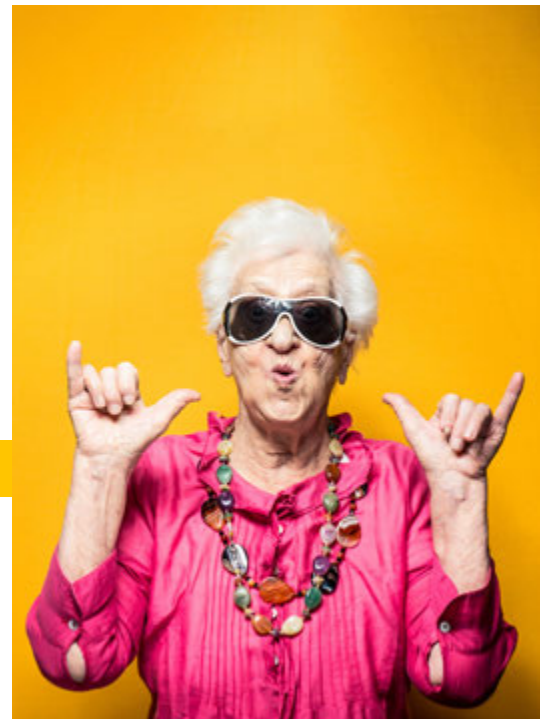


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Fairwinds - River's Edge

OCTOBER 2018 • COOL AND COLORFUL



Preserving the Redwoods

Northern California's coast is home to the world's tallest trees, the towering redwoods. To protect these majestic wonders, Redwood National Park was dedicated Oct. 2, 1968.

Author John Steinbeck called the redwoods "ambassadors from another time." They flourished in the region for millions of years until they began to be logged as Americans settled the West in the 1800s. Local efforts to save the redwood groves from being axed started in the early 1900s and led to the creation of three state parks. By the time the federal government purchased the bordering forests to create Redwood National Park, 90 percent of the giant trees had been cut down.



Spanning nearly 132,000 acres, the park contains prairies, woodlands, rivers and nearly 40 miles of Pacific coastline, but the stunning redwoods are its star attraction. The area's mild temperatures, abundant rainfall and rich soil contribute to the trees' massive heights of 300 feet or more. Many of the redwoods are 500 to 700 years old.

The park is home to diverse species of animals including elk, black bears, bald eagles, coyotes and mountain lions. Visitors exploring the beach trails can spot sea lions, harbor seals, porpoises and whales.

Pizza Across the Planet

Pizza is a popular food in the U.S., with pepperoni, sausage, mushrooms and onions the top picks for ingredients. See what pizza toppings make the cut in other countries:

Italy – The place where pizza started boasts a variety of additions to their pies. Prosciutto, anchovies, eggplant, truffles and potatoes are among Italians' go-to choices.

Brazil – Green peas are a popular vegetable in this South American nation, and they're often found on Brazil's thin-crust pizzas, along with carrots, beets, raisins and quail eggs.

Japan – Seafood is a mainstay of this island nation, where pizza toppings include octopus, eel and seaweed. Squid ink is sometimes used to create a dramatic black sauce instead of the typical red tomato sauce.

Costa Rica – Coconut is the No. 1 pizza topping in this Central American country, and it's often paired with shrimp.

Sweden – A pie known as pizza Africana is very popular in this Scandinavian nation. Also called banana curry pizza, bananas and curry powder are the main ingredients, along with peanuts, chicken and pineapple.

