

# livfun

Fairwinds - Spokane

MAY 2012 • ENJOY THE JOURNEY

## Enjoy the Journey: Oh, the Places We'll Go!



Hannah, Carol and Eleanor celebrating St. Patrick's Day by enjoying the Northwest Highland Dancers.

You know what they say, April showers bring May flowers and boy, did we get quite a bit of rain last month. Hopefully, those flowers will be popping up soon! May not only brings flowers, but it always brings a day to celebrate that special lady, mom, and at Fairwinds-Spokane, we will do just that with the annual Mother's Day Tea on May 4 at 2 p.m. in the Red Sky Restaurant. Make sure to make your reservations in advance as space is limited! After the Tea, enjoy a variety of vendor booths at the Women's Fair in the Lobby at 2:45 p.m. Celebrating with our friends and family is always a good way to kick off the month.



In April, we were busy "Branching Out and Discovering the Roots of Nature!" We hit the pavement walking, preparing for Bloomsday and the Susan G. Komen Race for a Cure. Each week, we challenged ourselves with some fun garden games like ladder ball and bean bag toss. We tested our outdoor navigational skills with Geocaching and celebrated Earth Day by planting a new tree with our time capsule. We definitely felt near nature here at Fairwinds-Spokane! We did a great job last month with getting outside and taking part in these fun springtime activities, and we want to keep that momentum going in May as we "Enjoy the Journey: Oh, the Places We'll Go!"

We will kick off the month with an Amazing Race Party! This reality TV show has been a very successful competition for the past 11 years, and we wanted to make it a reality at Fairwinds-Spokane. Don't worry, you don't have to hop from plane to train to horseback for our version of the challenge. You will need a partner, and all teams will be challenging themselves to exercise more and try out new activities. Don't miss the Kick-Off Party for more information.

The Amazing Race is just the beginning of the fun activities set up for the month of May. Be sure to try out all of the great activities we have planned for you. Don't miss the breakfast outing with Linda this month to Skyway Cafe. Where else can you enjoy a tasty breakfast with a front row view of the runway? In the month of April, we started the Service Club and did our part to help out the community by picking up litter at a local park. We are excited to see what other ways we will be able to serve our Spokane Community this year.

*(Continued on back)*

At right: Gail and Rodger admiring the beautiful view from the Silver Mountain gondola ride. This was just one of our many stops as part of our overnight trip to northern Idaho.



Ervin, Barb and Barb's daughter Judy enjoying the scenic gondola ride up Silver Mountain.



