

livfun

San Marino
INDEPENDENT LIVING

MAY 2019 • BLOSSOM AND BLOOM



San Marino Senior Prom

Come join us for an enchanted afternoon of music, dancing and refreshments, May 22, 2019, at the Arbors.



Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun – If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen – Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Dress appropriately – To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated – Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

Extraordinary Orchids

Prized for their exotic beauty and elegant blooms, orchids are one of the best-selling potted flowers in the U.S.

Fossils show that orchids have grown wild for millions of years. Throughout much of human history, the flowers were an expensive luxury enjoyed by the wealthy. During the Victorian era, many orchid collectors hired professional hunters to track down rare varieties only found in the jungles of South America and Asia. Over the decades, advances in transportation and greenhouse technology made the plants easier to cultivate and more affordable.

With more than 25,000 species worldwide, orchids grow in nearly every color of the rainbow, including rare blue hues and two-toned combinations. They range in height from a few inches to over 40 feet tall. A single orchid seedpod contains up to 3 million microscopic seeds, but the plants are slow-growing, with some varieties taking several years to produce their first flowers.

Dip Into Guacamole


Paired with tortilla chips, guacamole is often dished up at restaurants and parties. Though its popularity has risen in recent decades, the history of the dip can be traced back hundreds of years.

The Aztecs, who lived in central Mexico beginning in the 14th century, were the first to combine mashed avocados, tomatoes, chili peppers, onions and salt, naming the concoction *ahuacamolli*, which means "avocado sauce." After avocado trees were brought to California in the late 1800s, guacamole eventually made its way to diners' tables across the U.S.

Traditional recipes have not changed much since the Aztecs' invention. Regional variations and personal preferences result in nearly endless flavor combinations, with bacon, corn and mango just a few of the ingredients that can add a taste twist. Guacamole is most often eaten as a dip for chips and vegetables, but it's also used as a condiment on tacos, burritos, burgers, sandwiches and salads.

Happy Birthday!

