

livfun

Markham House

APRIL 2019 • SONGS OF SPRING

Photo Gallery



Decorated by Markham House residents



Happy Birthday, Betty!



Happy Birthday, Jeanne!



Happy Birthday, Ralph!



Cheers!



(Photos continue on back.)



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.


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>Locations Activity/Gym, AG Bistro, B Dining Room, DR Library, L Lobby, LB Patio, P Sign Up, Sign Up</p>	<p>10:00 PrimeFit Exercise, AG 10:45 Fun with SoBrina Therapy Dog, AG 2:00 Bridge, B 3:30 WINE & CHEESE WITH LIVE MUSIC BY LISA GALE, DR</p>	<p>11:00 PrimeFit, AG 1:00 Art Class: Palette of Possibilities, B 2:15 TRAVEL TO LISBON/ PORTUGAL, AG 4:00 Book Club, AG</p>	<p>10:00 Shopping at Fred Meyer, Sign Up 11:00 PrimeFit, AG 12:00 OUTING TO WOODEN SHOE TULIP GARDEN/ BOXED LUNCH, SIGN UP 3:30 Communion 4:00 Afternoon Program: "When Calls the Heart," AG</p>	<p>11:00 STRETCHING EXERCISE WITH BARBARA, AG 1:30 Activity Meeting with Heli, AG 2:00 Resident Council Meeting, AG 3:00 TED Talk, AG 4:00 Flower Arranging, B</p>	<p>ITALIAN THEME DINNER, DR 10:30 PrimeFit Exercise, AG 1:00 Trivia, B 3:00 COMPUTER HELP CLINIC, AG 5:30 New Release Movie Night & Popcorn, AG</p>	<p>10:30 PrimeFit Exercise, AG * 11:15 One-Hour Scenic Drive, Sign Up 2:00 Bridge, B 3:30 Cornhole, AG 4:00 Balloon Volleyball, AG</p>	
<p>11:15 Ecumenical Church Services 1:30 Bingo, AG 3:00 Residents' Choice of Board Game + Snack, B 4:00 Wii Bowling, AG 5:00 Movie & Popcorn 7:00 America's Funniest Home Videos, LB</p>	<p>11:00 PrimeFit, AG 12:00 LUNCH OUT TO RED LOBSTER, SIGN UP 2:00 Bridge, B 3:30 WINE & CHEESE SOCIAL, B</p>	<p>11:00 PrimeFit, AG 1:00 Crossword, B 2:00 Chef's Corner, AG 3:00 Rummikub with Zohreh, B 4:00 Book Club, AG</p>	<p>Ted's Mobility Clinic 10:00 Shopping at Fred Meyer, Sign Up 11:00 PrimeFit, AG 2:00 great downsizing & moving tips by Krista, AG 3:30 Communion 4:00 Afternoon Program: "When Calls the Heart," AG</p>	<p>11:00 STRETCHING EXERCISE WITH BARBARA, AG 2:00 Resident Town Hall 3:00 TED Talk, AG 4:00 Flower Arranging, B</p>	<p>10:30 Tai Chi with Gerald, AG 2:00 THE HEALING ART OF CLAY BY MARY, B 3:00 Adult Coloring, B 4:00 "The Price Is Right," B 5:30 New Release Movie Night & Popcorn, AG</p>	<p>10:30 PrimeFit Exercise, AG * 11:15 One-Hour Scenic Drive, Sign Up 2:30 PARIS NIGHT OPEN HOUSE, DR</p>	
<p>PALM SUNDAY 11:15 Ecumenical Church Services 1:30 Bingo, AG 2:00 Chess Club, B 4:00 Wii Bowling, AG 5:00 Movie & Popcorn 7:00 America's Funniest Home Videos, LB</p>	<p>Foot Clinic 11:00 PrimeFit, AG 1:00 Poker/Texas Hold'em, B 2:00 Bridge, B 3:30 HAPPY HOUR WITH JOHN BENNET, DR</p>	<p>11:00 PrimeFit, AG 1:00 Scrabble, B 2:00 CRAFT CORNER/ EGG COLORING FOR EASTER, B 4:00 Book Club, AG</p>	<p>10:00 Shopping at Fred Meyer, Sign Up 11:00 PrimeFit, AG 1:00 OUTING TO OREGON HISTORICAL SOCIETY, SIGN UP 3:30 Communion 4:00 Knitting Circle 4:00 Afternoon Program: "When Calls the Heart," AG</p>	<p>11:00 STRETCHING EXERCISE WITH BARBARA, AG 2:30 Birthday Social, B 3:00 TED Talk, AG 4:00 Flower Arranging, B 5:00 RESIDENT BIRTHDAY DINNER, DR</p>	<p>GOOD FRIDAY PASSOVER BEGINS AT SUNSET 10:30 PrimeFit Exercise, AG 2:00 GORDON NEAL HERMAN/ PRESENTATION ABOUT FRANK SINATRA, AG 2:30 Scrabble, B 4:30 Special Dinner: Pizza & Beer, DR 5:30 New Release Movie Night & Popcorn, AG</p>	<p>10:30 PrimeFit Exercise, AG * 11:15 One-Hour Scenic Drive, Sign Up 2:00 Bridge, B 3:00 Vegetable & Dip Social, B 3:30 Cornhole, AG 4:00 Balloon Volleyball, AG</p>	
