

# livfun

Fairwinds - River's Edge

MAY 2018 • FLOWER AND FLOURISH

## Burgers Across America

An American classic, the hamburger has countless variations. See how it's served up across the U.S.

**California** – Burgers with bacon and avocado slices or guacamole are on the menu in the Golden State, where most of the nation's avocados are grown.



**Wisconsin** – The state known for its dairy products lays claim to the butter burger, invented in the 1930s and named for the pat of butter that's added to the top of a cooked beef patty.

**San Antonio** – Bean burgers – piled with refried beans, cheese sauce, diced onions and Fritos corn chips – are a specialty in this Texas city.

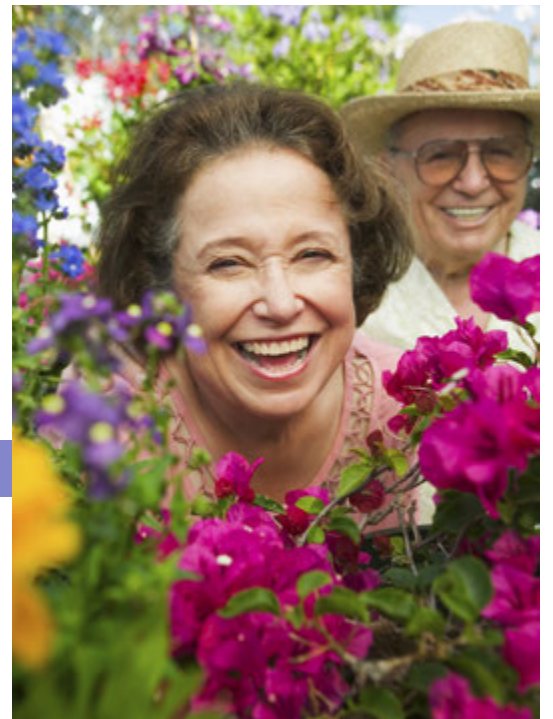
**North Carolina** – Hamburgers slathered in chili, coleslaw and mustard are a comfort food in this state and all over the Southeast.

**Minneapolis** – Order the city's signature Juicy Lucy here, and you'll sink your teeth into a burger with gooey, melted cheese inside the patty rather than on top.

**Miami** – South Florida serves up fritas cubanas, or "Cuban hamburgers." Thin beef patties are seasoned with paprika and topped with shoestring potatoes, diced onions and spicy ketchup.

**New Mexico** – Hatch, N.M., calls itself the Chile Capital of the World, and its crop of green chile peppers adds a spicy kick to burgers throughout the Southwest.

**Mississippi** – Fillers, such as flour and soy meal, were added to stretch a serving of ground beef during the Depression. That's the basic recipe for Slugburgers, named after the slang for a nickel, the original price of the burger.



## The Tomb of the Unknowns

Among the nation's many Memorial Day observances will be the annual wreath-laying ceremony at the Tomb of the Unknowns. The monument overlooking Washington, D.C., is considered the most hallowed resting place at Arlington National Cemetery.

In 1921, Congress approved the burial of one unknown serviceman from World War I in a tomb at the cemetery's new Memorial Amphitheater. Just over a decade later, the white marble sarcophagus that sits atop the tomb was completed. The face of each side is adorned with engravings, including wreaths and the Greek figures representing Peace, Victory and Valor. Over the years, unknown soldiers from World War II, the Korean War and Vietnam War were also interred.

Since 1937, the tomb has been guarded around the clock by soldiers of the Army's elite 3rd U.S. Infantry Regiment. In a measured pace, a lone sentinel walks 21 steps back and forth in front of the tomb. The number symbolizes one of the highest military honors, the 21-gun salute.





