

livfun

Fairwinds - River's Edge

MAY 2012 • ENJOY THE JOURNEY

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!



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.

(Continued on back)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations 2nd Floor, 2FL 4th Floor Pool Table, 4FL Activities Room, AR Blanchette Room, BR Card Room (4th Floor), CR Edgewater's Lounge, EL Fitness Center, FC Grand Lobby, GL</p> <p>Library, LI Meriwether's, MW Meriwether's & Edgewater's Lounge, MW & EL Swimming Pool, SP The Villas, VI Theater, TH</p>	<p>Birthdays Lois Heublein, 3rd Janette Gamache, 4th Janet Townsend, 8th June Viviano, 12th Erla Oestereich, 15th Alline Greer, 17th Marilyn Barteau, 18th Loretta Arras, 19th Clem Ostoski, 21st Ken Mills, 23rd Irv Batchelder, 26th Lillian McCombs, 31st</p>	<p>9:00 DR. PORTER (FOOT DOCTOR), FC 1 10:30 TRADER JOE'S 11:00 Dr. Baker, Hearing Aid Repair, AR 1:00 Fairwinders Choir, GL 2:30 FAIRWINDS JACKPOT BINGO, MW 3:15 Yoga, FC 6:30 Bible Study, 2FL 7:00 Men's Poker, CR 7:00 Women's Poker, AR 7:15 Cardinals Fan Club, EL</p>	<p>2 Massage Therapy With Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:00 DINER'S CLUB: SYBERG'S RESTAURANT 1:00 Pinochle & Mah-Jongg, AR 3:00 Group Karaoke, EL 3:00 Prayer & Bible Study, TH 7:00 Resident Bingo, AR 7:15 Cardinals Fan Club, EL</p>	<p>3 8:30 Rejuvenate Walking Class w/Cindi, FC 9:30 Waist Watchers, FC 10:00 Fiber Arts Club & S.W.A.P. Volunteer Group, AR 11:30 Painting Class, AR 11:30 ST. LOUIS CARDINALS GAME 12:45 Cardinals Fan Club, EL 1:00 Family Feud, TH 2:00 Dance Class, AR 2:30 FOOD FORUM WITH CHEF ROD & JEANINE, MW 3:15 Yoga, FC 6:00 Sing-Along With Helen, GL 7:00 Men's Poker, CR 7:00 Rosary, TH</p>	<p>4 9:30 Aqua Fitness Class, SP 10:30 "Wheel of Fortune," TH 3:00 SILVER COIN HAPPY HOUR WITH RICHARD CULLEN, MW 4:00 Rummikub, AR 7:00 Friday Night Flick, TH 7:05 Cardinals Fan Club, EL 8:00 Latenighters' Social Club, GL</p>	<p>5 CINCO DE MAYO 9:30 Giant Crossword Puzzle, AR 12:00 OPEN BRIDGE, BR 1:15 BEAN BAG BASEBALL, EL 2:30 Wii Bowling, EL 3:00 Rummikub, AR 3:00 Matinee Movie, TH 6:05 Cardinals Fan Club, EL 7:00 Evening Movie, TH 7:00 Resident Bingo, AR</p>
<p>6 1:00 River's Edge Worship Service, AR 1:05 Cardinals Fan Club, EL 3:00 Matinee Movie, TH 6:00 Chatterbugs, GL 7:00 Movie, TH</p>	<p>7 Massage Therapy With Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 10:00 THE CLOTHES LINE, GL 2:00 Low-Impact Aerobics, FC 2:30 RESIDENT BIRTHDAY PARTY, MW 7:00 Resident Bingo, AR 8:40 Cardinals Fan Club, EL</p>	<p>8 10:30 LET'S MAKE ARTS & CRAFTS, AR 1:00 Fairwinders Choir, GL 2:30 FAIRWINDS JACKPOT BINGO, MW 3:15 Yoga, FC 6:30 Bible Study, 2FL 7:00 Men's Poker, CR 7:00 Women's Poker, AR 8:40 Cardinals Fan Club, EL</p>	<p>9 Massage Therapy With Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:30 FAST FOOD CLUB: IMO'S PIZZERIA 1:00 Pinochle & Mah-Jongg, AR 3:00 Group Karaoke, EL 3:00 Prayer & Bible Study, TH 7:00 Resident Bingo, AR 8:40 Cardinals Fan Club, EL</p>	<p>10 8:30 Rejuvenate Walking Class w/Cindi, FC 9:30 Waist Watchers, FC 10:00 Fiber Arts Club & S.W.A.P. Volunteer Group, AR 11:30 Painting Class, AR 11:30 RIVER'S EDGE LUNCHEON, MW 1:00 Family Feud, TH 2:00 Dance Class, AR 3:00 BUNCO, BR 3:15 Yoga, FC 6:00 Sing-Along With Helen, GL 7:00 Men's Poker, CR 7:00 Rosary, TH</p>	<p>11 9:30 Aqua Fitness Class, SP 10:30 "Wheel of Fortune," TH 3:00 SILVER COIN HAPPY HOUR WITH DAN HOERLE, MW 4:00 Rummikub, AR 7:00 Friday Night Flick, TH 7:15 Cardinals Fan Club, EL 8:00 Latenighters' Social Club, GL</p>	<p>12 9:30 Giant Crossword Puzzle, AR 12:00 OPEN BRIDGE, BR 1:15 BEAN BAG BASEBALL, EL 2:30 Wii Bowling, EL 3:00 Rummikub, AR 3:00 Matinee Movie, TH 6:15 Cardinals Fan Club, EL 7:00 Evening Movie, TH 7:00 Resident Bingo, AR</p>
