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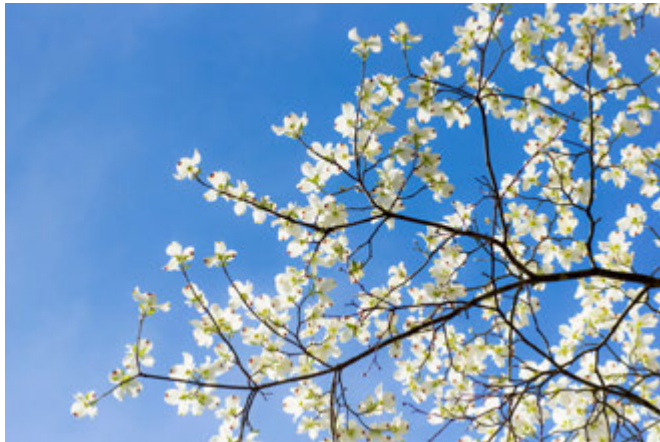
Washington Oakes

APRIL 2019 • SONGS OF SPRING



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.

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>Transportation Monday, Wednesday & Thursday: 9 a.m.-4 p.m. Tuesday & Friday: 11 a.m.-4 p.m.</p>	<p>1</p> <p>10:30 PrimeFit Exercise, P 1:15 Balloon Volleyball, P 2:00 Rummy/Rummikub, Bistro 7:15 Movie Night, P</p>	<p>2</p> <p>10:00 Resident Book Club Meeting, M 10:30 PrimeFit Exercise, P 10:30 Catholic Communion, G 12:45 Resident Ambassador Meeting, G 1:30 Bean Bag Baseball, P 2:00 Mexican Train Dominoes, M 2:30 Knitting & Sewing Club, Bistro 7:00 Pinochle, G</p>	<p>3</p> <p>10:30 PrimeFit Exercise, P 1:15 Movie Matinee, P 2:00 Blood Pressure Checks, T 2:30 Poker Playing, G</p>	<p>4</p> <p>9:00 Painting Group, G 9:30 Food Committee Meeting, P 10:30 PrimeFit Exercise, P 12:30 Private Bridge Group, G 1:00 "Wheel of Fortune," M 1:30 Art with Adriana, Bistro 3:00 Wii Bowling, P 7:00 Pinochle, G</p>	<p>5</p> <p>Audiologist, T 10:00 Tai Chi, P 10:30 Resident Council Meeting, G 2:00 Mexican Train Dominoes, M 3:30 Walk Group, P 7:15 Poker Playing, G 7:15 Bingo, M</p>	<p>6</p> <p>12:45 Alderwood Mall Shopping, B 1:00 "Wheel of Fortune," M 2:00 Canasta, Hand & Foot Games, G 7:00 Game Night, G 7:15 Movie Night, P</p>	
<p>7</p> <p>9:00 Church Transportation, B 12:45 Target/Marshall's Shopping, B 2:00 Worship Service, M 3:00 Wii Bowling, P 7:15 Movie Night, P</p>	<p>8</p> <p>10:30 PrimeFit Exercise, P 12:30 Bridge Group, G 1:15 Balloon Volleyball, P 2:00 Rummy/Rummikub, Bistro 3:00 AOK Meeting, M 7:15 Movie Night, P</p>	<p>9</p> <p>10:30 PrimeFit Exercise, P 1:30 Bean Bag Baseball, P 2:00 Mexican Train Dominoes, M 2:30 Knitting & Sewing Club, Bistro 7:00 Pinochle, G</p>	<p>10</p> <p>10:15 Angel of the Winds Casino, B 10:30 PrimeFit Exercise, P 1:15 Movie Matinee, P 2:00 Blood Pressure Checks, T 2:30 Poker Playing, G</p>	<p>11</p> <p>9:00 Painting Group, G 10:30 PrimeFit Exercise, P 1:00 "Wheel of Fortune," M 3:00 Wii Bowling, P 5:00 Hopjacks Dinner Outing, B 7:00 Pinochle, G</p>	<p>12</p> <p>Regal Movie Theater Outing, B CRAZY SOCK DAY! 10:00 Tai Chi, P 1:15 All Resident Meeting, P 2:00 Mexican Train Dominoes, M 3:30 Walk Group, P 7:15 Poker Playing, G 7:15 Bingo, M</p>	<p>13</p> <p>Everett Civic Music, B 1:00 "Wheel of Fortune," M 2:00 Canasta, Hand & Foot Games, G 7:00 Game Night, G 7:15 Movie Night, P</p>	
<p>PALM SUNDAY</p> <p>14</p> <p>9:00 Church Transportation, B 2:00 Worship Service, M 3:00 Wii Bowling, P 7:15 Movie Night, P</p>	<p>15</p> <p>10:30 PrimeFit Exercise, P 1:15 Balloon Volleyball, P 2:00 Rummy/Rummikub, Bistro 7:15 Movie Night, P</p>	<p>16</p> <p>Podiatrist by Appointment Only, T 10:30 PrimeFit Exercise, P 10:30 Catholic Communion, G 1:30 Resident Singalong, P 2:00 Mexican Train Dominoes, M 2:30 Knitting & Sewing Club, Bistro 7:00 Pinochle, G</p>	<p>17</p> <p>10:30 PrimeFit Exercise, P 1:15 Movie Matinee, P 2:00 Blood Pressure Checks, T 2:30 Poker Playing, G</p>	<p>18</p> <p>9:00 Painting Group, G 10:30 PrimeFit Exercise, P 12:30 Private Bridge Group, G 1:00 "Wheel of Fortune," M 1:30 Art with Adriana, Bistro 3:00 Wii Bowling, P 7:00 Pinochle, G</p>	<p>19</p> <p>GOOD FRIDAY PASSOVER BEGINS AT SUNSET 10:00 Tai Chi, P 2:00 Mexican Train Dominoes, M 2:30 Birthday Social with Carolyn C., Bistro 3:30 Walk Group, P 7:15 Poker Playing, G 7:15 Bingo, M</p>	<p>20</p> <p>1:00 "Wheel of Fortune," M 2:00 Canasta, Hand & Foot Games, G 7:00 Game Night, G 7:15 Movie Night, P</p>	
