

livfun

MacKenzie Place

FEBRUARY 2012 • WRITTEN IN THE STARS

Leaping Into February

This year is a leap year! Here are a few facts about Leap Day, which comes just once every four years.

Why Do We Have Leap Year?: It actually takes Earth 365 days, five hours, 48 minutes and 46 seconds to orbit the sun. To account for the roughly quarter of a day surplus, one day is added to the calendar every four years. However, since we have slightly less than a quarter of a day extra, sometimes a leap year needs to be skipped.

A leap year will occur if the year in question is divisible by four (except for those also divisible by 100). However, leap years can be divisible by 400. This rule explains why 2000 was a leap year but 1900 was not. 2100 will not be a leap year, either, but 2400 will be a leap year.

The leap year got its name because the extra day in the calendar pushes the days of the week forward. For example, if June 1st is on a Friday in 1999, then it will fall on a Sunday (instead of a Saturday) in 2000. The extra day causes everything to "leap" forward.

Lady's Choice: The leap year came to be known as a time when women could romantically pursue men. While there are a few legends about how this started, the most common is that it originated in Ireland in the fifth century when St. Bridget complained to St. Patrick that women always had to wait for men to propose. St. Patrick suggested that women be allowed to propose to men every seven years. The two haggled until they came to an agreement that women could propose to men every four years, during a leap year. Legend also says that, in 1288, Queen Mary of Scotland decreed that men should be fined if they denied a marriage proposal from a woman. The law was changed so that men were only fined if they refused a proposal from a woman on a leap day. So, ladies, if you have your eye on someone... perhaps February 29th is the day to make your move!

Reasons to Be Active in 2012 by Melissa in PrimeFit

We have all experienced everyday aches and pains or pains that come one day and disappear the next. Many of those pains are from arthritis or joint degeneration. If there was some way to help the symptoms of pain, such as a new, safe pill, would you try it? Why not try some natural remedies?

If you suffer from pain, activities such as walking, using the NuStep and pool activity can help you feel better and help the pain. Here is a list of how physical activity can help:

1. Activity helps nourish the cartilage in joints.
2. Your brain releases endorphins that help lift your mood and act as a natural pain reliever.
3. Sleep quality improves with increased physical activity.
4. Posture, balance and coordination improve when you move more often.
5. Exercise contributes to regular bowel habits.
6. Moving more improves range of motion and stiffness.

When we experience pain, we tend to stop moving as much. This can start a cycle of loss of function, depression and stress, which can lead to more pain. It's a never-ending cycle.

At some point, a decision has to be made to break this cycle. Then what do you do? First of all, don't overdo it! When you are first learning proper activity or exercise, it needs to be done in steps. You also need to listen to your body. If you are experiencing pain while doing a certain action, then you should stop. Swelling and redness in a joint is also another sign to stop. Check with your doctor about starting a program and see what he/she would recommend. Keep in mind that we have other options for you here other than just exercise classes on the activity calendar. Sometimes, a whole class might be too much to start! Come talk to me (Melissa) regarding other options. We have affordable, one-on-one personal training options which can be personalized to your needs and goals. Take this information to heart and think about what you CAN do.



Heart Disease Awareness Month

February is Heart Disease Awareness Month, so now is a good time to review the components of a heart-healthy diet. Making small changes to your meals can have positive effects on your heart; however, it is important to speak with your doctor before implementing any drastic changes in your diet.

One of the most direct ways to make your diet more heart healthy is to limit fat and cholesterol. According to the Mayo Clinic, saturated fat should make up no more than seven percent of your daily calories. The Mayo Clinic also recommends consuming less than 300 mg of cholesterol a day.

Another way to help your heart is to eat plenty of whole grains. The Mayo Clinic has found that whole grains help lower blood pressure and regulate blood sugar better than processed grains.

Swap out your white rice for brown rice and regular pasta for whole wheat pasta.

Making small changes here and there can really improve your heart's health in the long run.

This February, think about your heart. If you take care of it, it will take care of you!

