

livfun

Fairwinds - Redmond

FEBRUARY 2020 · FITNESS FRENZY

February Fitness Frenzy

This year sees Leisure Care's 6th annual February Fitness Frenzy. Throughout the month, residents and staff join forces to raise money for the One Eighty Foundation and local children and families.

The Main Goal: Participants choose from a variety of activities then pledge an amount for every minute spent doing these activities.

After the first \$250 raised, 100% of funds generated by our community will be distributed to our chosen charity.

Activity Goal: 30 minutes of activity per participant per day.

Fundraising Goal: Minimum \$1,000

Let's get active and raise money!

Staying Sharp

Our mental health is as important to our overall wellness as our physical health. Studies show that consistent mental stimulation can significantly reduce stress levels which can affect our physical well-being.

The AARP identifies five pillars of brain health.

Relax: Better sleep and less stress results in a healthier brain! Stress can cause damage, illness and pain. Relaxation techniques can help reduce anxiety, sleeplessness, breathing problems and chronic pain.

Discover: Brain based learning tools incorporated into your daily routine can improve your overall brain health.

Connect: A strong social circle can boost mood and even help protect your brain. Decreased stress levels from bonds and cultivating relationships can even stimulate your nervous system.

Nourish: Lots of foods are recommended as good for our brains.

Move: Physical activity impacts your brain health, too! There are studies which argue that it actively increases your brain health and can help fight against cognitive decline!

Look out for Brain Games coming soon!

Stretch of the Month

Quad Stretch – Standing

While standing, bend knee back behind you and hold ankle/foot.

Next, gently pull knee into bent position until stretch is felt on the front of the thigh.

Reps: 3 times

Complete: 2 Sets

Hold: 30 seconds

Perform: 1 Time Per Day

Quadriceps Stretch – Sidelying

Lie on your side with target limb on top. Next, grab target limb below the knee and pull knee into more bent position until a stretch is felt along the front of thigh.

Reps: 3 times

Complete: 2 Sets

Hold: 30 seconds

Perform: 1 Time Per Day



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!](http://ONEEIGHTYFOUNDATION.EJOINME.ORG/2020FITNESSFRENZY/)

WEEKLY SCHEDULE

EVERY SUNDAY	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	EVERY SATURDAY
2:00 Fairwinds Christian Fellowship, T	10:00 PrimeFit/Silver Sneakers Classic, T 3:00 10-Cent Bingo, AR	10:00 PF/Silver Sneakers Stability, T 1:00 PF Balloon Volleyball, AR 2:00 PF Walking Club, BI	10:00 PrimeFit/Silver Sneakers Classic, T 11:00 Bean Bag Baseball, T 3:00 Mystery Bingo!, AR 3:00 Bible Study, T	9:00 TAI CHI FOR BETTER BALANCE, T 10:00 PF/Silver Sneakers Stability, T 11:00 Laughter Yoga!, T 1:00 Knitting Club, BI 1:00 PF Balloon Volleyball, AR 2:00 PF Walking Club, BI	BLUE FRIDAY! 10:00 PrimeFit Water Exercises, PL 10:30 Catholic Communion Service, PDR 11:00 Bean Bag Baseball, T 1:00 Texas Hold 'Em Poker, B 2:00 Pinochle, B	10:00 Wii Bowling, T 11:00 Scenic Drive Departs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations Activity Room, AR Pool, PL Balcony, B Private Dining Room, PDR Bistro, BI Red Sky Restaurant, R Gym, Gym Theater, T Living Room, LR	Birthdays Nadenne Hauserman, 2nd Chuck Johns, 20th Barry Roenfeldt, 10th Madhavi RajGuru, 20th Ruth Adams, 14th Kikue Anderson, 21st Sally Rowell, 20th Elizabeth Wacker, 26th					FEBRUARY FITNESS FRENZY BEGINS! 1:00 Current Affairs Discussion Group, T 2:30 Movie Matinee: "Gone with the Wind," T
2 3:00 Movie Matinee: "The English Patient," T 3:30 SUPER BOWL PARTY!, AR	3 11:00 The Great Fairwinds Scavenger Hunt!, AR 1:00 LECTURE SERIES: WINSTON CHURCHILL, T 1:30 Blackjack, B	4 11:00 MICROSOFT VISITOR CENTER & LUNCH OUT DEPARTS 3:00 NFL Pick'em Root Beer Float Party, AR	5 12:00 February Birthdays Lunch, R 1:00 Play the Hand Chimes, AR 1:00 Seated Yoga, T	6 9:00 WOMEN'S BREAKFAST, AR 2:00 Popcorn Social, BI 3:00 All Resident Meeting, AR	7 10:00 Guided Meditation, T 3:00 Happy Birthday Hour, AR	8 9:00 MEN'S BREAKFAST, AR 11:00 Zumba Gold, T 1:00 CURRENT AFFAIRS DISCUSSION, T 2:30 Movie Matinee: "Lawrence of Arabia," T
9 3:00 Movie Matinee: "Breakfast at Tiffany's," T	10 10:45 Fairwinds Book Club Meets, T 12:00 Cooking with Colleen, R 1:00 Lecture Series: Winston Churchill, T	11 11:00 BURKE MUSEUM & LUNCH OUT DEPARTS 3:00 Singalong with Barb!, LR	12 1:30 Art History Talk, T	13 2:00 Popcorn Social, BI	14 VALENTINE'S DAY 10:00 Guided Meditation, T 10:00 Sweethearts on Display, BI 2:00 Forget Me Not Mixer, BI	15 8:30 PANCAKE BREAKFAST WITH THE RANDALL FOUNDATION, R 10:00 PRIMEFIT HEALTH FAIR, AR 2:00 Saturday Concert Series Featuring Larry Benitez, LR 2:30 Movie Matinee: "The Princess Bride", T
16 3:00 Movie Matinee: "Larry Crowne," T	17 PRESIDENTS DAY 11:00 Team Trivia, AR 12:00 Red Hat Society Lunch, R 1:00 Lecture Series: Winston Churchill, T 1:30 Blackjack, B	18 11:30 SNAQUALMIE CASINO TRIP DEPARTS 12:00 Chef Demonstration, BI 3:00 Make Pajamas for Kids, AR	19 10:00 Fashion Classics Trunk Show, AR 1:00 Seated Yoga, T 2:00 Live Music with Gary Lee Hood, LR 5:00 Supper Club Departs	20 12:30 "Stu for Silverton" At 5th Avenue Theater Departs 2:00 Popcorn Social, BI	21 10:00 Mindfulness Exercises, T 3:00 Happy Hour, AR	22 11:00 Zumba Gold, T 2:30 Movie Matinee: "Forest Gump," T
23 3:00 Movie Matinee: "Cast Away," T	24 11:00 Nostalgia Club, T 12:00 New Resident Lunch, R 1:00 Lecture Series: Winston Churchill, T 2:00 National Tootsie Rolls Day, BI	25 9:30 Traveling Library, BI 9:30 Safety Talk with a Cop, BI 11:00 RED HAT SOCIETY LUNCH DEPARTS 4:00 Theme Night: Mardi Gras!, R	26 ASH WEDNESDAY 1:00 Seated Yoga, T 1:30 Crafts & Cocktails, AR	27 1:00 Film History with Lance Rhoades, T 2:00 Popcorn Social, BI 2:00 F&B Quarterly Update, AR	28 10:00 Mindfulness Exercises, T 3:00 Happy Hour, AR	29 2:30 Movie Matinee: "Titanic," T

