

livfun

Fairwinds - Brittany Park

FEBRUARY 2020 · FITNESS FRENZY

Love Around the World

Valentine's Day is celebrated across the globe, and many countries have unique holiday traditions.

Germany: Heart-shaped gingerbread cookies with romantic messages written in icing are popular valentine gifts among German couples.

South Korea: Women give chocolate to men on Valentine's Day, then the gesture is returned on White Day, March 14, when men are the gift-givers. Single friends get together on Black Day, April 14, and dine on bowls of noodles covered with a black bean sauce.

Mexico: The holiday is known as the Day of Love and Friendship in this country, where friends as well as romantic partners gift each other candy, flowers, balloons and stuffed animals.

South Africa: The expression "wear your heart on your sleeve" is fitting for South African women, who pin the name of their love interest to their shirtsleeve for the day.

Peru: Orchids are the flower of choice for valentines here, since they are native to this South American nation.

Philippines: Hundreds of couples in this Asian country tie the knot in mass wedding ceremonies on Feb. 14.



GET FIT FOR PHILANTHROPY

What is the Fitness Frenzy?

A month-long campaign to motivate you to stay active and fit while raising money for community nonprofit programs and the One Eighty Foundation.

The Fitness Frenzy encourages everyone to team up for fitness.

Grab your friends, your staff, your vendors, even the UPS driver to join in our efforts to raise money for the One Eighty Foundation. Raising money to improve the lives of children and families is the mission of the foundation, which was founded by Leisure Care CEO Dan Madsen.

Anyone can participate in the Fitness Frenzy.

All we need from you is a commitment to stay fit. Get all of the materials from your community and then set your physical and pledge goals. Whether it is walking, dancing, Wii Sports, sitting aerobics or team activities, track your active minutes per day. Then ask your family and friends to pledge money for your physical activity. It's a fun way to be active and pay it forward to others. But, most of all, it's just plain FUN!

How much fun? In 2019, our employees and residents were active for 3,719,184 minutes and raised an impressive \$46,720! The goal for the campaign this year is \$65,000, approximately \$1,250 per Leisure Care community.

How do I get involved? Sign up or find out more at the front desk and visit our event website and start collecting pledges today:

ONEEIGHTYFOUNDATION.EJOINME.ORG/2020FITNESSFRENZY!

A Day and Time to Remember After 100 Years

Many may have forgotten that four pennies could buy a pound of sugar, only eight percent of homes had a telephone, and that the American flag had 45 stars on it 100 years ago. Our newest centenarian, Dell Crocket, was born during this time and has seen many changes during her 100 year life. Her daughter, Freddie Ervin, and niece, Kate Harrison, brought tears to those in attendance at the combined birthday and New Year's Eve celebration as they shared affectionate and endearing memories of Dell's past. Even though life can bring many ups and downs, Dell's motto of "love, love, love," is infectious to all whom she encounters. Her answer to how to live a long life is simple, "Be happy and live a good life." The Fairwinds-Brittany Park family and friends are thankful to have celebrated this special occasion with Dell and we are blessed to have her wisdom and love showered upon us.



Dell Crocket, the newest centenarian. She expresses her life motto of "love, love, love," with everyone.

WEEKLY SCHEDULE

EVERY SUNDAY	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	EVERY SATURDAY
2:00 Mexican Train Dominoes, B 7:00 Canasta, Cribbage, & Cards, B	11:00 Silver Sneakers, B 1:00 Poker, A 1:00 Balance Basics, G 1:30 Scenic Drive, L 1:30 Pinochle/Scrabble, B 3:00 Wii Golf, T	10:30 Seated Aerobics, B 1:00 Stretch & Flex, T 2:00 Intermediate Mahjong, B 3:00 Wii Bowling, T 7:00 Pinochle/Scrabble, B	2:00 Recreational Sports, B 2:00 Bingo, F 7:00 Poker, A 7:00 Midweek Movie Night, T	9:00 Driftwood Class, A 10:30 Seated Aerobics, B 1:00 Pinochle/Bridge, B 3:00 Wii Golf, T 7:00 Movie, T	10:00 Pins N Needles, A 11:00 Silver Sneakers, B 1:00 Balance Basics, G 2:00 Mahjong, B 7:00 Movie, T 7:00 Poker, A	1:00 Frustration Card Game, B 1:30 Scenic Drive, L