<p>EASTER SUNDAY</p> <p>21</p> <p>9:00 Church Transportation, B 2:00 Worship Service, M 3:00 Wii Bowling, P 7:15 Movie Night, P</p>	<p>EARTH DAY</p> <p>22</p> <p>10:30 PrimeFit Exercise, P 12:30 Bridge Group, G 1:15 Balloon Volleyball, P 2:00 Rummy/Rummikub, Bistro 7:15 Movie Night, P</p>	<p>23</p> <p>10:30 PrimeFit Exercise, P 1:30 Bean Bag Baseball, P 2:00 Mexican Train Dominoes, M 2:30 Knitting & Sewing Club, Bistro 7:00 Pinochle, G</p>	<p>24</p> <p>10:30 PrimeFit Exercise, P 1:15 Movie Matinee, P 2:00 Blood Pressure Checks, T 2:30 Poker Playing, G 5:00 Store Volunteer Dinner, B</p>	<p>25</p> <p>9:00 Painting Group, G 10:30 PrimeFit Exercise, P 1:00 "Wheel of Fortune," M 3:00 Wii Bowling, P 7:00 Pinochle, G</p>	<p>26</p> <p>10:00 Tai Chi, P 2:00 Mexican Train Dominoes, M 2:30 ADULT COLORING SOCIAL, BISTRO 3:30 Walk Group, P 7:15 Poker Playing, G 7:15 Bingo, M</p>	<p>27</p> <p>1:00 "Wheel of Fortune," M 2:00 Canasta, Hand & Foot Games, G 7:00 Game Night, G 7:15 Movie Night, P</p>	
<p>28</p> <p>9:00 Church Transportation, B 2:00 Worship Service, M 3:00 Wii Bowling, P 7:15 Movie Night, P</p>	<p>29</p> <p>Tulip Casino, B 10:30 PrimeFit Exercise, P 1:15 Balloon Volleyball, P 2:00 Rummy/Rummikub, Bistro 7:15 Movie Night, P</p>	<p>30</p> <p>10:30 PrimeFit Exercise, P 10:30 Catholic Communion, G 1:30 Bean Bag Baseball, P 2:00 Mexican Train Dominoes, M 2:30 Knitting & Sewing Club, Bistro 7:00 Pinochle, G</p>	 <p>Locations Bistro, Bistro Lobby, L Brain Gym, BG Multi-Use Room, M Bus, B Piano Lounge, P Dining Room, DR PrimeFit Gym, Gym Game Room, G Private Dining Room, PDR Health & Wellness, HW Therapy Room, T</p>				<p>Birthdays Myrna Overstreet, 4th Colleen Kohler, 17th Cindy Ingalls, 6th Dean Gilchrist, 17th Keith Drouillard, 7th Eileen Staniford, 26th Jo Munnich, 13th Pat Sautter, 28th Dale Hall, 13th Clarence Forseth, 28th</p>

WASHINGTON OAKES

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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.



On-Screen Sheriffs

From honest and trustworthy to silly and inept, fictional sheriffs maintain law and order in many films and TV shows. Here are a few of these arresting characters:

Andy Taylor, "The Andy Griffith Show" – He presides over the sleepy town of Mayberry, N.C., with polite charm, common sense and a level head. Off-duty, the widowed father gives love and guidance to his young son, Opie.

Buford T. Justice, "Smokey and the Bandit" – At times charming and polite, this Texas lawman, nicknamed Smokey, can also be short-tempered and relentless. He's in hot pursuit of "the Bandit" in an action-packed car chase through the South.

Woody Pride, "Toy Story" – In this animated feature, cowboy sheriff Woody, a pull-string toy, reigns as his owner's favorite and the loyal leader of the other playthings – until new action figure Buzz Lightyear arrives.

Rosco P. Coltrane, "The Dukes of Hazzard" – The bumbling sheriff of Hazzard County wants nothing more than to catch cousins Bo and Luke Duke, who constantly outwit him during car chases. He's known for his distinctive laugh and soft spot for his basset hound, Flash.

2019 Destinations

Alaska Cruise | July 27–August 3

Las Vegas | September 30–October 4

Bermuda Cruise | October 20–27

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