

livfun

Fairwinds-Brighton Court

MAY 2019 • BLOSSOM AND BLOOM

The History of Memorial Day

Observed with ceremonies and parades, Memorial Day honors the men and women who gave their lives while serving in the U.S. military.

After the Civil War ended in 1865, people in various cities began decorating the graves of fallen soldiers with flowers, flags and wreaths. This inspired Maj. Gen. John A. Logan, the head of a veterans organization, to designate May 30, 1868, as Decoration Day, a national day of remembrance. It's believed that date was chosen because it didn't fall on the anniversary of any battle, and spring flowers would be in bloom all over the country.

On that first Decoration Day, a large ceremony was held at Arlington National Cemetery in Washington, D.C. Officials gave speeches, and more than 5,000 people placed small American flags on the graves of 20,000 Civil War soldiers.

After World War I, Decoration Day was expanded to honor fallen soldiers from all wars. An act of Congress officially renamed it Memorial Day in 1967, and one year later, a public law made it a federal holiday to be celebrated on the last Monday in May.



FBC Veterans Hour putting Hygiene Bags together for Vets in need.



The Blue Zones of Longevity

There are a few places around the world where people tend to live longer, healthier lives.

After analyzing data, scientists identified specific regions that have the highest concentration of centenarians and residents who are largely free of chronic disease. In 2004, author Dan Buettner, working with the National Geographic Society and the National Institute on Aging, dubbed these areas Blue Zones, after the blue circles researchers drew around the locations on a map. The five Blue Zones are Okinawa, Japan; Sardinia, Italy; Ikaria, Greece; Nicoya, Costa Rica; and Loma Linda, Calif.

Research shows that people who live in the Blue Zones have several lifestyle traits in common that contribute to their longevity. Their diet is primarily plant-based, with an emphasis on vegetables, beans, nuts and whole grains. Natural movement is part of their daily routine, in activities such as gardening, chores and walking to the store. They also have close bonds with family and friends, possess a sense of purpose, belong to a spiritual-based community, and spend time relaxing each day.

The World Series of Birding

Avid birders from across the country and the world will flock to New Jersey this month for the World Series of Birding.

The competition, sponsored by the New Jersey Audubon Society, has taken place annually since 1984 on a Saturday in May. Called the Big Day, it coincides with the peak of spring migration. The state, with its diverse habitats, is a popular pit stop for many bird species.

Armed with binoculars and telescopes, teams in adult and youth categories have 24 hours to identify as many species as they can by sight and sound. They can choose to travel the entire state, scour a single county, or stay in a 17-foot circle and let the birds come to them. They can also bird by bike or boat. Along with strict rules, team counts rely on the honor system. Organizers say "a birder's word is his bond."

At day's end, teams gather at Cape May, N.J., the series' headquarters. Results are tallied, and the winners earn a trophy – and bragging rights to crow about. The average team total is 165 species, and the event record is 232 species.

