

livfun

Fairwinds - Spokane

APRIL 2019 • SPRING FLING



April's Spring Fling

We are so excited for spring, to get out and explore! We hope you join us in our many adventures this month. We'll be doing a lot of fun tours on our Wednesday Outings. We will be heading out to Lolo National Forest for an Overnighter Trip and to Ritzville for a Daycation – make sure you sign up for both in time! We will be having an Earth Day Celebration on the East Lawn – you'll want to invite your friends and family to join! Lastly, we'll be heading out to the El Katif Shrine Circus for a whole lot of FUN! You do not want to miss out on this Spring Fling that lasts all month long!



Geri looked festive for our party.



Music, cookies and all things sweet were enjoyed at our Valentine's Day Party.



Our Annual February Fitness Frenzy was a huge success, thanks to residents, sponsors and staff!



Staff vs. Residents' Bean Bag Baseball was a lot of fun!



Rocky and Sandy had fun at the party.



We celebrated National Backwards Day with "Backwards Smiles!" Marie and Frank had fun "frowning" for pictures.



These ladies had fun at an Out and About tour and lunch at My Fresh Basket!



Book and Salad is always fun and exciting!



George had a great time touring Planet Fitness while on a Fairwinds Outing.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Tru Colorz Salon Phone Number: 570-4783</p> <p>Activity Hotline Phone Number: 465-0132</p>	<p>9:30 Sittercise, MPR 1</p> <p>10:00 Strength Training, MPR</p> <p>12:00 Manicures with Margo, W</p> <p>12:00 Wandermere Movie Outing, O</p> <p>2:00 Banga, GR</p> <p>4:00 Happy Hour, B</p> <p>6:30 Featured Program: Anne of Green Gables, T</p>	<p>9:30 Yoga Class, A 2</p> <p>12:00 Book & Salad, A</p> <p>1:30 Resident Council Meeting, A</p> <p>2:00 Root Beer Float Social, A</p> <p>3:00 Nickel Jackpot, GR</p> <p>4:00 Happy Hour, B</p> <p>6:00 Write Word Game, B</p>	<p>9:30 Sittercise, MPR 3</p> <p>10:00 Strength Training, MPR</p> <p>11:15 Out & About: Lunch @ Moon Dollar Bistro Followed by Tour of Buck's Knives, O</p> <p>1:00 Bridge Pickup Games, GR</p> <p>2:30 Rosetta Stone Language Lessons, T</p> <p>3:30 Horse Racing, A</p> <p>4:00 Happy Hour, B</p> <p>6:30 Fairwinds Serenaders, F</p>	<p>10:00 Tai Chi Class, A 4</p> <p>11:00 Wii Bowling, MPR</p> <p>11:15 Lunch Buddies, O</p> <p>1:00 Bean Bag Baseball, A</p> <p>1:45 City of Spokane Mobile Library, B</p> <p>3:00 Fairwinds Book Club, A</p> <p>4:00 Happy Hour, B</p> <p>6:30 New Release Movie, T</p>	<p>9:00 Catholic Service, MPR 5</p> <p>9:30 Sittercise, MPR</p> <p>9:30 Stud Club: Coffee & Donuts, B</p> <p>10:00 Strength Training, MPR</p> <p>12:45 Wheelchair/Walker Tune Ups, MPR</p> <p>2:00 Bingo, GR</p> <p>2:00 Bible Study, PDR</p> <p>4:00 Happy Hour, B</p> <p>6:30 Pokeno, GR</p>	<p>11:00 Spring Fling Craft & Vendor Market, O</p> <p>11:00 Wii Bowling, MPR</p> <p>1:00 Popcorn Social</p> <p>1:45 Bunco, GR</p> <p>4:00 Happy Hour, B</p> <p>7:00 Saturday Night Live Entertainment, A</p>	