Marjorie, Rodger, Alan and Barbara having a blast on the overnight trip to northern Idaho!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Locations</b></p> <p>Activity Room, A Billiards Room, BR Bistro, B Courtyard, C Eastside Lawn, EL Fireside Room, F Front Circle, FC Internet Room, I Lobby, L</p> <p>Mezzanine, M Out of Community, O Patio, P PrimeFit Gym, G Private Dining Room, PD Red Sky Restaurant, R Theater, T Wellness Center, W</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Activities Hotline: #465-0132 Toppers Salon: #466-1070</p> </div>		<p>9:30 Yoga &amp; Stretching, A 1</p> <p>11:00 Garden Club Meeting, B</p> <p>11:00 PrimeFit Walking Club, G</p> <p>12:00 Book and Salad Club, A</p> <p>1:30 Monthly Resident Meeting, A</p> <p><b>2:15 Amazing Race Kick-Off Party, L</b></p> <p>3:15 Wii Bowling Practice, T</p> <p>6:00 Bridge, BR</p> <p>6:30 Live Piano Music, M <b>PF</b></p>	<p>9:30 Sittercise, A 2</p> <p>10:00 Strength Training, A</p> <p>10:00 Bible Study, BR</p> <p>10:30 Out &amp; About: Tour Date, O</p> <p>10:30 Armchair Travel, T</p> <p>1:00 Mexican Train Dominoes, M</p> <p>2:30 Ladder Ball, A</p> <p>3:00 Wii Bowling Orientation, T</p> <p>6:30 Family Bingo Night, A <b>PF</b></p>	<p>8:30 Water Aerobics at Whitworth, O 3</p> <p>10:00 Tai Chi Class, A</p> <p>10:00 Wii Family Feud, T</p> <p>11:00 PrimeFit Walking Club, G</p> <p>11:00 Poetry and Writing Club, M</p> <p>1:00 Bridge, BR</p> <p>1:00 Bean Bag Baseball, A</p> <p>1:45 Spokane County Mobile Library, B</p> <p>2:30 Wine Social, M</p> <p>3:15 Wii Bowling Practice, T</p> <p>6:30 Pinochle Pickup Games, M <b>PF</b></p>	<p>9:00 Catholic Rosary, BR 4</p> <p>9:30 Sittercise, A</p> <p>10:00 Strength Training, A</p> <p>11:00 Book Exchange, L</p> <p><b>2:00 Mother's Day Tea, R</b></p> <p>2:45 Penny Game, A</p> <p><b>2:45 Women's Fair, L</b></p> <p>6:00 Poker Party, BR</p> <p>6:30 Stud Club: Men's Movie Night, T <b>PF</b></p>	<p><b>CINCO DE MAYO</b> 5</p> <p>9:30 Sittercise Video, A</p> <p>10:00 Cinnamon Roll Social, B</p> <p>10:30 Wii Bowling Practice, T</p> <p>11:00 PrimeFit Walking Club, G</p> <p>1:00 Rummikub, M</p> <p>1:00 Cinco de Mayo Social, M</p> <p>2:30 Banga, M</p> <p>3:15 Left, Right, Center, M</p> <p>7:00 Saturday Night Live Entertainment, M</p>
<p>9:00 Hymn Singing, T 6</p> <p>9:30 Sit and Be Fit, T</p> <p>10:30 Wii Wheel of Fortune, T</p> <p><b>12:30 Scenic Drive Outing &amp; Auto Bingo, O</b></p> <p>1:00 Cribbage, BR</p> <p>2:00 Popcorn Social, L</p> <p>2:30 Musical Bingo, T</p> <p>3:15 Christian Church Service, A</p> <p>6:30 Pinochle, M</p>	<p><b>8:00 The Breakfast Club With Linda: Skyway Cafe, O</b> 7</p> <p>9:30 Sittercise, A</p> <p>10:00 Strength Training, A</p> <p>10:30 Rummikub, A</p> <p>11:00 Monday Matinee: "The Carol Burnett Show," T</p> <p>11:00 Massage Therapy With Christine, W</p> <p>1:00 Wii Bowling Practice, T</p> <p>2:00 Bunco, A</p> <p><b>3:30 Happy Hour With Holli: Side-Car Cocktail, B</b></p> <p>6:30 Yahtzee, B <b>PF</b></p>	<p>9:30 Yoga &amp; Stretching, A 8</p> <p>10:30 Mind Aerobics, T</p> <p>11:00 PrimeFit Walking Club, G</p> <p>12:00 Book and Salad Club, A</p> <p>1:30 Craft Club, T</p> <p>3:15 Wii Bowling Practice, T</p> <p>6:00 Bridge, BR</p> <p>6:30 Live Piano Music, M <b>PF</b></p>	<p>9:30 Sittercise, A 9</p> <p>10:00 Strength Training, A</p> <p>10:00 Catholic Mass, BR</p> <p>10:30 Out &amp; About: Connoisseurs' Club, O</p> <p>10:30 Armchair Travel, T</p> <p>1:00 Mexican Train Dominoes, M</p> <p>3:00 Wii Bowling Orientation, T</p> <p>6:30 Super Bunco Party, A <b>PF</b></p>	<p>Pedicures With Rose, W 10</p> <p>8:30 Water Aerobics at Whitworth, O</p> <p>10:00 Wii Family Feud, T</p> <p>11:00 PrimeFit Walking Club, G</p> <p>1:00 Bridge, BR</p> <p>1:00 Bean Bag Baseball, A</p> <p>2:30 