

livfun

Fairwinds - Spokane

JUNE 2018 • THE GOOD OL' DAYS

The Good Ol' Days

Join us as we stroll back in time to remember the good ol' days! We will reminisce by enjoying an old-fashioned soda or sharing pictures from your younger days. Take a trip with us to the Valley Heritage Museum for the traveling Smithsonian Institutes exhibit "Mail Call". Sign up to join us on the Scenic Pend Orielle Train Ride along the river. Take in the scenic view and then enjoy a picnic lunch in the park. This month, we will make our annual trip to Pillars Museum where we will see some items that you may recognize from your past. This is a great museum only open for a limited amount of time each year, so don't miss out!

Lastly, with the weather being so enjoyable, be sure to catch one of our Concerts on the Patio this month. There will be songs of all genres so we hope you enjoy!

(Photo continued on back.)



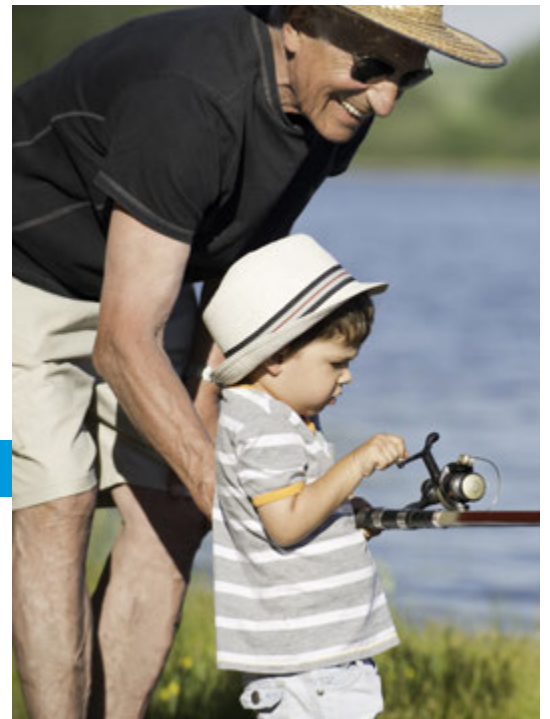
This great group enjoyed lunch at Blackbird.



A group loved watching Chef Bret whip up some olive tapenade at this month's How It's Made With Bret!



We received a warm welcome at the Water Resource Center.



Fishing 'Reels'

The days are warm and the fish are biting. Hook one of these movies about fishing:

"The Old Man and the Sea" (1958) – Spencer Tracy plays a fisherman trying to reel in the catch of a lifetime in this film based on a short story by Ernest Hemingway.

"A River Runs Through It" (1992) – Fly-fishing serves as a metaphor for life and love in this drama set in 1920s Montana. The state's rivers and mountains provide a beautiful setting, captured by Academy Award-winning cinematography.

"Grumpy Old Men" (1993) – Retired Minnesota neighbors Max and John bicker and compete over everything, including who can get the biggest catch while ice fishing. Stars Jack Lemmon and Walter Matthau reunited in 1995 for a sequel that had them warm-weather angling for a prized catfish.

"Gone Fishin'" (1997) – Joe Pesci and Danny Glover star as two longtime friends from New Jersey who win a fishing trip to the Florida Everglades, but their fun flounders as one comedic thing after another goes wrong.

