

# livfun

Fairwinds - Ivey Ranch

MAY 2012 • ENJOY THE JOURNEY

## Enjoy the Journey: Come out and Play!



Rita on St. Paddy's Day

By Denise Sarram

It was another month of five star fun at Fairwinds - Ivey Ranch. The St. Patrick's Day Dinner Celebration was a big hit. We had Jean and Betty on piano and violin. Chef prepared a delicious traditional Irish supper. We had beer and shots of Irish Cream. You can tell by the smiling faces that a good time was had by all.

Eight brave contestants competed for the title of Supreme Bee in our Spelling Bee. After several difficult rounds, Jinny Stewart came out on top. Agnes McKee was our runner up. (See the picture of our General Manager, Jessica, with the brainy ladies.)

## The Price Is Right: Fairwinds Style

We had such a hoot with our version of the TV game show that has dazzled audiences for many, many years. Our resident contestants had the opportunity to win fabulous prizes by playing a variety of short games centered on knowledge of the prices of household products, in today's prices and even back to the 1950s. Most contestants left winners. (See picture)

Gentlemen, have you been out with the boys yet? Thomas and Keith host a monthly Boys Night Out for those of you that are of the male persuasion. In March they went to The Tilted Kilt, a restaurant in downtown San Diego that is not known as much for its food as for the pretty women who serve it. This month the boys head out again on May 13. All Fairwinds men are invited. Ask Thomas for more details.

## Celebration of Cinco de Mayo

I was surprised to hear that Cinco de Mayo (Spanish for "fifth of May"), is much more of a big deal here in the states than it is in Mexico. Contrary to widespread popular belief, Cinco de Mayo is not Mexico's Independence Day (the most important national patriotic holiday in Mexico, which is actually celebrated on September 16). In Mexico and particularly in the state of Puebla, the fifth of May is observed to commemorate the Mexican army's unlikely victory over French forces at the Battle of Puebla on May 5, 1862.

We are celebrating Cinco de Mayo this month with a Mexican-style dinner and a music/dance performance by the Gypsy Folk Ensemble. Our very own Chef Angel Santoyo grew up in Mexico City. I asked Chef to share his memories and thoughts of this holiday.



