

# livfun

Fairwinds - Sand Creek

SEPTEMBER 2020 • BELIEVE

## The Sunniest Flower

Bright and cheerful, sunflowers are late-summer blooms that have grown to be an annual crowd-pleasing sight.

The iconic sunflower is a tall, sturdy stalk topped with a vibrant gold blossom. There are over 70 varieties of the plant, from dwarf types that only reach 3 feet tall to mammoths that stand more than 15 feet high and can have heads about a foot wide. In addition to the classic yellow color, blooms can also be orange, red or purple, or have striped hues.



Each of a sunflower's petals is a kind of flower called a ray floret. These petals surround the head's large center, which is made of thousands of tiny flowers that eventually dry up and fall off, revealing mature seeds. Depending on the variety of sunflower, the seeds can be harvested and sold as a snack food, processed into cooking oil, or packaged as birdseed.

A fascinating feature of sunflowers is that they follow the sun's movement through the sky from dawn to dusk. Called heliotropism, this movement occurs when the plants are young. Mature sunflowers typically face east.

## Covid Pandemic Therapy

Nadine Warner has been keeping herself busy during the pandemic. Look at her beautiful work! She is an amazing woman and very talented. She used to paint store front windows during the holidays so she could buy Christmas for her children.



## It's Not How You Bowl, It's How You Roll

Kirk is so excited to almost reach his goal of 300. He faithfully practices every day. We know he will reach his goal soon!

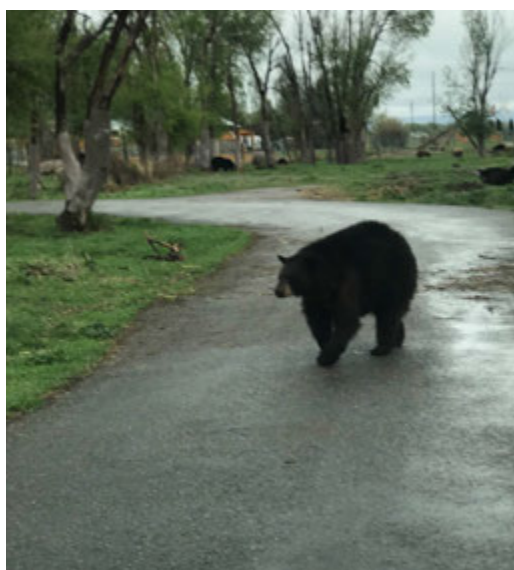
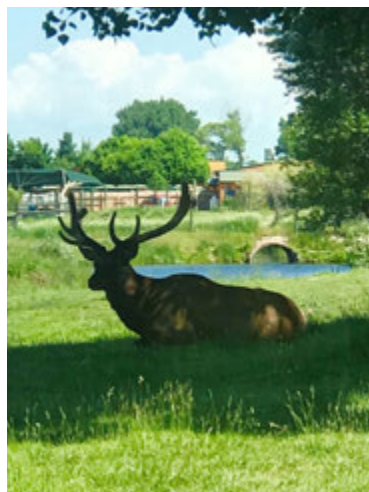
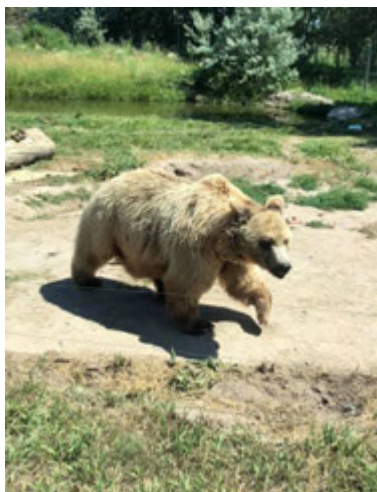