Australia – Craving some "shrimp on the barbie"? Order an Aussie pizza with shrimp, pineapple and barbecue sauce. Local meats such as kangaroo, emu and crocodile are also featured on pies in the Land Down Under.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Birthdays</p> <p>Toni Raftery, 4th Charles Niebur, 7th Norma Walker, 9th Eddyth Smith, 9th Bernie Donnelly, 9th Tom Schumacher, 12th Grace Nichols, 13th Charlie Long, 18th Mary Jane Hart, 23rd</p> <p>Bob Johnson, 24th Donna Mayberry, 26th Duane Langvardt, 27th Rose Ann Ross, 28th David Weinstock, 28th Jane Beckmann, 29th</p>	<p>1 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>2 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 RESIDENT BINGO, AR 3:00 Yoga, FC 6:30 Poker, CR</p>	<p>3 Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Local Banks, OP 9:30 Aqua Fitness Class, SP 9:30 ARCH MUSEUM, OP 10:30 Casino, OP 3:00 FAIRWINDS CHOIR REHEARSAL, AR 4:00 Open Play, AR 7:00 Resident Bingo, AR</p>	<p>4 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 RESIDENT BIRTHDAY PARTY, MW 2:30 Co-Ed Pinochle, CR 3:00 Yoga, FC 6:30 Poker, CR 7:00 Rosary, TH</p>	<p>5 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:15 Local Banks, OP 11:00 ST. CHARLES LIBRARY LOBBY STOP, TH 11:30 "FAMILY FEUD," AR 1:00 Open Play, AR 3:00 SILVER COIN HAPPY HOUR WITH DAVID GREEN, MW & EL 4:00 Open Play, AR 7:00 Friday Night Flick</p>	<p>6 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 3:00 DON HINDS, GL 7:00 Evening Movie 7:00 Resident Bingo, AR</p>
<p>7 1:00 River's Edge Worship Service, TH 2:30 Open Play, AR 3:00 Matinee Movie, TH 7:00 Evening Movie</p>	<p>8 COLUMBUS DAY 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>9 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 RESIDENT BINGO, AR 3:00 Yoga, FC 6:30 Poker, CR</p>	<p>10 Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Local Banks, OP 9:30 Aqua Fitness Class, SP 10:15 THE HAWTHORNE INN LUNCHEON, OP 10:30 Casino, OP 3:00 FAIRWINDS CHOIR REHEARSAL, AR 4:00 Open Play, AR 7:00 Resident Bingo, AR</p>	<p>11 8:30 Walking Club, FC 9:00 TV Toning, FC 9:30 Armchair Travel, TH 10:00 TOUR OF THE LANDING OF O'FALLON, OP 12:00 PAINTING WITH CINDI, AR 1:30 Wii Bowling, EL 2:30 LADIES' AFTERNOON TEA, AR 2:30 Co-Ed Pinochle, CR 3:00 Yoga, FC 3:00 BUNCO, AR 6:30 Poker, CR 7:00 Rosary, TH</p>	<p>12 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 HARRY FRY, MW & EL 4:00 Open Play, AR 7:00 Friday Night Flick</p>	<p>13 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 3:00 BANDJOS CONCERT, GL 7:00 Evening Movie 7:00 Resident Bingo, AR</p>
<p>14 1:00 River's Edge Worship Service, TH 2:00 Trip to Dollar Tree 2:30 Open Play, AR 3:00 Matinee Movie, TH 3:00 LARRY SCANTLAN, GL 7:00 Evening Movie</p>	<p>15 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>16 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 RESIDENT BINGO, AR 3:00 Yoga, FC 6:30 Poker, CR</p>	<p>17 Massage Therapy with Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Local Banks, OP 9:30 Aqua Fitness Class, SP 10:15 MISSOURI BOTANICAL GARDEN, OP 10:30 Casino, OP 3:00 FAIRWINDS CHOIR REHEARSAL, AR 4:00 Open Play, AR 7:00 Resident Bingo, AR</p>	<p>18 8:30 Walking Club, FC 9:00 TV Toning, FC 9:30 Armchair Travel, TH 10:30 CHAT WITH JIM, MW 1:30 SWAP, AR 1:30 Wii Bowling, EL 2:30 Co-Ed Pinochle, CR 3:00 Yoga, FC 4:00 OKTOBERFEST, MW & EL 6:30 Poker, CR 7:00 Rosary, TH</p>	<p>19 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 FANFARE, MW & EL 4:00 Open Play, AR 7:00 Friday Night Flick</p>	<p>20 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>21 1:00 River's Edge Worship Service, TH 2:30 Open Play, AR 3:00 Matinee Movie, TH 7:00 Evening Movie</p>	<p>22 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>23 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 RESIDENT BINGO, AR 3:00 Yoga, FC 6:30 Poker, CR</p>	<p>24 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 THE BLUE OWL LUNCHEON, OP 10:30 Casino, OP 3:00 FAIRWINDS CHOIR REHEARSAL, AR 4:00 Open Play, AR 7:00 Resident Bingo, AR</p>	<p>25 8:30 Walking Club, FC 9:00 TV Toning, FC 9:30 Armchair Travel, TH 12:00 PAINTING WITH CINDI, AR 1:30 SWAP, AR 1:30 Wii Bowling, EL 2:30 Co-Ed Pinochle, CR 2:30 ICE CREAM SOCIAL 3:00 Yoga, FC 6:30 Poker, CR 7:00 Rosary, TH</p>	<p>26 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 2:00 SILVER COIN HALLOWEEN HAPPY HOUR WITH SCOTT & KARL, MW & EL 4:00 Open Play, AR 7:00 Friday Night Flick</p>	<p>27 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>28 1:00 River's Edge Worship Service, TH 2:30 Open Play, AR 3:00 Matinee Movie, TH 3:00 DAN HOERLE, GL 7:00 Evening Movie</p>	<p>29 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 3:00 Prayer & Bible Study, TH 3:30 RIVER'S EDGE BOOK CLUB MEETING, BR 7:00 Resident Bingo, AR</p>	<p>30 8:30 Walking Club, FC 9:00 TV Toning, FC 10:00 Chair Dancing, FC 10:30 MEDICARE EDUCATION SEMINAR, AR 11:30 CREATIVE COLORING, AR 1:30 Armchair Travel, TH 2:00 Bible Study, 2FL 2:30 RESIDENT BINGO, AR 3:00 Yoga, FC 6:30 Poker, CR</p>	<p>31 HALLOWEEN 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 BEV SCHEUTZ PRESENTS, MW 10:30 Casino, OP 11:00 PIZZA PARTY, MW 3:00 FAIRWINDS CHOIR REHEARSAL, AR 4:00 Open Play, AR 7:00 Resident Bingo, AR</p>	<p>Transportation Mon., 9:30 a.m.: Schnucks (Jungermann), Shop 'N Save, Aldi, Kohl's & Super Walmart Mon., Starting at Noon: St. Charles County Doctor Appts. Tue., Starting at 9 a.m.: St. Louis County Doctor Appts. Wed., 9:30 a.m.: Local Banks Wed., 10:30 a.m.: Casino Thur., Starting at 9 a.m.: St. Charles County Doctor Appts.</p>	<p>Fri., 10:30 a.m.: Library Fri., 11:15 a.m.: Local Banks Fri., 12:30 p.m.: Schnucks (Zumbehl), Dierbergs & Target Sat., 10:30 a.m.: Walgreens & Target 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>Locations 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>Anniversary Frank & Erla Oestereich, 10/13/1951</p>

