

livfun

Fairwinds - Redmond

MAY 2012 • ENJOY THE JOURNEY

PrimeFit: Resident Success Stories

Bob Borchers – Member since 2011

For me, the activities in the PrimeFit program are very important. I knew before I came to Fairwinds-Redmond that I had been neglecting to exercise as I should. I decided to do something about it, and I began going to the exercise classes Monday, Wednesday and Friday at 10:00 a.m. Even though these half-hour workouts were neither strenuous nor difficult, I quickly discovered how necessary and valuable they are for improving my strength and balance.

After stretching my muscles and flexing my joints, I always feel good, not all sweaty and sore. I believe there is something available in PrimeFit for practically every resident. It may be the classes, the gym or the pool. Of course, one must choose the best activity that fulfills one's needs, and get active.

I strongly endorse PrimeFit.

Janey Browning – Member since February 2006

I spend 5400 seconds in exercise classes almost every week. I appreciate Rachel having these classes available for me. If you spend seconds, minutes or hours with her, it is well worth your time. Believe me, you will feel better!

Mary Gamsu – Member since July 2010

I depend on the Monday, Wednesday and Friday fitness classes. My knee has improved, and I sleep better. I feel invigorated and stretched out!

Bob Ahlbeck – Member since August 2008

I began my health management and exercise experience at Fairwinds-Redmond in August 2008 when I joined Fairwinds' waiting list for a patio apartment selection. This gave me access to all Fairwinds activities. My prime interest was unlimited use of the gym and pool, free exercise, plus class training. The validity of this decision and four years continuation is best stated by my son Jay: "Dad I'm proud of you for joining and sticking to the Fairwinds PrimeFit exercise and education program because without it you would most probably not be here today."

My participation has been limited to the gym and special events programs because one could spend full time and not cover everything that is available. Discussion and counsel with Rachel Lu-Brown, the fitness instructor, provides personal direction and the best fit for personal program development.

The most enjoyable programs I have participated in are the three group exercise classes (Stretch & Relax, Strength Training and Combination Training). These classes have provided the opportunity for fitness education (understanding and listening to your body), and carryover daily detail, (attention to posture, walking and practice). Secondary, and most helpful, has been balance education and training. The annual PrimeFit Olympics (competition between local Leisure Care communities) is a fun and educational day and provides a chance to measure self-improvement against other adult exercise populations.

This is only a limited description of the total opportunity.

– Robert Ahlbeck



National Senior Health and Fitness Day

May 30 is National Senior Health and Fitness Day, and we are going to celebrate it with a full day of fun activities and events. Here's a glance at the schedule.

- 10 a.m. – Strength Training With Randee
- 10 a.m. – Brain Gym Demo
- 11 a.m. – Zumba Gold Demo
- 1 p.m. – Walking Relay Around the Building
- 2 p.m. – Health Seminar
- 3 p.m. – Dance Demo

Plus, a Health and Fitness Vendor Fair in the Bistro where you can pick up information to help you lead a healthy and fit lifestyle! Check out the Activity Sign-Up book for more details.