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations Activity Room, A Balcony, B Courtyard, C Fireside Dining Room, F Gym, G Living Room, LR Lobby, L Patio, P Private Dining Room, PDR Theatre, T	Birthdays Sandra Franklin, 4th Rosalie Laird, 4th Sheila Pollard, 5th Barbara Bonifaci, 11th Betty Harmon, 12th Evie Luft, 12th Lois Tomlin, 13th Dely Geraldini, 13th Judy Springer, 13th Shirley Giordano, 15th Roberta Krause, 16th Marlene Harris, 17th	Transportation Monday, Wednesday, Friday & Saturday, 9 a.m.-1 p.m.: Town Shuttle, Appointments & Pool Tuesday & Thursday, 9 a.m.-2 p.m.: Doctor Appointments				2:00 Bingo, F 7:00 Movie Night, T
2 10:00 Sunday Service, T 12:30 Catholic Service, T 2:00 Movie Matinee, T 7:00 Movie Night, T	3 10:00 Writing Class, PDR 1:00 Chair Yoga, T 2:00 Singalong with Barb, LR 5:00 Classical Piano by Clara Lee, LR	4 11:00 Ukulele Jam, A 11:00 Meet, "The Travel Companion," L	5 10:00 Brain Boot Camp, B 10:00 Alderwood Mall Shopping & Lunch Out, L	6 1:00 Chair Yoga, T 2:00 "Oscar Red Carpet" w/ Muscian Lindi Moo, LR	7 10:30 Ted Talk, B 11:00 Avon, L 1:30 Watercolor Class, A 1:30 Costco, L	8 2:00 Bingo, F 7:00 Movie Night, T
9 10:00 Sunday Service, T 12:30 Catholic Service, T 2:00 Movie Matinee, T 7:00 Movie Night, T	10 9:00 Extended Shopping Shuttle Bus Until 3 p.m., L 10:00 Writing Class, PDR 1:00 Chair Yoga, T 2:00 Hymn Singalong, LR	11 11:00 Ukulele Jam, A 12:00 Resident Birthday Lunch, F 1:30 Sharing Circle, A	12 10:00 Brain Boot Camp, B 10:15 Theo Chocolate Tour, L 2:00 Ukulele Class, A	13 11:00 Yonck's Custom Cribbage Board Display, L 1:00 Chair Yoga, T	14 VALENTINE'S DAY 10:30 Ted Talk, T 11:00 A Jewel Sales with Kathy, L 1:00 Valentine Party with Naomi Morgan, F 1:30 Safeway & Bartell, L 2:30 Hearing Clinic, PDR	15 2:00 Bingo, F 7:00 Movie Night, T
16 10:00 Sunday Service, T 12:30 Catholic Service, T 2:00 Movie Matinee, T 7:00 Movie Night, T	17 PRESIDENTS DAY 10:00 Writing Class, PDR 1:00 Chair Yoga, T 2:00 Singalong with Barb, LR 5:00 Classical Piano by Clara Lee, LR	18 11:00 Ukulele Jam, A 12:00 Men's Luncheon, F 7:00 Book Club, A	19 10:00 Brain Boot Camp, B 5:30 Musical "Bliss" at 5th Avenue Theater, Seattle, L	20 9:15 Traveling Library, LR 1:00 Chair Yoga, T 2:00 Senior Swingers Orchestra, F	21 10:30 Ted Talk, T 1:00 Trader Joe's/ Nordstrom Rack/ Whole Foods, L 1:30 Watercolor Class, A	22 10:00 Girl Scout Cookie Sale, L 2:00 Bingo, F 5:00 Gary Hood on Piano, LR 7:00 Movie Night, T
23 10:00 Sunday Service, T 12:30 Catholic Service, T 2:00 Movie Matinee 7:00 Movie Night, T	24 10:00 The Accessory Boutique with Linda, L 10:00 Writing Class, PDR 1:00 Chair Yoga, T 2:00 Hymn Singalong, LR	25 11:00 Ukulele Jam, A 2:00 Mardi Gras Party with Gen Ra Shun, F	26 ASH WEDNESDAY 9:30 Northwest Flower & Garden Show, L 10:00 Brain Boot Camp, B	27 1:00 Chair Yoga, T 2:00 Board Game and Card Players Open House, B	28 10:30 Ted Talk, T 1:30 Fred Meyer, L	29 2:00 Bingo, F 7:00 Movie Night, T