Vegetable of the Month: Tomato

The tomato is consumed in a variety of ways, raw or cooked and in many dishes, sauces, salads, and drinks. While tomatoes are fruits – botanically classified as berries – they are commonly used as a vegetable ingredient or side dish.

- **Calories:** 100g (91g)
- **Protein:** 0.8 grams
- **Carbs:** 3.5 grams
- **Fiber:** 1.1 grams
- **Calcium:** 3% of the RDI
- **Vitamin C:** 35% of the RDI
- **Vitamin A:** 1% of the RDI
- **Folate:** 9% of the RDI
- **Manganese:** 26% of the RDI

The vitamin C in tomatoes is important for wound healing, strong bones and teeth, good immune function and helps to increase iron absorption.

Lycopene is an antioxidant that has been associated with a reduced prostate cancer.

Lycopene can increase HDL (healthy cholesterol) and reduce LDL (bad cholesterol). Some studies have shown a relationship between lycopene in tomatoes and the reduction of the presence of oxidized LDL, which can contribute to the plaque on the walls of the arteries.

Tomatoes are also an excellent source of vitamin A, which is an essential component for normal vision and immune function. They are also a very good source of vitamin K, which assists in blood clotting and potassium, which can help to reduce blood pressure.

Save the Dates

Feb. 2: Super Bowl Party!

Feb. 4: NFL Pick 'em Root Beer Float Party

Feb. 6: Women's Breakfast

Feb. 8: Men's Breakfast

Feb. 12: Access Medical Equipment Repair

Feb. 14: Sweethearts on Display

Feb. 14: Forget-Me-Not Mixer

Feb. 15: Pancake Breakfast

Feb. 15: PrimeFit Health Fair

Feb. 15: Saturday Concert Series Featuring Larry Benitez

Feb. 18: Chef Demonstration

Feb. 19: Live Music with Gary Lee Hood

Feb. 25: Red Sky Theme Night: Mardi Gras!

Feb. 25: Safety Talk with a Cop

Educational Opportunities

Feb. 1, 1 p.m: Current Affairs Discussion Group

Feb. 3, 1 p.m: Lecture Series: Winston Churchill

Feb. 10, 10:45 a.m: Fairwinds Book Club

Feb. 10, 1 p.m: Lecture Series: Winston Churchill

Feb. 12, 1:30 p.m: Art History Talk

Feb. 17, 11 a.m: Team Trivia

Feb. 17, 1 p.m: Lecture Series: Winston Churchill

Feb. 24, 11 a.m: Nostalgia Club

Feb. 24, 1 p.m: Lecture Series: Winston Churchill

Feb. 25, 9:30 a.m: Traveling Library

Feb. 27, 1 p.m: Film History with Lance Rhoades

February Excursions

Feb. 4: Microsoft Visitor Center and Lunch Out

Feb. 11: Burke Museum and Lunch Out

Feb. 18: Snoqualmie Casino

Feb. 19: Supper Club

Feb. 20: "Stu for Silverton" at 5th Avenue Theater

Feb. 25: Red Hat Society Lunch Out



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