Boys Night Out with Thomas



Martha wins on the Price Is Right



Cinco de Mayo Celebration



Agnes, Jessica and the Supreme Bee, Jinny

(Continued on back)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Locations</b> 201E, VA/PT Activities Room, A Bistro, B Dining Room, D Library, L Living Room, LR Lobby, LOB Patio, P PrimeFit Room, PF Theater, T Wellness Center, WC</p> <p><b>Birthdays</b> Robin Sanchez, 3rd (Employee) Betty Biddle, 4th Edward Fiorella, 7th Louis Below, 10th Dorothy Sieracki, 17th</p>	<p>Stan Campbell, 17th Dick Miller, 18th Russell Hermann, 18th Richard Kuh, 24th Sylvia Winderbaum, 26th Martha Nicholas, 31st</p>	<p>9:00 Five-Star Fitness, A <b>10:00 Cultural Travels, T</b> 11:00 Computer Class, PF 1:00 Blood Pressure Check, L 1:00 Bowling Practice, T 1:30 Balance &amp; Mobility, A <b>3:00 Resident Meeting, T</b> 4:00 Activities Sign Up Session, B 7:00 Resident Bingo, A</p>	<p>9:30 Beach Walk 10:00 Putt &amp; Chip, LR 11:00 Honey Jewelry Sale, LOB 1:00 Bowling Practice, T 1:00 Bridge Game, A 1:00 Chair Yoga, PF 2:00 Physical Therapy Exercise, PF <b>3:00 Music of Your Life With Vicki, T</b> 7:00 Penny Poker, A 7:00 Modern Movie Night, T</p>	<p>10:15 Chair Tai Chi, PF 10:30 Watercolor Demo With Steve, LOB 11:00 Theresa's Treasures Sale, LOB 1:00 Arthritis Exercise Class, A 1:00 Blood Pressure Check, L <b>2:00 Happy Hour, D</b> 3:15 PrimeFit Orientation, PF 3:20 Team Trivia Fun, A 7:00 Resident Bingo, A</p>	<p>9:00 Five-Star Fitness, A <b>10:00 The Forum Outing</b> <b>1:00 Armchair Astronomy, T</b> 2:00 Discussion Group, L 7:00 Classic Movie Night, T</p>	<p><b>CINCO DE MAYO</b> CINCO DE MAYO DINNER PARTY, D <b>10:00 Card Making With Pam, A</b> 1:30 Resident Bingo, A <b>2:00 Gypsy Folk Ensemble, D</b> 3:00 Catholic Communion, T 7:00 Penny Poker, A</p>
<p>6 10:30 Worship Service, T 1:30 Scenic Drive With Keith 7:00 Movie &amp; Popcorn, T</p>	<p>7 8:00 Pin Busters Bowling Until 3 p.m., T 9:00 UCSD Study Measurement (2), A 1:00 Arthritis Exercise Class, A 7:00 Scripture Study, A</p>	<p>8 9:00 Five-Star Fitness, A <b>10:00 Hazards of Immobility Seminar, T</b> 11:30 Birthday Luncheon, D 1:00 Blood Pressure Check, L 1:00 Bowling Practice, T 1:30 Balance &amp; Mobility, A 2:00 Meet the Chef, L <b>2:45 Watercolor Painting, A</b> 7:00 Resident Bingo, A</p>	<p>9 9:30 Beach Walk 11:30 Golf Course/Picnic Outing 1:00 Chair Yoga, PF 1:00 Bridge Game, A 1:00 Bowling Practice, T 2:00 Physical Therapy Exercise, PF <b>3:00 Music of Your Life With Vicki, T</b> 7:00 Penny Poker, A 7:00 Modern Movie Night, T</p>	<p>10 <b>9:30 Laughter Is the Best Medicine Class, A</b> 10:00 Cookie Lee Jewelry Sales, LOB 10:15 Chair Tai Chi, PF 1:00 Arthritis Exercise Class, A 1:00 Blood Pressure Check, L <b>2:00 Happy Hour, D</b> 3:20 Brain Teasers, A 7:00 Resident Bingo, A</p>	<p>11 9:00 Five-Star Fitness, A <b>10:00 Historic Casa Romantica Outing</b> 1:00 Discussion Group, L 3:00 Fairwinds Open House, A 7:00 Classic Movie Night, T</p>	<p>12 <b>10:30 Zumba Fitness Class, A</b> 10:30 Timely Concepts Watch Sales, LOB 1:30 Resident Bingo, A 1:30 Knitter's Guild, LR 2:30 Game Time Fun, A 3:00 Catholic Communion, T 7:00 Penny Poker, A</p>
<p><b>MOTHER'S DAY</b> 13 10:30 Worship Service, T 1:30 Scenic Drive With Keith <b>2:00 Mother's Day Tea, A</b> 7:00 Movie &amp; Popcorn, T</p>	<p>14 8:00 Pin Busters Bowling Until 3 p.m., T 1:00 Arthritis Exercise Class, A <b>2:30 Jewelry Making w/Denise, A</b> 7:00 Scripture Study, A</p>	<p>15 9:00 Five-Star Fitness, A <b>10:00 Cultural Travels, T</b> 10:30 Podiatrist Visit by Appt., VA/PT 11:00 Computer Class, PF 1:00 Bowling Practice, T 1:00 Blood Pressure Check, L 1:30 Balance &amp; Mobility, A <b>3:00 Music Therapy With Kat, A</b> <b>3:30 Boys Night Out w/Thomas</b> 7:00 Resident Bingo, A</p>	<p>16 9:30 Beach Walk 10:00 Kitchen