

# livfun

Fairwinds - Desert Point

MAY 2012 • ENJOY THE JOURNEY

## Chef Rusty and Enrique's Salmon Cookout



### Sleep Tight!

Did you know that May is Better Sleep Month? These tips may prevent you from tossing and turning throughout the night.

The most important thing you can do to sleep better is to keep a consistent schedule. Try to fall asleep around the same time every night. Keeping a schedule will regulate your sleep-wake cycle and help you stay asleep for a full eight hours. Another tip: Make sure you don't go to bed too hungry or too full. Eating certain foods just before bed has been shown to cause vivid dreams, which may leave you feeling tired in the morning. And, of course, ingesting caffeine before bed, or even too late in the afternoon, can keep you up longer. If you have trouble falling or staying asleep, stick to non-caffeinated beverages at the day's end. Decaf coffee and herbal tea are just a few options.

Another helpful habit is to have a bedtime ritual to prepare your body for sleep. Try taking a hot shower or soaking in a relaxing bath. Read a book or listen to soothing music. Studies have shown that electronic devices, particularly those with backlit screens, may keep you from falling asleep. For that reason, try to do something besides watching the TV or using the computer when bedtime draws near.

*(Continued on back)*

# WEEKLY SCHEDULE

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
1:30 Bingo, 2AA 2:00 Movie Matinee, TH 7:00 Sunday Night Movie, TH	9:00 Bible Study, 2AA 10:00 Silver Saddles, Gym 1:00 Bridge, 1LR 1:00 Wii, 2AA 2:00 Tai Chi, Gym 3:00 Balance, Breath and Meditation, Gym 6:30 Rummikub, 1LR <b>PF</b>	10:00 Silver Saddles, Gym 1:00 Bridge Refresher Group, HR 2:00 Bingo, 2AA 3:00 Aqua Fitness, P 6:30 Rummikub, 1LR 7:00 Poker Night, 2AA <b>PF</b>	10:00 Silver Saddles, Gym 11:30 Catholic Communion Service, TH 1:00 Women's Canadian Poker, 2AA 1:00 Bridge, 1LR 3:30 Balance, Breath and Meditation, Gym 6:30 Pinochle, 2AA 7:00 Movie Mania, TH <b>PF</b>	10:00 Silver Saddles, Gym 1:00 Bridge, 1LR 1:00 Bridge Refresher Group, HR 1:30 Bingo, 2AA 6:30 Euchre, 2AA 7:00 Poker Night, 2AA <b>PF</b>	10:00 Silver Saddles, Gym 12:30 Bridge, 1LR 1:00 Women's Canadian Poker, 2AA 3:00 Aqua Fitness, P 6:30 Mexican Train, 1LR 7:00 Movie Mania, TH <b>PF</b>	9:30 Blood Pressure Clinic, Gym 10:00 Wii, 2AA 1:00 Mexican Train, 2AA 1:00 Bridge Club, 1LR 2:00 Movie Matinee, TH 7:00 Movie Mania, TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Locations</b> Assisted Living Office, ALO Bistro, B Brain Gym, BG Courtyard, CY Dining Room, DR First Floor Living Room, 1LR	Hobby Room, HR Lobby, L Movie Theater, TH Pool, P PrimeFit Gym, Gym Second Floor Activity Area, 2AA	1 3:00 LIFESTYLE ENTERTAINMENT, TH	2 10:00 JEWELRY MAKING CLASS, 1LR 2:00 MOBILE OPTICS, L 2:30 PINGPONG, B 3:00 SOUND POINT AUDIOLOGY, 1LR	3 3:00 HAPPY HOUR: CINCO DE MAYO CELEBRATION, L	4 LIVING BEYOND 100 OUTING 2:00 PINGPONG TOURNAMENT, B	5 CINCO DE MAYO 8:00 ALTERATIONS BY MINA, 1LR 9:30 BOOK CLUB, TH 6:00 CINCO DE MAYO THEMED PROM, DR
