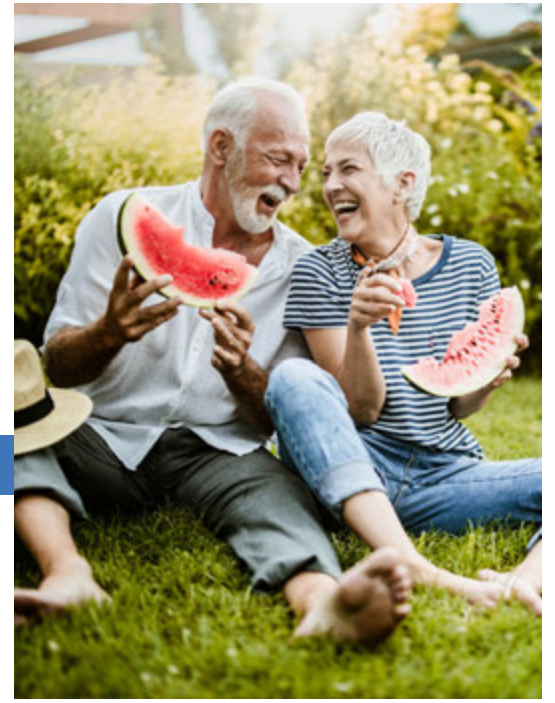


# livfun

Fairwinds - Desert Point



JUNE 2020 · FUN IN THE SUN

## 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.



*Staying hydrated!*

## Before Quarantine



*Can't wait to eat out again!*



*We miss you, Rene!*

## 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)?

- Stan's last name isn't Hall.
- Calvin, whose last name isn't Reynolds, didn't catch the smallest fish.
- The man who caught the 8-pound fish didn't catch the walleye.
- Mr. White didn't catch the 6-pound trout.
- Nate caught the perch.
- 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

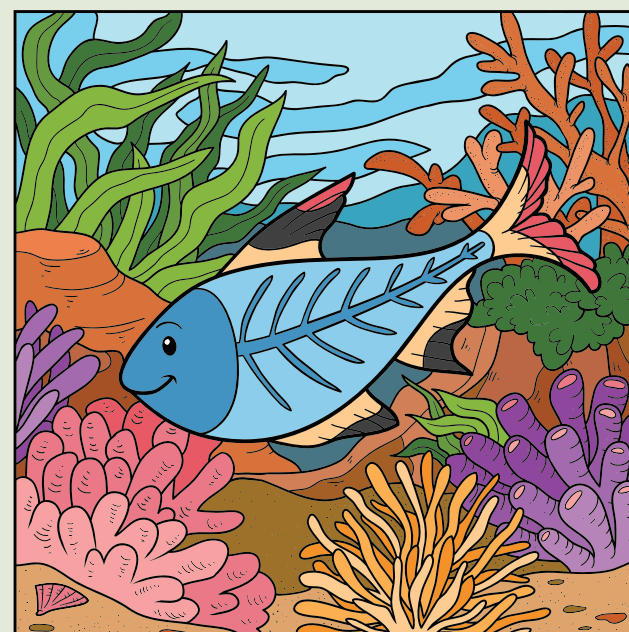
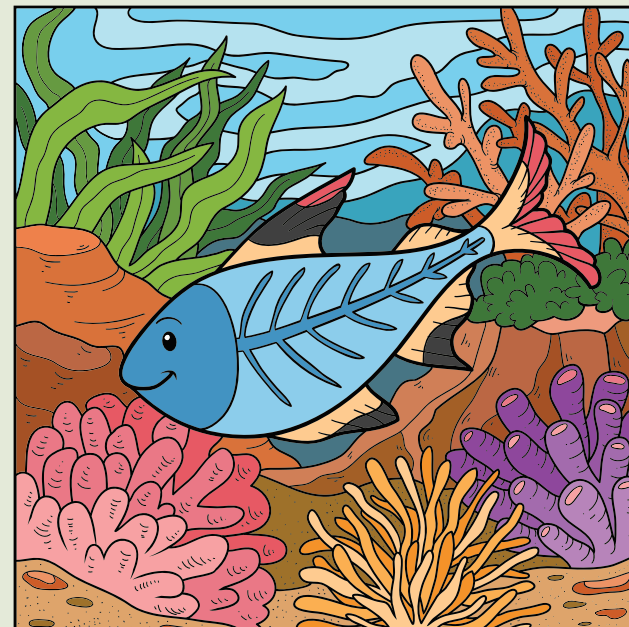
- Tim Taylor
- James Evans Sr.
- Tom Corbett
- Steve Douglas
- Carl Winslow
- Howard Cunningham
- Jim Anderson

### TV Show

- "Father Knows Best"
- "Home Improvement"
- "Good Times"
- "Family Matters"
- "My Three Sons"
- "Happy Days"
- "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