Along with celebrating birding and contributing to scientific research, the series raises money for wildlife conservation. About \$9 million in team pledges has been donated since the competition began.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Locations</div> <div>Activity Room, AR Balcony, BAL Bistro, BIS Conference Room, CR Garden Floor Activity Room, GAR Hobby Shop, HS</div> <div>Library, LIB Living Room, LR PrimeFit Gym, PF Private Dining Room, PDR Restaurant, RES Salon, SAL Second Floor North, 2N Therapy Services, TS</div>	<div>Transportation</div> <div>Monday & Saturday, 9 a.m.-Noon : Open Transportation Within 8 Miles (24-Hour Notice Required) Monday, 1:30 p.m. (until 4 p.m.) : Alderwood Mall Transportation (24-Hour Notice Required) Tuesday & Thursday, 8:30 a.m.-4:30 p.m.: Doctors' Appointments Within 8 Miles (48-Hour Notice Required)</div>	<div>Friday, 9 a.m.: Grocery Shopping QFC/Albertsons Friday, 10:15 a.m.: Grocery Shopping Fred Meyer Friday, 1:30-3:30 p.m.: Open Transportation Within 8 Miles (24-Hour Notice Required) Saturday, 1:30 p.m.: Scenic Drive Sunday, 8:30 a.m.-12:30 p.m.: Church Transportation (24-Hour Notice Required)</div>	<div>MAY DAY</div> <div>9:30 Balance Basics, AR * 10:30 Mexican Train, AR 11:00 LE Exercise Class, LR 1:00 Podcast Story Hour, AR 2:00 Quiddler, LR 2:45 Bible Study, AR 3:00 Silver Sneakers Classic, LR 6:30 Boggle (Word Game), LR 6:30 Transitions Support Group, LIB 6:30 Skip-Bo, AR 11:15 OUT & ABOUT TO TASTER'S WOK</div>	<div>9:00 Massage Therapy with Angela, TS 9:30 Silver Sneakers Yoga, LR 10:30 Netflix Documentary, LR 11:00 LE Exercise Class, LR 11:15 Sno-Isle Library Cart Service, LIB 1:00 Bean Bag Baseball, LR 2:30 Happy Hour, BIS 6:30 DISCOVERING HISTORY WITH KENT CAPTAIN JAMES COOK, LR 7:00 Poker, BAL</div>	<div>9:30 Balance Basics, LR * 9:30 Coffee Social, BIS 11:00 Singalong, LR 12:30 Bingo for Fruit, AR 1:30 Balloon Volleyball, LR 1:45 ART EXPRESSIONS WITH ADRIANA, AR 3:00 Fitness for Parkinson's, LR * 3:00 Wii Bowling, LR 6:30 Friday Flick "The Mule", LR</div>	<div>11:00 Pokeno, LR 1:00 Group Crossword Challenge, AR 1:30 Float Social, BIS 1:30 Scenic Drive 2:00 Matinee "On the Basis of Sex", LR 3:00 Quiddler, AR 6:30 ENTERTAINMENT WITH THE KARYDES, LR</div>
<div>10:00 Wii Games, LR 11:00 Pass the Buzzer, LR 1:00 Skip-Bo, AR 1:00 POW WOW AT EDMONDS COMMUNITY COLLEGE 1:30 Sunday Sundaes, BIS 2:00 MUSICAL PERFORMANCE WITH JON PRESSMAN, LR 3:00 Spoons (Card Game), LR 3:30 Hot Diggity Dancers Line Dancing Class, LR 6:30 Hand & Foot (Card Game), AR 7:00 Church Service with Trinity, LR</div>	<div>LABOR DAY PRESENTATION AT VETERAN'S PARK 9:30 Seated Senior Aerobics, LR 10:00 The Great Courses, LR 10:00 Mahjongg (Tile Game), AR 10:15 Giant Jenga, LR 11:00 LE Exercise Class, LR 11:30 Brain Games, LR 12:30 Bingo for Fruit, AR 1:00 Stitch in Time, LR 1:30 Wii Bowling, LR 3:00 "Wheel of Fortune", AR 6:30 Monday Comedy "Singing in the Rain", LR</div>	<div>9:30 Silver Sneakers Classic (Group Class), LR * 10:00 Catholic Communion, AR 11:00 Group Crossword Challenge, LR 11:00 LE Exercise Class, LR 1:00 Balloon Volleyball, LR 2:00 Blackjack 101, AR 3:00 Trivia Time, LR 6:15 Bingo Bonanza Night, AR</div>	<div>9:30 Balance Basics, AR * 10:30 Mexican Train, AR 11:00 LE Exercise Class, LR 1:00 Podcast Story Hour, AR 2:00 Quiddler, LR 2:45 Bible Study, AR 3:00 Silver Sneakers Classic, LR 3:30 Veterans Meet, CR 6:30 Boggle (Word Game), LR 6:30 Transitions Support Group, LIB 6:30 Skip-Bo, AR 11:15 OUT & ABOUT TO AVOCADO'S IN EVERETT</div>	<div>9:00 Podiatry Services with Dr. Bacerdo, TS 9:30 Silver Sneakers Yoga, LR 10:30 Netflix Documentary, LR 11:00 LE Exercise Class, LR 1:00 Bean Bag Baseball, LR 2:30 Happy Hour, BIS 6:30 LADIES NIGHT, LR 7:00 Poker, BAL</div>	<div>9:30 Balance Basics, LR * 9:30 Coffee Social, BIS 11:00 Singalong, LR 12:00 PIZZA PARTY, BIS 12:30 Bingo for Fruit, AR 1:30 Balloon Volleyball, LR 1:45 Art Expressions with Adriana, AR 3:00 Fitness for Parkinson's, LR * 3:00 Wii Bowling, LR 4:30 BIRTHDAY DINNER, AR 6:30 ENTERTAINMENT WITH THE BOB, HAROLD & KEVIN BAND, LR</div>	<div>10:00 MOTHER'S DAY BRUNCH, RES 11:00 Pokeno, LR 1:00 Group Crossword Challenge, AR 1:30 Float Social, BIS 1:30 Scenic Drive 2:00 PERFORMANCE WITH THE MEMPHIS BELLES, LR 3:00 Quiddler, AR 6:30 Saturday Cinema "Mary Poppins Returns", LR</div>
