

livfun

Fairwinds - Brittany Park

AUGUST 2020 · TOP OF THE CLASS

Music Brings A Message Of Hope

Musician Jaeden Luke serenaded Fairwinds-Brittany Park residents in the front driveway during our first social distancing outdoor entertainment. He performed a second show in the courtyard as residents watched and listened from their window perch. His performance consisted of music he wrote and composed, as well as popular tunes. We all felt a sense of compassion and love when Jaeden dedicated a song to his grandmother who passed away from the Coronavirus a couple months ago. He shared that his grandmother loved dancing to it whenever he sang it and that he is so proud of his own mother's strength during this difficult time of loss. The residents in attendance raved about the opportunity to gather safely to enjoy wonderful entertainment.



Jaeden Luke's pre-Fourth of July performance at the front outdoor fountain.



Sally and Nancy enjoy the social distancing outdoor music performance, while Peg and Dick enjoyed it from their apartment window.

At the Beach

The combination of sand and surf creates scenic coastlines across the world. Relax, unwind and find out what makes some beaches fascinating and fantastic.

- Beaches became popular destinations during the 1700s. Doctors often prescribed a visit to the seashore to improve a person's health.
- Most beach sand is tan or white in color, but there are beaches with sand that's black, green, pink, purple and red.
- Brazil is home to the world's longest beach, Casino Beach, which stretches 150 miles long.

(Continued on back.)



Reminders

Lobby Drink Station: Daily — 9:30-11 a.m.

Temperature Checks: Daily — 1:30-2:30 p.m.

Snack & Candy Cart:
Wednesdays — 2-3 p.m.

Activity Room Schedule: By reservations only.

Mondays: Writing & Poetry Sharing — 10 a.m.

Contact: Rosalie Laird

Mondays: Faith Sharing — 11 a.m.

Contact: Ruth Roetcisoender

Tuesdays: Ukulele Players — 10 a.m.

Contact: Betty Edward

Wednesdays: Tech Wiz Group — 9 a.m.

Contact: Joan Blackshear

Wednesdays: Book Club — 1, 2 and 3 p.m.

Contact: Sandra Franklin

Thursdays: Adult Coloring — 10:30 a.m.

Contact: Guest Service Dept.

Fridays: Knitters & Notions — 10 a.m.

Contact: Joan Blackshear

* Limit four people in the room per scheduled time.

* Instructions and limitations posted in the room and on tables.

WEEKLY SCHEDULE

EVERY SUNDAY	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	EVERY SATURDAY
<p>10:00 Outdoor Visting Tent by Reservation Via Front Desk, Available Daily until 5pm</p>	<p>9:00 Orders for Personal Shopper, Kimera, L 10:00 Silver Sneakers, T 10:00 Writing & Poetry Sharing, A 11:00 Faith Sharing, A 11:30 Zoom Fitness, Via Digital App 1:00 Balance Basics, Ses. 1, G 1:00 Chair Yoga, LR 2:00 Balance Basics, Ses. 2, G</p>	<p>10:00 Seated Aerobics, Ses. 1, T 10:00 Ukulele Players, A 11:00 Scenic Bus, 2nd Ride, L 11:00 Movie Matinee Reserve a seat, LR 11:00 Seated Aerobics, Ses. 2, T 12:00 Seated Aerobics, Ses. 3, T 1:30 Scenic Bus, 3rd Ride, L 1:00 Movie Matinee Reserve a Seat, LR 3:00 Scenic Bus, 4th Ride, L</p>	<p>9:00 Tech Wiz Group, A 9:00 Orders for Personal Shopper, Kimera, L 10:00 Silver Sneakers, T 11:00 Brain Boot Camp, Sign Up Required, B 1:00 Book Club, Ses. 1, A 1:00 Chair Yoga, LR 2:00 Book Club, Ses. 2, A 3:00 Book Club, Ses. 3, A</p>	<p>10:00 Seated Aerobics, Ses. 1, T 10:30 Adult Coloring, A 11:00 Scenic Bus, 2nd Ride, L 11:00 Movie Matinee Reserve a seat, LR 11:00 Seated Aerobics, Ses. 2, T 12:00 Seated Aerobics, Ses. 3, T 1:30 Scenic Bus, 3rd Ride, L 1:00 Movie Matinee Reserve a Seat, LR 3:00 Scenic Bus, 4th Ride, L</p>	<p>9:00 Orders for Personal Shopper, Kimera, L 10:00 Knitter's & Notions, A 10:00 Silver Sneakers, T 11:30 Zoom Fitness, Via Digital App 1:00 Balance Basics, Ses. 1, G 1:00 Chair Yoga, LR 2:00 Balance Basics, Ses. 2, G</p>	<p>10:00 Outdoor Visting Tent by Reservation Via Front Desk, Available Daily until 5pm</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Locations Activity Room, A Balcony, B Courtyard, C Fireside Dining Room, F Gym, G</p>	<p>Living Room, LR Lobby, L Patio, P Private Dining Room, PDR Theatre, T</p>	<p>Transportation Monday, 9 a.m.-3 p.m.: Personal Shopper, Kimera, Via Four Park Tuesday, 9 a.m., 11 a.m., 1 p.m., 3 p.m.: Scenic Bus Rides Wednesday, 9 a.m.-3 p.m.: Personal Shopper, Kimera, Via Four Park</p>	<p>Thursday, 9 a.m., 11 a.m., 1 p.m., 3 p.m.: Scenic Bus Rides Friday, 9 a.m.-3 p.m.: Personal Shopper, Kimera, Via Four Park</p>		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	<p>Birthdays Helen Hull, 1st Jack Knight, 4th Beryl Denison, 12th Margaret Eckerson, 14th Lois Hansen, 18th Paul Thonn, 19th</p>	<p>Jessie Cull, 20th Virginia Mulhaney, 20th Gwen Spencer, 20th Nancy Howser, 25th Carm Schoening, 26th Joan Holmes, 27th</p>	<p>Mickey Walker, 28th Dick Vitulli, 28th Evelyn Haefner, 31st Donald Milam, 31st</p>		