Tour With Chef, D <b>10:00 Ask the Professional, T</b> <b>11:30 Golf Course/Picnic Outing</b> 1:00 Bowling Practice, T 1:00 Bridge Game, A 1:00 Chair Yoga, PF 2:00 Physical Therapy Exercise, PF <b>3:00 Music of Your Life With Vicki, T</b> 7:00 Penny Poker, A 7:00 Modern Movie Night, T</p>	<p>17 10:15 Chair Tai Chi, PF 1:00 Arthritis Exercise Class, A 1:00 Blood Pressure Check, L <b>2:00 Happy Hour, D</b> 3:20 Team Trivia Fun, A 7:00 Resident Bingo, A</p>	<p>18 9:00 Five-Star Fitness, A <b>10:15 Flying Leatherneck Museum Outing</b> 1:00 Discussion Group, L <b>2:30 Crafty Princesses, A</b> 2:30 Ask the Therapist, VA/PT 4:00 Oneg Shabbat Jewish Service, LR 7:00 Classic Movie Night, T</p>	<p><b>ARMED FORCES DAY</b> 19 10:00 Book Reading w/Ann, L 1:30 Resident Bingo, A 2:30 Shut the Box Game, A 3:00 Catholic Communion, T 7:00 Penny Poker, A</p>
<p>20 10:30 Worship Service, T <b>1:00 Flower Arranging, A</b> 1:30 Scenic Drive With Keith <b>2:00 Flower Arranging for Meals On Wheels, A</b> 7:00 Movie &amp; Popcorn, T</p>	<p>21 8:00 Pin Busters Bowling Until 3 p.m., T 10:00 UCSD Study Group Meeting, A 1:00 Arthritis Exercise Class, A 7:00 Scripture Study, A</p>	<p>22 9:00 Five-Star Fitness, A 1:00 Blood Pressure Check, L 1:00 Bowling Practice, T 1:30 Balance &amp; Mobility, A 2:00 New Resident Meet &amp; Greet, D <b>2:45 Painting With Donna, A</b> 7:00 Resident Bingo, A</p>	<p>23 9:30 Beach Walk 10:00 Show &amp; Tell w/Paula, T 11:30 Golf Course/Picnic Outing 1:00 Bowling Practice, T 1:00 Bridge Game, A 1:00 Chair Yoga, PF 2:00 Physical Therapy Exercise, PF <b>3:00 Music of Your Life With Vicki, T</b> 7:00 Penny Poker, A 7:00 Modern Movie Night, T</p>	<p>24 10:15 Chair Tai Chi, PF 1:00 Arthritis Exercise Class, A 1:00 Blood Pressure Check, L <b>2:00 Happy Hour, D</b> 3:20 Brain Teasers, A 7:00 Resident Bingo, A</p>	<p>25 9:00 Five-Star Fitness, A 10:00 Play Reading Class, T <b>10:00 Pala Casino Outing</b> 1:00 Discussion Group, L <b>2:30 Music in the Bistro: Doug Haise on Piano, LOB</b> 7:00 Classic Movie Night, T</p>	<p>26 <b>10:30 Zumba Fitness Class, A</b> <b>11:30 Out to Lunch w/ Ann and Friends</b> 1:30 Resident Bingo, A 3:00 Catholic Communion, T 7:00 Penny Poker, A</p>
<p>27 10:30 Worship Service, T <b>1:00 Ceramic Painting, A</b> 1:30 Scenic Drive With Keith 1:30 Bunco Party, A <b>2:00 More Ceramic Painting, A</b> <b>2:30 Music in the Bistro: Tito on Guitar, LOB</b> 7:00 Movie &amp; Popcorn, T</p>	<p><b>MEMORIAL DAY</b> 28 <b>BBQ Dinner Party, D</b> 8:00 Pin Busters Bowling Until 3 p.m., T 1:00 Arthritis Exercise Class, A <b>2:30 Music With Jeff</b> 7:00 Scripture Study, A</p>	<p>29 9:00 Five-Star Fitness, A 11:00 Computer Class, PF 1:00 Blood Pressure Check, L 1:00 Bowling Practice, T 1:30 Balance &amp; Mobility, A 7:00 Resident Bingo, A</p>	<p>30 9:30 Beach Walk 1:00 Chair Yoga, PF 1:00 Bridge Game, A 1:00 Bowling Practice, T 2:00 Physical Therapy Exercise, PF <b>3:00 Music of Your Life With Vicki, T</b> 4:00 Dinner With the Marines 7:00 Penny Poker, L 7:00 Modern Movie Night, T 7:00 Hats Off to Life Photography Opening, LOB</p>	<p>31 10:15 Chair Tai Chi, PF 1:00 Arthritis Exercise Class, A 1:00 Blood Pressure Check, L <b>2:00 Happy Hour, D</b> 3:20 Team Trivia Fun, A 7:00 Resident Bingo, A</p>	<p><b>Anniversaries</b> Stan and Florence Campbell, 5/6/1944 • Joe and Georgette Picard, 5/10/1958 John and Mary Blankemeier, 5/14/1955</p> <p><b>Transportation</b> Mon., Tues., &amp; Thurs. Bus Departs 8:30 a.m., 10 a.m. and 12:30 p.m. Wednesday Bus Departs 9 a.m., 10:30 a.m. and 1 p.m. Friday No Scheduled Transportation – Town Car Available Saturday 9-10:30 a.m. and 1 p.m. Alternating Locations Every Weekend Sunday 8:10 a.m., 9:30 a.m. and 10 a.m. Sunday 1:30 p.m.</p> <p>Dr. Appointments Shopping TBA Shopping Church Shuttle Sunday Drive w/Keith</p>	

