

livfun

Fairwinds - Rio Rancho

JULY 2018 • RED, WHITE & BLUE DAYS



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.



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.



WEEKLY SCHEDULE

EVERY SUNDAY	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	EVERY SATURDAY
9:00 Roman Catholic Church, FCP 1:00 Nickels, MZ 2:00 Movie Matinee, TR 6:30 Game Night, MZ 7:00 Movie Night, TR	9:00 Core & Balance Builders, FC 11:00 LUNCH OUTING, BUS** 1:00 Bridge, AR 1:00 Core & Balance Builders, FC 1:00 Mahjong, MZ 2:00 Movie Matinee, TR 3:00 Poker, AR 7:00 Movie Night, TR	9:00 CHAIR EXERCISE, FC 10:00 Bocce Ball, BBC 2:00 Movie Matinee, TR 3:00 Game of Pool, MZ 6:30 Game Night, MZ 7:00 Movie Night, TR	9:00 BALL STRENGTH EXERCISE, FC 9:45 Friendship Bible Study, AR 11:00 LUNCH OUTING, BUS** 1:00 Bridge, AR 3:00 Poker, AR 6:00 Wednesday Movie Special, TR	9:00 REACH & STRETCH FITNESS CLASS, FC 10:00 Bocce Ball, BBC 2:00 Movie Matinee, TR 3:00 Game of Pool, MZ 6:30 Game Night, MZ 7:00 Movie Night, TR	9:00 CORE & BALANCE BUILDERS CLASS, FC 1:00 Bunco, MZ 1:00 Core & Balance Builders Class, FC 1:00 “Jeopardy!,” TR 2:00 Trivia Challenge, TR 7:00 Movie Night, TR	10:00 Chair Yoga with Lori, FC 11:00 The Legion of Mary Rosary, TR 2:00 Movie Matinee, TR 3:00 Game of Pool, MZ 6:30 Game Night, MZ 7:00 Movie Night, TR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 Puzzles & Pastries, Bistro 1 11:00 Mexican Train, MZ 1:00 POPCORN PARTY, LB 2:30 Arts & Crafts, AR 2:30 Arts & Crafts with Alice!, AR 3:15 Church of Christ, FC	10:00 St. Thomas Aquinas Rosary, TR 2 10:30 Rosary Making, MZ 10:30 Bean Bag Toss, FC 2:00 Minute to Win It with Shawn, LB 3:30 Wii Bowling, FC	9:30 Fairwinds’ Walking Club, LB 3 11:00 Blackjack for Snacks, Pub 1:30 Bingo, MZ 3:00 Favorite Songs Singalong, TR 3:30 Wii Bowling, FC	INDEPENDENCE DAY 4 10:30 News & Coffee, Bistro 11:00 Independence Day Buffet!, RS 1:00 Wednesday Movie & Popcorn Special, TR 3:00 “Who am I?,” MZ 3:30 Wii Bowling, FC 4:00 CASINO OUTING, BUS**	9:30 Fairwinds’ Walking Club, LB 5 10:30 Baking Group, Pub 1:30 Bingo, MZ 3:00 Nickels, MZ	10:00 Hole-in-One Golf Game, PG 6 1:00 Jeopardy with Shawn!, TR 1:00 Rummikub, AR 3:30 Happy Hour with Norio!, MZ	**SEE ACTIVITIES BOOK FOR OUTINGS** 7 9:15 Joe & Dough, LB 10:00 Poker, AR 1:30 Music Appreciation Group, FTR 1:30 Bingo, MZ 3:00 Scrabble, MZ
10:00 Lobby Concert by Kevin Whitcomb, LB 8 10:30 Stretch & Dance with Alice, LB 1:00 POPCORN PARTY, LB 2:30 Arts & Crafts, AR 3:15 Church of Christ, FC	10:00 St. Thomas Aquinas Rosary, TR 9 10:30 Rosary Making, MZ 10:30 Pictionary, LB 2:00 Uno Card Game with Shawn!, Bistro 3:30 Wii Bowling, FC	9:30 Art Class with Bob Vigil, AR 10 9:30 Fairwinds’ Walking Club, LB 11:00 Blackjack for Snacks, Pub 1:30 Bingo, MZ 3:30 Wii Bowling, FC	10:30 New Resident Tour, LB 11 10:30 News & Coffee, Bistro 1:00 Wednesday Movie & Popcorn Special, TR 3:00 Who am I?, MZ 3:30 Wii Bowling, FC 4:00 DINNER OUTING, BUS**	9:30 QUILTERS GROUP, AR 12 9:30 Fairwinds’ Walking Club, LB 10:30 Musical Hits Singalong, TR 1:30 Bingo, MZ 3:00 Nickels, MZ 4:00 It’s a Guy Thing: Men’s Group Meeting, Pub	10:00 Hole-in-One Golf Game, PG 13 1:00 Jeopardy with Shawn!, TR 1:00 Rummikub, AR 3:30 Happy Hour with David Staley!, MZ	**SEE ACTIVITIES BOOK FOR OUTINGS** 14 9:15 Joe & Dough, LB 10:00 Poker, AR 10:30 Word Battle, LB 1:30 Bingo, MZ 3:00 Scrabble, MZ