<p>10:30 Cinnamon Roll Social, B 7</p> <p>11:15 Soup & Soul, A</p> <p>12:30 Sunday Scenic Drive, O</p> <p>2:00 Wii Bowling Mini Tournament, MPR</p> <p>3:15 Christian Church Service, T</p> <p>4:00 Happy Hour, B</p> <p>6:30 Residents' Pick Movie Night, T</p>	<p>9:30 Sittercise, MPR 8</p> <p>10:00 Strength Training, MPR</p> <p>3:00 Happy Hour @ The Barrel, O</p> <p>4:00 Happy Hour, B</p> <p>6:30 Featured Program: Anne of Green Gables, T</p>	<p>9</p> <p>9:30 Yoga Class, A</p> <p>12:00 Book & Salad, A</p> <p>3:00 Nickel Jackpot, GR</p> <p>4:00 Happy Hour, B</p> <p>6:00 Write Word Game, B</p>	<p>9:30 Sittercise, MPR 10</p> <p>10:00 Strength Training, MPR</p> <p>10:00 Shop Talk with Annie, MO</p> <p>10:30 Out & About: Tour of Barrister Winery & Lunch @ Chicken N More, O</p> <p>1:00 Bridge Pickup Games, GR</p> <p>3:30 Horse Racing, A</p> <p>4:00 Happy Hour, B</p> <p>4:30 April Residents' Birthday Dinner #1, PDR</p>	<p>9:30 Pedicures with Rose, W 11</p> <p>10:00 Spring Overnighter to Lolo National Forest, O</p> <p>11:00 Wii Bowling, MPR</p> <p>1:00 Bean Bag Baseball, A</p> <p>3:00 Fairwinds Book Club, A</p> <p>4:00 Happy Hour, B</p> <p>6:30 Comedy Movie Night, T</p>	<p>9:00 Catholic Service, MPR 12</p> <p>9:30 Sittercise, MPR</p> <p>9:30 Stud Club: Coffee & Donuts, B</p> <p>10:00 Strength Training, MPR</p> <p>2:00 Bingo, GR</p> <p>2:00 Bible Study, PDR</p> <p>4:00 Happy Hour, B</p> <p>6:30 Pokeno, GR</p> <p>6:30 Civic Theater Outing: The Curious Incident, O</p>	<p>10:00 Easter Egg Hunt, EL</p> <p>10:30 Easter Brunch, R</p> <p>1:00 Popcorn Social</p> <p>1:45 Bunco, GR</p> <p>4:00 Happy Hour, B</p> <p>7:00 Saturday Night Live Entertainment, A</p>	
<p>PALM SUNDAY 14</p> <p>10:30 Cinnamon Roll Social, B</p> <p>11:15 Soup & Soul, A</p> <p>12:30 Sunday Scenic Drive, O</p> <p>2:00 Wii Bowling Mini Tournament, MPR</p> <p>3:15 Christian Church Service, T</p> <p>4:00 Happy Hour, B</p> <p>6:30 Residents' Pick Movie Night, T</p>	<p>9:30 Sittercise, MPR 15</p> <p>10:00 Strength Training, MPR</p> <p>12:00 Manicures with Margo, W</p> <p>12:00 Wandermere Movie Outing, O</p> <p>2:00 Banga, GR</p> <p>4:00 Happy Hour, B</p> <p>6:30 Featured Program: Anne of Green Gables, T</p>	<p>9:30 Yoga Class, A 16</p> <p>11:30 Food Feedback Meeting, T</p> <p>12:00 Book & Salad, A</p> <p>2:30 Entertainment with Project Joy, MPR</p> <p>3:30 Nickel Jackpot, GR</p> <p>4:00 Happy Hour, B</p> <p>6:00 Write Word Game, B</p>	<p>9:30 Sittercise, MPR 17</p> <p>10:00 Strength Training, MPR</p> <p>10:30 Out & About: Tour of Sweet Frostings Blissful Bakeshop & Lunch @ Diddier's, O</p> <p>1:00 Bridge Pickup Games, GR</p> <p>2:30 Rosetta Stone Language Lessons, T</p> <p>3:30 Horse Racing, A</p> <p>4:00 Happy Hour, B</p> <p>4:30 Dinner Theater: Stan & Ollie, A</p>	<p>10:00 Hearing Clinic, W 18</p> <p>10:00 Northern Quest Casino Bus, O</p> <p>10:00 Tai Chi Class, A</p> <p>11:00 Wii Bowling, MPR</p> <p>11:15 Lunch Buddies, O</p> <p>1:00 Bean Bag Baseball, A</p> <p>3:00 Fairwinds Book Club, A</p> <p>4:00 Happy Hour, B</p> <p>6:30 Musical Movie Night, T</p>	<p>GOOD FRIDAY 19</p> <p>PASSOVER BEGINS AT SUNSET</p> <p>9:00 Catholic Service, MPR</p> <p>9:30 Sittercise, MPR</p> <p>9:30 Stud Club: Coffee & Donuts, B</p> <p>10:00 Strength Training, MPR</p> <p>1:00 Earth Day Event, EL</p> <p>2:00 Bingo, GR</p> <p>2:00 Bible Study, PDR</p> <p>4:00 Happy Hour, B</p> <p>6:30 Pokeno, GR</p>	<p>20</p> <p>11:00 Wii Bowling, MPR</p> <p>1:00 Popcorn Social</p> <p>1:45 Bunco, GR</p> <p>4:00 Happy Hour, B</p> <p>7:00 Saturday Night Live Entertainment, A</p>	