Unfolding the History of Road Maps

These days, a road trip usually involves using a GPS device or smartphone. But before such technology existed, travelers in need of directions relied on paper road maps.

Some of the first road maps are scrolls from A.D. 350 that depict the network of Roman roads. America's first road atlas came centuries later, when the "The Survey of the Roads of the United States of America" was printed in 1789.

Throughout the 1800s, most people who traveled long distances did so by train, so the next major road map didn't arrive until 1901, with the "Official Automobile Blue Book." Along with showing notable landmarks, the guide also included locations of service stations. Spurred by the success of the Ford Model T, other publishers soon began producing maps for automobile travelers.

The Federal Highway Act of 1921, which created the country's interstate road system, as well as the post-World War II baby boom years led to an increase in driving, and therefore, road maps. Many were giveaways from businesses such as oil companies, hotels and auto clubs, wanting to advertise their services. These early guides often featured original artwork that offered sightseeing tips, encouraging travelers to discover America.

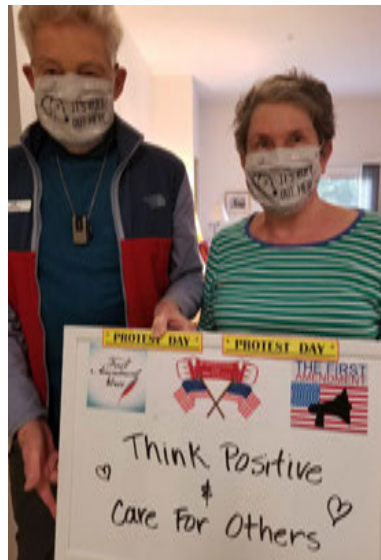
Most paper road maps are now distributed by state tourism departments.

At the Beach (Continued)

- You'll find the "shark tooth capital of the world" at Venice Beach in Florida. Every year, hundreds of fossilized teeth from prehistoric sharks wash ashore there.
- At 58 feet high, the world's tallest sandcastle was built on a German beach in 2019.
- Tides have turned California's Glass Beach from trash to treasure. Its shore is covered with polished pebbles of colorful sea glass, made from garbage tossed into the ocean long ago.
- A day at the beach or the spa? You can have both at New Zealand's Hot Water Beach, where the water underneath the beach heats up to 150 degrees. Beachgoers dig holes in the sand to soak in their own hot tubs.

First Amendment, the Freedom of Speech

Residents took time to pause and act on their First Amendment right of the freedom of speech. Each got to say what they were currently feeling in their own situation. The friendly interaction brought about conversations of past world history and redemption. During this time of abundant precautions and moments of emotional stress, we have learned to count on one another to survive and reach a common goal. A quote from Mother Teresa, "Peace begins with a smile." A prescription to smile 5x a day has a positive side effect to a better heart.



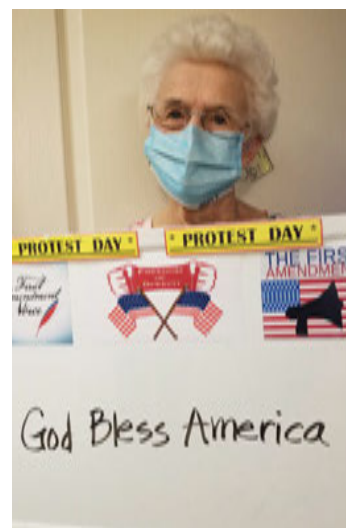
A positive message from the Carpenters



The Ullerys were seeking more freedom from the quarantine.



Betty's dog, Bo, also had something to say.



Jackie is proud.



Alice expressed her appreciation.

FAIRWINDS
BRITTANY PARK
It's More Than Retirement. It's Five-Star Fun.

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