<p>EASTER SUNDAY 12:00 CELEBRATING EASTER WITH SPECIAL BRUNCH, DR 11:15 Ecumenical Church Services 1:30 Bingo, AG 3:00 Residents' Choice of Board Game + Snack, B 4:00 Wii Bowling, AG 5:00 Movie & Popcorn 7:00 America's Funniest Home Videos, LB</p>	<p>EARTH DAY 11:00 PrimeFit, AG 1:15 Table Topics, B 2:00 Bridge, B 3:30 THE WONDER OF DRAMA (THEATER PERFORMANCE) + WINE, DR</p>	<p>11:00 PrimeFit, AG 1:00 Music Therapy with Alexis, B 3:00 Rummikub with Zohreh, B 4:00 Book Club, AG</p>	<p>10:00 Shopping at Fred Meyer, Sign Up 11:00 PrimeFit, AG 12:00 LUNCH OUT TO SEASONS & REGIONS SEAFOOD GRILL, SIGN UP 3:30 Communion 4:00 Afternoon Program: "When Calls the Heart," AG</p>	<p>11:00 STRETCHING EXERCISE WITH BARBARA, AG 12:00 NEW RESIDENT LUNCHEON, DR 3:00 TED Talk, AG 4:00 Flower Arranging, B</p>	<p>10:30 Tai Chi with Gerald, AG 1:00 SHOPPING AT WALMART, SIGN UP 3:00 Craft Corner/May Day Flower Cones, AG 5:30 New Release Movie Night & Popcorn, AG</p>	<p>10:30 PrimeFit Exercise, AG * 11:15 One-Hour Scenic Drive, Sign Up 2:00 Bridge, B 3:30 Cornhole, AG 4:00 Healthy Snacks, B</p>	
<p>11:15 Ecumenical Church Services 1:30 Bingo, AG 4:00 Wii Bowling, AG 5:00 Movie & Popcorn 7:00 America's Funniest Home Videos, LB</p>	<p>11:00 PrimeFit, AG 2:00 Bridge, B 3:00 BRAIN HEALTH LECTURE BY DR. HARRY KRULEWITCH, AG 4:15 Wine & Cheese Social, B</p>	<p>11:00 PrimeFit, AG 1:00 Trivia, B 2:00 Scrabble, B 4:00 Book Club, AG</p>				<p>Transportation Tuesday, 10 a.m.-4 p.m.: 5 Mile Radius, Doctors & Shopping Wednesday, 9 a.m.-3 p.m.: Weekly Out & About Thursday, 10 a.m.-3 p.m.: 5 Mile Radius, Doctors Friday, 10 a.m.-2 p.m.: Shopping, Bank, Post Office Saturday, 11:15 a.m.: One-Hour Scenic Drive</p>	<p>Birthdays Ruth Johnson, 5th Pat Fritz, 7th Jean Connor, 8th Margaret Skiles, 12th Frances Nishimura, 29th</p>

Photo Gallery

(Continued)



Getting ready for Mardi Gras night!



Bingo



MARKHAM HOUSE

LIVING BETTER THAN EVER

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Understanding Cholesterol

Keeping cholesterol levels within an ideal range is essential for good health. That's why it's important to understand the terms and numbers associated with managing it.

Cholesterol is a waxy, fatty substance that the human body needs to build cells. The liver makes cholesterol, and it's also found in the foods we eat, such as meat and full-fat dairy products. Too much cholesterol in the bloodstream can build up on artery walls and block blood flow, resulting in heart disease or stroke.

There are two types of cholesterol, and the levels of both can be measured with a blood test. Low-density lipoprotein, or LDL, is the "bad" kind that leads to fatty buildup in arteries. Your LDL should be less than 100 milligrams per deciliter of blood. High-density lipoprotein, or HDL, is the "good" type that is broken down by the liver. Ideally, HDL should be above 60 mg/dL. Your total blood cholesterol level is a sum of several measurements, and should be less than 200 mg/dL.

Maintaining a healthy weight, eating a diet low in saturated fat, and getting regular exercise can help keep cholesterol at target levels. It is important to get regular checkups and consult your physician if you have any questions or concerns.

Make your
"someday"
today.

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2019 Destinations

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