

# livfun

MacKenzie Place

MAY 2012 • ENJOY THE JOURNEY

## 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!

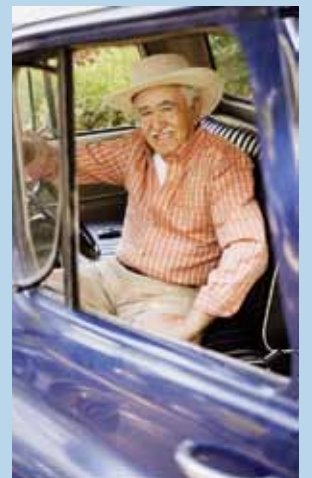


## Big Events Coming up at MacKenzie Place – Mark Your Calendars!

### Classic Car Show

May 12 from  
11 a.m. to  
3: p.m.

Cars will be  
displayed in  
MacKenzie  
Place's main  
parking lot  
and across  
the street at  
The Lodge.



Enjoy great food and live music  
from the Caravan Family Band. All  
proceeds go to The Alzheimer's  
Association!

### Armed Forces Day

May 19 from 11 a.m. to 2 p.m.

Enjoy great food and live music  
from the Colorado Swing Band!  
These are great events for the  
entire family!

# WEEKLY SCHEDULE

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
9:30 Vineyard Video Church Program, TH 10:30 Sunday Family Brunch, MR 10:30 Live Church Services With Timberline, TH 1:00 Trivial Pursuit, LR 2:00 Rummikub, OG 3:00 Video Lecture Series, TH 6:30 Movie Night, TH	9:15 Strengthen and Move, BR 10:15 Aqua Fitness, PF 1:00 Canasta, PB 3:00 Current Events and Group Discussions, PB 4:30 Texas Hold 'Em Poker, OG 6:30 Movie Night, TH	9:15 Fusion Fit and Balance, BR 10:00 Tai Chi With Rich, PF 1:00 Arthritis Exercises, PF 3:00 Ladies' Afternoon Tea, PDR 3:00 Men's Coffee, OG 6:30 Movie Night, TH	9:15 Strengthen & Move, BR 10:15 Aqua Fitness, PF 3:00 Sculpting Workshop With Soft Clay, PB 6:30 Movie Night, TH	9:15 Fusion Fit & Balance, BR 10:30 Book Club, PB 1:00 Arthritis Exercises, PF 1:00 Mall Outing and Mall Walking, FD 3:00 Canasta, OG 5:00 Buffet, MR 6:30 Movie Night, TH	9:15 Strengthen and Move, BR 10:15 Aqua Fitness, PF 10:30 Knitting and Crocheting Circle, PB 1:30 Painting With Stacy, AK 1:30 Mah-Jongg, OG 4:30 Friday Night Live Music, OG 6:30 Movie Night, TH	10:00 Tai Chi With Rich, PF 2:00 \$Bingo\$, OG 3:00 Lecture Series, TH 3:15 Yahtzee, OG 6:30 Movie Night, TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Locations</b> Activity Kitchen, AK Activity Room, AR Ballroom, BR Chapel, CH Computer Room, CR Den, Den Eternal Salon, ES Front Desk, FD Living Room, LR Mason's Restaurant, MR Mezzanine, MZ Old Grout Pub, OG Old Grout Pub & Pioneer Bistro, OGP Pioneer Bistro, PB Pioneer Room, PR Pool Patio, PP PrimeFit, PF Private Dining Room, PDR The Lodge, L Theater, TH Wellness Center (3rd fl), WC						
6	7	8	9	10	11	12
		10:30 Short Stories and Discussions, PB 1:00 Contract Party Bridge, PB	10:00 Excursion: Wings of the Rockies Air and Space Museum, FD 11:15 Cooking Club, AK 2:30 Ice Cream Social, PB		9:30 Golf Outing, Tee Time 10 a.m., FD 12:00 PEO Group (Members Only Please), MR	CINCO DE MAYO 11:15 Walking Club, FD
13	14	15	16	17	18	19
MOTHER'S DAY 10:30 Mother's Day Brunch, Please Make Reservations, MR	1:00 Bunco Party!, PB	10:30 Short Stories and Discussions, PB 1:00 Contract Party Bridge, PB	10:00 Excursion: Colorado Railroad Museum in Golden, FD 11:15 Cooking Club, AK 2:30 Ice Cream Social, PB 4:00 Social Hour, LR		9:30 Golf Outing, Tee Time 10 a.m., FD 2:00 Library Stop Drop Off/Pick Up at 3 p.m., FD	ARMED FORCES DAY 10:00 Shopping With Laura, FD 11:00 Armed Forces Day Celebration With Live Music by Colorado Swing Band, L 11:15 Walking Club, FD
20	21	22	23	24	25	26
	11:30 Mystery Lunch Outing, FD	1:00 Duplicate Bridge, PB	9:30 "Yves Saint Laurent: The Retrospective" at Denver Art Museum, FD 11:15 Cooking Club, AK 2:00 Wii Bowling, OG		11:30 May Birthdays: Resident Luncheon, PDR	11:15 Writing Group, OG
27	28	29	30	31		
	MEMORIAL DAY 11:30 MEMORIAL DAY: HONORING OUR TROOPS AND VETERANS, MR	10:00 "Get Moving, Start Improving" National Senior Fitness Day 10:30 Short Stories and Discussions, PB	9:00 Excursion: Veda Vu, FD 11:15 Cooking Club, AK	2:00 Resident Service Meeting, TH		