<p>MOTHER'S DAY 1:00 River's Edge Worship Service, AR 1:15 Cardinals Fan Club, EL 2:00 TRIP TO THE DOLLAR STORE 3:00 Open Play, AR 3:00 Matinee Movie, TH 6:00 Chatterbugs, GL 7:00 Movie, TH</p>	<p>14 Massage Therapy With Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 10:30 AGING WELL: ARTHRITIS SEMINAR & SCREENING, AR 11:15 MID RIVERS MALL TRIP 2:00 Low-Impact Aerobics, FC 2:30 CHEF'S DEMO, MW 6:05 Cardinals Fan Club, EL 7:00 Resident Bingo, AR</p>	<p>15 10:00 WALKING CLUB FIELD TRIP 12:45 Cardinals Fan Club, EL 1:00 Fairwinders Choir, GL 2:30 FAIRWINDS JACKPOT BINGO, MW 3:15 Yoga, FC 6:30 Bible Study, 2FL 7:00 Men's Poker, CR 7:00 Women's Poker, AR</p>	<p>16 Massage Therapy With Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:00 GRANT'S FARM 1:00 Pinochle & Mah-Jongg, AR 3:00 Group Karaoke, EL 3:00 Prayer & Bible Study, TH 7:00 Resident Bingo, AR 9:15 Cardinals Fan Club, EL</p>	<p>17 8:30 Rejuvenate Walking Class w/Cindi, FC 9:30 Waist Watchers, FC 10:00 Fiber Arts Club & S.W.A.P. Volunteer Group, AR 10:30 Chat w/Jim, MW 11:30 Painting Class, AR 1:00 Family Feud, TH 2:00 Dance Class, AR 2:30 ICE CREAM SOCIAL, MW 2:45 Cardinals Fan Club, EL 3:15 Yoga, FC 6:00 Sing-Along With Helen, GL 7:00 Men's Poker, CR 7:00 Rosary, TH</p>	<p>18 9:30 Aqua Fitness Class, SP 10:30 "Wheel of Fortune," TH 3:00 MARKETING SILVER COIN HAPPY HOUR WITH SANDY UNGER, MW 4:00 Rummikub, AR 7:00 Friday Night Flick, TH 8:00 Latenighters' Social Club, GL 9:10 Cardinals Fan Club, EL</p>	<p>19 ARMED FORCES DAY 9:30 Giant Crossword Puzzle, AR 12:00 OPEN BRIDGE, BR 1:15 BEAN BAG BASEBALL, EL 2:30 Wii Bowling, EL 3:00 Rummikub, AR 3:00 Matinee Movie, TH 7:00 Evening Movie, TH 7:00 Resident Bingo, AR 9:10 Cardinals Fan Club, EL</p>
<p>20 1:00 River's Edge Worship Service, AR 2:00 ENTERTAINMENT: L & COMPANY, EL 3:00 Matinee Movie, TH 6:00 Chatterbugs, GL 7:00 Movie, TH 7:05 Cardinals Fan Club, EL</p>	<p>21 Massage Therapy With Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 10:30 ASK THE PROFESSIONALS, AR 2:00 Low-Impact Aerobics, FC 2:30 Frolicking Fun With Stacy, AR 7:00 Resident Bingo, AR 7:15 Cardinals Fan Club, EL</p>	<p>22 10:30 LET'S MAKE ARTS & CRAFTS, AR 1:00 Fairwinders Choir, GL 2:30 FAIRWINDS JACKPOT BINGO, MW 3:15 Yoga, FC 6:30 Bible Study, 2FL 7:00 Men's Poker, CR 7:00 Women's Poker, AR 7:15 Cardinals Fan Club, EL</p>	<p>23 Massage Therapy With Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 1:00 Pinochle & Mah-Jongg, AR 2:00 TED DREWES 3:00 Group Karaoke, EL 3:00 Prayer & Bible Study, TH 7:00 Resident Bingo, AR 7:15 Cardinals Fan Club, EL</p>	<p>24 8:30 Rejuvenate Walking Class w/Cindi, FC 9:30 Waist Watchers, FC 10:00 Fiber Arts Club & S.W.A.P. Volunteer Group, AR 11:30 Painting Class, AR 1:00 Family Feud, TH 2:00 Dance Class, AR 3:15 Yoga, FC 4:30 "ST. LOUIS FAVORITES" DINNER, MW 6:00 Sing-Along With Helen, GL 7:00 Men's Poker, CR 7:00 Rosary, TH 7:15 Cardinals Fan Club, EL</p>	<p>25 9:30 Aqua Fitness Class, SP 10:30 "Wheel of Fortune," TH 3:00 SILVER COIN HAPPY HOUR WITH ART & NANCY RUPRECHT, MW 4:00 Rummikub, AR 7:00 Friday Night Flick, TH 7:15 Cardinals Fan Club, EL 8:00 Latenighters' Social Club, GL</p>	<p>26 9:30 Giant Crossword Puzzle, AR 12:00 OPEN BRIDGE, BR 1:15 BEAN BAG BASEBALL, EL 2:30 Wii Bowling, EL 3:00 Rummikub, AR 3:00 Matinee Movie, TH 6:15 Cardinals Fan Club, EL 7:00 Evening Movie, TH 7:00 Resident Bingo, AR</p>