WEEKLY SCHEDULE

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
9:30 Vineyard Video Church Program, TH 10:30 Sunday Family Brunch, MR 10:30 Live Church Services with Timberline, TH 1:00 Trivial Pursuit, LR 2:00 Bingo, PB 3:00 Video Lecture Series, TH 4:00 Exploring Different Cultures, TH 6:30 Movie Night, TH	9:15 Strengthen & Move, BR 10:15 Aqua Fitness, PF 10:30 Meteorology Lecture, PB 1:00 Canasta, PB 3:00 Current Events and Group Discussions, PB 6:30 Movie Night, TH	9:15 Fusion Fit and Balance, BR 10:00 Scrabble, PB 10:00 Tai Chi with Rich, PF 1:00 Arthritis Exercises, PF 3:00 Men's Coffee, OG 3:00 Ladies' Afternoon Tea, PDR 4:15 Scattergories in the Bistro, PB 6:30 Movie Night, TH	9:15 Strengthen & Move, BR 10:15 Aqua Fitness, PF 3:00 Jewelry Making in the Bistro, PB 4:00 Meteorology Lecture, OG 6:30 Movie Night, TH	9:15 Fusion Fit & Balance, BR 10:30 Book Club, PB 1:00 Mall Outing and Mall Walking, FD 1:00 Arthritis Exercises, PF 2:00 Bible Study with Mark Stiger, CH 3:00 Canasta, OG 6:30 Movie Night, TH	9:15 Strengthen & Move, BR 10:15 Aqua Fitness, PF 10:30 Knitting and Crocheting Circle, PB 1:30 Mah Jongg, OG 2:30 Game Day in the Pub, OG 4:30 Friday Night Live Music, OG 6:30 Movie Night, TH	10:00 Beginners Tai Chi with Rich, PF 11:00 Saturday Celestial Journey into the Universe, TH 1:00 Current Events, OG 2:00 \$Bingo\$, OG 3:00 Lecture Series, TH 3:30 Prayer Group, Den 4:30 Saturday Evening Poker, OG 6:30 Movie Night, TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	GROUNDHOG DAY 2	3	4
			10:00 Excursion: Black Hawk, FD	5:00 Buffet, MR	12:00 PEO Group (Members Only Please), MR 1:30 Painting with Stacy, AK	2:30 Budweiser Events Center: Cirque De Soleil "Dralion," FD
5	6	7	8	9	10	11
Super Bowl Party, OG		1:00 Contract Party Bridge, PB	10:30 Colorado Railroad Museum in Golden: Lunch First, Then Tour, FD 2:00 Wii Bowling, OG	3:00 Book Signing with Nancy Geise, "The Eighth Sea," LR 5:00 Buffet, MR	1:30 Painting with Stacy, AK 2:00 Fall Prevention with Ellen and Jeff of Preferred Home Health, TH	4:30 Saturday Night Live, OG
12	13	14	15	16	17	18
	11:00 Sign Language Class, AK	VALENTINE'S DAY 1:00 Duplicate Bridge, PB 5:00 Sweethearts Dinner (Reservations Only), MR	3:00 Excursion: White Fence Farm (Best Fried Chicken!), FD 4:00 New Members Social, OG	2:00 Furry Sweethearts Best in Show, BR 5:00 Buffet, MR 7:00 Colorado Swing Rehearsal, BR	1:30 Painting with Stacy, AK	6:00 Fort Collins Symphony Presents Masterworks #3: The Four Seasons, FD
19	20	21	22	23	24	25
5:00 Live Music! Noah Peterson, OG	PRESIDENTS' DAY 11:30 Mystery Lunch Outing, FD 1:30 "Ask a Therapist" with Kelly Jacobson Legacy Health Care, TH	MARDI GRAS 1:00 Contract Party Bridge, PB	ASH WEDNESDAY 9:30 Forney Transportation Museum in Denver, FD 2:00 Wii Bowling, OG	1:00 Resident Service Meeting, TH 5:00 Star Studded Event, MR	11:30 February Birthdays: Resident Luncheon, PDR 2:30 "Stories of When You Made the News," TH	4:30 Saturday Night Live, OG
26	27	28	29	Locations Activity Kitchen, AK Den, Den Mezzanine, MZ Pioneer Room, PR The Lodge, L Activity Room, AR Eternal Salon, ES Old Grout Pub, OG Pool Patio, PP Theater, TH Ballroom, BR Front Desk, FD Old Grout Pub & PrimeFit, PF Wellness Center Chapel, CH Living Room, LR Pioneer Bistro, OGP Private Dining Room, PDR (3rd fl), WC Computer Room, CR Mason's Restaurant, MR Pioneer Bistro, PB		

