

# liv fun

Fairwinds - West Hills

SEPTEMBER 2020 • BELIEVE

## Fond Memories!



## 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.

(Photos continued on back page.)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>Birthdays</b> Aileen R., 7th Marie G., 9th Arlene G., 10th Mary D., 21st	9:30 Bridge Club, CR 1 10:15 Strength & Stretch with Skyler, AR 11:15 Better Balance, AR 1:30 Come Learn to Play Rummikub with Bernadette, CR 2:15 Creative Arts, BI 3:00 Wii with Pat, LR 3:30 Art Appreciation, AR 6:45 Evening Movie, AR	10:45 Exercise with Kim, AR 2 11:00 Wii Bowling, LR 1:00 Bingo, AR 2:15 Chair Chi, AR 2:30 Jewelry Making, AR 3:00 Trivia, LR 4:00 Contemporary Conversation, AR 6:45 Evening Movie, AR 6:45 Poker Night 2, AR	9:30 Bridge Club, AR 3 10:00 Core & Posture with Skyler, AR <b>10:30 Volleyball with Skyler, AR</b> 11:00 Arts & Crafts with Carrie, BI 1:15 Advanced Sudoku, BI 1:30 BP Clinic, HWO 1:30 Come Learn to Play Rummikub with Bernadette, CR 6:30 Poker Night, CR 6:45 Evening Movie, AR	10:00 Shopping Trip, FP 4 10:15 Core Strength with Skyler, AR 11:00 Wii with Carrie, LR 1:00 Bingo, AR 2:00 Shopping Trip, FP 3:00 Trivia, BI 3:00 Jewish Services, AR 6:45 Evening Movie, AR	9:30 Catholic Service, CR 5 10:15 Strength & Stretch with Skyler, AR 11:00 Beginner Sudoku, BI 1:00 Bingo, AR 1:30 Wii Bowling, LR 2:30 Wine & Snacks, BI 3:45 Trivia, LR 6:45 Evening Movie, AR	
	6 10:00 Protestant Service, AR 10:15 Chair Yoga, AR 1:00 Bingo, AR 2:00 Meditation with Lisa, AR 6:45 Evening Movie, AR	<b>LABOR DAY</b> 7 10:00 Shopping Trip, FP 10:15 Chair Yoga, AR 1:00 Bingo, AR 1:00 Cards with Mirian F., CR 1:00 Mahjong, BI 1:30 BP Clinic, HWO 2:00 Shopping Trip, FP 2:00 Crochet & Knitting Class, BI 3:00 Fairwinds' Discussion Group, AR 6:45 Evening Movie, AR 7:00 Wii Bowling or Just Come & Socialize, LR	8 9:30 Bridge Club, CR 10:15 Strength & Stretch with Skyler, AR 11:15 Better Balance, AR 1:30 Come Learn to Play Rummikub with Bernadette, CR 3:00 Wii with Pat, LR 3:30 Art Appreciation, AR 6:30 Resident Board Meeting, PDR 6:45 Evening Movie, AR	9 10:45 Exercise with Kim, AR 11:00 Wii Bowling, LR 1:00 Bingo, AR 2:15 Chair Chi, AR 3:00 Trivia, LR 4:00 Contemporary Conversation, AR 6:45 Evening Movie, AR 6:45 Poker Night 2, AR	10 9:30 Bridge Club, AR 10:00 Core & Posture with Skyler, AR <b>10:30 Volleyball with Skyler, AR</b> 11:00 Arts & Crafts with Carrie, BI 1:15 Advanced Sudoku, BI 1:30 BP Clinic, HWO 1:30 Come Learn to Play Rummikub with Bernadette, CR 6:30 Poker Night, CR 6:45 Evening Movie, AR	<b>PATRIOT DAY</b> 11 10:00 Shopping Trip, FP 10:15 Core Strength with Skyler, AR 11:00 Wii with Carrie, LR 1:00 Bingo, AR 2:00 Shopping Trip, FP 3:00 Trivia, BI 3:00 Jewish Services, AR 6:45 Evening Movie, AR	12 9:30 Catholic Service, CR 10:15 Strength & Stretch with Skyler, AR 11:00 Beginner Sudoku, BI 1:00 Bingo, AR 1:30 Wii Bowling, LR 2:30 Wine & Snacks, BI 3:45 Trivia, LR 6:45 Evening Movie, AR
	13 10:15 Chair Yoga, AR 1:00 Bingo, AR 6:45 Evening Movie, AR	14 10:00 Shopping Trip, FP 10:15 Chair Yoga, AR 1:00 Bingo, AR 1:00 Cards with Mirian F., CR 1:00 Mahjong, BI 1:30 BP Clinic, HWO 2:00 Shopping Trip, FP 2:00 Crochet & Knitting Class, BI 3:00 Fairwinds' Discussion Group, AR 6:45 Evening Movie, AR 7:00 Wii Bowling or Just Come & Socialize, LR	15 9:30 Bridge Club, CR 10:15 Strength & Stretch with Skyler, AR 11:15 Better Balance, AR 11:30 Birthday Lunch with Elvis, FP 1:30 Come Learn to Play Rummikub with Bernadette, CR 2:15 Creative Arts, BI 3:00 Wii with Pat, LR 3:30 Art Appreciation, AR 6:30 Creative Arts, BI 6:45 Evening Movie, AR	16 9:30 Butterfly Clothing, LR 10:45 Exercise with Kim, AR 11:00 Wii Bowling, LR 12:30 Audiologist, HWO 1:00 Bingo, AR 2:15 Chair Chi, AR 2:30 Jewelry Making, AR 3:00 Trivia, LR 