

## Refreshing Watermelon

Sweet and juicy, watermelon is a taste of summer. The refreshing snack is 92 percent water, so it can quench your thirst and cool you off when the temperature soars.



Watermelon is usually considered a fruit, but it has some properties of a vegetable. It is a member of the gourd family and related to cucumbers, squash and pumpkins. Therefore, some say it can be classified as both a fruit and a vegetable.

What is not debatable is the nutrition packed into watermelon. Its ripe red color comes from high levels of lycopene, an antioxidant that has been linked to a decreased risk of heart disease and cancer, and may protect the skin from sun damage. Watermelon is also a good source of potassium and vitamins A, B-6 and C.

More than 1,200 varieties of watermelon are grown worldwide. While most types have a deep green rind and red or pink flesh, some varieties have an orange, yellow or white interior. Usually sliced into wedges or cubed, watermelon can also be served up in salads and blended into juices or smoothies. Every part of the melon can be eaten, even the rind and seeds.

## Tenpin Tidbits

A popular pastime all year long, the sport of bowling is recognized every August on the second Saturday of the month, National Bowling Day. Spare a moment for some trivia that's right up your alley!

- The sport may have been around as early as 3200 B.C., as evidenced by Egyptian artifacts.
- Bowling balls used to be made of wood, but most modern balls are made from various types and blends of plastic.
- Bowling balls can weigh 10 to 16 pounds, and have two or three finger holes.
- Regulation bowling pins are 15 inches tall and made of hard maple wood.
- In the game's triangular setup of 10 pins, the pin that stands in the center is known as the kingpin.
- Bowling three strikes in a row is called a "turkey."
- In 1947, bowling lanes were built inside the White House as a birthday present for President Harry S. Truman.
- Japan is home to the largest bowling alleys in the world. The Nagoya Grand Bowl boasts 156 lanes on three floors, and the Inazawa Grand Bowl has 116 lanes on one floor.
- Bowling was an exhibition sport at the 1988 Summer Olympics in Seoul, South Korea, but has yet to be made an official Olympic event.
- The major league of bowling, the Professional Bowlers Association was founded in 1958 and has over 3,000 players from more than 30 countries.



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AUGUST 2018

## Stay Safe in the Heat

When temperatures rise, we need to take precautions to prevent heat exhaustion and heat stroke. These conditions are caused by the body overheating and can be potentially dangerous, especially for older adults. Follow these tips to stay safe and cool this summer:

**Stay inside** — During extreme heat, the safest place is an air-conditioned area, especially during midday hours. Stay indoors or opt for outings to cool places such as a shopping mall, library or movie theater.

**Hydrate** — Even if you don't feel thirsty, sip on water or juice throughout the day, and eat hydrating fruits and vegetables. Avoid caffeinated beverages, which can contribute to dehydration.

**Dress appropriately** — Wear lightweight, loose-fitting clothing in light colors. When outdoors, keep your head cool with a wide-brimmed hat or umbrella.

**Take a break** — On hot and humid days, it's best to avoid strenuous physical activity, including exercise, even if you're indoors. Rest often and take it slow.

**Check your meds** — Some medications can affect the way the body regulates temperature. Ask your physician or pharmacist if any of your medications increase your risk of heat-related illness.

**Watch for symptoms** — If you or someone else shows signs of heat exhaustion, which can lead to heat stroke, seek medical help right away. Symptoms can include heavy sweating; cold, damp skin; weak, rapid pulse; nausea; dizziness; and headache.

## Honoring Gridiron Greats

Each August, Canton, Ohio, hosts a four-day festival for football legends and their fans. The city where the NFL was born is also the home of the Pro Football Hall of Fame, and since 1963, it honors the heroes of the game by inducting its newest class of Hall of Famers.

Four to eight enshrinees are elected each year. Fans can nominate any player, coach, team owner or other person who has contributed to pro football, but players and coaches must be retired from the sport for at least five years. A 48-person selection committee, made up mostly of sportswriters, reviews and votes on the nominations.

