

livfun

San Marino
INDEPENDENT LIVING

FEBRUARY 2020 · FITNESS FRENZY

Photo Gallery



Holiday Party



Holiday Party



Holiday Potluck



New Year's Eve Party



New Year's Eve Party



Holiday Potluck



Westminster Public School visiting and having hot chocolate with the residents



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/

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Locations</p> <p>Activity Room, AR Arbors, A Bridge Way, BW Chapel, CH Estates Lounge, EL Exercise, GR</p> <p>Game Room, GR Library, LB Main Lobby, ML Patio Pavilion, PP Villas Courtyard, VC Villas Dining Room, VD</p>		<p>Birthdays</p> <p>Fran Siconolfi, 2nd Olga Davis, 4th Deanna Mayer, 7th Marlyne Rinaldi, 8th Waldo Rust, 14th Elizabeth Sandeman, 19th</p> <p>Richard Parshall, 20th Connie Cunningham, 23rd Louis Lockwood, 23rd Bud Hughes, 26th Elayne Jacobson, 27th</p>					<p>1</p> <p>9:00 Coffee Social, EL 10:00 Boggle, GR 1:00 Open Games, EL 1:30 Bingo, GR 6:00 Hand & Foot Card Game, GR</p>
<p>2</p> <p>10:00 Chapel Service, GR 10:30 Catholic Communion, A 1:30 Bingo, GR 2:30 Skip-Bo & Card Games, GR 4:00 Super Bowl, GR</p>	<p>3</p> <p>9:00 Yoga, GR 10:00 Bingo, GR 1:00 Open Games, EL 1:30 Shopping at Walmart, ML 6:00 Rummikub & Games, GR</p>	<p>4</p> <p>9:00 Wii Golf, GR 10:00 Yahtzee, GR 1:00 Open Games, EL 1:30 Making Valentine Cards, GR 2:00 Popcorn Social, A 6:00 Hand & Foot Card Games, GR</p>	<p>5</p> <p>9:00 King Soopers, ML 9:00 Exercise, GR 10:45 Walking Group, GR 1:00 Sock Hop at Harris Park Elementary, A 1:30 Story Tellers, GR 6:15 Tripoli & Games, GR 6:30 Entertainment with Scott Hackler Playing the Piano, EL</p>				<p>6</p> <p>9:00 Wii Bowling, GR 9:30 Fitness Frenzy, A 10:00 Exercise with Stacey, A 10:45 Walking Group, ML 1:30 Bingo, GR 6:00 Rummikub & Games, GR</p>
<p>9</p> <p>10:00 Chapel Service, GR 10:30 Catholic Communion, A 1:30 Bingo, GR 2:30 Skip-Bo & Card Games, GR 6:00 Open Games, GR</p>	<p>10</p> <p>9:15 Balance Class, GR 10:00 Ladies' Group, A 1:00 Open Games, EL 1:30 Bingo, GR 6:00 Rummikub & Games, GR</p>	<p>11</p> <p>8:00 Foot Clinic, GR 9:00 Catholic Mass, A 9:00 Gambling at the Lodge, ML 10:00 Yahtzee, GR 1:00 Open Games, EL 2:00 Popcorn Social, A 6:00 Hand & Foot Card Games, GR</p>	<p>12</p> <p>9:00 King Soopers, ML 9:00 Exercise, GR 10:45 Walking Group, GR 1:30 Bingo, EL 1:30 Brain Fit, GR 6:15 Tripoli & Games, GR</p>	<p>13</p> <p>9:00 Wii Bowling, GR 10:45 Walking Group, ML 11:00 Mountain Man, ML 12:00 Birthday Lunch 1:30 Poker, GR 6:00 Rummikub & Games, GR</p>	<p>14</p> <p>VALENTINE'S DAY</p> <p>9:00 Exercise, GR 10:00 Dominoes, GR 1:30 Valentine's Party with Laurie Playing the Guitar, GR 6:00 On the Screen, GR</p>	<p>15</p> <p>9:00 Coffee Social, EL 10:00 Trivia, GR 1:00 Open Games, EL 1:30 Bingo, GR 6:00 Hand & Foot Card Game, GR</p>	
<p>16</p> <p>10:00 Chapel Service, GR 10:30 Catholic Communion, A 1:30 Bingo, GR 2:30 Skip-Bo & Card Games, GR 6:00 Open Games, GR</p>	<p>17</p> <p>PRESIDENTS DAY</p> <p>9:00 Yoga, GR 10:00 Bingo, GR 1:00 Open Games, EL 1:30 On the Screen, GR 6:00 Rummikub & Games, GR</p>	<p>18</p> <p>9:00 Wii Golf, GR 10:00 Yahtzee, GR 1:00 Open Games, EL 2:00 Resident Meeting, GR 2:00 Popcorn Social, A 6:00 Hand & Foot Card Games, GR</p>	<p>19</p> <p>9:00 King Soopers, ML 9:00 Exercise, GR 10:45 Walking Group, GR 1:30 Calendar Review, EL 1:30 Bingo, EL 1:30 Making Mardi Gras Mask & Decorating Float, A 6:15 Tripoli & Games, GR</p>	<p>20</p> <p>9:00 Wii Bowling, GR 10:00 Creative Coloring, GR 10:45 Walking Group, ML 1:30 Bingo, GR 4:00 Dinner at Miceys Top Sirloin, EL 6:00 Rummikub & Games, GR</p>	<p>21</p> <p>9:00 Exercise, GR 10:00 Dominoes, GR 12:00 Pizza Party, EL 2:00 Men's Group, GR 6:30 Chuck Smith Playing the Piano, GR</p>	<p>22</p> <p>9:00 Coffee Social, EL 10:00 Boggle, GR 1:00 Open Games, EL 1:30 Bingo, GR 6:00 Hand & Foot Card Game, GR</p>	
<p>23</p> <p>10:00 Chapel Service, GR 10:30 Catholic Communion, A 1:30 Bingo, GR 2:30 Skip-Bo & Card Games, GR 6:00 Open Games, GR</p>	<p>24</p> <p>9:15 Balance Class, GR 10:00 Bingo, GR 1:00 Open Games, EL 1:30 Brain Fit, GR 6:00 Rummikub & Games, GR</p>	<p>25</p> <p>9:00 Wii Golf, GR 10:00 Yahtzee, GR 1:00 Open Games, EL 1:30 Mardi Gras Party, A 2:00 Popcorn Social, A 6:00 Hand & Foot Card Games, GR</p>	<p>26</p> <p>ASH WEDNESDAY</p> <p>9:00 King Soopers, ML 9:00 Exercise, GR 10:45 Walking Group, GR 12:00 Potluck, GR 1:30 Bingo, EL 6:15 Tripoli & Games, GR</p>	<p>27</p> <p>9:00 Wii Bowling, GR 10:45 Walking Group, ML 11:00 Mountain Man, ML 1:30 Bingo, GR 6:00 Rummikub & Games, GR 6:30 Scott Buckley Playing the Guitar, EL</p>	<p>28</p> <p>9:00 Exercise, GR 10:00 Dominoes, GR 10:25 Tour Balisteri Winery & Lunch, ML 6:00 Entertainment with Bobbie Belle Playing the Keyboard, GR</p>	<p>29</p> <p>9:00 Coffee Social, EL 10:00 Coffee & Donuts, ML 1:00 Open Games, EL 1:30 Bingo, GR 6:00 Hand & Foot Card Game, GR</p>	