Wine Social, M</p> <p>2:30 Historical Tidbits With Carol, M</p> <p>3:15 Wii Bowling Practice, T</p> <p>6:30 Pinochle Pickup Games, M <b>PF</b></p>	<p>9:00 Catholic Rosary, BR 11</p> <p><b>9:00 Pendleton/Balloon Stampede Trip, O</b></p> <p>9:30 Sittercise, A</p> <p>10:00 Strength Training, A</p> <p>10:30 Fairwinds Men's Military Coffee Club, F</p> <p>11:00 Wii Bowling Practice, T</p> <p>11:00 Book Exchange, L</p> <p>1:00 Fun and Food With Bret, A</p> <p>2:00 Bingo, A</p> <p>2:45 Penny Game, A</p> <p>6:00 Poker Party, BR <b>PF</b></p>	<p>9:30 Sittercise Video, A 12</p> <p>10:00 Cinnamon Roll Social, B</p> <p>10:30 Wii Bowling Practice, T</p> <p>11:00 PrimeFit Walking Club, G</p> <p>11:30 Northern Quest Casino Outing, O</p> <p><b>1:00 Travel Jeopardy, T</b></p> <p>1:00 Rummikub, M</p> <p>2:30 Banga, M</p> <p>3:15 Left, Right, Center, M</p> <p>7:00 Saturday Night Live Entertainment, M</p>
<p><b>MOTHER'S DAY</b> 13</p> <p>9:00 Hymn Singing, T</p> <p>9:30 Sit and Be Fit, T</p> <p>10:30 Wii Wheel of Fortune, T</p> <p><b>12:30 Scenic Drive Outing &amp; Auto Bingo, O</b></p> <p>1:00 Cribbage, BR</p> <p><b>2:00 Ice Cream Social: Rocky Road, B</b></p> <p>2:30 Bananagrams, M</p> <p>3:15 Christian Church Service, A</p> <p>6:30 Pinochle, M</p>	<p>9:30 Sittercise, A 14</p> <p>10:00 Strength Training, A</p> <p>10:30 Rummikub, A</p> <p>11:00 Massage Therapy With Christine, W</p> <p>11:00 Monday Matinee: "The Carol Burnett Show," T</p> <p>1:00 Wii Bowling Practice, T</p> <p>2:00 Bunco, A</p> <p>6:30 Yahtzee, B</p> <p><b>6:30 Travel Club: Yellowstone National Park, T</b> <b>PF</b></p>	<p>9:30 Yoga &amp; Stretching, A 15</p> <p>11:00 PrimeFit Walking Club, G</p> <p>12:00 Book and Salad Club, A</p> <p>2:00 Light &amp; Life Service, A</p> <p>2:30 Entertainment With Project Joy, M</p> <p>3:15 Wii Bowling Practice, T</p> <p>6:00 Bridge, BR</p> <p>6:30 Live Piano Music, M <b>PF</b></p>	<p>9:30 Sittercise With Holli, A 16</p> <p>10:00 Strength Training, A</p> <p>10:00 Bible Study, BR</p> <p>10:30 Out &amp; About: Fairwinds Cares With Christa, O</p> <p>10:30 Armchair Travel, T</p> <p>1:00 Mexican Train Dominoes, M</p> <p>2:30 Ladder Ball, A</p> <p>3:00 Wii Bowling Orientation, T</p> <p>6:30 Charity Bingo Night, A <b>PF</b></p>	<p>8:30 Water Aerobics at Whitworth, O 17</p> <p>10:00 Hearing Clinic, W</p> <p>10:00 Tai Chi Class, A</p> <p>10:00 Wii Family Feud, T</p> <p>11:00 PrimeFit Walking Club, G</p> <p>11:00 Poetry and Writing Club, M</p> <p>1:00 Bridge, BR</p> <p>1:00 Bean Bag Baseball, A</p> <p>2:30 Wine Social, M</p> <p>3:15 Wii Bowling Practice, T</p> <p>6:30 Pinochle Pickup Games, M</p> <p>6:30 Evening Entertainment With Kathy Sullivan, M <b>PF</b></p>	<p>9:00 Catholic Rosary, BR 18</p> <p>9:30 Sittercise, A</p> <p>10:00 Strength Training, A</p> <p>11:00 Book Exchange, L</p> <p>11:00 Wii Bowling Practice, T</p> <p>2:00 Bingo, A</p> <p>2:45 Penny Game, A</p> <p>6:00 Poker Party, BR</p> <p><b>7:00 Family Movie Night: Cars, T</b> <b>PF</b></p>	<p><b>ARMED FORCES DAY</b> 19</p> <p>9:30 Sittercise Video, A</p> <p>10:00 Cinnamon Roll Social, B</p> <p>10:30 Wii Bowling Practice, T</p> <p>11:00 PrimeFit Walking Club, G</p> <p>12:00 Card Making With Kathy, BR</p> <p>1:00 Rummikub, M</p> <p>2:30 Banga, M</p> <p>3:15 Left, Right, Center, M</p> <p>7:00 Saturday Night Live Entertainment, M</p>
