

# livfun

Fairwinds - Spokane

JULY 2018 • RED, WHITE, BLUE & YOU!

## Red, White, Blue and You!

Join us this month as we take part in all things Red, White, Blue and YOU. We will start off the month with a Fourth of July Social and Parade followed by a BBQ Buffet. You won't want to miss out on the Scenic Pend Oreille Train Ride, so make sure you sign up for that! Be on the lookout for our annual Summer Olympics – there will be games and fun for everyone. The Balloon Volleyball tournament will also begin this month, reserve your spot early. We will also be heading out to the Deer Park Farm Museum – it's a treasure in our own backyard! Be sure to sign up for that! Lastly, come out with us and test your luck at SYSA Bingo in Downtown Spokane. There will be fun all around, we hope you enjoy the month!



*A group of men enjoyed coffee and donuts at the weekly Stud Club.*



*This group had a tasty lunch at Luna Spokane.*



*Eva Jean, Clara, Ted and Jim were honored at the Spokane Lilac Parade for their service.*



*Lee Allen and Joanne Medhus had fun at the Kendall Yards Night Market.*

*(Photos continued on back)*



## Landmarks Across America

The United States is home to dozens of must-see landmarks that are widely recognized symbols of the country. Have you visited any on this list?

**Statue of Liberty** – A gift from France in 1886, Lady Liberty stands proudly in New York Harbor with her torch symbolizing enlightenment and freedom.

**White House** – A highlight of historic sites in Washington, D.C., the home and office of the U.S. president is the only private residence of a head of state that is open to the public free of charge.

**Gateway Arch** – This 630-foot-tall monument to America's pioneering spirit and expansion of the West offers spectacular views of St. Louis and the Mississippi River.

**Mount Rushmore** – The giant faces of Presidents George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln are carved into a granite cliff in South Dakota.

**Grand Canyon** – This geological wonder in Arizona was formed millions of years ago, when the Colorado River eroded a 277-mile ravine through layers of rock, creating breathtaking vistas.