<p>EASTER SUNDAY 21</p> <p>10:30 Cinnamon Roll Social, B</p> <p>11:15 Soup & Soul, A</p> <p>12:30 Sunday Scenic Drive, O</p> <p>2:00 Wii Bowling Mini Tournament, MPR</p> <p>3:15 Christian Church Service, T</p> <p>4:00 Happy Hour, B</p> <p>6:30 Residents' Pick Movie Night, T</p>	<p>EARTH DAY 22</p> <p>9:30 Sittercise, MPR</p> <p>10:00 Strength Training, MPR</p> <p>2:00 Banga, GR</p> <p>4:00 Happy Hour, B</p> <p>6:30 Featured Program: Anne of Green Gables, T</p>	<p>23</p> <p>9:30 Yoga Class, A</p> <p>12:00 Book & Salad, A</p> <p>3:00 Nickel Jackpot, GR</p> <p>4:00 Happy Hour, B</p> <p>6:00 Write Word Game, B</p>	<p>9:30 Sittercise, MPR 24</p> <p>10:00 Strength Training, MPR</p> <p>10:30 Out & About: Spokane Tribe Casino, O</p> <p>1:00 Bridge Pickup Games, GR</p> <p>3:30 Horse Racing, A</p> <p>4:00 Happy Hour, B</p> <p>4:30 April Residents' Birthday Dinner #2, PDR</p>	<p>11:00 Wii Bowling, MPR 25</p> <p>11:00 Spring Craft Event, A</p> <p>1:00 Bean Bag Baseball, A</p> <p>3:00 Fairwinds Book Club, A</p> <p>4:00 Happy Hour with Universal Yums, B</p> <p>4:00 Happy Hour, B</p> <p>6:15 Pops Concert Outing Rob Richards, O</p> <p>6:30 Western Movie Night, T</p>	<p>9:00 Catholic Service, MPR 26</p> <p>9:30 Sittercise, MPR</p> <p>9:30 Stud Club: Coffee & Donuts, B</p> <p>10:00 Strength Training, MPR</p> <p>2:00 Bingo, GR</p> <p>2:00 Bible Study, PDR</p> <p>4:00 Happy Hour, B</p> <p>6:30 Pokeno, GR</p>	<p>9:30 Spring Daycation: Ritzville, O</p> <p>11:00 Wii Bowling, MPR</p> <p>1:00 Popcorn Social</p> <p>1:45 Bunco, GR</p> <p>4:00 Happy Hour, B</p> <p>7:00 Saturday Night Live Entertainment, A</p>	
<p>10:30 Cinnamon Roll Social, B 28</p> <p>11:15 Soup & Soul, A</p> <p>12:00 Special Outing: El Katif Shrine Circus, O</p> <p>2:00 Wii Bowling Mini Tournament, MPR</p> <p>3:15 Christian Church Service, T</p> <p>4:00 Happy Hour, B</p> <p>6:30 Getting to Know You, A</p> <p>6:30 Residents' Pick Movie Night, T</p>	<p>29</p> <p>9:30 Sittercise, MPR</p> <p>10:00 Strength Training, MPR</p> <p>2:00 Banga, GR</p> <p>4:00 Happy Hour, B</p> <p>6:30 Featured Program: Anne of Green Gables, T</p>	<p>30</p> <p>9:30 Yoga Class, A</p> <p>12:00 Book & Salad, A</p> <p>3:00 Nickel Jackpot, GR</p> <p>4:00 Happy Hour, B</p> <p>6:00 Write Word Game, B</p>	<p>Locations</p> <p>Multi Purpose Room, MPR</p> <p>Out Of Community, O</p> <p>PrimeFit Gym, G</p> <p>Private Dining Room, PDR</p> <p>Red Sky Patio, RP</p> <p>Red Sky Restaurant, R</p> <p>South Parking Lot, SP</p> <p>Theater, T</p> <p>Wellness Center, W</p>	<p>Birthdays</p> <p>Lauren Atkinson, 4th (Employee)</p> <p>Gail Holmstrom, 4th</p> <p>Delores Crabtree, 4th</p> <p>Tina Griffith, 4th (Employee)</p> <p>Ellie Jausoro, 5th</p> <p>Elmer Hilderman, 5th</p>	<p>Robert Bobeck, 6th (Employee)</p> <p>Ted Siekerman, 8th</p> <p>Mildred Anderson, 9th</p> <p>MaryAnn Drewniak, 11th (Employee)</p> <p>Sydney Storms, 11th (Employee)</p> <p>Wally McGregor, 12th</p> <p>Frank Hager, 14th</p>	<p>Donna Lines, 15th</p> <p>Bonnie Edin, 16th</p> <p>Betty Houtchens, 16th</p> <p>Barbara Keene, 19th</p> <p>Bonnie Heinrich, 19th</p> <p>Ana Wride, 20th (Employee)</p> <p>Laverna Brunton, 20th</p> <p>Linda Lanegan, 21st</p>	<p>Bob McGowan, 22nd</p> <p>Pete Peterson, 24th</p> <p>Dot Thrash, 26th</p> <p>Murial Foster, 27th</p> <p>Armin Ibrahimovic, 27th (Employee)</p> <p>Jan Hicks, 29th</p> <p>Shirley McRae, 29th</p>

