

livfun

Fairwinds - Spokane

APRIL 2018 • GO GREEN!

Go Green!

Join us this month as we make a commitment to Go Green! What a great opportunity to focus on what we can do to help our beautiful planet Earth. It might be a coincidence that Earth Day also falls in this month! Be sure to check out some of our Earth Day events planned and get involved.

Jump on our new bus as we tour the Waste Energy Plant. Want to hear something cool? This tour is a hard-hat tour, so be ready to go behind the scenes and see what happens on a day-to-day basis at the Spokane Waste Energy Plant. Then, join us the next week as we head to Action Recycling, which is located in the Gonzaga District. At Action, they are a non-ferrous buyback facility. Come learn exactly what this recycling company accepts and how they contribute to our mission to Go Green. Lastly, we will visit the Waste Water Reclamation Facility, which is the oldest and largest waste water facility in our area. They recycle 34 million gallons of water a day and return the clean water to the Spokane River!

Be sure to watch the daily list of activities for guest speakers and a special presentation all about Going Green!



Bonnie and Jeanette enjoyed cheering on Gonzaga.



What a beautiful day for a trip to Felt's Field. Jim sure enjoyed it!



The Clayton family enjoyed Happy Hour in our Bistro.



A group of gentlemen celebrated their birthdays this month with a special dinner and cake!



A group took a trip out to Felt's Field to learn about Northwest Flight School!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
EASTER SUNDAY 1 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	9:30 Sittercise, A 2 10:00 Strength Training, A 10:30 Rummikub, GR 11:00 Wii Bowling Practice, MPR 1:00 Wandermere Movie Outing, O 1:00 Arthritis 101, G 2:00 Banga, GR 3:00 Happy Hour at Twigs, O 6:00 Our Beautiful Planet, T	9:30 Yoga Class, A 3 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 Armchair Travel, T	9:30 Sittercise, A 4 10:00 Strength Training, A 10:30 Out & About: Tour of Spokane's Waste to Energy Facility & Lunch at Shamus's, O 1:00 Bridge Pickup Games, GR 1:00 Arthritis 101, G 2:30 Rosetta Stone Language Lessons, T 3:30 Horse Racing, A	10:00 Tai Chi Class, A 5 11:00 Wii Bowling Practice, MPR 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	8:00 AARP Safe Driving Class, A 6 9:00 Catholic Service, MPR 9:30 Sittercise, MPR 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 6:30 Pokeno, GR	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			
8:30 Church Drives, O 8 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	9:30 Sittercise, A 9 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 2:00 Banga, GR 3:00 Grief Support Group, DR 6:00 Our Beautiful Planet, T 6:30 Shuffleboard, GR	9:30 Yoga Class, A 10 11:00 Wii Bowling Practice, MPR 12:00 Book & Salad, A 3:00 Nickel Jackpot, GR 4:00 Happy Hour, B 6:00 Armchair Travel, T	12:00 Out & About: Lunch @ Chinese Gardens & Tour of Water Treatment Facility, O 11 9:30 Sittercise, A 10:00 Shop Talk with Jason, MO 10:00 Strength Training, A 1:00 Bridge Pickup Games, GR 1:00 Arthritis 101, G 3:30 Horse Racing, A 4:00 Spring Beer Tasting with Jeff, B 6:30 Charity Bingo Benefiting 2nd Harvest, GR	9:30 Pedicures with Rose, W 12 11:00 Wii Bowling Practice, MPR 11:30 Lunch Buddies @ Evergreen Elementary, O 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 Comedy Movie Night, T	9:00 Catholic Service, MPR 13 9:30 Sittercise, A 10:00 Strength Training, A 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	11:00 Wii Bowling Practice, MPR 14 1:00 Popcorn Social, B 1:45 Bunco, GR 4:00 Happy Hour, B 4:30 Resident Birthday Dinner #1, PDR 7:00 Saturday Night Live Entertainment, A			
8:30 Church Drives, O 15 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	9:30 Sittercise, A 16 10:00 Strength Training, A 10:30 Rummikub, GR 11:00 Wii Bowling Practice, MPR 1:00 Wandermere Movie Outing, O 1:00 Arthritis 101, G 2:00 Banga, GR 6:00 Our Beautiful Planet, T	TAX DAY 17 9:30 Yoga Class, A 11:00 Food Feedback Meeting, T 11:00 Wii Bowling Practice, MPR 12:00 Book & Salad, A 2:30 Entertainment with Project Joy, A 4:00 Happy Hour, B 4:00 Anniversary Dinner with Jamie, PDR 6:00 Armchair Travel, T	9:30 Sittercise, A 18 10:00 Strength Training, A 10:30 Out & About: Action Recycling & Lunch @ The Blackbird, O 1:00 Bridge Pickup Games, GR 1:00 Arthritis 101, G 2:30 Rosetta Stone Language Lessons, T 3:30 Horse Racing, A 4:30 Dinner Theater: "The Greatest Showman," A	10:00 Hearing Clinic, W 19 10:00 Northern Quest Casino Bus, O 10:00 Tai Chi Class, A 11:00 Wii Bowling Practice, MPR 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 Musical Movie Night, T	9:00 Catholic Service, MPR 20 9:30 Sittercise, A 10:00 Strength Training, A 10:30 Rummikub, GR 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	11:00 Wii Bowling Practice, MPR 21 1:00 Popcorn Social, B 1:45 Bunco, GR 4:00 Happy Hour, B 7:00 Saturday Night Live Entertainment, A			
EARTH DAY 22 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	9:30 Sittercise, A 23 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 2:00 Banga, GR 3:00 Grief Support Group, DR 6:00 Our Beautiful Planet, T	9:30 Yoga Class, A 24 11:00 Wii Bowling Practice, MPR 12:00 Book & Salad, A 3:00 Nickel Jackpot, GR 4:00 Happy Hour, B 6:00 Armchair Travel, T 6:30 Spokane Symphony Chamber Soiree, O	9:30 Sittercise, A 25 10:00 Strength Training, A 10:30 Out & About: Spokane Tribe Casino, O 1:00 Bridge Pickup Games, GR 1:00 How It's Made with Chef Bret, B 1:00 Arthritis 101, G 3:30 Horse Racing, A 6:30 Fairwinds Serenaders, F	11:00 Wii Bowling Practice, MPR 26 11:30 Lunch Buddies @ Evergreen Elementary, O 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	9:00 Catholic Service, MPR 27 9:30 Sittercise, A 10:00 Strength Training, A 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	10:00 Guild School Penny Drive, O 28 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			
8:30 Church Drives, O 29 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	9:30 Sittercise, A 30 10:00 Strength Training, A 10:30 Rummikub, GR 11:00 Wii Bowling Practice, MPR 1:00 Arthritis 101, G 2:00 Banga, GR 4:30 Wine Tasting, B 6:00 Our Beautiful Planet, T 6:30 Memories with Merisa, MPR	Locations Activity Room, A Multi Purpose Room, MPR Activity Room Patio, AP Out of Community, O Bistro, B PrimeFit Gym, G Discovery Room, DR Private Dining Room, PDR East Lawn, EL Red Sky Patio, RP Fireside Room, F Red Sky Restaurant, R Game Room, GR Theater, T Maintenance Office, MO Wellness Center, W				Birthdays Delores Crabtree, 4th Elmer Hilderman, 5th Robert Bobeck, 6th (Employee) Ted Siekerman, 8th Mildred Anderson, 9th Wally McGregor, 12th Richard Fleming, 13th	Frank Hager, 14th Donna Lines, 15th Linda Plumstead, 15th (Employee) Betty Houtchens, 16th Bonnie Edin, 16th Bonnie Heinrich, 19th Laverna Brunton, 20th Ana Wride, 20th (Employee)	Linda Lanegan, 21st Joy Deerheim, 24th Pete Peterson, 24th Carolyn Carson, 26th Dot Thrash, 26th Armin Ibrahimovic, 27th (Employee) Murial Foster, 27th Jan Hicks, 29th	Tru Colorz Salon Phone Number: 570-4783 Activity Hotline Phone Number: 465-0132