**Golden Gate Bridge** – Instantly recognized by its "international orange" paint color and art deco design, this San Francisco landmark was voted one of the seven engineering wonders of the modern world.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8:30 Church Drives, O <b>1</b></p> <p>10:30 Cinnamon Roll Social, B</p> <p><b>12:30 Sunday Scenic Drive, O</b></p> <p>3:15 Christian Church Service, T</p> <p>6:30 Pinochle Pickup Games, GR</p> <p>6:30 Residents' Pick Movie Night, T</p>	<p>9:30 Sittercise, A <b>2</b></p> <p>10:00 Strength Training, A</p> <p>10:30 Rummikub, GR</p> <p><b>11:00 Wii Bowling Practice, MPR</b></p> <p>1:00 Wandermere Movie Outing, O</p> <p>1:00 Arthritis 101, G</p> <p>2:00 Banga, GR</p> <p>3:00 Happy Hour at Twigs, O</p> <p>6:00 Featured Movie Night: "Titanic: Blood &amp; Steel," T</p>	<p>9:30 Yoga Class, A <b>3</b></p> <p><b>11:00 Wii Bowling Practice, MPR</b></p> <p>12:00 Book &amp; Salad, A</p> <p><b>2:00 4th of July Decorating, A</b></p> <p>3:00 Nickel Jackpot, GR</p> <p>4:00 Happy Hour, B</p> <p>6:00 Write Word Game, B</p>	<p><b>INDEPENDENCE DAY 4</b></p> <p><b>9:00 4th of July Donut Social, B</b></p> <p>1:00 Bridge Pickup Games, GR</p> <p><b>2:00 4th of July Social &amp; Parade, B</b></p> <p><b>3:30 4th of July All-American Buffet, R</b></p>	<p><b>5</b></p> <p>10:00 Tai Chi Class, A</p> <p><b>10:00 Walking Club: Friendship Park, O</b></p> <p><b>11:00 Wii Bowling Practice, MPR</b></p> <p><b>11:30 Summer Luncheon Concert @ Mount St. Michael, O</b></p> <p>1:45 City of Spokane Mobile Library, B</p> <p>2:00 Scrabble, GR</p> <p>2:15 Balloon Volleyball, A</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><b>6</b></p> <p>9:00 Catholic Service, MPR</p> <p>9:30 Sittercise, MPR</p> <p>9:30 Stud Club: Coffee &amp; Donuts, B</p> <p>10:00 Strength Training, MPR</p> <p>10:30 Bible Study, PDR</p> <p><b>11:00 Wii Bowling Practice, MPR</b></p> <p>1:00 Arthritis 101, G</p> <p>2:00 Bingo, GR</p> <p>6:15 Bridge Pickup Games, GR</p> <p>6:30 Pokeno, GR</p>	<p><b>7</b></p> <p>11:00 Wii Bowling Practice, MPR</p> <p>1:00 Popcorn Social, B</p> <p>1:45 Bunco, GR</p> <p><b>3:00 Letter Writing to Soldiers, B</b></p> <p>4:00 Happy Hour, B</p> <p>7:00 Saturday Night Live Entertainment, A</p>
<p>8:30 Church Drives, O <b>8</b></p> <p>10:30 Cinnamon Roll Social, B</p> <p><b>12:30 Sunday Scenic Drive, O</b></p> <p>3:15 Christian Church Service, T</p> <p>6:30 Pinochle Pickup Games, GR</p> <p>6:30 Residents' Pick Movie Night, T</p>	<p>9:30 Sittercise, A <b>9</b></p> <p>10:00 Strength Training, A</p> <p>10:30 Rummikub, GR</p> <p><b>11:00 Wii Bowling Practice, MPR</b></p> <p>1:00 Arthritis 101, G</p> <p>2:00 Banga, GR</p> <p>6:00 Featured Movie Night: "Titanic: Blood &amp; Steel," T</p>	<p>9:30 Yoga Class, A <b>10</b></p> <p><b>11:00 Wii Bowling Practice, MPR</b></p> <p>12:00 Book &amp; Salad, A</p> <p>1:30 Monthly Resident 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><b>6:30 Sweet Memories: Music of the Golden Years, A</b></p>	<p><b>11</b></p> <p>9:30 Sittercise, A</p> <p>10:00 Shop Talk with Jason, MO</p> <p>10:00 Strength Training, A</p> <p><b>10:30 Out &amp; About: North Spokane Farm Museum &amp; Lunch @ Pauline's, O</b></p> <p>1:00 Bridge Pickup Games, GR</p> <p>1:00 Arthritis 101, G</p> <p>2:30 Rosetta Stone Language Lessons, T</p> <p>3:30 Horse Racing, A</p> <p>4:30 Resident Birthday Dinner, PDR</p>	<p><b>12</b></p> <p>9:30 Pedicures with Rose, W</p> <p><b>10:30 Fairwinds Summer Olympics, EL</b></p> <p>1:00 