

# livfun

Fairwinds - Brighton Court

JUNE 2020 • FUN IN THE SUN

## Enjoying Music



## Ways to Drink More Water

During warm weather, it's important to drink plenty of water to prevent dehydration. Increase your intake and stay refreshed by following these tips:

**Make it part of your daily routine** – Dietitians recommend drinking water at several specific points during the day: after you wake up, with meals, before and after exercise, and when taking medication.

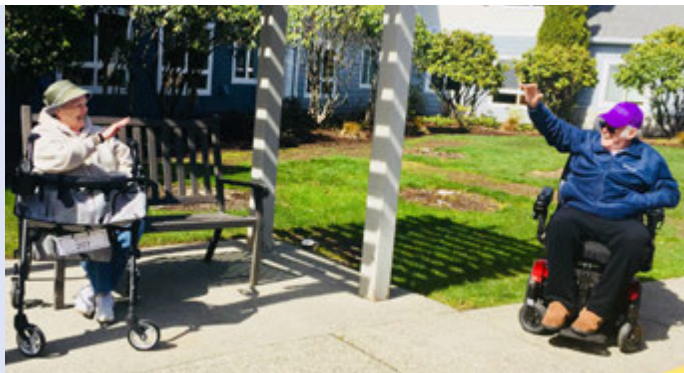
**Pick a cup and fill 'er up** – An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn't matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use and suits your style.

**Sip through a straw** – Many people find it easier to drink through a straw, and you'll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

**Find your favorite flavor** – If you don't like plain water or simply want some variety, enhance the flavor with a few fresh berries, some sliced fruit, a splash of juice, or sprigs of fresh herbs such as spearmint.

**Adjust the temp** – Whether you like it served over ice or lukewarm, water is hydrating no matter its temperature. Let food servers know your preference so you're sure to drink water at mealtimes.

## Social Distancing



## U.S. Military Helmets Through History

A crucial piece of equipment for a soldier in battle is their helmet. The head protectors have continually evolved over America's military history.

The U.S. Army first issued helmets when America entered World War I in 1917. Modeled after the British Army's Brodie helmet, the headgear resembled an upside-down metal bowl with a brim and chinstrap. The steel helmet helped protect the tops of soldiers' heads, but the face and sides of the head were left exposed.

World War II soldiers wore the M1 helmet, which extended farther down the head and had a steel shell and adjustable liner, similar to construction hard hats. Its sturdiness prompted troops to nickname it the "steel pot." The M1 went on to be the standard-issue helmet during the Korean and Vietnam wars.

The invention of the synthetic fiber Kevlar led to the PASGT helmet, short for personal armor system for ground troops. Layers of puncture-resistant Kevlar provided a more lightweight yet effective shield against battlefield hazards for troops during the 1980s and '90s.

Since 2003, U.S. ground forces have worn the ACH, or advanced combat helmet, but officials are continually testing new options to provide the most state-of-the-art military helmet.

## A Message From Leisure Care

As we continue to navigate the situation brought on by COVID-19, we remain vigilant about social distancing and infection control protocols, based on guidelines from the CDC and state health agencies. Instead of our monthly calendar, we are using this space to provide some additional puzzles and activities that you can enjoy at your leisure.

Thank you for your commitment to doing your part in keeping other residents and team members safe. For our most recent updates, visit [www.leisurecare.com/communication-plan](http://www.leisurecare.com/communication-plan). Please speak with your management team if you have any questions.

## Summertime Snicker

**Q:** What holds the sun up in the sky?  
**A:** Sunbeams!

## Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan's last name isn't Hall.
2. Calvin, whose last name isn't Reynolds, didn't catch the smallest fish.
3. The man who caught the 8-pound fish didn't catch the walleye.
4. Mr. White didn't catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

## TV Dads

Match the father figure character to the TV show he appeared in.

