

livfun

The Landing of O'Fallon

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.

Cuisine of the Caribbean

The traditional foods from the countries in and around the Caribbean Sea are a vibrant blend of many cultures. Explore a little taste of the tropics.

Jerk chicken – The spicy seasoning mixture known as jerk has been called Jamaica's signature flavor. It features habaneros or the Caribbean's native Scotch bonnet chili peppers, which bring a fiery heat to roasted or barbecued chicken.

Pepperpot – Versions of this slow-simmered stew are found throughout the region. In Guyana, meat and peppers are cooked for hours in a rich gravy flavored with cinnamon and cassareep, a syrup from cassava, a root vegetable. In Antigua and Barbuda, cornmeal dumplings called fungee are added to the pot.

Roti – This soft, chewy flatbread is a common street food in the Caribbean, where it's typically filled with various curries, tightly folded and eaten on the go.

Callaloo – This side dish is named for its star ingredient, a green leafy vegetable similar to spinach. Native to West Africa but popular throughout the islands, callaloo leaves are often steamed with coconut milk and other veggies such as peppers, onion and okra.

Flying fish – In Barbados, this exotic fish with long fins that look like wings is a symbol of national pride. Usually served steamed, it's eaten with cou-cou, a cornmeal and okra mixture similar to fungee.



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. 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)?

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

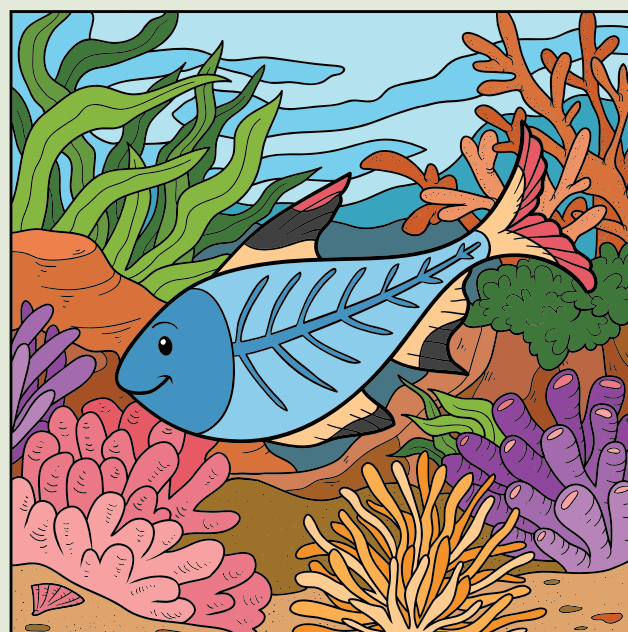
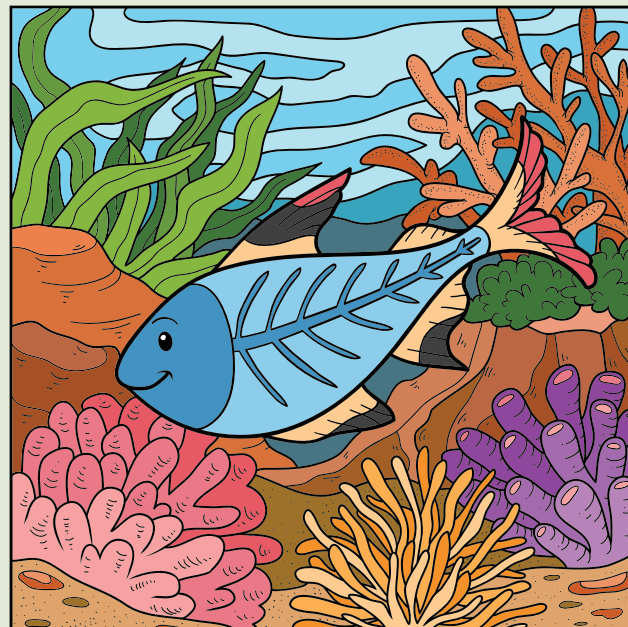
1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

TV Show

- A. "Father Knows Best"
- B. "Home Improvement"
- C. "Good Times"
- D. "Family Matters"
- E. "My Three Sons"
- F. "Happy Days"
- G. "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