- Use a dagger
- Dull sound
- Upper right-hand corner item
- One not to be trusted
- 1967 Montreal event
- Comic strip Viking
- Prefix for nautical or ballistics
- "...had a farm, \_\_\_"
- Pay homage to
- Job holders
- Rolled cube
- Naples three
- 7 Down sponsor, for short
- Ordains
- Befuddles
- Leader assassinated in 1981
- Forest creatures
- German one
- Work units
- A la \_\_\_
- \_\_\_ accompli
- Dill herb
- Laic response
- Food lists
- More to the point
- Learned people
- Grads-to-be: abbr.
- Bulgaria's currency
- Mich.'s neighbor
- Besides
- Informed
- Circus performer
- Church section
- Boatman
- Olympian Korbut
- Lose one's footing
- Beverages
- Classic cars
- Downhill conveyors

### DOWN

- Chunk
- Row
- Bern waterway
- Shows to the public
- Shrimp
- Five dozen old Romans, plus two
- Sports event
- Gist
- Distributed
- Tiny amounts
- In the past
- Ruin the surface of
- Prefix for shrunk or suppose
- Laundrer's concern
- Rub away
- Adaptable
- Brilliant one
- Those who help: abbr.
- Sewer
- Gardeners' machines
- Cheese variety
- Blisters
- Pleaders
- Theater necessities
- Explosive peak
- Gave a hoot
- Educator Horace \_\_\_
- Forefathers
- Musical instruments
- Projecting brim
- Square footage
- Far: pref.
- Fictional villain
- Merry prank
- 57
- Slangy responses
- Band of electrical sparks
- Court
- 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

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

### BALL

### FISH

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

### FINS

# Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world's most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century. When first imported to the U.S. in the 1800s, the banana was considered an exotic food and eaten with a knife and fork.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger, and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure. The mineral also improves muscle function and boosts energy, and that's why many athletes eat a banana during competition and after workouts.

In the U.S., bananas are grown in Hawaii and Florida, but most of the nation's supply comes from Central and South America.

## 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.

## June Anniversaries

Mr. & Mrs. Wallins, 6/5/1959

Mr. & Mrs. Walls, 6/16/1960

Mr. & Mrs. Warner, 6/27/1959

## Hog Wild for Harleys

For more than a century, Harley-Davidson motorcycles have been synonymous with adventure and cruising on the open road.

In 1901, the wheels began turning for a young Milwaukee man named William S. Harley, who had the idea for a motorized bicycle. He drew a blueprint of a small engine to fit on a bike, and over the next two years, he and childhood friend Arthur Davidson worked on the design. Davidson's two brothers soon joined the team.

They built the first motorcycles in a backyard shed. In 1905, their first dealership opened in Chicago. As business grew, the company hired more employees and built a factory in Milwaukee. Police departments began ordering Harleys for their officers, and the U.S. military bought thousands of bikes during both world wars, where troops used them to deliver messages between units.

After World War II, legions of leisure riders took to the roads, cementing the popular brand as an American icon. The company's bar and shield logo in orange, black and white is one of the most recognizable emblems in the world.

Harley-Davidson motorcycles are sometimes called "hogs," a nickname that began in the 1920s, when one of the company's winning racing teams carried their mascot, a pig, on their victory laps

## June Birthdays

Karen Allen, 1st

Roger Lee, 2nd

Dottie Stolp, 5th

Rebecca Clemons, 11th

Helen Affree, 13th

Nancy Bennett, 16th

Leon Riley, 17th

Dorothy Lenihan, 19th

Pat Gustin, 20th

Elizabeth Lehman, 21st

Dee Berman, 22nd

Marion Rosenbaum, 24th

Sally Nees, 26th

John Allen, 30th



**FAIRWINDS**  
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## Puzzle Solutions

### Brain Bender: What a Catch!

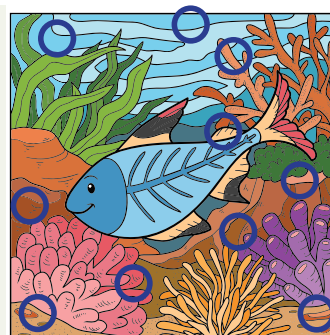
Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

### 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



S	T	A	B	P	L	O	P	S	T	A	M	P							
L	I	A	R	E	X	P	O	H	A	G	A	R							
A	E	R	O	E	I	E	I	A	D	O	R	E							
B	R	E	A	D	W	I	N	N	E	R	S								
				D	I	E		T	R	E	P	G							
				D	E	C	R	E	E	S	A	D	D	L	E	S			
				S	A	D	A	T	D	O	E	S	E	I	N	S			
				E	R	G	S	C	A	R	T	E	F	A	I	T			
				A	N	E	T	A	M	E	N	M	E	N	U	S			
				T	E	R	S	E	R	S	A	V	A	N	T	S			
				S	R	S		L	E	V		I	N	D					
								A	D	D	I	T	I	O	N	A	L	L	Y
				A	W	A	R	E	S	E	A	L	N	A	V	E			
				R	O	W	E	R	O	L	G	A	T	R	I	P			
				C	O	L	A	S	R	E	O	S	S	K	I	S			