<p>9:00 Hymn Singing, T 20</p> <p>9:30 Sit and Be Fit, T</p> <p>10:00 Reminisce With Vickie, F</p> <p>10:30 Wii Wheel of Fortune, T</p> <p><b>12:30 Scenic Drive Outing &amp; Auto Bingo, O</b></p> <p>1:00 Cribbage, BR</p> <p>2:00 Popcorn Social, L</p> <p>2:30 Musical Bingo, T</p> <p>3:15 Christian Church Service, A</p> <p>6:30 Pinochle, M</p>	<p>9:30 Sittercise, A 21</p> <p>10:00 Strength Training, A</p> <p>10:30 Rummikub, A</p> <p>11:00 Massage Therapy With Christine, W</p> <p>11:00 Monday Matinee: "The Carol Burnett Show," T</p> <p>12:00 Stud Club: Men's Luncheon With Jason, A</p> <p>1:00 Wii Bowling Practice, T</p> <p>2:00 Bunco, A</p> <p>6:30 Yahtzee, B <b>PF</b></p>	<p>9:30 Yoga &amp; Stretching, A 22</p> <p>10:30 Mind Aerobics, T</p> <p>11:00 PrimeFit Walking Club, G</p> <p>12:00 Book and Salad Club, A</p> <p>1:30 Craft Club, T</p> <p>2:00 Computer Q&amp;A, I</p> <p>3:15 Wii Bowling Practice, T</p> <p>6:00 Bridge, BR</p> <p>6:30 Live Piano Music, M <b>PF</b></p>	<p>9:30 Sittercise, A 23</p> <p>10:00 Strength Training, A</p> <p>10:30 Out &amp; About: Chewelah Casino, O</p> <p>10:30 Armchair Travel, T</p> <p>1:00 Diabetes Support Group, T</p> <p>1:00 Mexican Train Dominoes, M</p> <p>2:00 Popcorn Social, L</p> <p>3:00 Wii Bowling Orientation, T</p> <p><b>5:00 Dinner Theater: "The Way," T</b> <b>PF</b></p> <p>6:30 Heritage Makers, A</p>	<p>8:30 Water Aerobics at Whitworth, O 24</p> <p>10:00 Wii Family Feud, T</p> <p>11:00 PrimeFit Walking Club, G</p> <p>1:00 Bean Bag Baseball, A</p> <p>1:00 Bridge, BR</p> <p>2:30 Trivia With Barb, M</p> <p>2:30 Wine Social, M</p> <p>3:15 Wii Bowling Practice, T</p> <p>4:00 Resident Birthday Dinner, R</p> <p>6:30 Pinochle Pickup Games, M <b>PF</b></p>	<p>9:00 Catholic Rosary, BR 25</p> <p>9:30 Sittercise, A</p> <p>10:00 Strength Training, A</p> <p>11:00 Book Exchange, L</p> <p>11:00 Wii Bowling Practice, T</p> <p>12:00 Pizza Party, A</p> <p>2:00 Bingo, A</p> <p>2:45 Penny Game, A</p> <p>6:00 Poker Party, BR <b>PF</b></p>	<p>9:30 Sittercise Video, A 26</p> <p>10:00 Cinnamon Roll Social, B</p> <p>10:30 Wii Bowling Practice, T</p> <p>11:00 PrimeFit Walking Club, G</p> <p>1:00 Rummikub, M</p> <p><b>1:00 Auto Jeopardy, T</b></p> <p>2:30 Banga, M</p> <p>3:15 Left, Right, Center, M</p> <p>7:00 Saturday Night Live Entertainment, M</p>
<p>9:00 Hymn Singing, T 27</p> <p>9:30 Sit and Be Fit, T</p> <p>10:30 Wii Wheel of Fortune, T</p> <p><b>12:30 Scenic Drive Outing &amp; Auto Bingo, O</b></p> <p>1:00 Cribbage, BR</p> <p><b>2:00 Ice Cream Social: Neapolitan, B</b></p> <p>2:30 Bananagrams, M</p> <p>3:15 Christian Church Service, A</p> <p>6:30 Pinochle, M</p>	<p><b>MEMORIAL DAY</b> 28</p> <p>9:30 Sittercise, A</p> <p>10:00 Strength Training, A</p> <p>10:30 Rummikub, A</p> <p>11:00 Massage Therapy With Christine, W</p> <p>11:00 Monday Matinee: "The Carol Burnett Show," T</p> <p>1:00 Wii Bowling Practice, T</p> <p>2:00 Bunco, A</p> <p>6:30 Yahtzee, B <b>PF</b></p>	<p>9:30 Yoga &amp; Stretching, A 29</p> <p>11:00 PrimeFit Walking Club, G</p> <p>12:00 Book and Salad Club, A</p> <p>1:30 Resident Update: Concierge Services, A</p> <p>3:00 Happy Hour: Twigs, O</p> <p>3:15 Wii Bowling Practice, T</p> <p>6:00 Bridge, BR</p> <p>6:30 Live Piano Music, M <b>PF</b></p>	<p>9:30 Sittercise, A 30</p> <p>10:00 Strength Training, A</p> <p>10:30 Movie Matinee: "The Descendants," T</p> <p>1:00 Mexican Train Dominoes, M</p> <p>1:00 Diabetes Support Group, T</p> <p>2:30 Ladder Ball, A</p> <p>3:00 Wii Bowling Orientation, T</p> <p>5:00 Evening Out &amp; About, O <b>PF</b></p>	<p>8:30 Water Aerobics at Whitworth, O 31</p> <p>10:00 Wii Family Feud, T</p> <p>11:00 PrimeFit Walking Club, G</p> <p>1:00 Bean Bag Baseball, A</p> <p>1:00 Bridge, BR</p> <p><b>2:30 Toilet Race Fundraiser, FC</b></p> <p>3:15 Wii Bowling Practice, T</p> <p>6:30 Pinochle Pickup Games, M <b>PF</b></p>	<p><b>Birthdays</b></p> <p>Corky Houchin, 1st Maxine Retter, 3rd Barbara Mead, 7th Edna Nickell, 8th Liz Brown, 15th Barbara Newman, 16th Betty Thomas, 16th</p> <p>Jamie Bravato, 17th (Employee) Rose Mary Dial, 21st Jason Korb, 26th (Employee) Jason Jackson, 27th (Employee) Bryan Lee, 29th (Employee) Heather Abel, 31st (Employee)</p>	