# Enjoy the Journey: Come out and Play! (Continued)

## My First Real Cinco de Mayo Celebration

By Angel Santoyo

The first year I moved to the USA from Mexico, we went to a Mexican restaurant for a Cinco de Mayo celebration. The restaurant was packed with all kinds of different people. Being a young man in an unfamiliar country, I felt a little out of place at first. After a while I became more comfortable. Some patrons at the table next to us started a discussion about El Dia de la Batalla de Puebla (The Day of the Battle of Puebla). Other people talked about Cinco de Mayo being a day to celebrate Mexican independence, which is untrue. Finally someone pointed out that this holiday is really about celebrating Mexican heritage and to commemorate the cause of freedom and democracy. Another person yelled from the back of the restaurant, "and a dang good day for Mexican food and beer." It is a good day, indeed. Join us on Saturday, May 5, in the Red Sky Dining Room for a traditional Mexican Dinner. (Arrive at your regular dinner time.)

## Memorial Day

Originally called Decoration Day, Memorial Day it is a day of remembrance for those who have died in our nation's service. Memorial Day was officially proclaimed on May 5, 1868, by General John Logan, national commander of the Grand Army of the Republic. The first state to officially recognize the holiday was New York in 1873. By 1890 it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war). It is now celebrated in almost every state on the last Monday in May (passed by Congress with the National Holiday Act of 1971). We will have a celebratory barbeque dinner in the Red Sky Dining Room with entertainment by Andee and Will. Join us!

## Mother's Day Tea

Join General Manager Jessica and our very own Ann Webster for our traditional Mother's Day Tea on Sunday, May 13, in the activities room. Wear your favorite hat suitable for afternoon tea and bring your best smile!

## Friday Excursions

If you haven't been taking advantage of the Friday Outings, you've been missing a great time. Southern California is filled with so many interesting, unique things to see and do. The tours I plan are all handicapped accessible, and there are always ample places to stop and rest along the way. Take a look at the picture of us all before we embarked on the San Diego Seal Tour. That bus is really a boat, and it coasted right into the bay! What a cool experience.

## Upcoming Trips

**Casa Romantica:** This beautiful Spanish Colonial Revival home is the estate of the founder of San Clemente. Perched on a spectacular bluff-top overlooking the historic San Clemente Pier, the magnificent Casa and award-winning lush gardens are a living demonstration of California history, culture and ecology – a showplace for the entire region. After our tour we will enjoy lunch at a restaurant near the estate on Friday, May 11.

**The Flying Leatherneck Museum:** The museum is comprised of an outdoor area displaying at least 25 vintage aircraft and an indoor display of memorabilia and artifacts dating to the earliest days of Marine Corps Aviation. Many of its items are one of a kind and range from fine art portraits to military clothing and weapons used during specific campaigns. There is moderate walking on this excursion, but there are places to rest and enjoy the scene on Friday, May 18.

## From the Marketing Department

Fairwinds - Ivey Ranch Open House: Friday, May 11, 2012, from 3-6 p.m.

Please invite friends and former neighbors to join us for a casual introduction into the lifestyle that they, too, could be enjoying as future residents. Our \$1500 referral fee will be yours when they move in and reside with us for a minimum of 60 days. Contact the Marketing Department for more details. Please RSVP to the Front Desk at 760-439-8090 by Monday, May 11, if you'd like to bring a friend or two.



Flying Leatherneck Museum



Casa Romantica



Enjoying the Seal Tour of San Diego Bay



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IVEY RANCH

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

4490 Mesa Drive  
Oceanside, CA 92056  
760.439.8090