10:30 Puzzles & Pastries, Bistro 15 11:00 Mexican Train, MZ 1:00 POPCORN PARTY, LB 2:30 Arts & Crafts, AR 3:15 Church of Christ, FC	10:00 St. Thomas Aquinas Rosary, TR 16 10:30 Rosary Making, MZ 10:30 Bean Bag Toss, FC 2:00 Minute to Win It with Shawn, LB 2:30 Piano Show by Ruchell Alexander!, LB 3:30 Wii Bowling, FC	9:30 Fairwinds’ Walking Club, LB 17 11:00 Blackjack for Snacks, Pub 1:30 Bingo, MZ 3:00 Favorite Songs Singalong, TR 3:30 Wii Bowling, FC	10:30 News & Coffee, Bistro 18 1:00 Wednesday Movie & Popcorn Special, TR 3:00 “Who am I?,” MZ 3:30 Wii Bowling, FC 4:00 CASINO OUTING, BUS**	9:30 Fairwinds’ Walking Club, LB 19 10:30 Baking Group, AR 1:30 Bingo, MZ 3:00 Nickels, MZ 3:00 Lobby Performance by the Muldawers!, LB	10:00 Hole-in-One Golf Game, PG 20 1:00 Jeopardy with Shawn!, TR 1:00 Rummikub, AR 3:30 Happy Hour with the Shane Stewart Show, MZ	**SEE ACTIVITIES BOOK FOR OUTINGS** 21 9:15 Joe & Dough, LB 10:00 Poker, AR 1:30 Music Appreciation Group, FTR 1:30 Bingo, MZ 3:00 Scrabble, MZ
10:30 Stretch & Dance with Alice, LB 22 1:00 POPCORN PARTY, LB 2:30 Arts & Crafts, AR 3:15 Church of Christ, FC	10:00 St. Thomas Aquinas Rosary, TR 23 10:30 Rosary Making, MZ 10:30 Pictionary, LB 2:00 Uno Card Game with Shawn!, Bistro 3:30 Wii Bowling, FC	9:30 Fairwinds’ Walking Club, LB 24 11:00 Blackjack for Snacks, Pub 1:30 Bingo, MZ 3:30 Wii Bowling, FC	10:30 New Resident Tour, LB 25 10:30 News & Coffee, Bistro 1:00 Wednesday Movie & Popcorn Special, TR 2:30 Resident Meeting, MZ 3:00 Who am I?, MZ 3:30 Wii Bowling, FC 4:00 DINNER OUTING, BUS**	9:30 Fairwinds’ Walking Club, LB 26 10:30 Musical Hits Singalong, TR 1:30 Bingo, MZ 3:00 Nickels, MZ	10:00 Hole-in-One Golf Game, PG 27 1:00 Jeopardy with Shawn!, TR 1:00 Rummikub, AR 3:30 Happy Hour with Norio!, MZ	**SEE ACTIVITIES BOOK FOR OUTINGS** 28 9:15 Joe & Dough, LB 10:00 Poker, AR 10:30 Word Battle, LB 1:30 Bingo, MZ 3:00 Scrabble, MZ
10:30 Puzzles & Pastries!, Bistro 29 1:00 Lobby Popcorn Party, LB	10:30 Blackjack for Snacks!, Pub 30 10:30 Bean Bag Toss!, FC	9:30 Fairwinds Walking Group!, LB 31 10:30 Blackjack for Snacks!, Pub	Locations Court yard, CT Fairwinds Tea Room, FTR Fitness Center, FC Fitness Center Patio, FCP Health & Wellness Office, HW Library, LIB Lobby, LB Mezzanine, MZ Pub, Pub Putting Green, PG Red Sky Restaurant, RS Red Sky Restaurant Patio, RSP Theatre, TR			Birthdays Gary Upchurch, 4th Loretta Hauber, 5th Ken Winn, 7th Reta Leggett, 8th Alic Adams, 10th Marjorie West, 10th Marlowe Clauser, 11th Doris D’Lamater, 13th Howard Nipp, 16th Juta Beauchamp, 17th Chet Balok, 19th Betty Annis, 21st Sylvia Malkin, 23rd Larry Adams, 25th Maria Sedillo, 27th Pat McMillan, 27th Yvonee Baca, 29th Edith Dibble, 31st Norma Wessell, 31st

Cheers for Cherries

One of the tasty stars of summer, cherries shine as a fresh snack, the filling for festive pies and cobblers, and the finishing touch atop ice cream treats.

Cherries are believed to have originated thousands of years ago in the area around the Black Sea near Turkey. European settlers brought the fruit to America in the 1600s. Pioneers and fur traders later introduced cherries to the Pacific Northwest, a prime growing region for the fruit today.

Cherries range in color from various shades of red to yellow to purplish-black. Because they have a hard pit, cherries are classified as stone fruits and are related to peaches and plums. There are two main types of cherries: sweet, which are usually eaten fresh, and tart, used in baked goods, juices and jams.

A 1-cup serving has 90 calories and is a good source of vitamin C and potassium. Cherries are rich in several antioxidants that can ward off heart disease and lower cholesterol. Melatonin in the fruit helps promote a healthy sleep cycle, while its anti-inflammatory properties can ease achy joints and sore muscles.



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.



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