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Transportation</b></p> <p><b>Mon., 9:30 a.m.:</b> Schnucks (Jungermann), Shop 'N' Save, ALDI, Kohl's and Super Walmart</p> <p><b>Mon., Starting at Noon:</b> St. Charles County Doctor Appointments</p> <p><b>Tue., Starting at 9 a.m.:</b> St. Louis County Doctor Appointments</p> <p><b>Wed., 9:30 a.m.:</b> Local Banks</p> <p><b>Wed., 10:30 a.m.:</b> Casino</p> <p><b>Thur., Starting at 9 a.m.:</b> St. Charles County Doctor Appointments</p>	<p><b>Fri., 10:30 a.m.:</b> Library</p> <p><b>Fri., 11:15 a.m.:</b> Local Banks</p> <p><b>Fri., 12:30 p.m.:</b> Schnucks (Zumbahl), Dierbergs and Target</p> <p><b>Sat., 10:30 a.m.:</b> Walgreens</p> <p><b>Sun., 8:45 a.m.:</b> Harvester Christian Church</p> <p><b>Sun., 10:30 a.m.:</b> Hope Lutheran Church</p> <p><b>Sun., 11:15 a.m.:</b> St. Robert's Catholic Church</p> <p><b>Anniversaries</b> Karl &amp; Janet Suckow, 5/3/1991</p>	<p><b>MAY DAY</b></p> <p>8:30 Walking Club, FC</p> <p>9:00 Dr. Porter, Podiatrist, 2FL</p> <p>9:00 TV Toning, FC</p> <p>10:00 Chair Dancing, FC</p> <p>10:00 Dr. Baker, Hearing Aid Repair, AR</p> <p>1:30 Armchair Travel, TH</p> <p>2:00 Bible Study, 2FL</p> <p>2:30 Fairwinds Jackpot Bingo, AR</p> <p>3:00 Yoga, FC</p> <p>6:30 Men's Poker, CR</p>	<p>1</p> <p>Message Therapy with Erica, By Appointment, 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Local Banks, OP</p> <p>9:30 Aqua Fitness Class, SP</p> <p><b>10:15 ART MUSEUM: SUNKEN CITIES, OP</b></p> <p>10:30 Casino, OP</p> <p>3:00 Choir Rehearsal, AR</p> <p>3:00 Group Karaoke, EL</p> <p>4:00 Open Play, AR</p> <p>7:00 Resident Bingo, AR</p>	<p>2</p> <p>8:30 Walking Club, FC</p> <p>9:00 TV Toning, FC</p> <p>9:30 Armchair Travel, TH</p> <p>1:30 Wii Bowling, EL</p> <p><b>1:30 SWAP, AR</b></p> <p><b>2:30 RESIDENT BIRTHDAY PARTY, MW</b></p> <p>2:30 Co-Ed Pinochle, CR</p> <p>3:00 Yoga, FC</p> <p>6:30 Men's Poker, CR</p> <p>7:00 Rosary, TH</p>	<p>3</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>11:15 Local Banks, OP</p> <p><b>11:30 "FAMILY FEUD," AR</b></p> <p>1:00 Open Play, AR</p> <p><b>3:00 SILVER COIN HAPPY HOUR WITH SILVER WINGS, MW &amp; EL</b></p> <p>4:00 Open Play, AR</p> <p><b>6:00 BIG BAND DANCE WITH SCOTT &amp; KARL, OP</b></p> <p>7:00 Friday Night Flick</p>	<p>4</p> <p>10:30 Walgreens, OP</p> <p><b>1:45 BEAN BAG BASEBALL, EL</b></p> <p>2:30 Open Play, AR</p> <p>2:30 Co-Ed Poker, CR</p> <p>3:00 Matinee Movie, TH</p> <p>7:00 Evening Movie</p> <p>7:00 Resident Bingo, AR</p>
<p>6</p> <p>1:00 River's Edge Worship Service, TH</p> <p>2:30 Open Play, AR</p> <p>3:00 Matinee Movie, TH</p> <p>7:00 Evening Movie</p>	<p>7</p> <p>Message Therapy with Erica, By Appointment, 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>11:15 Mid Rivers Mall Trip</p> <p>1:00 Open Play, AR</p> <p>2:00 Low-Impact Aerobics, FC</p> <p>3:00 Prayer &amp; Bible Study, TH</p> <p>7:00 Resident Bingo, AR</p>	<p>8</p> <p>8:30 Walking Club, FC</p> <p>9:00 TV Toning, FC</p> <p>10:00 Chair Dancing, FC</p> <p>1:30 Armchair Travel, TH</p> <p>2:00 Bible Study, 2FL</p> <p>2:30 Fairwinds Jackpot Bingo, AR</p> <p>3:00 Yoga, FC</p> <p>6:30 Men's Poker, CR</p>	<p>9</p> <p>Message Therapy with Erica, By Appointment, 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Local Banks, OP</p> <p>9:30 Aqua Fitness Class, SP</p> <p><b>10:00 WEST ALLEN GRILL LUNCHEON, OP</b></p> <p>10:30 Casino, OP</p> <p>3:00 Choir Rehearsal, AR</p> <p>3:00 Group Karaoke, EL</p> <p>4:00 Open