<div>MOTHER'S DAY 10:00 Wii Games, LR 11:00 Pass the Buzzer, LR 1:00 Skip-Bo, AR 1:00 THERAPY DOG TIME, LR, LR 1:30 Sunday Sundaes, BIS 2:00 GUITAR & SONG WITH JIM SMITH, LR 3:00 Spoons (Card Game), LR 3:30 Hot Diggity Dancers Line Dancing Class, LR 6:30 Hand & Foot (Card Game), AR 7:00 Church Service with Trinity, LR</div>	<div>9:30 Seated Senior Aerobics, LR 10:00 The Great Courses, LR 10:00 Mahjongg (Tile Game), AR 10:15 Giant Jenga, LR 11:00 LE Exercise Class, LR 11:30 Brain Games, LR 12:30 Bingo for Fruit, AR 1:00 Stitch in Time, LR 1:30 Wii Bowling, LR 1:30 PAWS WITH CAUSE PAINTING HOUR, LR 3:00 "Wheel of Fortune", AR 6:30 Monday Comedy "Trouble Along the Way", LR</div>	<div>9:30 Silver Sneakers Classic (Group Class), LR * 10:00 Catholic Communion, AR 11:00 Group Crossword Challenge, LR 11:00 LE Exercise Class, LR 1:00 Balloon Volleyball, LR 2:00 Blackjack 101, AR 3:00 Trivia Time, LR 6:15 Bingo Bonanza Night, AR 6:30 Men's Wisdom Circle, LIB</div>	<div>9:30 Balance Basics, AR * 10:30 Mexican Train, AR 11:00 LE Exercise Class, LR 11:00 OUT & ABOUT TO METROPOLITAN OPERA PRESENTATION 1:00 Podcast Story Hour, AR 2:00 Quiddler, LR 2:45 Bible Study, AR 3:00 Silver Sneakers Classic, LR 6:30 Boggle (Word Game), LR 6:30 Transitions Support Group, LIB 6:30 Skip-Bo, AR</div>	<div>9:00 Massage Therapy with Angela, TS 9:30 Silver Sneakers Yoga, LR 10:30 Netflix Documentary, LR 11:00 LE Exercise Class, LR 1:00 Bean Bag Baseball, LR 2:30 Happy Hour, BIS 6:30 AROUND THE WORLD WITH ANDREW (CURRENT & WORLD EVENTS), LR 7:00 Poker, BAL</div>	<div>9:30 Balance Basics, LR * 9:30 Coffee Social, BIS 11:00 Singalong, LR 12:30 Bingo for Fruit, AR 1:30 Balloon Volleyball, LR 3:00 Fitness for Parkinson's, LR * 3:00 Wii Bowling, LR 6:30 Friday Flick "Vice", LR</div>	<div>11:00 Pokeno, LR 11:30 MEN AT LUNCH, AR 1:00 Group Crossword Challenge, AR 1:30 Float Social, BIS 1:30 Scenic Drive 2:00 Matinee "A Dogs Way Home", LR 3:00 Quiddler, AR 6:30 PIANO & SONG WITH DAVID LITTLE, LR</div>
<div>10:00 Wii Games, LR 11:00 Pass the Buzzer, LR 1:00 Skip-Bo, AR 1:30 Sunday Sundaes, BIS 2:00 PIANO & SONG WITH NICK & BRIAN, LR 3:00 Spoons (Card Game), LR 3:30 Hot Diggity Dancers Line Dancing Class, LR 6:30 Hand & Foot (Card Game), AR 7:00 Church Service with Trinity, LR</div>	<div>9:30 Seated Senior Aerobics, LR 10:00 The Great Courses, LR 10:00 Mahjongg (Tile Game), AR 10:15 Giant Jenga, LR 11:00 LE Exercise Class, LR 11:30 Brain Games, LR 12:30 Bingo for Fruit, AR 1:00 Stitch in Time, LR 1:30 Wii Bowling, LR 3:00 "Wheel of Fortune", AR 6:30 Monday Night Comedy, LR 6:30 Monday Comedy "Guys & Dolls", LR</div>	<div>9:30 Silver Sneakers Classic (Group Class), LR * 10:00 Catholic Communion, AR 11:00 Group Crossword Challenge, LR 11:00 LE Exercise Class, LR 1:00 Balloon Volleyball, LR 2:00 Blackjack 101, AR 3:00 Trivia Time, LR 6:15 Bingo Bonanza Night, AR</div>	<div>9:30 Balance Basics, AR * 9:30 OUT & ABOUT TO ANGEL OF THE WINDS CASINO 10:30 Mexican Train, AR 11:00 LE Exercise Class, LR 1:00 Podcast Story Hour, AR 2:00 Quiddler, LR 2:45 Bible Study, AR 3:00 Silver Sneakers Classic, LR 6:30 Boggle (Word Game), LR 6:30 Transitions Support Group, LIB 6:30 Skip-Bo, AR</div>	<div>9:30 Silver Sneakers Yoga, LR 10:30 Netflix Documentary, LR 11:00 LE Exercise Class, LR 11:05 Resident Council Meeting, PDR 1:00 Bean Bag