## 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!

## 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  
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.

## Summertime Veggies

Summer brings an abundance of fresh vegetables. Throughout the year, you can usually find most of your favorite produce at local grocery stores and farmers markets, but this time of year, some lesser-known vegetables are also available. Have you ever wondered how to cook beets or how to use Swiss chard or avocado? Here are some easy ways to add some unique vegetables to everyday cooking.

**Beets:** Roast them until they are soft. Peel off the skins and cut them up. Serve in a salad with orange slices. Beets taste great with balsamic vinegar dressing!

**Swiss Chard and Spinach:** Use in pasta dishes, lasagna or omelets. You can also serve these veggies as a side by sauteing them in olive oil with garlic, vinegar and spices.

**Tomatoes:** Create a summer salad with onions, cucumber, olive oil, vinegar and pepper. Let the salad sit in the fridge for about an hour before serving.

**Peas:** Cook peas with garlic, onion and chicken stock for a simple side dish. You can also mix green peas with chicken, diced onions and almonds for a refreshing chicken salad.

**Zucchini:** Try something different – create a healthy ratatouille by mixing summer squash, onions, bell peppers, eggplant and tomatoes and then simmering the mixture in tomato sauce.

**Avocado:** There's nothing quite like fresh guacamole, and it's surprisingly easy to make. Just mix chopped avocado, onions, tomatoes, cilantro, lime juice and seasonings. Avocado slices also make a fun addition to any salad or even to a turkey sandwich.



**MacKenzie Place**

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RETIREMENT  
IN FULL BLOOM

**Staff**

<b>General Manager</b> Don Potter	<b>Chef</b> Paul Bason	<b>Activities Coordinator</b> Amy Mahinske
<b>Guest Services Manager</b> Sanyatha "Sam" Bonnell	<b>Restaurant Manager</b> Shannon Pinkul	<b>PrimeFit Instructor</b> Melissa Hardy
<b>Sales Advisor</b> Jami Sterkel	<b>Health and Wellness Director</b> Libby Kundert	<b>Concierge</b> Nick Hardy
<b>Sales Advisor</b> Gavin MacKenzie	<b>Office Manager</b> Mary Jo Braden	<b>Salon/Spa Manager</b> Heidi Heines
<b>Community Relations Representative</b> Laura Stevens	<b>Programs Director</b> Stacy Hana	