6 1:30 BROWNIE A LA MODE SOCIAL, B	7 11:00 ORO VALLEY MARKETPLACE 2:00 FILM CLUB, TH 3:00 STORYTELLING IS A JOURNEY, B	8 2:00 LECTURE: PIMA COUNCIL ON AGING PROGRAMS AND SERVICES, 1LR 3:00 LIFESTYLE ENTERTAINMENT, TH	9 10:00 SADDLEBROOKE ART GUILD, 1LR 11:00 PINGPONG, B 2:30 CHEF RUSTY AND ENRIQUE JOURNEY INTO SUGAR FREE DESSERTS, B	10 3:00 HAPPY HOUR: JOHNNY WILSON, L	11 2:00 JOURNEY INTO LAUGHTER YOGA, GYM 3:00 JOURNEY INTO MYTHOLOGY, B	12 2:00 JOURNEY INTO LAUGHTER YOGA, GYM 3:00 JOURNEY INTO MYTHOLOGY, B
MOTHER'S DAY 13 1:00 MOTHER'S DAY ENTERTAINMENT, L	14 10:00 MICHAEL'S, BOOKMAN'S AND DOLLAR STORE 2:00 LECTURE: CHANGING SEASONS, TH	15 1:00 FRANK LLOYD WRIGHT: THE ARCHITECT, TH 2:30 PINGPONG, B 3:00 LIFESTYLE ENTERTAINMENT, TH	16 10:00 JEWELRY MAKING CLASS, 1LR 11:00 TRAVEL CLUB, DR 2:30 RESIDENT MEETING, DR	17 3:00 HAPPY HOUR: JOE HANSON, L 6:00 CLASSIC SWING & JAZZ CONCERT	18 11:00 PHILANTHROPY CLUB, DR 2:00 TEXAS HOLD 'EM TOURNAMENT, L 7:00 SAN DIEGO PADRES BASEBALL GAME OUTING	19 ARMED FORCES DAY 2:00 FIRST ANNUAL DOG SHOW, L
20 1:30 BANANA SPLIT SOCIAL, B	21 11:00 CASINO TRIP 2:00 LIFE REVIEW WORKSHOP, TH 6:00 EVENING ENTERTAINMENT: DARWIN EVOLUTION, L	22 SADDLEBROOKE MOTHER AND DAUGHTER LUNCHEON, DR 10:00 GUY TALK, TH 1:30 JOURNEY INTO NEUROPATHY, TH 3:00 LIFESTYLE ENTERTAINMENT, TH	23 10:00 SADDLEBROOKE ART GUILD, 1LR 2:30 PINGPONG, B	24 3:00 HAPPY HOUR: NANOY ALOVERA, L	25 2:00 JACKPOT BINGO, L	26 11:00 GUEST SERVICES NEW RESIDENT ORIENTATION, GYM
27 1:30 RESIDENT BIRTHDAY PARTY AND ICE CREAM SOCIAL, B	MEMORIAL DAY 28 10:00 FOOTHILLS MALL OUTING 11:00 RED HAT LUNCHEON 2:00 HONORING OUR FALLEN VETERANS CELEBRATION, L	29 10:30 SPECIAL COMMUNION SERVICE, TH 2:30 PINGPONG, B 3:00 LIFESTYLE ENTERTAINMENT, TH	30 10:00 JEWELRY MAKING CLASS, 1LR 2:30 CHEF RUSTY AND ENRIQUE MEASURE THE CALORIES, B 3:00 SCOOTER AND WALKER REPAIR, 1LR	31 3:00 HAPPY HOUR: JOE BOURNE, L	<b>Birthdays</b> Dorothy Winter, 5th Billie Bobbitt, 8th Nance Richards, 8th Gertrude Boonstra, 10th Mary Winter, 10th Charlie Locke, 13th Nancy Ogden, 13th Adele Pastuhov, 13th Georgie Campbell, 17th Ginny Farnsworth, 18th Dorothy Henn, 21st Dorothy Johnson, 22nd Barbara Gilbert, 23rd Martha Bogner, 25th Alice Schoenberger, 29th Norma Banzhaf, 30th	

## Sleep Tight! (Continued)

Setting up your room for sleep is also important. Most people sleep best in slightly cool, dark, quiet places. Turn on a fan or invest in a sleep mask to create the perfect sleep setting.

Limiting naps and exercising regularly will improve your slumber as well. Try to nap no longer than 30 minutes a day in the middle of the afternoon. Exercise helps make you tired, but you should work out at least two hours before bedtime, since people tend to feel more energized immediately after a workout.

Here's wishing you more restful, rejuvenating sleep throughout Better Sleep Month and beyond. Sleep tight!