The History of Mardi Gras

This year, Mardi Gras falls on February 21st. Mardi Gras is a holiday that signals the beginning of Lent. While the name is French, the original celebration began in Rome and is older than Christianity. The ancient Romans celebrated Lupercalia, a festival which was observed from February 13th to 15th in order to purge evil spirits from the city and promote health and fertility. The celebration of Lupercalia made its way to France in the Middle Ages, where it became known as Mardi Gras. "Mardi Gras" is French for "Fat Tuesday." Traditionally, it's a time for people to eat, drink and celebrate before they fast for Lent.



It is generally believed that Mardi Gras came to America in 1699 via the French explorer Iberville. People in present-day New Orleans celebrated with masquerade balls and festivals. The carnival was prohibited when Spain gained control of the area. It wasn't until after Louisiana became part of the United States that the ban was lifted. The first official Mardi Gras parade was recorded in 1837. Unfortunately, Mardi Gras became associated with violence in the 1840s and '50s and nearly ceased to exist. However, in 1857, a council of six men formed a group called the Mystick Krewe of Comus.

These men had previously planned New Year's Eve parades, and they created rules to make Mardi Gras safer. They also unified each year's parade by giving it a theme and allowing the construction of floats that represented the theme. Under Comus, which still exists today along with a whole slew of other krewes, Mardi Gras flourished over the next several decades. It took a hiatus during World Wars I and II, and it struggled during the 1920s and 1930s due to Prohibition and the Great Depression. However, New Orleans' current tourism industry thrives on hosting people from all over the world who want to see what has become "the greatest free show on Earth."

Happy Birthday to The Home Run King

George Herman "Babe" Ruth is one of baseball's most recognizable names. Fans loved to watch his explosive hitting, and players today still strive to break his records. His career slugging percentage of .690 has never been beaten.

The famous home-run hitter was born on February 6, 1895, in Baltimore, Maryland. His parents had eight children, but only George and his sister survived infancy. He was a troublemaker from a young age, so he was sent to St. Mary's Industrial School when he was 7. It was there that he learned to play baseball.

Even though George was a strong hitter, Jack Dunn, the owner of the then minor league Baltimore Orioles, recruited George as a pitcher. Since George was only 19 and the majority age was 21, Jack became George's legal guardian, earning George the nickname of "Jack's Babe" – a nickname that would stick with him all his life.

George only played a short time in Baltimore before being traded to the Red Sox. There he pitched from 1914 to 1918 and led the Red Sox to three championships. He moved to the outfield in 1918 so he could focus on hitting, but the team wasn't as successful without him on the mound.

In 1919, George was sold to the New York Yankees for \$125,000. While the trade greatly benefited the Yankees, it was disastrous to the Red Sox. Boston didn't win another World Series until 2004, a streak that was dubbed "The Curse of the Bambino."

Babe Ruth played for the Yankees from 1920 to 1934. During that time he took the Yankees to the World Series and broke numerous slugging records. One of his famous moments took place during Game Three of the 1932 World Series at Wrigley Field. While he was at bat during the fifth inning, he pointed to center field. He then hit a home run on the next pitch directly to where he had been pointing.

Ruth's talent declined, and he retired in 1936. He passed away in 1948 from cancer, leaving behind his second wife, Claire, and two daughters. However, he left his mark on the baseball world, and his legacy lives on today.



**MacKenzie
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RETIREMENT
IN FULL BLOOM

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