Bean Bag Baseball, A</p> <p>2:00 Scrabble, GR</p> <p>2:15 Balloon Volleyball, 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><b>13</b></p> <p>9:00 Catholic Service, MPR</p> <p>9:30 Sittercise, A</p> <p>9:30 Stud Club: Coffee &amp; Donuts, B</p> <p>10:00 Strength Training, A</p> <p>10:30 Bible Study, PDR</p> <p><b>11:00 Wii Bowling Practice, MPR</b></p> <p>1:00 Arthritis 101, G</p> <p><b>1:00 Voter Registration Event, B</b></p> <p>2:00 Bingo, GR</p> <p>6:15 Bridge Pickup Games, GR</p> <p>6:30 Pokeno, GR</p>	<p><b>14</b></p> <p><b>9:00 Summer Daycation: Scenic Pend Oreille River Train &amp; Picnic in the Park, O</b></p> <p>11:00 Wii Bowling Practice, MPR</p> <p>1:00 Popcorn Social, B</p> <p>1:45 Bunco, GR</p> <p>4:00 Happy Hour, B</p> <p>7:00 Saturday Night Live Entertainment, A</p>
<p>8:30 Church Drives, O <b>15</b></p> <p>10:30 Cinnamon Roll Social, B</p> <p><b>12:30 Sunday Scenic Drive, O</b></p> <p>3:15 Christian Church Service, T</p> <p>6:30 Pinochle Pickup Games, GR</p> <p>6:30 Residents' Pick Movie Night, T</p>	<p>9:30 Sittercise, A <b>16</b></p> <p>10:00 Strength Training, A</p> <p>10:30 Rummikub, GR</p> <p><b>11:00 Wii Bowling Practice, MPR</b></p> <p>12:00 Manicures with Mary Jo, W</p> <p>1:00 Wandermere Movie Outing, O</p> <p>1:00 Arthritis 101, G</p> <p>2:00 Banga, GR</p> <p><b>6:30 Travelogue with Kathy: Southern Death Valley National Park, A</b></p>	<p>9:30 Yoga Class, A <b>17</b></p> <p><b>11:00 Wii Bowling Practice, MPR</b></p> <p>11:30 Food Feedback Meeting, T</p> <p>12:00 Book &amp; Salad, A</p> <p>2:30 Entertainment with Project Joy, A</p> <p>3:30 Nickel Jackpot, GR</p> <p>4:00 Happy Hour, B</p> <p>6:00 Write Word Game, B</p>	<p><b>National Hot Dog Day 18</b></p> <p>9:30 Sittercise, A</p> <p>10:00 Strength Training, A</p> <p><b>10:30 SYSA Bingo &amp; Lunch @ Domini's, O</b></p> <p><b>12:00 Hot Dog Eating Contest, B</b></p> <p>1:00 Bridge Pickup Games, GR</p> <p>1:00 Arthritis 101, G</p> <p>3:30 Horse Racing, A</p> <p><b>6:30 Super Bunco Party, GR</b></p>	<p><b>19</b></p> <p>10:00 Hearing Clinic, W</p> <p><b>10:00 Northern Quest Casino Bus, O</b></p> <p>10:00 Tai Chi Class, A</p> <p>10:00 Walking Club: North Wall Path, O</p> <p><b>11:00 Wii Bowling Practice, MPR</b></p> <p><b>1:00 PrimeFit Education Series: Dementia, T</b></p> <p>1:00 Bean Bag Baseball, A</p> <p>2:00 Scrabble, GR</p> <p>2:15 Balloon Volleyball, 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><b>20</b></p> <p>9:00 Catholic Service, MPR</p> <p>9:30 Sittercise, A</p> <p>9:30 Stud Club: Coffee &amp; Donuts, B</p> <p>10:00 Strength Training, A</p> <p>10:30 Bible Study, PDR</p> <p><b>11:00 Wii Bowling Practice, MPR</b></p> <p>11:30 Lunch &amp; Library Outing, O</p> <p>1:00 Arthritis 101, G</p> <p>2:00 Bingo, GR</p> <p>6:15 Bridge Pickup Games, GR</p> <p>6:30 Pokeno, GR</p>	<p><b>21</b></p> <p>11:00 Wii Bowling Practice, MPR</p> <p>1:00 Popcorn Social, B</p> <p>1:45 Bunco, GR</p> <p><b>3:00 Letter Writing to Soldiers, B</b></p> <p>4:00 Happy Hour, B</p> <p>7:00 Saturday Night Live Entertainment, A</p>