## Feathery Fun

Thanks to longer days and inviting spring sunshine, May is an ideal time to try new outdoor hobbies. Bird watching is an especially fun place to start. It's a simple way to learn about nature and even socialize. What's more, this hobby can be tailored for your individual mobility and energy level. You can observe your feathered friends from the comfort of your community's porch, a balcony or your own window. Or you can amp it up a notch and explore nearby parks or nature trails. Particularly in spring, just a walk around the perimeter of your building can lead to some fun sightings.

How do you get started? Of course, you can enjoy bird watching with no equipment at all. However, you may find that a good pair of binoculars makes it even more fun. Another helpful tool is a bird-watching checklist. These checklists exist for every state and province and can be found online or in the many bird-watching field guides available. They're a handy indication of which birds you're likely to spot in your area. For a little friendly competition, get together with fellow bird enthusiasts to see who can fill out their checklist first!

A field guide will enhance your bird-watching experience, too. Descriptions and pictures help you identify which birds you've spotted. "Peterson Field Guide for Eastern Birds" and "Peterson Field Guide for Western Birds" are great resources for new birders.

Next, you've got to find the birds! Some folks like to attract them with feeders and various flowers. If your community has a bird feeder set up, well – that's the place to begin! However, there are plenty of places to spot these creatures even without feeders. Sometimes it's just a matter of patiently waiting. So grab some binoculars, round up some friends and get started!

## Refreshing Summer Beverages

During warm months, it's important to stay hydrated. Water should be your go-to beverage. However, it's OK to mix in a few fun drinks, too. In the summer, iced tea is a delicious option. While tea has been served hot for centuries, iced tea supposedly got its start when plantation owner Richard Blechynden was selling hot tea at the St. Louis World Fair. He poured some tea over ice and served it cold to patrons to help them cool off.

According to WebMD, tea has been linked to possible health benefits. It's generally considered much healthier than soda, and tea drinks tend to have less sugar than fruit juices. It's also easy to make, and there are caffeine-free varieties as well.

Some studies indicate the high antioxidant levels of green tea can fend off cancer, alleviate high cholesterol, and even lower your risk for Alzheimer's. (However, you should not drink green tea if you take certain medications, such as the blood thinner Coumadin. Talk to your doctor for more information.) The most common iced tea, like the kind you normally get at restaurants, is what's known as black tea. Studies suggest black tea might alleviate the risk of stroke. Both green tea and black tea contain caffeine. Herbal, caffeine-free teas can be served over ice, too – the possibilities are endless!

Here's a recipe for an invigorating twist on iced tea. Enjoy!

### Peach-Mint Green Tea

2 cups water	1/2 cup fresh mint leaves
5 green tea bags	3 tablespoons sugar
12-ounce can peach nectar	

Bring water to boil and add tea bags. Steep for five minutes. Remove bags and stir in nectar, mint and sugar. Cover and chill for up to 24 hours. Serve over ice.

## And They're Off!

May 5 marks the 138th annual Kentucky Derby. This one-and-a-quarter-mile race for 3-year-old thoroughbreds is held the first Saturday in May at historic Churchill Downs in Louisville, Ky.

Horse racing has been a part of Kentucky's heritage since as far back as the 1700s. It wasn't until 1872, though, that Colonel Meriwether Lewis Clark Jr. went to Europe and visited several jockey clubs and horse tracks. He came back to America and organized the Louisville Jockey Club to raise funds for a track just outside town. That was the start of Churchill Downs, named after John and Henry Churchill, Clark's relatives who donated the land.

The Derby became known as "The Run for the Roses" because the winner receives a garland of roses. This tradition supposedly started when New York socialite E. Berry Wall gave women roses at a post-Derby party in 1883. Clark saw this and got the idea to make the rose the official flower of the Derby. However, it was not until 1896 that the first garland was given to the winner.

The first official Kentucky Derby was held May 17, 1875. A colt named Aristides won under jockey Oliver Lewis. In 1973, the horse Secretariat was the first Derby winner to break the two-minute barrier, with a time of 1:59. Secretariat went on to win the Triple Crown, meaning he won the Kentucky Derby, the Preakness Stakes and the Belmont Stakes. Only 11 horses have won the Triple Crown; the first was Sir Barton in 1919 and the latest was Affirmed in 1978.

Fun traditions like donning large spring hats and sipping mint juleps are a big part of the Derby's appeal. This year, gather with friends in your spring finest to cheer on your favorite picks. Armed with a little history of "The Greatest Two Minutes in Sports," you're now ready to celebrate this year's Derby in style. Let the races begin!