"The Perfect Storm" (2000) – This action-drama is based on the true story of a Massachusetts commercial swordfishing crew that sails into a fierce storm in the Atlantic Ocean.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations</p> <p>Activity Room, A Game Room, GR Activity Room Patio, AP Maintenance Office, MO Bistro, B Multi Purpose Room, MPR Discovery Room, DR Out of Community, O East Lawn, EL PrimeFit Gym, G Fireside Room, F Private Dining Room, PDR</p> <p>Tru Colorz Salon Phone Number: 570-4783</p> <p>Activity Hotline Phone Number: 465-0132</p>	<p>Birthdays</p> <p>Shirley Hesseltine, 1st Rosemary Louis, 3rd (Employee) Joann Reynolds, 4th Pat Black, 5th BJ Howard, 10th Kaitlyn Caprye, 11th (Employee) Chuck Strate, 11th Merisa Hadziomerovic, 12th (Employee) Alicia Bustillo, 14th (Employee)</p>	<p>Helen Tobeck, 18th Jan Kaley, 22nd Jeff Thaxton, 22nd (Employee) Joan Morris, 23rd Fran Inderrienden, 27th Jeannie Worrell, 27th (Employee) June Nilson, 29th Jim Thrash, 29th Jennie Bushell, 29th Elva Mote, 30th</p>		<p>8:30 AARP Safe Driving Class, A 9:00 Catholic Service, MPR 9:30 Sittercise, MPR 9:30 Stud Club: Coffee & Donuts, B 10:00 Strength Training, MPR 10:30 Bible Study, PDR 10:30 Rummikub, GR 11:00 Wii Bowling Practice, MPR 1:00 Arthritis 101, G 2:00 Bingo, GR 6:15 Bridge Pickup Games, GR 6:45 Civic Theater Outing: "Hello Dolly," O</p>	<p>11:00 Wii Bowling Practice, MPR 1:00 Popcorn Social, B 1:45 Bunco, GR 4:00 Happy Hour, B 7:00 Saturday Night Live Entertainment, A</p>	
<p>8:30 Church Drives, O 3 10:30 Cinnamon Roll Social, B 12:30 Sunday Scenic Drive, O 3:15 Christian Church Service, T 6:30 Pinochle Pickup Games, GR 6:30 Residents' Pick Movie Night, T</p>	<p>9:30 Sittercise, A 4 10:00 Strength Training, A 10:30 Rummikub, GR 11:00 Wii Bowling Practice, MPR 12:00 Manicures with Mary Jo, W 1:00 Arthritis 101, G 1:00 Wandermere Movie Outing, O 2:00 Banga, GR 3:00 Happy Hour at Twigs, O 6:00 Featured Movie Night: "Titanic: Blood & Steel," T</p>	<p>9:30 Yoga Class, A 5 11:00 Wii Bowling Practice, MPR 12:00 Book & Salad, A 1:30 Monthly Resident Meeting, A 2:00 Peaches & Cream Float Social, A 3:00 Nickel Jackpot, GR 4:00 Happy Hour, B 6:00 Write Word Game, B</p>	<p>9:30 Sittercise, A 6 10:00 Strength Training, A 10:30 Out & About: Valley Heritage Museum & Lunch @ Ron's Drive-In, O 1:00 Bridge Pickup Games, GR 1:00 Arthritis 101, G 3:30 Horse Racing, A 4:30 Resident Birthday Dinner #1, PDR</p>	<p>10:00 Tai Chi Class, A 7 11:00 Wii Bowling Practice, MPR 11:30 Lunch Buddies, O 1:00 Bean Bag Baseball, A 1:45 City of Spokane Mobile Library, B 2:00 Scrabble, GR 2:15 Kickstart Class, G 3:00 Fairwinds Book Club, A 4:00 Happy Hour, B 6:30 New Release Movie, T 6:30 Special Outing: Lilac City Community Band Concert, O</p>	<p>9:00 Catholic Service, MPR 8 9:30 Sittercise, A 9:30 Stud Club: Coffee & Donuts, B 10:00 Strength Training, A 10:30 Bible Study, PDR 10:30 Rummikub, GR 11:00 Wii Bowling Practice, MPR 1:00 Arthritis 101, G 2:00 Bingo, GR 6:15 Bridge Pickup Games, GR 6:30 Pokeno, GR</p>	<p>11:00 Wii Bowling Practice, MPR 1:00 Popcorn Social, B 1:45 Bunco, GR 4:00 Happy Hour, B 7:00 Saturday Night Live Entertainment, A</p>
<p>8:30 Church Drives, O 10 10:30 Cinnamon Roll Social, B 12:30 Sunday Scenic Drive, O 3:15 Christian Church Service, T 6:30 Pinochle Pickup Games, GR 6:30 Residents' Pick Movie Night, T</p>	<p>9:30 Sittercise, A 11 10:00 Strength Training, A 10:30 Rummikub, GR 11:00 Wii Bowling Practice, MPR 1:00 Arthritis 101, G 2:00 Banga, GR 4:00 Mocktails with Christa, RP 6:00 Featured Movie Night: "Titanic: Blood & Steel," T</p>	<p>9:30 Yoga Class, A 12 11:00 Wii Bowling Practice, MPR 12:00 Book & Salad, A 3:00 Nickel Jackpot, GR 4:00 Happy Hour, B 4:00 Anniversary Dinner with Jamie, PDR 6:00 Write Word Game, B</p>	<p>9:30 Sittercise, A 13 10:00 Shop Talk with Jason, MO 10:00 Strength Training, A 11:00 Wednesday Lunch Live with Entertainment by Scott Wilburn, O 1:00 Bridge Pickup Games, GR 1:00 Arthritis 101, G 