

liv fun

Fairwinds - Redmond

JULY 2020 · STORIES OF OLD GLORY

Fourth of July 2020

The Fourth of July – also known as Independence Day or July 4 – has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4 has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2020 is on Saturday, July 4, 2020.



Fourth of July 2020

Here are some ways to celebrate this year ...

1. Cook up some barbecue food.
2. Wear red, white and blue.
3. Bake some colorful desserts.
4. Honor the troops.
5. Listen to patriotic music.
6. Watch patriotic movies.
7. Hang the flag.

Memorial Day Car Parade

The Woodinville Classic Car Club and the Eastside Corvette Club, along with local families, held a car parade for our residents over the Memorial weekend. There were flags waving, patriotic music playing, and residents cheering on the more than 50 plus cars who came to entertain us.



Dog Days of Summer

When are the Dog Days of Summer? July 3 to Aug. 11

Wow, it's sure hot and muggy. That's because we're in the Dog Days of Summer, the hottest, muggiest days of the year. As the song goes, "roll out those lazy, hazy, crazy days of summer." If you are feeling the effects of hot, muggy, sultry, "weather that you can wear," you can be certain that you are in the Dog Days of Summer. It is also a period of drought and occasional strong thunderstorms.

By definition, the Dog Days of Summer are the hottest and steamiest part of summer. Typically, this is the period when Sirius, the Dog Star, rises at the same time as the Sun, from July 3 to Aug. 11.

When the Dog Days of Summer arrive, it's time to do those memorable summertime activities that help us to keep our cool. They include:

Take a dip in the pool.

Watch the sultry days go by in a cozy hammock.

Laze under a shady tree.

Quaff your thirst with a frozen summer drink.

A Message From Leisure Care

While managing the changes brought on by the coronavirus, we continue to adjust our daily routines to keep our residents and staff happy and healthy. Thank you for doing your part in making a positive difference. As you know, we are following ongoing social distancing directives, based on guidelines from state and local jurisdictions as well as the Centers for Disease Control and Prevention. Due to our modified schedule of activities, we are using this space to provide you with additional activities.

For updates, visit www.leisurecare.com/communication-plan. Please contact your management team if you have any questions.

Patriotic Pillow Craft

Make a festive throw pillow in just a few minutes!

Materials:

- 1 red 20-inch bandana
- 1 blue 20-inch bandana
- 18-inch pillow insert
- Four rubber bands
- Scissors
- Red, white or blue ribbon

Directions:

Spread out one bandana and lay the pillow insert on top of it. Place the second bandana on top of the pillow. Use the rubber bands to bind the bandanas together at each of the four corners so that the pillow is secure inside the cover. Cut four pieces of ribbon several inches long and tie bows around the corners to hide the rubber bands.

Logic Problem: And the Winner Is ...

Five people ran a footrace: Mitch, Kyle, Joy, Leslie and Gwen. Based on the following clues, can you figure out what order the runners finished?

- Mitch was neither first nor last.
- Joy beat Mitch, and Mitch beat Gwen.
- Kyle was neither first nor last.
- Kyle beat Leslie, and Gwen beat Kyle.

Secret Superheroes

Match these superheroes to their alter egos.

Superhero	Name
1. Captain America	A. Britt Reid
2. Superman	B. Diana Prince
3. Wonder Woman	C. Steve Rogers
4. The Green Hornet	D. Clark Kent
5. Daredevil	E. Linda Danvers
6. Supergirl	F. Matt Murdock

Sudoku

The object of the game is to fill all the blank squares with the correct numbers.

- Each row of 9 numbers must include all digits 1 through 9 in any order
- Each column of 9 numbers must include all digits 1 through 9 in any order.
- Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

9		1			7			3
		4	2		5			6
6				1				
8				6		5		4
	4						7	
1		6		9				8
				3				5
			9		6	3		
4			8			7		9

Sundae Edition

Q: Why did the news reporter go to the ice cream parlor?

A: She wanted to get the scoop!

THE 50 STATES

Words go left, right, up, down, not diagonally, and can bend at a right angle. Every letter is used only once.

A I N V I R
R M N A N G

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

ALABAMA	HAWAII	MASSACHUSETTS	NEW MEXICO	SOUTH DAKOTA
ALASKA	IDAHO	MICHIGAN	NEW YORK	TENNESSEE
ARIZONA	ILLINOIS	MINNESOTA	NORTH CAROLINA	TEXAS
ARKANSAS	INDIANA	MISSISSIPPI	NORTH DAKOTA	UTAH
CALIFORNIA	IOWA	MISSOURI	OHIO	VERMONT
COLORADO	KANSAS	MONTANA	OKLAHOMA	VIRGINIA
CONNECTICUT	KENTUCKY	NEBRASKA	OREGON	WASHINGTON
DELAWARE	LOUISIANA	NEVADA	PENNSYLVANIA	WEST VIRGINIA
FLORIDA	MAINE	NEW HAMPSHIRE	RHODE ISLAND	WISCONSIN
GEORGIA	MARYLAND	NEW JERSEY	SOUTH CAROLINA	WYOMING

Puzzle Solutions

Logic Problem: And the Winner Is ...

1st: Joy; 2nd: Mitch; 3rd: Gwen; 4th: Kyle; 5th: Leslie

Secret Superheroes

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

Sudoku

9		1			7			3
		4	2		5			6
6				1				
8				6		5		4
	4						7	
1		6		9				8
				3				5
			9		6	3		
4			8			7		9

The 50 States

Outdoor Fun

We are excited that the Exercise Stations outside are being utilized by our residents. Some of the stations are for stretches, breathing, and wall pushups to name a few. On Monday, Tuesday, and Thursday (weather permitting) we also have Cornhole, Ladderball, and Croquet that has been fun to compete and yet stay the required distance apart.



Zoom Meetings

Back by popular demand is the Cooking with Colleen class. We did the Zoom meeting right here at Fairwinds-Redmond in the Bistro. Colleen made her delicious Limoncello Bundt Cake and went around to the residents who participated to bring them a slice of this heavenly cake. We are excited to see what Colleen has planned for this month ... bon appétit!



July Birthdays

- | | |
|--------------------------|------------------------|
| Vivian Camerlengo, 1st | Bula Daw, 18th |
| Jim Sewell, 3rd | Everett Dixon, 19th |
| Steve Cranfill, 4th | Lyndell Jacobs, 22nd |
| Doris Carroll, 5th | Ruth Rosenberg, 26th |
| Dodie Wine, 7th | Florence Fuhrman, 27th |
| Toni Underwood, 13th | Aurelia Lindsay, 27th |
| Patricia Gustavson, 13th | Del Taylor, 31st |



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Health and Wellness Director
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Program Supervisor
Janet McLeod

PrimeFit Instructor
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Kerri Wilson

Housekeeping Supervisor
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Plant Operations Supervisor
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