Catch a Ride on a Carousel

Where can you ride a horse, a tiger or even a unicorn? On a carousel!

They're amusement rides now, but carousels began in the Middle Ages as a way for warriors and knights to practice combat skills. The men sat on wooden horses attached to a central pole and played jousting games while a person or trained animal rotated the pole.

By the 1800s, carousels began to appear as rides at fairs and carnivals across Europe. An operator used a hand crank or rope to spin the structure. The wooden horses were not attached to a platform below, so they swung outward, and the ride was called a "flying horses carousel."

As carousels grew in popularity, their designs became more complex. Platforms were added to stabilize the structures. Elaborately decorated zoo animals and fairytale beasts, such as elephants, giraffes and dragons, joined horses on the merry-go-rounds. Steam power and then electricity fueled gears that allowed the rides to move up and down in addition to rotating, and pipe organ music and lights added to the entertainment.

Bursting With Blossoms

A sure sign of spring is the beautiful blossoming of many trees. Here are a few varieties that put on a seasonal show:

Dogwood – Native to North America, the dogwood is famous for its stunning springtime display of white or pink blooms, making it a popular landscaping tree since America's earliest days. Both George Washington and Thomas Jefferson had dogwoods planted at their estates.

Japanese flowering cherry – This tree is the star of the National Cherry Blossom Festival in Washington, D.C., as well as other spring celebrations around the world. Its branches display delicate pink-white flowers that bloom for just a short time early in the season.

Magnolia – Prized for their large, fragrant flowers in shades of white, pink, red, purple and yellow, magnolias are often associated with the South, but varieties are grown in every region.

Eastern redbud – Dainty clusters of magenta blooms attract butterflies and birds to the redbud, which grows primarily in the eastern half of the U.S.



Crunchy Carrots

Famous for their crunch and their bright orange color, carrots are one of the most popular produce picks.

Wild carrots grew in Asia at least 3,000 years ago, but they weren't the vegetable we know today. In hues of purple, green, yellow and white, they were tough and bitter, and used mainly for medicinal purposes. Edible orange carrots are thought to have been developed by the Dutch in the 1600s. European settlers brought carrot seeds to Colonial America for cultivating.

Carrots are a root vegetable, and because they grow underground, they absorb nutrients from the soil. Along with fiber and vitamin C, carrots are packed with beta carotene, an antioxidant that the body converts into vitamin A, needed for healthy eyes, skin and immunity. The natural sugar content in carrots provides a subtle sweet flavor to dishes, even desserts such as carrot cake.

Although carrots come in many colors and sizes, baby-cut carrots make up nearly 70 percent of carrot sales. Developed in 1986, these snack staples are simply full-grown carrots that have been cut and peeled into 2-inch pieces.



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