A very happy birthday to those residents who celebrated their birthdays in April, Ann Delude, Arlene Warren, Dale Gueck, Bev Dunbar, Russell Schelt and Diana Conway!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|--|---|--|
|  | 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 | MAY DAY 1 9:00 Exercise, GR 9:00 King Soopers, ML 10:45 Walking Club, ML 1:30 Bingo, EL 1:30 Story Tellers, GR 6:00 Tripoli & Games, GR | 2 9:00 Creative Coloring, GR 10:00 Wii Bowling, GR 1:00 Open Game, EL 1:45 Bingo, GR 6:00 Rummikub & Games, GR | 3 9:00 Exercise, GR 9:00 Hearing Aid Clinic, GR 10:00 Creative Coloring, GR 1:30 Jewelry Making, GR 6:30 Randy Johnson, GR | 4 9:00 Coffee Social, EL 9:30 Boggle, GR 1:00 Open Games, EL 1:30 Bingo, GR 6:00 Hand & Foot Card Game, GR |
| 5 Communion, A 1:30 Skip-Bo & Card Games, GR 6:00 Open Games, GR | 6 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 Kyle Martin Playing the Violin, GR | 7 9:00 Errands, ML 9:00 Wii Golf, GR 1:30 On Screen, EL 1:45 Cleaning Garden Plots, GR 6:00 Hand & Foot Card Game, GR | 8 9:00 Exercise, GR 9:00 King Soopers, ML 10:45 Walking Club, ML 1:30 Bingo, EL 1:45 Brain Fit, GR 6:00 Tripoli & Games, GR | 9 11:00 Mountain Man, ML 12:00 Birthday Lunch 1:30 Poker, GR 2:00 Afternoon Walk, ML 6:00 Rummikub & Games, GR | 10 9:00 Ball Exercise, GR 10:00 Creative Coloring, GR 2:00 All Join in for Mother's Day Celebration, GR 6:00 Cheese & Wine, ML | 11 9:00 Coffee Social, EL 9:30 Cookies & Coffee, ML 1:00 Open Games, EL 1:30 Bingo, GR 6:00 Hand & Foot Card Game, GR |
| MOTHER'S DAY 12 Communion, A 10:00 Chapel Service, CH 1:30 Skip-Bo & Card Games, GR 3:00 Beth Eden Baptist Church Bell Choir, GR 6:00 Open Games, GR | 13 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 | 14 8:00 Foot Clinic, AR 9:00 Catholic Mass, A 9:00 Wii Bowling, GR 9:30 Longmont Museum & Lunch at Roosters Cafe, ML 1:00 Open Games, EL 1:45 Uno, GR 6:00 Hand & Foot Card Game, GR | 15 9:00 Exercise, GR 9:00 King Soopers, ML 10:45 Walking Club, ML 1:30 Calendar Review, EL 1:45 Ice Cream Cone Social with Westminster Public School, VC 1:50 Bingo, EL 6:00 Tripoli & Games, GR | 16 9:00 Walking Club, ML 10:00 Wii Bowling, GR 1:45 Bingo, GR 4:00 Out to Dinner at Longhorn Steak House, EL 6:00 Rummikub & Games, GR | 17 9:00 Exercise, GR 10:00 Creative Coloring, GR 1:30 On Screen, GR 1:30 Ice Cream Social, EL 6:30 Bobbie Belle Playing the Keyboard, GR | 18 9:00 Coffee Social, EL 9:00 Trivia, ML 1:00 Open Games, EL 1:30 Bingo, GR 6:00 Hand & Foot Card Game, GR |
| 19 Communion, A 10:00 Chapel Service, CH 1:30 Skip-Bo & Card Games, GR 6:00 Open Games, GR | 20 9:00 Yoga, GR 10:00 Bingo, GR 1:00 Open Games, EL 1:30 Poker, GR 1:45 Arts & Crafts, GR 6:00 Rummikub & Games, GR | 21 9:00 Creative Coloring, GR 10:00 Wii Golf, GR 2:00 Resident Meeting, GR 6:00 Hand & Foot Card Game, GR | 22 9:00 Exercise, GR 9:00 King Soopers, ML 10:45 Walking Club, ML 2:00 San Marino Senior Prom, A 6:00 Tripoli & Games, GR | 23 9:00 Walking Club, GR 9:30 Wings Over the Rockies & Lunch, ML 10:00 Wii Bowling, GR 11:00 Mountain Man, ML 6:00 Rummikub & Games, GR | 24 9:00 Exercise, GR 10:00 Creative Coloring, GR 1:30 Bingo, EL 1:45 Yahtzee, GR 6:30 Trombone Quartet, GR | 25 9:00 Coffee Social, EL 9:30 Coffee & Donuts, ML 1:00 Open Games, EL 1:30 Bingo, GR 6:00 Hand & Foot Card Game, GR |
| 26 Communion, A 1:30 Skip-Bo & Card Games, GR 6:00 Open Games, GR | MEMORIAL DAY 27 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 | 28 9:00 Gambling at the Lodge, ML 1:00 Open Games, EL 1:30 Rummikub & Games, GR 6:00 Hand & Foot Card Game, GR | 29 9:00 Exercise, GR 9:00 King Soopers, ML 10:45 Walking Club, ML 1:30 Bingo, EL 1:30 Uno, GR 6:00 Tripoli & Games, GR | 30 9:00 Walking Group, ML 10:00 Wii Bowling, GR 1:45 Bingo, GR 6:00 Rummikub & Games, GR 6:30 Entertainment with Scott Buckley, EL | 31 9:00 Exercise, GR 10:00 Creative Coloring, GR 1:00 Open Games, EL 1:30 On Screen, GR 6:00 Lemonade & Reminiscing, ML | Birthdays Patty Sullivan, 1st Thomas Stipech, 5th Margie Peterson, 7th Gerri Spellman, 11th Ladella Swann, 14th Misako Allen, 21st Michael Mangino, 23rd Don Roth, 28th |

Teaching Etiquette Essentials

In years past, many young women learned lessons in etiquette and social graces by attending charm school.

The classes taught skills that were considered necessary for ladies to act and look their best, such as correct posture; sitting, standing and walking gracefully; and planning wardrobes for various occasions. Beauty tips were covered, including hair care, using cosmetics, and healthy diets.

Manners were heavily emphasized, and students practiced the art of conversation, making introductions, and how to use a pleasant voice when speaking. Handwritten letters and thank-you notes were encouraged, and proper table manners rehearsed. Dating advice and dance lessons were usually part of the curriculum as well.

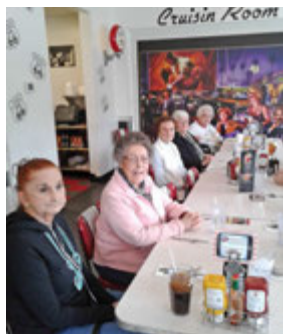
Some department stores offered charm school courses in the 1960s and '70s, with graduates demonstrating what they learned in fashion show finales. In the South, cotillion classes taught gracious behavior. On the East Coast and abroad, private finishing schools prepared young women for their entry into society.

Etiquette classes adapted to the social skills needed for modern times are still offered today for both youngsters and adults.

Photo Gallery



The Denver Museum IMAX



Lunch at Great Scott



Spring potluck



Celebrating the Rockies Home Opener



Rockies Hot Dog BBQ



Dinner out at Red Lobster



San Marino

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