Play, AR</p> <p>7:00 Resident Bingo, AR</p>	<p>10</p> <p>8:30 Walking Club, FC</p> <p>9:00 TV Toning, FC</p> <p>9:30 Armchair Travel, TH</p> <p><b>12:00 PAINTING WITH CINDI, AR</b></p> <p><b>1:30 SWAP, AR</b></p> <p>1:30 Wii Bowling, EL</p> <p>2:30 Co-Ed Pinochle, CR</p> <p>3:00 Yoga, FC</p> <p><b>3:00 BUNCO, AR</b></p> <p>6:30 Men's Poker, CR</p> <p>7:00 Rosary, TH</p>	<p>11</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>11:15 Local Banks, OP</p> <p><b>11:30 "FAMILY FEUD," AR</b></p> <p>1:00 Open Play, AR</p> <p><b>3:00 SILVER COIN HAPPY HOUR WITH STEVE DAVIS, MW &amp; EL</b></p> <p>4:00 Open Play, AR</p> <p>7:00 Friday Night Flick</p>	<p>12</p> <p>10:30 Walgreens, OP</p> <p><b>1:45 BEAN BAG BASEBALL, EL</b></p> <p>2:30 Open Play, AR</p> <p>2:30 Co-Ed Poker, CR</p> <p>3:00 Matinee Movie, TH</p> <p>7:00 Evening Movie</p> <p>7:00 Resident Bingo, AR</p>
<p><b>MOTHER'S DAY</b></p> <p>1:00 River's Edge Worship Service, TH</p> <p>2:00 Trip to Dollar Tree</p> <p><b>2:00 BRIAN CLARKE, GL</b></p> <p>2:30 Open Play, AR</p> <p>3:00 Matinee Movie, TH</p> <p>7:00 Evening Movie</p>	<p>13</p> <p>Message Therapy with Erica, By Appointment, 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>1:00 Open Play, AR</p> <p>2:00 Low-Impact Aerobics, FC</p> <p><b>2:30 FOOD FORUM &amp; CHEF DEMO, EL</b></p> <p>3:00 Prayer &amp; Bible Study, TH</p> <p>7:00 Resident Bingo, AR</p>	<p><b>RAMADAN BEGINS AT SUNSET</b></p> <p>8:30 Walking Club, FC</p> <p>9:00 TV Toning, FC</p> <p>10:00 Chair Dancing, FC</p> <p>1:30 Armchair Travel, TH</p> <p>2:00 Bible Study, 2FL</p> <p><b>2:00 SPRING FLING WITH MISS JUBILEE &amp; SHRED TRUCK, CD</b></p> <p>3:00 Yoga, FC</p> <p>6:30 Men's Poker, CR</p>	<p>14</p> <p>Message Therapy with Erica, By Appointment, 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Local Banks, OP</p> <p>9:30 Aqua Fitness Class, SP</p> <p><b>10:20 THE OLD COURTHOUSE, OP</b></p> <p>10:30 Casino, OP</p> <p>3:00 Choir Rehearsal, AR</p> <p>3:00 Group Karaoke, EL</p> <p>4:00 Open Play, AR</p> <p>7:00 Resident Bingo, AR</p>	<p>15</p> <p>8:30 Walking Club, FC</p> <p>9:00 TV Toning, FC</p> <p>9:30 Armchair Travel, TH</p> <p>2:30 Co-Ed Pinochle, CR</p> <p>3:00 Yoga, FC</p> <p>6:30 Men's Poker, CR</p>	<p>16</p> <p>8:30 Walking Club, FC</p> <p>9:00 TV Toning, FC</p> <p>9:30 Armchair Travel, TH</p> <p><b>10:30 CHAT WITH JIM, MW</b></p> <p><b>2:30 LADIES' AFTERNOON TEA, AR</b></p> <p>3:00 Yoga, FC</p> <p><b>4:00 THEME DINNER, MW</b></p> <p>6:30 Men's Poker, CR</p> <p>7:00 Rosary, TH</p>	<p>17</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>11:15 Local Banks, OP</p> <p><b>11:30 "FAMILY FEUD," AR</b></p> <p>1:00 Open Play, AR</p> <p><b>3:00 SILVER COIN HAPPY HOUR WITH TOM O'BRIEN, MW &amp; EL</b></p> <p>4:00 Open Play, AR</p> <p>7:00 Friday Night Flick</p>
<p>20</p> <p>1:00 River's Edge Worship Service, TH</p> <p>2:30 Open Play, AR</p> <p>3:00 Matinee Movie, TH</p> <p>7:00 Evening Movie</p>	<p>21</p> <p>Message Therapy with Erica, By Appointment, 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>11:15 Mid Rivers Mall Trip</p> <p><b>1:00 FROLICKING FUN WITH STACY, AR</b></p> <p>2:00 Low-Impact Aerobics, FC</p> <p>3:00 Prayer &amp; Bible Study, TH</p> <p>7:00 Resident Bingo, AR</p>	<p>22</p> <p>8:30 Walking Club, FC</p> <p>9:00 TV Toning, FC</p> <p>10:00 Chair Dancing, FC</p> <p><b>11:45 FAIRMOUNT PARK, OP</b></p> <p>1:30 Armchair Travel, TH</p> <p>2:00 Bible Study, 2FL</p> <p>2:30 Fairwinds Jackpot