	<p>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 1:00 Open Play, AR 2:00 Low-Impact Aerobics, FC 3:00 Prayer & Bible Study, TH 7:00 Resident Bingo, AR</p>	<p>4 8:30 Walking Club, FC 9:00 Dr. Porter, Podiatrist, 2FL 9:00 TV Toning, FC 10:00 Chair Dancing, FC 10:00 Dr. Baker, Hearing Aid Repair, AR 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL 2:30 Fairwinds Jackpot Bingo, AR 3:00 Yoga, FC 6:30 Poker, CR</p>	<p>5 8:30 Walking Club, FC 9:00 Dr. Porter, Podiatrist, 2FL 9:00 TV Toning, FC 10:00 Chair Dancing, FC 10:00 Dr. Baker, Hearing Aid Repair, AR 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL 2:30 Fairwinds Jackpot Bingo, AR 3:00 Yoga, FC 6:30 Poker, CR</p>	<p>6 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 11:30 CREVE COEUR PICNIC, OP 3:00 Group Karaoke, EL 4:00 Open Play, AR 7:00 Resident Bingo, AR</p>	<p>7 8:30 Walking Club, FC 9:00 TV Toning, FC 9:30 Armchair Travel, TH 12:00 PAINTING WITH CINDI, AR 1:30 Wii Bowling, EL 1:30 SWAP, AR 2:30 RESIDENT BIRTHDAY PARTY, MW 2:30 Co-Ed Pinochle, CR 3:00 Yoga, FC 6:00 PIANO RECITAL, GL 6:30 Men's Poker, CR 7:00 Rosary, TH</p>	<p>8 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:15 Local Banks, OP 11:30 "FAMILY FEUD," AR 1:00 Open Play, AR 3:00 SILVER COIN HAPPY HOUR WITH ANN MORGAN, MW & EL 4:00 Open Play, AR 5:30 BIG BAND DANCE WITH SILVER WINGS BAND, OP 7:00 Friday Night Flick</p>	<p>9 10:00 BEGINNING BRIDGE, 2FL 10:30 Walgreens, OP 1:45 BEAN BAG BASEBALL, EL 2:30 Open Play, AR 2:30 Poker, CR 3:00 Matinee Movie, TH 7:00 Evening Movie 7:00 Resident Bingo, AR</p>		
<p>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</p>	<p>10 Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 1:00 Open Play, AR 2:00 Low-Impact Aerobics, FC 2:30 FOOD FORUM & CHEF DEMO, EL 3:00 Prayer & Bible Study, TH 7:00 Resident Bingo, AR</p>	<p>11 8:30 Walking Club, FC 9:00 TV Toning, FC 10:00 Chair Dancing, FC 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL 2:30 Fairwinds Jackpot Bingo, AR 3:00 Yoga, FC 6:30 Poker, CR 7:00 SOCIAL DANCING, FC</p>	<p>12 8:30 Walking Club, FC 9:00 TV Toning, FC 10:00 Chair Dancing, FC 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL 2:30 Fairwinds Jackpot Bingo, AR 3:00 Yoga, FC 6:30 Poker, CR 7:00 SOCIAL DANCING, FC</p>	<p>13 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 REV. WYNN WARD PRESENTS: "PEARL HARBOR," MW 10:30 Casino, OP 3:00 Group Karaoke, EL 4:00 Open Play, AR 7:00 Resident Bingo, AR</p>	<p>14 FLAG DAY 8:30 Walking Club, FC 9:00 TV Toning, FC 9:30 Armchair Travel, TH 1:30 Wii Bowling, EL 1:30 SWAP, AR 2:30 Co-Ed Pinochle, CR 3:00 Yoga, FC 6:30 Poker, CR 7:00 Rosary, TH</p>	<p>15 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:15 Local Banks, OP 11:30 "FAMILY FEUD," AR 1:00 Open Play, AR 3:00 SILVER COIN HAPPY HOUR WITH THIRD ELEMENT, MW & EL 4:00 Open Play, AR 7:00 Friday Night Flick</p>	<p>16 10:00 BEGINNING BRIDGE, 2FL 10:30 Walgreens, OP 1:45 BEAN BAG BASEBALL, EL 2:30 Open Play, AR 2:30 Poker, CR 3:00 Matinee Movie, TH 7:00 Evening Movie 7:00 Resident Bingo, AR</p>		
<p>FATHER'S DAY 1:00 River's Edge Worship Service, TH 2:30 Open Play, AR 3:00 Matinee Movie, TH 3:00 CAROLYN SCHLUETER, GL 7:00 Evening Movie</p>	<p>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 FROLICKING FUN WITH STACY, AR 2:00 Low-Impact Aerobics, FC 3:00 Prayer & Bible Study, TH 7:00 Resident Bingo, AR</p>	<p>18 8:30 Walking Club, FC 9:00 TV Toning, FC 10:00 Chair Dancing, FC 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL 2:30 Fairwinds Jackpot Bingo, AR 3:00 Yoga, FC 6:30 Poker, CR</p>	<p>19 8:30 Walking Club, FC 9:00 TV Toning, FC 10:00 Chair Dancing, FC 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL 2:30 Fairwinds Jackpot Bingo, AR 3:00 Yoga, FC 6:30 Poker, CR</p>	<p>20 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 Group Karaoke, EL 4:00 Open Play, AR 7:00 Resident Bingo, AR 10:00 ARISTON CAFE' LUNCHEON, OP</p>	<p>21 SUMMER BEGINS 8:30 Walking Club, FC 9:00 TV Toning, FC 9:30 Armchair Travel, TH 10:30 CHAT WITH JIM, MW 12:00 PAINTING WITH CINDI, AR 1:30 Wii Bowling, EL 2:30 Co-Ed Pinochle, CR 2:30 LADIES' AFTERNOON TEA, AR 3:00 BUNCO, AR 3:00 Yoga, FC 6:30 Poker, CR 7:00 Rosary, TH</p>	<p>22 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:15 Local Banks, OP 11:30 "FAMILY FEUD," AR 1:00 Open Play, AR 3:00 SILVER COIN HAPPY HOUR WITH SANDY UNGER, MW & EL 4:00 Open Play, AR 7:00 Friday Night Flick</p>	<p>23 10:00 BEGINNING BRIDGE, 2FL 10:30 Walgreens, OP 1:45 BEAN BAG BASEBALL, EL 2:30 Open Play, AR 2:30 Poker, CR 3:00 Matinee Movie, TH 7:00 Evening Movie 7:00 Resident Bingo, AR</p>		
<p>1:00 River's Edge Worship Service, TH 2:30 Open Play, AR 3:00 Matinee Movie, TH 7:00 Evening Movie</p>	<p>24 Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 1:00 Open Play, AR 2:00 Low-Impact Aerobics, FC 2:30 FOOD FORUM & CHEF DEMO, EL 3:30 RIVER'S EDGE BOOK CLUB MEETING, BR 7:00 Resident Bingo, AR</p>	<p>25 8:30 Walking Club, FC 9:00 TV Toning, FC 10:00 Chair Dancing, FC 11:30 CREATIVE COLORING, AR 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL 2:30 Fairwinds Jackpot Bingo, AR 3:00 Yoga, FC 4:00 AMERICAN LEGION SPAGHETTI DINNER, OP 6:30 Poker, CR</p>	<p>26 8:30 Walking Club, FC 9:00 TV Toning, FC 10:00 Chair Dancing, FC 11:30 CREATIVE COLORING, AR 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL 2:30 Fairwinds Jackpot Bingo, AR 3:00 Yoga, FC 4:00 AMERICAN LEGION SPAGHETTI DINNER, OP 6:30 Poker, CR</p>	<p>27 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 ST. LOUIS SCIENCE CENTER: APOLLO 11, OP 10:30 Casino, OP 3:00 Group Karaoke, EL 4:00 Open Play, AR 7:00 Resident Bingo, AR</p>	<p>28 8:30 Walking Club, FC 9:00 TV Toning, FC 9:30 Armchair Travel, TH 1:30 Wii Bowling, EL 1:30 SWAP, AR 2:30 ICE CREAM SOCIAL, MW 2:30 Co-Ed Pinochle, CR 3:00 Yoga, FC 6:30 Poker, CR 7:00 Rosary, TH</p>	<p>29 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:15 Local Banks, OP 11:30 "FAMILY FEUD," AR 1:00 Open Play, AR 3:00 SILVER COIN HAPPY HOUR WITH MISS JUBILEE, MW & EL 4:00 Open Play, AR 7:00 Friday Night Flick</p>	<p>30 10:00 BEGINNING BRIDGE, 2FL 10:30 Walgreens, OP 1:45 BEAN BAG BASEBALL, EL 2:30 Open Play, AR 2:30 Poker, CR 3:00 Matinee Movie, TH 7:00 Evening Movie 7:00 Resident Bingo, AR</p>		