### Fictional Father

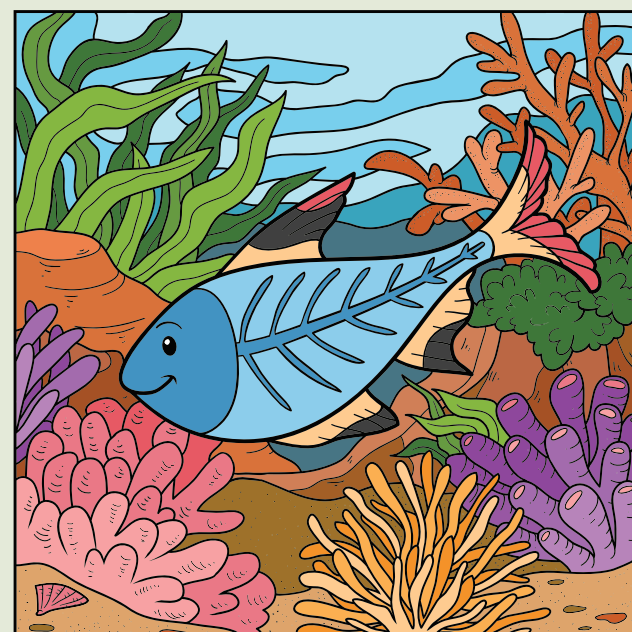
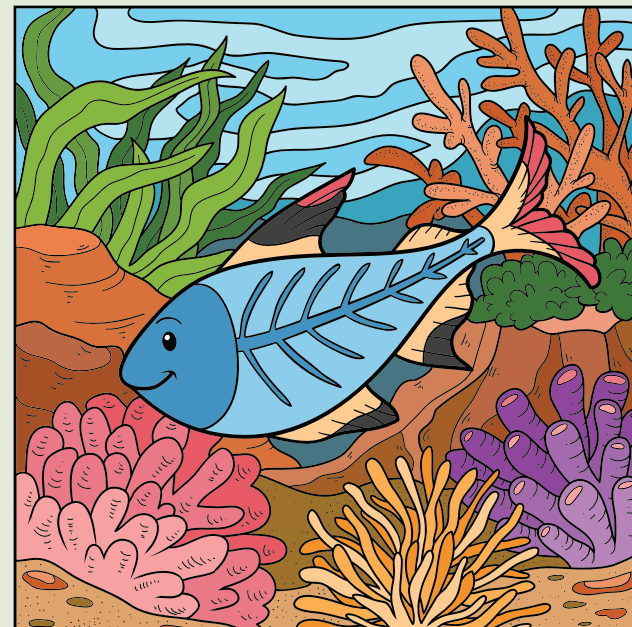
1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

### TV Show

- A. "Father Knows Best"
- B. "Home Improvement"
- C. "Good Times"
- D. "Family Matters"
- E. "My Three Sons"
- F. "Happy Days"
- G. "The Courtship of Eddie's Father"

## Double Take

Fish around and find 10 differences in these two pictures.



## Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15				16				
17				18				19				
20			21					22				
		23				24			25	26	27	
	28	29			30	31	32		33			
34				35		36			37			
38				39					40			
41				42				43				
44			45		46	47						
48			49		50		51					
		52			53	54			55	56	57	
58	59	60			61				62			
63					64				65			
66					67				68			

### ACROSS

1. Use a dagger
5. Dull sound
9. Upper right-hand corner item
14. One not to be trusted
15. 1967 Montreal event
16. Comic strip Viking
17. Prefix for nautical or ballistics
18. "...had a farm, \_\_\_."
19. Pay homage to
20. Job holders
23. Rolled cube
24. Naples three
25. 7 Down sponsor, for short
28. Ordains
32. Befuddles
34. Leader assassinated in 1981
35. Forest creatures
37. German one
38. Work units
39. A la \_\_\_
40. \_\_\_ accompli
41. Dill herb
42. Laic response
43. Food lists
44. More to the point
46. Learned people
48. Grads-to-be: abbr.
49. Bulgaria's currency
51. Mich.'s neighbor
52. Besides
58. Informed
61. Circus performer
62. Church section
63. Boatman
64. Olympian Korbut
65. Lose one's footing
66. Beverages
67. Classic cars
68. Downhill conveyors