*Kirk Swensen*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Transportation</b> Tuesday, 10 a.m.: Walmart & Albertsons Tuesday & Thursday, 1:30 p.m.: Scenic Drive Thursday, 10 a.m.: Hobby Lobby & Broulims	<b>NATIONAL NO RHYME OR REASON DRESS UP DAY</b> <b>10:00 Wii Bowling, TR</b> <b>10:00 Scenic Drive, OOB</b> 1:00 Adult Coloring, FL 1:00 Billiards, B 1:30 Happy Hookers Crochet, Embroidery & Knitting Club, FL <b>2:30 Movie &amp; Popcorn, TR</b> 3:00 Hand & Foot Card Game, FL	9:00 Bingo, CA <b>10:00 Wii Bowling, TR</b> 1:00 Adult Coloring, FL 1:00 Billiards, B <b>1:45 Horse Races, CA</b> 3:00 Hand & Foot Card Game, FL <b>3:00 Women's Christian Bible Study with Virginia Berg, TR</b> 3:15 Putters' Club Contest, CA 6:30 Movie & Popcorn, TR <b>6:30 Pinochle, FL</b>	<b>10:00 Bunco, FL</b> <b>10:00 Wii Bowling, TR</b> 1:00 Adult Coloring, FL 1:00 Billiards, B 1:30 Happy Hookers Crochet, Embroidery & Knitting Club, FL 2:00 Yogachi Exercise, CA <b>2:30 Movie &amp; Popcorn, TR</b> 3:00 Hand & Foot Card Game, FL	9:00 Bingo, CA <b>10:00 Wii Bowling, TR</b> 1:00 Adult Coloring, FL 1:00 Billiards, B <b>2:30 Wine &amp; Cheese Social, L</b> 3:00 Hand & Foot Card Game, FL	9:00 Bingo, CA <b>10:30 Saturday Putting Contest, CA</b> 1:00 Adult Coloring, FL 1:00 Billiards, B <b>1:30 Horse Races, CA</b> <b>2:30 Movie &amp; Popcorn, TR</b> 3:00 Hand & Foot Card Game, FL <b>6:30 Pinochle, FL</b>
	<b>LABOR DAY</b> 9:00 Bingo, CA <b>10:00 Wii Bowling, TR</b> 1:00 Adult Coloring, FL 1:00 Billiards, B 2:00 Yogachi Exercises, CA <b>3:00 Ice Cream Social, L</b> 3:00 Hand & Foot Card Game, FL	<b>10:00 Wii Bowling, TR</b> <b>10:00 Scenic Drive, OOB</b> 1:00 Adult Coloring, FL 1:00 Billiards, B 1:30 Happy Hookers Crochet, Embroidery & Knitting Club, FL <b>2:30 Movie &amp; Popcorn, TR</b> 3:00 Hand & Foot Card Game, FL	9:00 Bingo, CA <b>10:00 Wii Bowling, TR</b> 1:00 Adult Coloring, FL 1:00 Billiards, B <b>1:45 Horse Races, CA</b> <b>2:00 Crafts</b> <b>3:00 Women's Christian Bible Study with Virginia Berg, TR</b> 3:00 Hand & Foot Card Game, FL 3:15 Putters' Club Contest, CA 6:30 Movie & Popcorn, TR <b>6:30 Pinochle, FL</b>	<b>10:00 Bunco, FL</b> <b>10:00 Wii Bowling, TR</b> 1:00 Adult Coloring, FL 1:00 Billiards, B <b>1:30 Scenic Drive, OOB</b> 1:30 Happy Hookers Crochet, Embroidery & Knitting Club, FL 2:00 Yogachi Exercise, CA <b>2:30 Movie &amp; Popcorn, TR</b> 3:00 Hand & Foot Card Game, FL <b>4:30 Candlelight Dinner, FD</b>	<b>PATRIOT DAY</b> 9:00 Bingo, CA <b>10:00 Wii Bowling, TR</b> 1:00 Adult Coloring, FL 1:00 Billiards, B <b>2:30 Wine &amp; Cheese Social, L</b> 3:00 Hand & Foot Card Game, FL	9:00 Bingo, CA <b>10:30 Saturday Putting Contest, CA</b> 1:00 Adult Coloring, FL 1:00 Billiards, B <b>1:30 Horse Races, CA</b> <b>2:30 Movie &amp; Popcorn, TR</b> 3:00 Hand & Foot Card Game, FL <b>6:30 Pinochle, FL</b>