Tale of the Typewriter

Today, most typing is done on a computer keyboard or a smartphone screen, but this modern method of communicating began 150 years ago with the invention of the typewriter.

Prototypes of printing machines were created as far back as the 16th century, with many versions as large as pianos. The first practical typewriter was patented by American inventor Christopher Latham Sholes on June 23, 1868.

Resembling a sewing machine, this early model included many features that became standard for typewriters. It had an inked ribbon to print type and it used the QWERTY keyboard, which arranged the letters of the alphabet in a way that prevented the keys from jamming. Later named the Remington for the company that manufactured it, the typewriter became popular after Mark Twain purchased one and became the first author to submit a typed manuscript.

The following decades brought many improvements, including the introduction of the shift key, which allowed both upper and lower case letters to be typed, and frontstriking models, designed to let users see what they were typing in real time



instead of having to lift up the carriage to view their work. The 1920s introduced user-friendly electric typewriters.

By the end of the 1980s, the world transitioned from typewriters to computers and compact printers. However, retro typewriters are still enjoyed by collectors and writers.

A Soothing Succulent

Mention aloe vera, and its common use in soothing sunburned skin probably comes to mind, but this succulent has been a prized plant since ancient times.

More than 6,000 years ago, Egyptians called aloe the "plant of immortality" and used it in their health and beauty regimens. Legend has it that queens Nefertiti and Cleopatra included aloe in their skincare routines, and ancient Egyptian medical scrolls listed a



variety of therapeutic remedies containing aloe. Traders later introduced the plant to other countries throughout Asia and Europe, and the popularity of aloe spread.

Aloe vera requires little care, making it an easy-to-grow houseplant even for those without a green thumb. Cutting open one of its thick, spear-shaped leaves exposes a translucent gel that can be applied directly to sunburns, rashes and other minor skin irritations. Some people find that the cool gel soothes skin, provides moisture and relieves itching.

Numerous ready-made aloe vera gel products are also widely available.



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