Baseball, LR 2:30 Happy Hour, BIS 6:30 Thursday Theatre "Green Book", LR 7:00 Poker, BAL</div>	<div>9:30 Balance Basics, LR * 9:30 Coffee Social, BIS 11:00 Singalong, LR 12:30 Bingo for Fruit, AR 1:30 Balloon Volleyball, LR 1:45 ARTFUL EXPRESSIONS WITH ADRIANA, AR 3:00 Fitness for Parkinson's, LR * 3:00 Wii Bowling, LR 3:00 Joker (Card Game), AR 6:30 Friday Flick "Colette", LR</div>	<div>9:30 Facials with Sandra, TS 11:00 Pokeno, LR 1:00 Group Crossword Challenge, AR 1:30 Float Social, BIS 1:30 Scenic Drive 2:00 PERFORMANCE WITH MICHAEL CLUNE, LR 3:00 Quiddler, AR 6:30 FBC'S GOT TALENT NIGHT, LR</div>
<div>10:00 Wii Games, LR 11:00 Pass the Buzzer, LR 1:00 Skip-Bo, AR 1:30 Sunday Sundaes, BIS 2:05 CABARET PERFORMANCE, LR 3:00 Spoons (Card Game), LR 3:30 Hot Diggity Dancers Line Dancing Class, LR 6:30 Hand & Foot (Card Game), AR 7:00 Church Service with Trinity, LR</div>	<div>MEMORIAL DAY 9:30 Seated Senior Aerobics, LR 10:00 The Great Courses, LR 10:00 Mahjongg (Tile Game), AR 10:15 Giant Jenga, LR 11:00 LE Exercise Class, LR 11:30 Brain Games, LR 12:30 Bingo for Fruit, AR 1:00 Stitch in Time, LR 1:30 Wii Bowling, LR 3:00 "Wheel of Fortune", AR 6:30 Monday Comedy "Quartet", LR</div>	<div>9:30 Silver Sneakers Classic (Group Class), LR * 10:00 Catholic Communion, AR 11:00 Group Crossword Challenge, LR 11:00 LE Exercise Class, LR 1:00 Balloon Volleyball, LR 2:00 Blackjack 101, AR 3:00 Trivia Time, LR 6:15 Bingo Bonanza Night, AR 6:30 Men's Wisdom Circle, LIB</div>	<div>9:30 Balance Basics, AR * 10:30 Mexican Train, AR 11:00 LE Exercise Class, LR 11:15 OUT & ABOUT TO SCOTT'S 1:00 Podcast Story Hour, AR 2:00 Quiddler, LR 2:45 Bible Study, AR 3:00 Silver Sneakers Classic, LR 6:30 Boggle (Word Game), LR 6:30 Transitions Support Group, LIB 6:30 Skip-Bo, AR</div>	<div>9:30 Silver Sneakers Yoga, LR 10:30 Netflix Documentary, LR 11:00 LE Exercise Class, LR 1:00 Bean Bag Baseball, LR 2:30 ALL RESIDENT MEETING, LR 6:30 MUSICAL PERFORMANCE WITH THE TRUCULANT TRIO, LR 7:00 Poker, BAL</div>	<div>9:30 Coffee Social, BIS 11:00 Singalong, LR 12:30 Bingo for Fruit, AR 1:30 Balloon Volleyball, LR 3:00 Fitness for Parkinson's, LR * 3:00 Wii Bowling, LR 6:30 Friday Flick "Apollo 13", LR</div>	

Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun — If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen — Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Dress appropriately — To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated — Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

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Teaching Etiquette Essentials

In years past, many young women learned lessons in etiquette and social graces by attending charm school.

The classes taught skills that were considered necessary for ladies to act and look their best, such as correct posture; sitting, standing and walking gracefully; and planning wardrobes for various occasions. Beauty tips were covered, including hair care, using cosmetics, and healthy diets.

Manners were heavily emphasized, and students practiced the art of conversation, making introductions, and how to use a pleasant voice when speaking. Handwritten letters and thank-you notes were encouraged, and proper table manners rehearsed. Dating advice and dance lessons were usually part of the curriculum as well.

Some department stores offered charm school courses in the 1960s and '70s, with graduates demonstrating what they learned in fashion show finales. In the South, cotillion classes taught gracious behavior. On the East Coast and abroad, private finishing schools prepared young women for their entry into society.

Etiquette classes adapted to the social skills needed for modern times are still offered today for both youngsters and adults.

Annual 4-H of Snohomish Visit



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