

livfun

San Marino
INDEPENDENT LIVING

APRIL 2019 • SONGS OF SPRING

Don't Miss the Fun!

On Wednesday, April 24, at 2 p.m., at the Arbors, we invite residents, residents' family members and employees to share their talents! Or, just enjoy the show for a great afternoon of fun and 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.

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 fairy-tale 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.

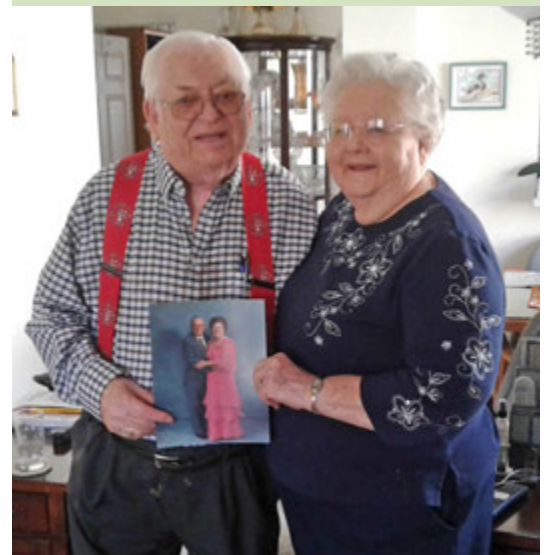


Jim and Eileen Norris Celebrate their 70th Wedding Anniversary

Village residents Jim and Eileen Norris met at Arvada High School and married a year after graduating. They were married at Eileen's parents' home in Berthoud, Colo., on Feb. 18, 1949. They lived in Denver, and Jim was stationed at Lowery AFB while he was in the Air Force. After Jim's service, he and Eileen moved to Arvada and worked at Rocky Flats for 35 years.

Jim and Eileen have three children, four grandchildren and three great-grandchildren.