2:30 Rosetta Stone Language Lessons, T 3:30 Horse Racing, A 5:30 2nd Harvest Volunteer Night Outing, O</p>	<p>FLAG DAY 14 9:30 Pedicures with Rose, W 11:00 Wii Bowling Practice, MPR 1:00 Resident Appreciation Car Wash 2:00 Scrabble, GR 2:15 Kickstart Class, G 3:00 Fairwinds Book Club, A 4:00 Happy Hour, B 6:30 Comedy Movie Night, T</p>	<p>9:00 Catholic Service, MPR 15 9:30 Sittercise, A 9:30 Stud Club: Coffee & Donuts, B 10:00 Strength Training, A 10:30 Rummikub, GR 10:30 Bible Study, PDR 11:00 Wii Bowling Practice, MPR 11:30 Lunch & Library Outing, O 1:00 Arthritis 101, G 2:00 Bingo, GR 6:15 Bridge Pickup Games, GR 6:30 Pokeno, GR</p>	<p>11:00 Wii Bowling Practice, MPR 1:00 Popcorn Social, B 1:45 Bunco, GR 3:30 Father's Day BBQ, R 4:00 Fairwinds' Father's Day Car Show, SP 6:00 Father's Day Live Entertainment, RP</p>
<p>FATHER'S DAY 17 8:30 Church Drives, O 10:30 Cinnamon Roll Social, B 12:30 Sunday Scenic Drive, O 3:15 Christian Church Service, T 6:30 Pinochle Pickup Games, GR 6:30 Residents' Pick Movie Night, T</p>	<p>9:30 Sittercise, A 18 10:00 Strength Training, A 10:30 Rummikub, GR 11:00 Wii Bowling Practice, MPR 12:00 Manicures with Mary Jo, W 1:00 Wandermere Movie Outing, O 1:00 Arthritis 101, G 2:00 Banga, GR 6:00 Featured Movie Night: "Titanic: Blood & Steel," T</p>	<p>9:30 Yoga Class, A 19 11:00 Wii Bowling Practice, MPR 11:30 Food Feedback Meeting, T 12:00 Book & Salad, A 1:30 Ice Cream Soda Social, B 2:30 Entertainment with Project Joy, A 3:30 Nickel Jackpot, GR 4:00 Happy Hour, B 6:00 Write Word Game, B</p>	<p>9:30 Sittercise, A 20 10:00 Strength Training, A 10:30 Out & About: Pillar Museum & Lunch @ Panda Express, O 1:00 Bridge Pickup Games, GR 1:00 Arthritis 101, G 3:30 Horse Racing, A 6:30 Charity Bingo: 2nd Harvest Food Bank, GR</p>	<p>SUMMER BEGINS 21 10:00 Hearing Clinic, W 10:00 Northern Quest Casino Bus, O 10:00 Tai Chi Class, A 11:00 Wii Bowling Practice, MPR 12:00 Resident Appreciation Pizza Party, A 2:00 Scrabble, GR 2:15 Kickstart Class, G 3:00 Fairwinds Book Club, A 4:00 Happy Hour, B 6:30 Musical Movie Night, T</p>	<p>9:00 Catholic Service, MPR 22 9:30 Sittercise, A 9:30 Stud Club: Coffee & Donuts, B 10:00 Strength Training, A 10:30 Bible Study, PDR 10:30 Rummikub, GR 11:00 Wii Bowling Practice, MPR 1:00 Arthritis 101, G 2:00 Bingo, GR 6:15 Bridge Pickup Games, GR 6:30 Pokeno, GR</p>	<p>11:00 Wii Bowling Practice, MPR 1:00 Popcorn Social, B 1:45 Bunco, GR 4:00 Happy Hour, B 7:00 Saturday Night Live Entertainment, A</p>
<p>8:30 Church Drives, O 24 10:30 Cinnamon Roll Social, B 12:30 Sunday Scenic Drive, O 3:15 Christian Church Service, T 6:30 Pinochle Pickup Games, GR 6:30 Residents' Pick Movie Night, T</p>	<p>9:30 Sittercise, A 25 10:00 Strength Training, A 10:30 Rummikub, GR 11:00 Wii Bowling Practice, MPR 1:00 Arthritis 101, G 2:00 Banga, GR 6:00 Featured Movie Night: "Titanic: Blood & Steel," T</p>	<p>9:30 Yoga Class, A 26 11:00 Wii Bowling Practice, MPR 12:00 Book & Salad, A 2:00 Old Time Picture Social, B 3:00 Nickel Jackpot, GR 4:00 Happy Hour, B 6:00 Write Word Game, B</p>	<p>9:30 Sittercise, A 27 10:00 Strength Training, A 10:30 Out & About: Northern Quest Casino, O 1:00 Bridge Pickup Games, GR 1:00 How It's Made with Chef Bret, B 1:00 Arthritis 101, G 2:30 Rosetta Stone Language Lessons, T 3:30 Horse Racing, A 4:30 Dinner Theater: "I Can Only Imagine," A</p>	<p>11:00 Wii Bowling Practice, MPR 28 1:00 Bean Bag Baseball, A 2:00 Scrabble, GR 2:15 Kickstart Class, G 3:00 Fairwinds Book Club, A 4:00 Happy Hour, B 6:30 Western Movie Night, T</p>	<p>9:00 Catholic Service, MPR 29 9:30 Stud Club: Coffee & Donuts, B 9:30 Sittercise, A 10:00 Strength Training, A 10:30 Bible Study, PDR 10:30 Rummikub, GR 11:00 Wii Bowling Practice, MPR 1:00 Arthritis 101, G 2:00 Bingo, GR 6:15 Bridge Pickup Games, GR 6:30 Pokeno, GR</p>	<p>11:00 Wii Bowling Practice, MPR 1:00 Popcorn Social, B 1:45 Bunco, GR 4:00 Happy Hour, B 4:30 Resident Birthday Dinner #2, PDR 7:00 Saturday Night Live Entertainment, A</p>