<p>8:30 Church Drives, O <b>22</b></p> <p>10:30 Cinnamon Roll Social, B</p> <p><b>12:30 Sunday Scenic Drive, O</b></p> <p>3:15 Christian Church Service, T</p> <p>6:30 Pinochle Pickup Games, GR</p> <p>6:30 Residents' Pick Movie Night, T</p>	<p>9:30 Sittercise, A <b>23</b></p> <p>10:00 Strength Training, A</p> <p>10:30 Rummikub, GR</p> <p><b>11:00 Wii Bowling Practice, MPR</b></p> <p>1:00 Arthritis 101, G</p> <p>2:00 Banga, GR</p> <p>6:00 Featured Movie Night: "Titanic: Blood &amp; Steel," T</p>	<p>9:30 Yoga Class, A <b>24</b></p> <p><b>11:00 Wii Bowling Practice, MPR</b></p> <p>12:00 Book &amp; Salad, A</p> <p>3:00 Nickel Jackpot, GR</p> <p>4:00 Happy Hour, B</p> <p><b>5:00 Summer Patio Dinner, RP</b></p> <p>6:00 Write Word Game, B</p>	<p><b>25</b></p> <p>9:30 Sittercise, A</p> <p>10:00 Strength Training, A</p> <p><b>10:30 Out &amp; About Adventure: Chewelah Casino, O</b></p> <p>1:00 Bridge Pickup Games, GR</p> <p><b>1:00 How It's Made with Chef Bret, B</b></p> <p>1:00 Arthritis 101, G</p> <p>2:30 Rosetta Stone Language Lessons, T</p> <p>3:30 Horse Racing, A</p> <p>4:30 Dinner Theater: "Zoo," A</p>	<p><b>26</b></p> <p><b>10:00 Walking Club: Whitworth Campus, O</b></p> <p><b>11:00 Wii Bowling Practice, MPR</b></p> <p>1:00 Bean Bag Baseball, A</p> <p>2:00 Scrabble, GR</p> <p>2:15 Balloon Volleyball, A</p> <p>3:00 Fairwinds Book Club, A</p> <p>4:00 Happy Hour, B</p> <p>6:30 Western Movie Night, T</p>	<p><b>27</b></p> <p>9:00 Catholic Service, MPR</p> <p>9:30 Sittercise, A</p> <p>9:30 Stud Club: Coffee &amp; Donuts, B</p> <p>10:00 Strength Training, A</p> <p>10:30 Bible Study, PDR</p> <p><b>11:00 Wii Bowling Practice, MPR</b></p> <p>1:00 Arthritis 101, G</p> <p><b>1:00 Voter Registration Event, B</b></p> <p>2:00 Bingo, GR</p> <p>6:15 Bridge Pickup Games, GR</p> <p>6:30 Pokeno, GR</p>	<p><b>28</b></p> <p>11:00 Wii Bowling Practice, MPR</p> <p>1:00 Popcorn Social, B</p> <p>1:45 Bunco, GR</p> <p>4:00 Happy Hour, B</p> <p>7:00 Saturday Night Live Entertainment, A</p>
<p>8:30 Church Drives, O <b>29</b></p> <p>10:30 Cinnamon Roll Social, B</p> <p><b>12:30 Sunday Scenic Drive, O</b></p> <p>3:15 Christian Church Service, T</p> <p>6:30 Pinochle Pickup Games, GR</p> <p>6:30 Residents' Pick Movie Night, T</p>	<p>9:30 Sittercise, A <b>30</b></p> <p>10:00 Strength Training, A</p> <p>10:30 Rummikub, GR</p> <p><b>11:00 Wii Bowling Practice, MPR</b></p> <p>12:00 Manicures with Mary Jo, W</p> <p>1:00 Arthritis 101, G</p> <p>2:00 Banga, GR</p> <p>6:00 Featured Movie Night: "Titanic: Blood &amp; Steel," T</p>	<p>9:30 Yoga Class, A <b>31</b></p> <p><b>11:00 Wii Bowling Practice, MPR</b></p> <p>12:00 Book &amp; Salad, A</p> <p>3:00 Nickel Jackpot</p> <p>4:00 Happy Hour, B</p> <p><b>6:30 Karaoke Night, A</b></p>	<p><b>Locations</b></p> <p>Activity Room, A Activity Room Patio, AP Bistro, B Discovery Room, DR East Lawn, EL Fireside Room, F Game Room, GR Maintenance Office, MO</p> <p>Multi Purpose Room, MPR Out of Community, O PrimeFit Gym, G Private Dining Room, PDR Red Sky Patio, RP Red Sky Restaurant, R South Parking Lot, SP Theater, T Wellness Center, W</p> <p><b>Birthdays</b></p> <p>Terri Harrison, 1st (Employee) Joan Fairchild, 4th Bernice Fisk, 9th Marilyn Clayton, 9th David McClellan, 10th (Employee) Robert Adolfson, 11th Eilene Maloney, 11th Red Martin, 18th</p> <p>Dave Hicks, 20th Joyce Scoll, 20th Avdo Meric, 24th (Employee) Don Foster, 25th Mary Grace Praxedes, 27th (Employee) Shirley LaComte, 30th Roberta Bryan, 31st (Employee) Francene Bennett, 31st</p>			<p><b>Tru Colorz Salon</b></p> <p>Phone Number: 570-4783</p> <p><b>Activity Hotline</b></p> <p>Phone Number: 465-0132</p>

## 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.

## Red, White, Blue and You! (Continued)



A great group of ladies enjoyed the Civic Theater's production of "Hello Dolly".

## 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.



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