Bingo, AR</p> <p>3:00 Yoga, FC</p> <p>6:30 Men's Poker, CR</p>	<p>23</p> <p>Message Therapy with Erica, By Appointment, 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Local Banks, OP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>10:30 Casino, OP</p> <p>3:00 Choir Rehearsal, AR</p> <p>3:00 Group Karaoke, EL</p> <p>4:00 Open Play, AR</p> <p>7:00 Resident Bingo, AR</p>	<p>24</p> <p>8:30 Walking Club, FC</p> <p>9:00 TV Toning, FC</p> <p>9:30 Armchair Travel, TH</p> <p><b>12:00 PAINTING WITH CINDI, AR</b></p> <p><b>1:30 SWAP, AR</b></p> <p>1:30 Wii Bowling, EL</p> <p>2:30 Co-Ed Pinochle, CR</p> <p><b>2:30 ICE CREAM SOCIAL, MW</b></p> <p>3:00 Yoga, FC</p> <p>6:30 Men's Poker, CR</p> <p>7:00 Rosary, TH</p>	<p>25</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>11:15 Local Banks, OP</p> <p><b>11:30 "FAMILY FEUD," AR</b></p> <p>1:00 Open Play, AR</p> <p><b>3:00 SILVER COIN HAPPY HOUR WITH BILL ROEMER, MW &amp; EL</b></p> <p>4:00 Open Play, AR</p> <p>7:00 Friday Night Flick</p>	<p>26</p> <p>10:30 Walgreens, OP</p> <p><b>1:45 BEAN BAG BASEBALL, EL</b></p> <p>2:30 Open Play, AR</p> <p>2:30 Co-Ed Poker, CR</p> <p>3:00 Matinee Movie, TH</p> <p>7:00 Evening Movie</p> <p>7:00 Resident Bingo, AR</p>
<p>27</p> <p>1:00 River's Edge Worship Service, TH</p> <p>2:30 Open Play, AR</p> <p>3:00 Matinee Movie, TH</p> <p><b>3:00 MAX MCCOMBS REWIND BAND, GL</b></p> <p>7:00 Evening Movie</p>	<p><b>MEMORIAL DAY</b></p> <p>28</p> <p>Message Therapy with Erica, By Appointment, 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>1:00 Open Play, AR</p> <p>2:00 Low-Impact Aerobics, FC</p> <p><b>2:30 FOOD FORUM &amp; CHEF DEMO, EL</b></p> <p>3:00 Prayer &amp; Bible Study, TH</p> <p><b>3:30 RIVER'S EDGE BOOK CLUB MEETING, BR</b></p> <p>7:00 Resident Bingo, AR</p>	<p>29</p> <p>8:30 Walking Club, FC</p> <p>9:00 TV Toning, FC</p> <p>10:00 Chair Dancing, FC</p> <p><b>11:30 CREATIVE COLORING, AR</b></p> <p>1:30 Armchair Travel, TH</p> <p>2:00 Bible Study, 2FL</p> <p>2:30 Fairwinds Jackpot Bingo, AR</p> <p><b>2:30 FIRE DRILL</b></p> <p>3:00 Yoga, FC</p> <p>6:30 Men's Poker, CR</p>	<p>30</p> <p>Message Therapy with Erica, By Appointment, 2FL</p> <p>9:00 Water Walking, SP</p> <p>9:30 Local Banks, OP</p> <p>9:30 Aqua Fitness Class, SP</p> <p>10:30 Casino, OP</p> <p><b>3:00 FAIRWINDS SPRING CHOIR CONCERT, GL</b></p> <p>4:00 Open Play, AR</p> <p>7:00 Resident Bingo, AR</p>	<p>31</p> <p>8:30 Walking Club, FC</p> <p>9:00 TV Toning, FC</p> <p>9:30 Armchair Travel, TH</p> <p>1:30 Wii Bowling, EL</p> <p>2:30 Co-Ed Pinochle, CR</p> <p>3:00 Yoga, FC</p> <p>6:30 Men's Poker, CR</p> <p>7:00 Rosary, TH</p>	<p><b>Locations</b></p> <p>Activities Room, AR</p> <p>Aging Well Therapy Room, TR</p> <p>Blanchette Room, BR</p> <p>Card Room (Fourth Floor), CR</p> <p>Circle Drive, CD</p> <p>Edgewater's Lounge, EL</p> <p>Fit Brains Gym, FB</p> <p>Fitness Center, FC</p> <p>Fourth Floor Pool Table, 4FL</p> <p>Grand Lobby, GL</p> <p>Library, LI</p> <p>Meriwether's, MW</p> <p>Meriwether's/Edgewater's Lounge, MW &amp; EL</p> <p>Off Property, OP</p> <p>Second Floor, 2FL</p> <p>Swimming Pool, SP</p> <p>The Villas, VI</p> <p>Theater, TH</p>	<p><b>Birthdays</b></p> <p>Milton Bibko, 1st</p> <p>Doris Rogers, 9th</p> <p>Ruth Oller, 11th</p> <p>Erla Oestereich, 15th</p> <p>Alline Greer, 17th</p> <p>Jim Sallade, 19th</p> <p>Joanne Lines, 22nd</p> <p>Irv Batchelder, 26th</p> <p>Mary Schweiker, 26th</p> <p>Carolyn Strong, 27th</p> <p>Albena Jurgaitis, 30th</p>