Tale of the Typewriter

Today, most typing is done on a computer keyboard or a smartphone screen, but this modern method of communicating began 150 years ago with the invention of the typewriter.

Prototypes of printing machines were created as far back as the 16th century, with many versions as large as pianos. The first practical typewriter was patented by American inventor Christopher Latham Sholes on June 23, 1868.

Resembling a sewing machine, this early model included many features that became standard for typewriters. It had an inked ribbon to print type and it used the QWERTY keyboard, which arranged the letters of the alphabet in a way that prevented the keys from jamming. Later named

the Remington for the company that manufactured it, the typewriter became popular after Mark Twain purchased one and became the first author to submit a typed manuscript.

The following decades brought many improvements, including the introduction of the shift key, which allowed both upper and lower case letters to be typed, and frontstriking models, designed to let users see what they were typing in real time instead of having to lift up the carriage to view their work. The 1920s introduced user-friendly electric typewriters.

By the end of the 1980s, the world transitioned from typewriters to computers and compact printers. However, retro typewriters are still enjoyed by collectors and writers.

The Good Ol' Days (Continued)



One of our outings in April was to the Spokane Waste-to-Energy Facility. It was a very informative tour.

A Soothing Succulent

Mention aloe vera, and its common use in soothing sunburned skin probably comes to mind, but this succulent has been a prized plant since ancient times.

More than 6,000 years ago, Egyptians called aloe the “plant of immortality” and used it in their health and beauty regimens. Legend has it that queens Nefertiti and Cleopatra included aloe in their skincare routines, and ancient Egyptian medical scrolls listed a variety of therapeutic remedies containing aloe. Traders later introduced the plant to other countries throughout Asia and Europe, and the popularity of aloe spread.

Aloe vera requires little care, making it an easy-to-grow houseplant even for those without a green thumb. Cutting open one of its thick, spear-shaped leaves exposes a translucent gel that can be applied directly to sunburns, rashes and other minor skin irritations. Some people find that the cool gel soothes skin, provides moisture and relieves itching.

Numerous ready-made aloe vera gel products are also widely available.



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