Congratulations on 70 wonderful years!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
	April Fools' 1 9:00 Yoga, GR 10:00 Bingo, GR 1:00 Open Games, EL 1:30 Shopping at Walmart, ML 1:30 Poker, GR 6:00 Rummikub & Games, GR	9:00 Wii Golf, GR 2 9:00 Errands, ML 10:00 Bible Study with Betty, CH 1:30 Bingo, EL 2:00 Candy Bunny Making, AR 6:00 Hand & Foot Card Game, GR	9:00 Exercise, GR 3 9:00 King Soopers, ML 10:45 Walking Club, ML 1:30 Story Tellers, EL 1:45 Remember What Is in the Basket, GR 6:00 Tripoli & Games, GR	9:00 Wii Bowling, GR 4 9:00 Knit & Crochet, AR 1:30 Bingo, GR 1:30 On Screen, EL 3:45 Red Lobster, ML 6:00 Rummikub & Games, GR	Rockies Opening Game 5 9:00 Exercise, GR 9:00 Hearing Aid Clinic, AR 10:00 Walking Club, ML 12:00 Rockies Hot Dog B B Q & Pot Luck Sides, EL 1:30 Jewelry Making, GR 6:30 Spring Radio Comedy, GR	9:00 Coffee Social, EL 6 9:30 Boggle, GR 1:00 Open Games, EL 1:30 Bingo, GR 6:00 Hand & Foot Card Game, GR		
10:00 Chapel Service, CH 7 1:30 Skip-Bo & Card Games, GR 6:00 Open Games, GR	9:15 Balancing Class, GR 8 10:00 Bingo, GR 1:00 Open Games, EL 1:30 Poker, GR 1:45 Afternoon Walk, ML 6:00 Rummikub & Games, GR	8:00 Foot Clinic, AR 9 9:00 Catholic Mass, A 9:00 Wii Golf, GR 10:00 Bible Study with Betty, CH 10:00 Tour Arvada Flour Mill Museum & Lunch, ML 1:00 Open Games, EL 1:30 Uno, GR 6:00 Hand & Foot Card Game, GR	9:00 Exercise, GR 10 9:00 King Soopers, ML 10:45 Walking Club, ML 1:30 Bingo, EL 2:00 Playing Yahtzee with Westminster Public School, GR 6:00 Tripoli & Games, GR	9:00 Walking Club, ML 11 11:00 Mountain Man, ML 12:00 Birthday Lunch 1:30 Poker, GR 6:00 Rummikub & Games, GR	9:00 Ball Exercise, GR 12 10:00 Walking Club, ML 1:00 Open Games, EL 1:30 On Screen, GR 6:30 Molly Kaufman, ML	9:00 Coffee Social, EL 13 9:30 Cookies & Coffee, ML 1:00 Open Games, EL 1:30 Bingo, GR 6:00 Hand & Foot Card Game, GR		
PALM SUNDAY 14	9:00 Yoga, GR 15 10:00 Bingo, GR 1:00 Open Games, EL 1:30 Hot Chocolate Social, GR 1:30 Poker, GR 6:00 Rummikub & Games, GR	9:00 Wii Golf, GR 16 10:00 Bible Study with Betty, CH 10:00 Creative Coloring, AR 2:00 Resident Meeting, GR 6:00 Hand & Foot Card Game, GR	9:00 Exercise, GR 17 9:00 King Soopers, ML 10:45 Walking Club, ML 2:00 Easter Craft, GR 6:00 Tripoli & Games, GR 6:30 Entertainment with Chuck Smith, EL	9:00 Wii Bowling, GR 18 10:00 Creative Coloring, GR 1:00 Open Games, EL 1:30 Bingo, GR 4:00 <i>Out to Dinner at Tia Maria, EL</i> 6:00 Rummikub & Games, GR	GOOD FRIDAY 19 PASSOVER BEGINS AT SUNSET 9:00 Exercise, GR 10:00 Walking Club, ML 11:30 Easter Pot Luck, GR 1:30 Calendar Review, EL 1:50 Bingo, EL 6:30 Good Friday Services, CH	9:00 Coffee Social, EL 20 10:00 Coloring Eggs, AR 1:00 Open Games, EL 1:30 Bingo, GR 6:00 Hand & Foot Card Game, GR		
EASTER SUNDAY 21	EARTH DAY 22	9:00 Wii Golf, GR 23 10:00 Bible Study with Betty, CH 10:00 Movie & Lunch, ML 1:00 Open Games, EL 1:30 Scrabble, GR 6:00 Hand & Foot Card Game, GR	9:00 Exercise, GR 24 9:00 King Soopers, ML 10:45 Walking Club, ML 1:30 Brain Fit, GR 2:00 Talent Showcase, A 6:00 Tripoli & Games, GR	9:00 Wii Bowling, GR 25 10:00 Creative Coloring, AR 11:00 Mountain Man, ML 1:30 Bingo, GR 6:00 Rummikub & Games, GR 6:30 Entertainment with Bobby Belle, EL	9:00 Balloon Exercise, GR 26 10:00 Walking Club, ML 1:30 On Screen, GR 1:30 Bingo, EL 6:30 Leo Everett, GR	9:00 Coffee Social, EL 27 9:30 Coffee & Donuts, ML 1:00 Open Games, EL 1:30 Bingo, GR 6:00 Hand & Foot Card Game, GR		
10:00 Easter Service, GR 1:30 Skip-Bo & Card Games, GR 2:00 Easter Fun Facts & Trivia, GR 6:00 Open Games, GR	9:15 Balancing Class, GR 10:00 Bingo, GR 1:00 Open Games, EL 1:30 Poker, GR 1:45 Afternoon Walk, ML 6:00 Rummikub & Games, GR	9:00 Wii Golf, GR 30 10:00 Bible Study with Betty, CH 10:00 Knit & Crochet, AR 12:00 Pizza Party, EL 1:45 Creative Coloring, AR 6:00 Hand & Foot Card Game, GR				Locations Activity Room, AR Arbors, A Bridge Way, BW Chapel, CH Estates Lounge, EL Exercise, GR Game Room, GR Library, LB Main Lobby, ML Patio Pavilion, PP Villas Courtyard, VC Villas Dining Room, VD	Birthdays Doris Iverson, 2nd Linda Brabo, 3rd Russell Schelt, 4th Arlene Warren, 6th Beverly Dunbar, 9th	Dale Gueck, 9th Doris Cook, 11th Diana Conway, 14th Irene Jordeth, 14th Anna Delude, 25th Dennis Pehrson, 26th
10:00 Chapel Service, CH 28 1:30 Skip-Bo & Card Games, GR 6:00 Open Games, GR	9:00 Exercise 29 10:00 Bingo, GR 1:00 Open Games, EL 1:30 Poker, GR 1:45 Hot Chocolate Social, GR 6:00 Rummikub & Games, GR							

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.

Photo Gallery



Tour Highlands Hill Mansion



Lunch at Ruby Tuesday



Lunch at Black Eyed Peas



Chocolate and Champagne tasting



Dinner at Applebee's



Fitness Frenzy Walk-a-Thon

San Marino

5000 West 75th Avenue
Westminster, CO 80030
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General Manager
Marie Tavenner

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Margi Carli

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Bailey Guerra

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Office Manager
Janene Filarecki

Administrative Assistant
Susan Fox

Programs Director
Belinda Schlenker

Activities Coordinator
Tawnie Simmons

Driver
Dan Lopez

Plant Operations Supervisor
Jake Rose

2019 Destinations

Alaska Cruise | July 27–August 3

Las Vegas | September 30–October 4

Bermuda Cruise | October 20–27

For more information,
or to book your getaway, contact:
Carol Dennis at 1-888-468-2010



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