# America's Garden

Nestled near the Capitol Building at the east end of the National Mall in Washington, D.C., the U.S. Botanic Garden proudly stands as the country's living plant museum, dedicated to collecting and cultivating flora from all over the world.

George Washington, Thomas Jefferson and James Madison all shared the dream of a botanical garden in the capital city, and in 1820, their vision was made reality by an act of Congress. The garden is one of the oldest botanical gardens in North America, with specimens that date back to its founding collection.

Maintaining 65,000 living plants from a wide range of habitats, including numerous rare and endangered species, the garden's mission is to emphasize the importance of plants to people and the environment. Its central feature is a domed glass conservatory that houses 29,000 square feet of diverse plants, trees and flowers from across the globe. Outside, the 3-acre National Garden is home to regional plants, as well as a rose garden, butterfly garden, and a water garden honoring America's first ladies.



## Preventing and Managing Osteoporosis

Whether you've been diagnosed with osteoporosis or low bone density, or you're trying to prevent these conditions as you age, there are steps you can take to protect your bone health. National Osteoporosis Month in May is a good time to review some lifestyle tips.

**Nutrition** – Many vitamins and minerals contribute to bone health, with calcium and vitamin D at the top of the list. Green vegetables such as broccoli, Brussels sprouts and kale are excellent calcium sources. Yogurt, almonds and canned salmon are also good choices. For vitamin D, sources include tuna, egg yolks and fortified milk.



**Exercise** – Weight-bearing exercise, such as walking, climbing stairs, dancing and tennis, helps to slow bone loss. It also builds muscle and improves balance, which can reduce the risk of falls. Balance-boosting activities include yoga and tai chi.

**Safety** – To avoid falls that could cause a fracture, make sure your home is safe by keeping it well-lit, reducing clutter, tucking away electrical cords, and securing loose rugs. If you wear glasses, keep them clean and your prescription up to date. Pants, skirts and pajamas that are too long can cause you to trip. Use grab bars, handrails and nonslip mats when they're available.



**FAIRWINDS**  
RIVER'S EDGE

*It's More Than Retirement. It's Five-Star Fun.*

600 River's Edge Drive  
St. Charles, MO 63303  
636.754.0100

### Staff

**General Manager**

Jim Ausmus

**Chef**

Courtney Pittman

**Assistant Manager**

Ann Williams

**Dining Room**

**Supervisor**

Brittney Bueckendorf

**Guest Services**

**Manager**

Katie Back

**Program Supervisor**

Julie Sanders

**Sales Manager**

Stacy Welker

**PrimeFit Instructor**

Libby Schell

**Sales Advisor**

Cindi Hrabko

**Concierge**

Nicole Searcy

**Sales Advisor**

Jeanine McKeithen

**Plant Operations**

**Supervisor**

Jim Skinner

HAVE THE

*time of your life*

Get on board with

TRAVEL BY LEISURE CARE



### 2018 Destinations

Best of British Columbia Cruise | May 14-18, 2018

Mexican Riviera Cruise | Oct 21-28, 2018

Presidential Caribbean Cruise | Nov 25-Dec 2, 2018

For more information,  
or to book your getaway, contact:

Carol Dennis at 1-888-468-2010



TRAVEL BY LEISURE CARE  
POWERED BY TWIST TRAVEL