Sweets in Military Service

Providing energy, calories and a little taste of home, candy served America's fighting forces during World War II. Sample some of the treats included in troops' field rations:

Chocolate bars – The military knew that chocolate could provide soldiers with needed calories in an emergency, but melting was a problem. The Hershey Chocolate Co. solved the problem by producing special 4-ounce ration bars, which had a high melting point, but were hard, dense and bitter.

M&M's – After the U.S. entered the war, the chocolate candy with a hard sugar shell was made exclusively for the military since it was heat-resistant in tropical weather and its original cardboard tube package was easy to carry. After the war, GIs were hooked on the tiny treats.

Tootsie Rolls – These hearty, chewy, chocolate-flavored candies could withstand a variety of climates, so the military put them on the front lines with American troops.

Life Savers – Ads from the era explained that "some soldier, sailor or Marine is enjoying it somewhere," and that rolls of the hard "candy with the hole" could be hard to come by. More than 20 million boxes of Life Savers were supplied to the military. Other candymakers donated their sugar rations to keep the sweet in production.

Chewing gum – Ration kits also included gum to help quench thirst and release tension. Soldiers chewed tablet and stick varieties from brands such as Wrigley's, Beech-Nut, Dentyne and Chiclets.



Feline Phrases

Cats have been pet companions for centuries, and they've pawed their way into our language as well. Purr-ruse this list of feline-inspired phrases:



Catnap – Cats can sleep as much as 16 hours a day, but most of that time is spent dozing and jolting awake when they hear a noise. Humans have compared their own short snoozes to a cat's since the early 1800s.

Scaredy-cat – American writer Dorothy Parker is credited with coining this term in 1933 as a way to describe a timid person. The comparison is spot on, as cats tend to be skittish.

Like herding cats – It's nearly impossible to herd cats, as they are such independent creatures. This simile is used when someone is having difficulty multitasking or managing a group of people.

Cat got your tongue? – This question is posed to one who remains silent when they are expected to speak. The phrase first appeared in print in 1881, where it was described as a children's playground taunt.

Let the cat out of the bag – This saying means to reveal a secret, and may have originated in medieval marketplaces, where a piglet could be purchased in a sack. Dishonest vendors sometimes tricked customers by putting a cat in the bag instead, but the secret was out as soon as the bag was opened and the cat escaped.

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