<b>NATIONAL GRANDPARENTS DAY</b> 1:00 Adult Coloring, FL 1:00 Billiards, B <b>2:30 Movie &amp; Popcorn, TR</b> 3:00 Hand & Foot Card Game, FL	9:00 Bingo, CA <b>10:00 Wii Bowling, TR</b> 1:00 Adult Coloring, FL 1:00 Billiards, B 2:00 Yogachi Exercises, CA <b>3:00 Ice Cream Social, L</b> 3:00 Hand & Foot Card Game, FL	9:00 Bingo, CA <b>10:00 Wii Bowling, TR</b> <b>10:00 Scenic Drive, OOB</b> 1:00 Adult Coloring, FL 1:00 Billiards, B 1:30 Happy Hookers Crochet, Embroidery & Knitting Club, FL <b>2:30 Movie &amp; Popcorn, TR</b> 3:00 Hand & Foot Card Game, FL	9:00 Bingo, CA <b>10:00 Wii Bowling, TR</b> 1:00 Adult Coloring, FL 1:00 Billiards, B 1:45 Horse Races, CA <b>1:45 Horse Races, CA</b> <b>3:00 Women's Christian Bible Study with Virginia Berg, TR</b> 3:00 Hand & Foot Card Game, FL 3:15 Putters' Club Contest, CA 6:30 Movie & Popcorn, TR <b>6:30 Pinochle, FL</b>	<b>NATIONAL APPLE DUMPLING DAY</b> <b>10:00 Bunco, FL</b> <b>10:00 Wii Bowling, TR</b> 1:00 Adult Coloring, FL 1:00 Billiards, B <b>1:30 Scenic Drive, OOB</b> 1:30 Happy Hookers Crochet, Embroidery & Knitting Club, FL 2:00 Yogachi Exercise, CA <b>2:30 Movie &amp; Popcorn, TR</b> 3:00 Hand & Foot Card Game, FL	<b>ROSH HASHANAH BEGINS AT SUNSET</b> <b>NATIONAL CHEESEBURGER DAY</b> 9:00 Bingo, CA <b>10:00 Wii Bowling, TR</b> 1:00 Adult Coloring, FL 1:00 Billiards, B <b>2:30 Wine &amp; Cheese Social, L</b> 3:00 Hand & Foot Card Game, FL	9:00 Bingo, CA <b>10:30 Saturday Putting Contest, CA</b> 1:00 Adult Coloring, FL 1:00 Billiards, B <b>1:30 Horse Races, CA</b> <b>2:30 Movie &amp; Popcorn, TR</b> 3:00 Hand & Foot Card Game, FL <b>6:30 Pinochle, FL</b>
1:00 Adult Coloring, FL 1:00 Billiards, B <b>2:30 Movie &amp; Popcorn, TR</b> 3:00 Hand & Foot Card Game, FL	<b>NATIONAL PECAN COOKIE DAY</b> 9:00 Bingo, CA <b>10:00 Wii Bowling, TR</b> <b>12:00 Welcome New Resident Luncheon</b> 1:00 Adult Coloring, FL 1:00 Billiards, B 2:00 Yogachi Exercises, CA <b>3:00 Ice Cream Social, L</b> 3:00 Hand & Foot Card Game, FL	<b>AUTUMN BEGINS</b> <b>10:00 Wii Bowling, TR</b> <b>10:00 Scenic Drive, OOB</b> 1:00 Adult Coloring, FL 1:00 Billiards, B 1:30 Happy Hookers Crochet, Embroidery & Knitting Club, FL <b>2:30 Movie &amp; Popcorn, TR</b> 3:00 Hand & Foot Card Game, FL	9:00 Bingo, CA <b>10:00 Wii Bowling, TR</b> 1:00 Adult Coloring, FL 1:00 Billiards, B 1:45 Horse Races, CA <b>1:45 Horse Races, CA</b> <b>3:00 Women's Christian Bible Study with Virginia Berg, TR</b> 3:00 Hand & Foot Card Game, FL 3:15 Putters' Club Contest, CA 6:30 Movie & Popcorn, TR <b>6:30 Pinochle, FL</b>	<b>10:00 Bunco, FL</b> <b>10:00 Wii Bowling, TR</b> 1:00 Adult Coloring, FL 1:00 Billiards, B <b>1:30 Scenic Drive, OOB</b> 1:30 Happy Hookers