Self-Care for Seniors

Now a popular concept, practicing self-care means giving yourself the attention you need to take care of your physical and emotional health. Show yourself some love with these simple self-care habits:

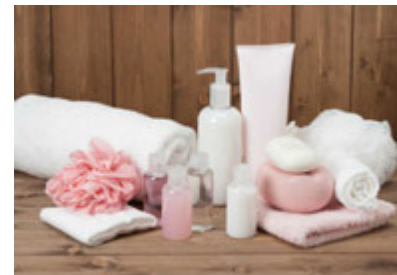
Take a walk — Simply stepping away for a few moments can help clear your mind, as well as provide exercise. Walking with a friend has social benefits, too.

Treat your hands and feet — We use our hands and feet every day, so we need to take care of them. Getting manicures, pedicures and hand massages and using moisturizing lotions will help you feel pampered and relaxed.

Make time for hobbies — If you like to read, draw, crochet, sing or play cards, celebrate it! Whatever you enjoy doing, join a club, attend a class or devote time every week to your favorite pastimes.

Eat well — In addition to eating balanced, nutritious meals, choose desserts and occasional treats that you really love. Without overindulging, savor the experience of eating them, so they are special.

Keep your health a priority — Going to the doctor and dentist or having items such as a walker or hearing aids checked may seem like routine tasks, but think of them as vital self-care habits.



The Appeal of Alpacas

With their soft fleece and quirky, humanlike facial expressions, alpacas are charming animals, with personalities that can put people at ease.

Domesticated over 6,000 years ago by the Andean people of South America, alpacas are in the same family as camels and llamas. They are mostly raised for their luxurious fleece, which is often compared to cashmere, and said to be finer, softer and warmer than sheep's wool.



In recent years, alpacas have become more familiar as therapy animals, making visits to schools, retirement communities, hospitals and rehabilitation centers. Their calm, curious and friendly nature make them ideal for pet therapy, and many children and adults who interact with them can't help but smile and laugh at their amusing antics. Stroking an alpaca's soft fleece provides sensory benefits, and its gentle, social demeanor helps people feel relaxed.

There are two breeds of alpacas, distinguished by their coats. The most common breed is the huacaya, which has thick, curly fleece that gives them a teddy bear-like appearance. The suri breed has long, silky fleece that hangs in dreadlocks as it grows.

Red Carpet Rollout

Symbolizing glitz and glamour, a red carpet is rolled out for celebrities and VIPs to make a grand entrance.

The earliest reference to this custom appears in the ancient Greek play "Agamemnon," in which the title character, a king, returns home from battle to a path of crimson tapestries laid out for him. Because red dye was difficult to make and expensive, only the elite could afford fabric in that color, and red became a sign of luxury.

The practice spread over time. In 1821, U.S. President James Monroe stepped off a riverboat onto a ceremonial red carpet in South Carolina. Starting in the early 1900s, red carpets directed passengers boarding the exclusive express train at New York City's Grand Central Station, creating the status concept of "red-carpet treatment."

In Hollywood, the legendary Sid Grauman rolled out a red carpet outside his movie theater when he organized the first film premiere in 1922. Douglas Fairbanks and the other stars of "Robin Hood" started a tradition of arriving actors "walking the red carpet" that continues today. Most famously, the annual Academy Awards ceremony has broadcast its pre-show red carpet event since 1961. The plush walkway has become a stage for celebs to pose for photos, give interviews and greet fans.



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