<p>27 1:00 River's Edge Worship Service, AR 1:15 Cardinals Fan Club, EL 3:00 Open Play, AR 3:00 Matinee Movie, TH 6:00 Chatterbugs, GL 7:00 Movie, TH</p>	<p>MEMORIAL DAY 28 Massage Therapy With Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:15 MID RIVERS MALL TRIP 12:10 Cardinals Fan Club, EL 2:00 Low-Impact Aerobics, FC 2:30 CHEF'S DEMO, MW 7:00 Resident Bingo, AR</p>	<p>29 6:10 Cardinals Fan Club, EL 1:00 Fairwinders Choir, GL 2:30 FAIRWINDS JACKPOT BINGO, MW 3:15 Yoga, FC 3:45 RIVER'S EDGE BOOK CLUB MEETING, AR 4:30 AMERICAN LEGION SPAGHETTI DINNER 6:30 Bible Study, 2FL 7:00 Men's Poker, CR 7:00 Women's Poker, AR</p>	<p>30 Massage Therapy With Erica (By Appointment), 2FL 9:00 Water Walking, SP 9:30 Aqua Fitness Class, SP 11:00 RED HAT SOCIETY: BARTOLINO'S 1:00 Pinochle & Mah-Jongg, AR 3:00 Prayer & Bible Study, TH 3:00 Group Karaoke, EL 3:30 ACTIVITIES MEETING W/SALLY, AR 6:10 Cardinals Fan Club, EL 7:00 Resident Bingo, AR</p>	<p>31 8:30 Rejuvenate Walking Class w/Cindi, FC 9:30 Waist Watchers, FC 10:00 Fiber Arts Club & S.W.A.P. Volunteer Group, AR 11:30 Painting Class, AR 1:00 Family Feud, TH 2:00 Dance Class, AR 3:15 Yoga, FC 6:00 Sing-Along With Helen, GL 7:00 Men's Poker, CR 7:00 Rosary, TH</p>	<p>Anniversaries Charles & Mona Jones, 5/19/1976 Eugene & Wilma DiNatale, 5/20/2000 William & Doris Jean Bell, 5/30/1946 Bob & Georgia O'Donnell, 5/30/1956</p> <p>Transportation Monday: 9:30 a.m., Schnucks, Shop 'n' Save, Aldi and Super Walmart; Starting at noon, St. Charles County Doctor Appointments Tuesday: Starting at 9 a.m., St. Louis County Doctor Appointments Wednesday: 9:30 a.m., Local Banks Thursday: Starting at 9 a.m., St. Charles County Doctor Appointments Friday: 9:30 a.m., Local Banks; 10 a.m., Casino; 10:30 a.m., Library; 12:30 p.m., Dierbergs and Target Saturday: 10:30 a.m., Walgreens Sunday: 8:45 a.m., Harvester Christian Church; 9:15 a.m., St. Peters Catholic Church; 9:30 a.m., First United Methodist Church; 10:15 a.m., Hope Lutheran Church; 10:15 a.m., Immanuel Lutheran Church; 11:15 a.m., St. Roberts Catholic Church</p>	

Joke Corner

Once there was a family of skunks who lived in a hollow tree. There were two baby skunks. Their names were In and Out. Now whenever In went out, Out came in, and whenever Out went out, In came in. If In happened to be in and wanted to go out, he would not go out until Out came in. And if Out happened to be in, and wanted to go out, he would not go out until In came in.

One day a big storm blew up, and the mother and father skunks were worried about their children. So they quickly looked around to see whether In was in and Out was out or if Out was in and In was out. Out happened to be in right then. The mother skunk said to Out, "Out, go out and bring In in, please. I'm worried about him."

Out said, "Sure thing, Mama." So Out went out, and for the very first time Out and In were out at the same time. Just a minute or two later Out came back in, and In came in behind him. For the first time in a long time In and Out were in at the same time.

The mother skunk was amazed. "Out, how did you find your brother so quickly?" she asked.

"Oh, Mama, it was easy," Out said. "In stinked!"



Sleep Tight! (Continued)

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. 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 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



FAIRWINDS
RIVER'S EDGE

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

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