# Enjoy the Journey: Oh, the Places We'll Go! (Continued)

For the month of May, we thought it would be fitting to create a Travel Club. This Club will be headed up by photojournalist Kathy Cunningham. Join Kathy in May as she "takes" us to Yellowstone National Park. In April, we were able to enjoy our Sunday scenic drives once again, and with this month being a travel-themed month, we thought this would be a great opportunity

to enjoy Auto Bingo on the Scenic Drive. Keep your eyes peeled for things like fire hydrants, police officers, and train tracks for a chance to win. All you have to do is sign-up for the Scenic Drive and, when you board the bus, get ready to enjoy this exciting new game.

Fairwinds-Spokane has a great theater, and we thought this would be a great month to get some more use out of it so invite your grandkids for a movie night filled with popcorn, licorice, a prize for each kid, and the movie "Cars." This movie is quickly becoming a family favorite and is a suitable movie for people of all ages!

There are so many ways to travel – foot, car, bus, plane, boat, bike and toilet. You may be thinking, does that say "toilet"? No, it's not a mistake – we meant toilet. These porcelain ponies can be purchased with wheels and a motor these days. Pretend you are at the Kentucky Derby, bet on your favorite racer and motorized toilet in this laugh-out-loud event on Thursday, May 31. All proceeds will be donated to the Spokane Special Olympics team which is in need of new uniforms before they travel to the Summer Special Olympics.

You can see that there are plenty of ways for you to "Enjoy the Journey" at Fairwinds-Spokane in the month of May, but what about the "Places We'll Go?" Think about your favorite way to travel. If it is by car, then join us for an outing to Silver Car Collectors Auction. The showroom at this place is phenomenal. Classic cars, pedal cars, boats, tents, pinball machines, motorcycles and jukeboxes are just a few of the prized automobiles and memorabilia you will see.

If you like to travel by train, then join us for an outing to the Inland Northwest Rail Museum at the Spokane County Fairgrounds. If travel by water is of interest, then join us for a Gondola Ride above the Spokane Falls. At the end of May, the Falls are always rushing and are such a beautiful sight to see.

Maybe you have always liked the idea of taking a hot air balloon ride, then join us for May's Travel by Leisure Care Trip to Pendleton, Ore., and the Walla Walla Balloon Stampede – the Pacific Northwest's largest balloon festival. Dozens of balloons launch daily. Join us for the ride of a lifetime this month!



Amanda, Anna, Melissa, Debbie and Terri all dressed up for our Woodstock celebration!



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## Staff

### General Manager

Holli Korb

### Guest Services Manager

Jamie Bravato

### Sales Advisor

Vickie Cullen

### Sales Advisor

Christa Thaxton

### Sales and Move-in Coordinator

Kathy Olewiler

### Chef

Bret Norton

### Health and Wellness Director

Barbara Borkowitz

### Bookkeeper

Linda Racicot

### Activities Coordinator

Melissa Mangano

### PrimeFit Instructor

Jeff Thaxton

### Concierge

David Cannon

### Receptionist

Carol Luster

### Plant Operations Supervisor

Jason Korb



The Easter Bunny and Frank having a great time at the Easter egg hunt and Easter brunch.



Velma enjoying her time with the Easter Bunny!



All the kids and the Easter Bunny at the Fairwinds' annual Easter egg hunt!