### DOWN

1. Chunk
2. Row
3. Bern waterway
4. Shows to the public
5. Shrimp
6. Five dozen old Romans, plus two
7. Sports event
8. Gist
9. Distributed
10. Tiny amounts
11. In the past
12. Ruin the surface of
13. Prefix for shrunk or suppose
21. Launderer's concern
22. Rub away
25. Adaptable
26. Brilliant one
27. Those who help: abbr.
28. Sewer
29. Gardeners' machines
30. Cheese variety
31. Blisters
33. Pleadings
34. Theater necessities
36. Explosive peak
39. Gave a hoot
43. Educator Horace \_\_\_
45. Forefathers
47. Musical instruments
50. Projecting brim
52. Square footage
53. Far: pref.
54. Fictional villain
55. Merry prank
56. 57
57. Slangy responses
58. Band of electrical sparks
59. Court
60. Hole maker

## Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris.  
[Louvre.fr/en/visites-en-ligne](http://Louvre.fr/en/visites-en-ligne)
- National Gallery of Art, Washington, D.C.  
[NGA.gov](http://NGA.gov)
- Smithsonian National Museum of Natural History, Washington, D.C.  
[NaturalHistory.SI.edu](http://NaturalHistory.SI.edu)
- San Diego Zoo, San Diego.  
[Zoo.SanDiegoZoo.org](http://Zoo.SanDiegoZoo.org)
- Monterey Bay Aquarium, Monterey, Calif.  
[MontereyBayAquarium.org/animals/live-cams](http://MontereyBayAquarium.org/animals/live-cams)

## Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

### DAD

- \_\_\_ Took action
- \_\_\_ A cube with dots

### TIE

### GOLF

- \_\_\_ Wide chasm
- \_\_\_ Sea-loving bird
- \_\_\_ Bovine patriarch

### BALL

### FISH

- \_\_\_ A tightly closed hand
- \_\_\_ Tiny water droplets
- \_\_\_ Chewing gum flavor
- \_\_\_ Two cups
- \_\_\_ Sewing accessories

### FINS

# A Look Back at Jacks

Cherries in a basket, pigs in the pen, and over the fence ... Those are some of the names you may have heard when playing jacks, a classic children's game with a history in many cultures.

Evidence left behind in caves suggests that prehistoric people played a form of jacks as a way to improve the hand-eye coordination needed for hunting.

In the early days, the ankle bones of sheep served as the game pieces, and the activity came to be known as "knucklebones." Rocks, beans and other small objects were later used, until the invention of six-pronged jacks, usually made of metal or plastic.

The basic concept of modern jacks is simple: A player scatters a set of jacks onto a flat surface, tosses a small rubber ball into the air, then with one hand, tries to scoop up a set number of jacks and catch the ball. In the classic version, the first round is called "onesies," meaning the player scoops up one jack, then "twosies," trying for two at a time, and so on, becoming more difficult. Variations of the game alter the number of ball bounces allowed and the hand motions used. The winner is the one with the most jacks.

Game pieces can be carried in a small pouch or pocket, making jacks a portable pastime that can be played anywhere.

## Lure 'Em In

Open up an angler's tackle box, and there's likely to be a few fishing lures inside. An alternative to live bait, lures come in a variety of styles.

**Crankbait:** Also called cranks or plugs, these popular lures are made of plastic or wood and look like bait such as small fish or frogs. An attached piece, or lip, on the lure controls how it moves in the water. Cranks usually have multiple hooks.

**Jigs:** A hook with a weighted metal head that allows it to sink, this type of lure is made for jigging, a style of fishing where the rod is lifted and lowered back down repeatedly, creating a dancing movement to attract fish. To make it more appealing, the lure's hook can be adorned with feathers, a fake worm, or live bait.

**Spinnerbait:** These lures have small oval blades that spin like a propeller when pulled through the water. Usually sporting a fringed "skirt" made of strands of rubber or animal hair, a spinner's horizontal movements are irresistible to fish such as bass, perch and pike.

**Spoons:** One of the oldest lures used was a common utensil—a spoon with its handle removed. Modern spoons are simply curved metal lures with a hook. The curved shape makes the lure wobble side to side, resembling injured bait to hungry fish.

**Flies:** To make these lures used for fly fishing, anglers tie fur, feathers or thread around a fishhook so that it resembles an insect or crustacean. Because of the skill involved, tying flies is considered an art.

## Walker Washing



## May Day



May Day



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## Puzzle Solutions

### Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

### TV Dads

1. B; 2. C; 3. G; 4. E; 5. D; 6. F; 7. A

### Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