4:00 Contemporary Conversation, AR 6:45 Evening Movie, AR 6:45 Poker Night 2, AR	17 9:30 Bridge Club, AR 9:30 Butterfly Clothing & Jewelry, LR 10:00 Core & Posture with Skyler, AR <b>10:30 Volleyball with Skyler, AR</b> 11:00 Arts & Crafts with Carrie, BI 1:15 Advanced Sudoku, BI 1:30 BP Clinic, HWO 1:30 Come Learn to Play Rummikub with Bernadette, CR 6:30 Poker Night, CR 6:45 Evening Movie, AR	<b>ROSH HASHANAH BEGINS AT SUNSET</b> 18 10:00 Shopping Trip, FP 10:15 Core Strength with Skyler, AR 11:00 Wii with Carrie, LR 1:00 Bingo, AR 2:00 Shopping Trip, FP 3:00 Trivia, BI 3:00 Jewish Services, AR 6:45 Evening Movie, AR	19 9:30 Catholic Service, CR 10:15 Strength & Stretch with Skyler, AR 11:00 Beginner Sudoku, BI 1:00 Bingo, AR 1:30 Wii Bowling, LR 2:30 Wine & Snacks, BI 3:45 Trivia, LR 6:45 Evening Movie, AR
	20 10:00 Protestant Service, AR 10:15 Chair Yoga, AR 1:00 Bingo, AR 2:00 Meditation with Lisa, AR <b>3:00 Drum Circle, AR</b> 6:45 Evening Movie, AR	21 10:00 Shopping Trip, FP 10:15 Chair Yoga, AR 1:00 Bingo, AR 1:00 Cards with Mirian F., CR 1:00 Mahjong, BI 1:30 BP Clinic, HWO 2:00 Shopping Trip, FP 2:00 Crochet & Knitting Class, BI 3:00 Fairwinds' Discussion Group, AR 6:45 Evening Movie, AR 7:00 Wii Bowling or Just Come & Socialize, LR	<b>AUTUMN BEGINS</b> 22 9:30 Bridge Club, CR 10:15 Strength & Stretch with Skyler, AR 11:15 Better Balance, AR 1:30 Come Learn to Play Rummikub with Bernadette, CR 3:00 Wii with Pat, LR 6:45 Evening Movie, AR	23 10:45 Exercise with Kim, AR 11:00 Wii Bowling, LR 1:00 Bingo, AR 2:15 Chair Chi, AR 3:00 Trivia, LR 4:00 Contemporary Conversation, AR 6:45 Evening Movie, AR 6:45 Poker Night 2, AR	24 9:30 Bridge Club, AR 10:00 Core & Posture with Skyler, AR <b>10:30 Volleyball with Skyler, AR</b> 11:00 Arts & Crafts with Carrie, BI 1:15 Advanced Sudoku, BI 1:30 BP Clinic, HWO 1:30 Come Learn to Play Rummikub with Bernadette, CR 6:30 Poker Night, CR 6:45 Evening Movie, AR	25 10:00 Shopping Trip, FP 10:15 Core Strength with Skyler, AR 11:00 Wii with Carrie, LR 1:00 Bingo, AR 2:00 Shopping Trip, FP 2:00 Book Club Meeting, PDR 3:00 Trivia, BI 3:00 Jewish Services, AR 6:45 Evening Movie, AR	26 9:30 Catholic Service, CR 10:15 Strength & Stretch with Skyler, AR 11:00 Beginner Sudoku, BI 1:00 Bingo, AR 1:30 Wii with Morrie, LR 1:30 Wii Bowling, LR 2:30 Wine & Snacks, BI 3:45 Trivia, LR 6:45 Evening Movie, AR
	<b>YOM KIPPUR BEGINS AT SUNSET</b> 27 10:15 Chair Yoga, AR 1:00 Bingo, AR 6:45 Evening Movie, AR	28 10:00 Shopping Trip, FP 10:15 Chair Yoga, AR 1:00 Bingo, AR 1:00 Cards with Mirian F., CR 1:00 Mahjong, BI 1:30 BP Clinic, HWO 2:00 Shopping Trip, FP 2:00 Crochet & Knitting Class, BI 3:00 Fairwinds' Discussion Group, AR 6:45 Evening Movie, AR 7:00 Wii Bowling or Just Come & Socialize, LR	29 9:30 Bridge Club, CR 10:15 Strength & Stretch with Skyler, AR 11:15 Better Balance, AR 1:30 Come Learn to Play Rummikub with Bernadette, CR 3:00 Wii with Pat, LR 6:45 Evening Movie, AR	30 10:45 Exercise with Kim, AR 11:00 Wii Bowling, LR 1:00 Bingo, AR 2:15 Chair Chi, AR 3:00 Trivia, LR 6:45 Evening Movie, AR 6:45 Poker Night 2, AR	<b>Locations</b> Activity Room, AR    Gym, Gym Bistro, BI            Health & Wellness Office, HWO Card Room, CR        Library, L Computer Lab, CL     Living Room, LR Dining Room, DR     Private Dining Room, PDR Front Porch, FP       VCTV (Channel 1390), VCTV		<b>Transportation</b> Monday, 10-11:30 a.m.: Bank, Market, Library, Stores Monday, 2-3:30 p.m.: Mall Shopping Tuesday, Wednesday & Thursday, 8:30 a.m.-2:30 p.m.: Medical Appointments Friday, 10-11:30 a.m.: Mall Shopping Friday, 2-3:30 p.m.: Bank, Market, Library, Stores

# Fond Memories (Continued)



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

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