Crochet, Embroidery & Knitting Club, FL 2:00 Yogachi Exercise, CA <b>2:30 Movie &amp; Popcorn, TR</b> 3:00 Hand & Foot Card Game, FL <b>5:00 August Residents' Birthday Dinner, CA</b>	9:00 Bingo, CA <b>10:00 Wii Bowling, TR</b> 1:00 Adult Coloring, FL 1:00 Billiards, B <b>2:30 Wine &amp; Cheese Social, L</b> 3:00 Hand & Foot Card Game, FL	9:00 Bingo, CA <b>10:30 Saturday Putting Contest, CA</b> 1:00 Adult Coloring, FL 1:00 Billiards, B <b>1:30 Horse Races, CA</b> <b>2:30 Movie &amp; Popcorn, TR</b> 3:00 Hand & Foot Card Game, FL <b>6:30 Pinochle, FL</b>
<b>YOM KIPPUR BEGINS AT SUNSET</b> 1:00 Adult Coloring, FL 1:00 Billiards, B <b>2:30 Movie &amp; Popcorn, TR</b> 3:00 Hand & Foot Card Game, FL	9:00 Bingo, CA <b>10:00 Wii Bowling, TR</b> 1:00 Adult Coloring, FL 1:00 Billiards, B 2:00 Yogachi Exercises, CA <b>3:00 Ice Cream Social, L</b> 3:00 Hand & Foot Card Game, FL	<b>10:00 Wii Bowling, TR</b> <b>10:00 Scenic Drive, OOB</b> 1:00 Adult Coloring, FL 1:00 Billiards, B 1:30 Happy Hookers Crochet, Embroidery & Knitting Club, FL <b>2:30 Movie &amp; Popcorn, TR</b> 3:00 Hand & Foot Card Game, FL	9:00 Bingo, CA <b>10:00 Wii Bowling, TR</b> 1:00 Adult Coloring, FL 1:00 Billiards, B 1:45 Horse Races, CA 3:00 Hand & Foot Card Game, FL <b>3:00 Women's Christian Bible Study with Virginia Berg, TR</b> 3:15 Putters' Club Contest, CA 6:30 Movie & Popcorn, TR <b>6:30 Pinochle, FL</b>	<b>Locations</b> Fireside Dining Room, FD Fireside Living Room, FL Lobby, L Out-of-Building, OOB PrimeFit Gym, PR Side Lawn, SL Theatre Room, TR	<b>Birthdays</b> Dick Daugherty, 1st Mike Vargo, 8th Ruth Stallings, 11th Susie Kramer, 13th Ruth Metcalf, 17th Rodney Clark, 17th Ray Murdock, 19th	Terri Coburn, 20th (Employee) Juanita Clark, 21st Ruby Bowersox, 22nd Shirley Petersen, 24th Vicky Raduechel, 24th Betty Enzinger, 25th Murdoch Beth, 26th Kathy Brainard, 29th

# Yellowstone Bear World

This is always a fun outing we take, several times a year. We saw black bears, brown bears, grizzlies, bison, moose, elk, and mountain goats all from the comfort of our bus. We followed it up with ice cream to make the trip complete.



3310 Valencia Drive  
Idaho Falls, ID 83404  
208.542.6200

*It's More Than Retirement. It's Five-Star Fun.*

## Staff

**General Manager**  
Jon Potter

**Guest Services Manager**  
Machelle Bergeman

**Sales Advisor**  
Don Williams

**Sales Advisor**  
Katie Bicandi

**Executive Chef**  
Jorge Mendoza

**Sous Chef**  
T.J. Bruderer

**Health and Wellness Director**  
Kathy Babb, RN

**Health and Wellness Assistant Director**  
Diana Remsburg, LPN

**Office Manager**  
Debbie Henscheid

**Administrative Assistant**  
Carmen Ramos

**Program Supervisor**  
Renell Hunter

**Driver**  
Alex Place

**Plant Operations Supervisor**  
Steven Fisher