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Second Harvest

For the next three months we will be partnering with Second Harvest Food Bank. Be sure to check the calendar for special events and volunteer opportunities.

Here is a little more information on this amazing organization:

Second Harvest's mission is focused on organizing the community to be part of the solution to hunger, and they work hard to be good stewards of all donations. A broad base of support from a wide range of partners, including generous food and financial donors and 8,000 volunteers, makes it possible for Second Harvest to operate very efficiently. Every donated dollar is transformed into five meals for hungry people.

Last year, Second Harvest distributed more than 30 million pounds of food to a network of 250 neighborhood food banks and meal centers. These partner programs currently feed more than 55,000 people a week in Eastern Washington and North Idaho. Second Harvest is able to direct almost 99 percent of all donations, including in-kind gifts, toward collecting, transporting, warehousing and distributing food for people in need. We value all who have joined us in the fight against hunger in the region.

Bursting With Spring Blossoms

This month, cities around the country are celebrating the bursting colors of spring blossoms with festivals dedicated to regional flora.

Skagit Valley Tulip Festival – Tulip farms scattered throughout Washington state's Skagit Valley begin blooming in April, and that's when thousands of visitors crowd area roads for a scenic driving tour of the spectacular fields of flowers.

North Carolina Azalea Festival – The port city of Wilmington, N.C., draws more than 200,000 people to a weeklong celebration of the millions of lush, showy shrubs that come alive with blooms of pink, purple and red.

Atlanta Dogwood Festival – Flowering dogwood trees provide a beautiful backdrop for this Georgia tradition that dates back to 1936.

Meriden Daffodil Festival – During the last two weekends in April, thousands of people gather in this Connecticut city to view a sea of 650,000 sunny yellow and white daffodils in bloom.

Tree Trivia

Trees are among the planet's most fascinating organisms, and their importance is celebrated each April on Earth Day and Arbor Day. Branch out with these unbe-leaf-able tree facts:

- The Earth is home to about 3 trillion trees.
- Scientists have determined there are more than 60,000 tree species.
- Trees are the longest living organisms. The world's oldest known individual tree is a bristlecone pine in California that is 5,062 years old.
- It's estimated that a fully grown, leafy tree can produce a year's supply of oxygen for as many as 10 people.
- The world's largest living tree is General Sherman, a giant sequoia in California's Sequoia National Park. The volume of its trunk is 52,513 cubic feet.
- In 1971, the Apollo 14 astronauts took hundreds of tree seeds on their mission to the moon so scientists could study the effects of gravity on germination. These "moon trees" were later planted all over the U.S.
- Being around trees has been shown to make people feel calmer and happier.

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