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.

Winging It

They're a snack staple on game day. Spicy, sauce-coated Buffalo wings first landed on menus more than 50 years ago.

As the name suggests, the dish originated in Buffalo, N.Y. Most accounts say it was invented in 1964 by Teresa Bellissimo, who co-owned a local restaurant with her husband. After cutting some chicken wings into two pieces, she deep-fried them, slathered on hot sauce, and plated them with celery sticks and blue cheese salad dressing on the side. The finger food was a hit, so Bellissimo added it to their menu.

For years, the zesty, orange-sauced wings were a regional food found only in New York, but eventually media coverage drummed up nationwide interest in the dish, and then major restaurant chains began selling chicken wings. At the same time, TVs tuned to sporting events became popular at many eateries, and a shareable plate of hot wings paired with cold beverages was a satisfying combination for hungry sports fans.

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.

February Birthdays

A very happy birthday to those residents celebrating their February birthdays!



Buck Rust, Bud Hughes, Fran Siconolfi, and Elayne Jacobson

San Marino Retirement Community

5000 West 75th Avenue
Westminster, CO 80030
303.429.8857

Staff

General Manager
Marie Tavenner

Guest Services Manager
Bailey Guerra

Chef
Travis Chaney

Office Manager
Janene Filarecki

Administrative Assistant
Susan Fox

Programs Director
Belinda Schlenker

Activities Coordinator
Tawnie Simmons

Driver
Dan Lopez

Plant Operations Supervisor
Jake Rose

Make your "someday" today.

Get on board with TRAVEL BY LEISURE CARE



2020 Bookings Now Available

Western Caribbean | February 22-27, 2020

New York | May 21-25, 2020

Rocky Mountaineer | September 20-27, 2020

Hawai'i | December 5-12, 2020

For more information, or to book your getaway, contact: Carol Dennis at 1-888-468-2010



TRAVEL BY LEISURE CARE POWERED BY TWIST TRAVEL