1. Use a dagger
5. Dull sound
9. Upper right-hand corner item
14. One not to be trusted
15. 1967 Montreal event
16. Comic strip Viking
17. Prefix for nautical or ballistics
18. "...had a farm, ___."
19. Pay homage to
20. Job holders
23. Rolled cube
24. Naples three
25. 7 Down sponsor, for short
28. Ordains
32. Befuddles
34. Leader assassinated in 1981
35. Forest creatures
37. German one
38. Work units
39. A la ___
40. ___ accompli
41. Dill herb
42. Laic response
43. Food lists
44. More to the point
46. Learned people
48. Grads-to-be: abbr.
49. Bulgaria's currency
51. Mich.'s neighbor
52. Besides
58. Informed
61. Circus performer
62. Church section
63. Boatman
64. Olympian Korbut
65. Lose one's footing
66. Beverages
67. Classic cars
68. Downhill conveyors

DOWN

1. Chunk
2. Row
3. Bern waterway
4. Shows to the public
5. Shrimp
6. Five dozen old Romans, plus two
7. Sports event
8. Gist
9. Distributed
10. Tiny amounts
11. In the past
12. Ruin the surface of
13. Prefix for shrunk or suppose
21. Launderer's concern
22. Rub away
25. Adaptable
26. Brilliant one
27. Those who help: abbr.
28. Sewer
29. Gardeners' machines
30. Cheese variety
31. Blisters
33. Pleadings
34. Theater necessities
36. Explosive peak
39. Gave a hoot
43. Educator Horace ___
45. Forefathers
47. Musical instruments
50. Projecting brim
52. Square footage
53. Far: pref.
54. Fictional villain
55. Merry prank
56. 57
57. Slangy responses
58. Band of electrical sparks
59. Court
60. 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
- National Gallery of Art, Washington, D.C.
NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
- San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
- Monterey Bay Aquarium, Monterey, Calif.
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

A Look Back at Jacks

Cherries in a basket, pigs in the pen, and over the fence ... Those are some of the names you may have heard when playing jacks, a classic children's game with a history in many cultures.

Evidence left behind in caves suggests that prehistoric people played a form of jacks as a way to improve the hand-eye coordination needed for hunting.

In the early days, the ankle bones of sheep served as the game pieces, and the activity came to be known as "knucklebones." Rocks, beans and other small objects were later used, until the invention of six-pronged jacks, usually made of metal or plastic.

The basic concept of modern jacks is simple: A player scatters a set of jacks onto a flat surface, tosses a small rubber ball into the air, then with one hand, tries to scoop up a set number of jacks and catch the ball. In the classic version, the first round is called "onesies," meaning the player scoops up one jack, then "twosies," trying for two at a time, and so on, becoming more difficult. Variations of the game alter the number of ball bounces allowed and the hand motions used. The winner is the one with the most jacks.

Game pieces can be carried in a small pouch or pocket, making jacks a portable pastime that can be played anywhere.



June Birthdays

Mary Lee Ann
Giardina, 24th

THE LANDING OF O'FALLON

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Staff

General Manager
Ann Williams

Sales Manager
Vickie Smith

Sales Advisor
Nicole Sutton

Sales and Move-in Coordinator
Janna Micu

Executive Chef
Aaron Shea

Health and Wellness Director
Michelle Reynolds

Memory Care Program Manager
Angel Burchfield

Office Manager
Brenda Ford

Program Supervisors
Nicole Dotson
Sue Slattery

Plant Operations Supervisor
Greg Hay

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.



Puzzle Solutions

Brain Bender: What a Catch!

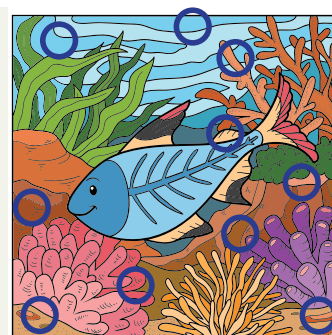
Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

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
				S	A	D	A	T	D	O	E	S
				E	R	G	S	C	A	R	T	E
				A	N	E	T	A	M	E	N	
				T	E	R	S	E	R	S	A	V
				S	R	S		L	E	V	I	N
								A	D	D	I	T
								A	W	A	R	E
								R	O	W	E	R
								C	O	L	A	S
								R	E	O	S	S
								S	K	I	S	