WEEKLY SCHEDULE

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
11:00 Fairwinds Christian Fellowship, T 3:00 Sunday Sing-Along With Pam, T	7:00 10-Cent Bingo, AR 7:00 Fairwinds Chorus Practice, LR	1:00 Art Class, AR 3:00 Mexican Train Dominoes, AR	10:00 PrimeFit: Strength Training, T 10:45 Catholic Communion, T 3:00 Bible Study, T	1:00 PrimeFit: Aqua Cardio Exercise, PL 3:00 Knitting for OSB, B 7:00 Scrabble, B	10:00 PrimeFit: Combination Training, T 11:00 PrimeFit: Bean Bag Baseball, AR 7:00 Play Pinochle!, AR	11:00 Scenic Drive 7:00 Canasta, AR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations</p> <p>Activity Room, AR Gym, Gym Private Dining Room, PDR Balcony, B Living Room, LR Red Sky Restaurant, R Bistro, BI Pool, PL Theater, T</p>		<p>CRUISIN' ALONG 1</p> <p>9:00 PrimeFit: Tag, You're It! Fitness Relay Begins, Gym 10:00 PrimeFit Breathing & Relaxation, T 11:00 Team Trivia, AR 1:00 PrimeFit: Aquatic Movement & Balance, PL 3:45 PrimeFit: New Member Orientation, Gym PF</p>	<p>2</p> <p>11:00 PrimeFit: Bean Bag Baseball, AR 1:00 Play the Hand Chimes, AR 3:00 Texas Hold 'Em Poker, AR 4:15 PrimeFit: Aqua+, PL 7:00 Sing-Along With Rich, LR PF</p>	<p>3</p> <p>9:45 Storytime at Rosa Parks Elementary 11:00 Blackjack, AR 12:30 "First Date" at the Fifth Ave (Tickets have already been purchased.) 1:00 F&B Resident Board Meeting, PDR 3:00 All Member Meeting, T</p>	<p>4</p> <p>CRUISIN' ALONG</p> <p>10:30 Pick Up Your Activity Passport, BI 3:00 All Member Birthday Party, AR</p>	<p>5</p> <p>CINCO DE MAYO</p> <p>9:30 Women's Wellness Breakfast, AR 10:00 Morning Stretch With Annie, T 11:00 Cinco de Mayo Celebration, R 1:00 World Affairs Discussion Group, T 2:30 Movie Matinee: "The Fighter," T 3:00 Wii Bowling!, AR</p>
6 2:00 Bridge, AR 6:30 Evening Movie: "The Shawshank Redemption," T	7 10:00 PrimeFit: Stretch & Relax, T 11:00 Seattle Underground Tour & Lunch 1:00 PrimeFit: Aqua Strengthening, PL PF	8 CRUISIN' ALONG 11:00 Show & Share: Favorite Travel/Vacation Photos, BI 1:00 PrimeFit: Aquatic Movement & Balance, PL 3:45 PrimeFit: New Member Orientation, Gym 6:45 A Capella Joy Sings!, AR PF	9 11:00 PrimeFit: Bean Bag Baseball, AR 3:00 Texas Hold 'Em Poker, AR 4:15 PrimeFit: Aqua+, PL 5:00 Supper Club PF	10 10:00 Coffee & Conversation, LR 10:00 PrimeFit: Games!, AR 11:00 Blackjack, AR 11:45 Red Hat Lunch Outing to Ming's Garden 12:30 "Damn Yankees" at the Fifth Ave (Tickets have already been purchased.) 2:00 Popcorn Social, BI	11 7:30 Cruise From Vancouver to Seattle Departs!, BI 1:30 Evergreen Health Care Seminar: Fighting Fatigue (RSVP Required), T	12 9:00 Men's Breakfast, AR 1:00 Emerald Downs Race Track 2:30 Classic Movie Matinee: "Love Me or Leave Me," T 3:00 Wii Bowling!, AR
13 MOTHER'S DAY 2:00 Mother's Day Chocolate Lover's Party, AR 6:30 Evening Movie: "I Don't Know How She Does It," T	14 10:00 Mondays With Jennifer: Play Chess, AR 10:00 PrimeFit: Stretch & Relax, T 10:30 Flower World & Lunch 1:00 PrimeFit: Aqua Strengthening, PL 3:00 Garden Club Meeting, T PF	15 CRUISIN' ALONG 10:00 PrimeFit Breathing & Relaxation, T 11:00 Team Trivia, AR 1:00 PrimeFit: Aquatic Movement & Balance, PL 3:45 PrimeFit: New Member Orientation, Gym 7:00 Lake Washington Singers Perform, LR PF	16 11:00 PrimeFit: Bean Bag Baseball, AR 1:00 Play the Hand Chimes, AR 3:00 Texas Hold 'Em Poker, AR 4:15 PrimeFit: Aqua+, PL 6:30 Live Piano by Luke Doubravsky, LR PF	17 10:00 PrimeFit: Games!, AR 11:45 Overlake School Service Day: Team Trivia & Lunch, AR 3:00 Mystery Bingo!, AR	18 3:00 Happy Hour, AR	19 ARMED FORCES DAY CRUISIN' ALONG 10:00 Morning Stretch With Annie, T 12:50 "The Producers" at IVT 2:00 Cocktail Hour, BI 3:00 Extraordinary Speaker Series: Unusual and Offbeat People, Places, Things and Events in Washington State, AR 6:30 Special Evening Movie Presentation: "The Bodyguard," T
20 2:00 Bridge, AR 6:00 Live Classical Music, LR 6:30 Evening Movie: "The Descendents," T	21 10:00 PrimeFit: Stretch & Relax, T 11:00 Seattle Arboretum Guided Shuttle Tour & Lunch 1:00 PrimeFit: Aqua Strengthening, PL 2:00 Mondays With Mindy: Crafts and Conversation, AR 2:00 Dementia Care Seminar, T PF	22 CRUISIN' ALONG 10:15 Traveling Library, BI 11:30 Show & Share: Favorite Life Memories, BI 1:00 PrimeFit: Aquatic Movement & Balance, PL 2:00 Hearing Aid Check, PDR 3:45 PrimeFit: New Member Orientation, Gym PF	23 BLOOD DRIVE, 9 A.M.-3 P.M. 11:00 PrimeFit: Bean Bag Baseball & Hot Dogs, AR 3:00 Texas Hold 'Em Poker, AR	24 10:00 PrimeFit: Games!, AR 11:00 Blackjack, AR 11:15 Seattle Chinese Garden Tour & Lunch	25 CRUISIN' ALONG 10:30 Member Advisory Meeting, PDR 2:00 Passport Party, AR 3:00 Happy Hour, AR	26 2:30 Classic Movie Matinee: "Sabrina," T 3:00 Wii Bowling!, AR
27 11:00 Memorial Day Family Celebration, R 2:00 Bridge, AR 6:30 Evening Movie: "Martha, Marcy, May, Marlene," T	28 MEMORIAL DAY NO PRIMEFIT PROGRAMS TODAY CRUISIN' ALONG 10:00 Memorial Day Celebration & Flag Dedication 10:45 Angel of the Winds Casino	29 NO PRIMEFIT PROGRAMS TODAY 2:00 Maintenance Forum, T	30 NATIONAL SENIOR HEALTH & FITNESS DAY CRUISIN' ALONG 10:00 Brain Gym Demo, AR 11:00 Zumba Gold Fitness Demo, AR 1:00 Walking Relay 2:00 Health Seminar, T 3:00 Dance Demo, AR 6:30 Live Piano With Irma Aghajanyan, LR	31 NO PRIMEFIT YOGA TODAY 11:00 Blackjack, AR	<p>Birthdays</p> <p>Loreen Tolford, 10th Kay Montgomery, 12th Fern Martin, 21st Frances Feavel, 23rd</p> <p>Gerry Zieke, 24th June Karfstedt, 29th Grace Hendricks, 29th Anna Cooper, 30th</p>	

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 just 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 what 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!

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 back-lit 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. 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!

Refreshing Summer Beverages

During warm months, it's important to stay hydrated. Water should be your go-to beverage. However, it's okay 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
- 5 green tea bags
- 12-ounce can peach nectar
- 1/2 cup fresh mint leaves
- 3 tablespoons sugar

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.



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