The enshrinement ceremony, held at a stadium next to the Hall of Fame, is the high point of the August celebration. Each inductee gives an acceptance speech to the thousands in attendance and the millions watching on live TV. Each legend is honored with a bronze bust, which will be permanently displayed in the Hall of Fame, a gold jacket and a ring.

Many previous enshrinees, called "returning Gold Jackets," also take part in the events.

There are more than 300 members of the Pro Football Hall of Fame.





# AUGUST 2018

## Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Court Yard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR

## Birthdays

- Jean Shannon, 5th
- Lois Davis, 12th

## Transportation Schedule

- Thursday, 11:10 a.m.
- Lunch Outings

**"It is a happy talent to know how to play."**

**—Ralph Waldo Emerson**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
9:00 Sunday School, IA <sup>5</sup> <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 6:45 Individual Art for the Heart, AR	10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR 11:00 <i>August Word Games, AR</i> 2:00 Bingo & Chocolate, AR 6:45 Card Games, AR	9:45 Outside Walking in the Sun <b>10:00 Red, White &amp; Blue Crafts, AR</b> 11:00 Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR <b>3:30 Exploring Nature (Plants)</b>	10:00 Chair Exercise, AR <b>2:00 Luau With Uptempo, IL</b> 3:30 Bingo Bucks, AR <b>6:45 Fun Flicks &amp; Popcorn, AR</b>	10:00 Walking Club <b>10:30 Touch and Smell (Nature), CY</b> 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:00 <i>Traveling Places (Video), AR</i>	10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 <i>It All Happened in August, AR</i> 2:00 <i>Bingo With Prizes, AR</i> 6:00 Puzzles/Board Games, AR	10:00 Coupons Picking, AR <b>11:00 Individual Adult Coloring</b> 6:45 Checkers, AR
9:00 Sunday School, IA <sup>12</sup> <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 6:45 Individual Art for the Heart, AR	10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR 11:00 <i>August Word Games, AR</i> 2:00 Bingo & Chocolate, AR 6:45 Card Games, AR	9:45 Outside Walking in the Sun 10:00 <i>Lemonade and Reminiscing, AR</i> 11:00 Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR <b>3:30 Watermelon Day, AR</b> <b>3:30 Exploring Nature (Plants)</b>	10:00 Chair Exercise, AR 10:30 Second Chance, AR 2:00 Bingo Bucks, AR 3:15 <i>Flower Arrangements, AR</i> <b>6:45 Fun Flicks &amp; Popcorn, AR</b>	10:00 Walking Club <b>10:30 Touch and Smell (Nature), CY</b> 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:00 <i>Traveling Places (Video), AR</i> <b>6:30 A Night on Broadway!, IL</b>	10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 <i>It All Happened in August, AR</i> 2:00 <i>Bingo With Prizes, AR</i> 6:00 Puzzles/Board Games, AR	10:00 Coupons Picking, AR <b>11:00 Individual Adult Coloring</b> 6:45 Checkers, AR
9:00 Sunday School, IA <sup>19</sup> <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 6:45 Individual Art for the Heart, AR	10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR 11:00 <i>August Word Games, AR</i> 2:00 Bingo & Chocolate, AR 6:45 Card Games, AR	9:45 Outside Walking in the Sun 10:00 <i>Satin Hand and Nail Care, AR</i> 11:00 Trivia Plus More..., AR <b>2:00 Music With James Curry, IL</b> <b>3:30 Exploring Nature (Plants)</b>	10:00 Chair Exercise, AR 10:30 <i>Resident Council Meeting, AR</i> 2:00 Bingo Bucks, AR 3:15 Ice Cream Social, AR <b>6:45 Fun Flicks &amp; Popcorn, AR</b>	10:00 Walking Club <b>10:30 Touch and Smell (Nature), CY</b> 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:00 <i>Traveling Places (Video), AR</i>	10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 <i>It All Happened in August, AR</i> 2:00 <i>Bingo With Prizes, AR</i> 6:00 Puzzles/Board Games, AR	10:00 Coupons Picking, AR <b>11:00 Individual Adult Coloring</b> 6:45 Checkers, AR
9:00 Sunday School, IA <sup>26</sup> <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 6:45 Individual Art for the Heart, AR	10:00 Fitness & Moves, AR 10:30 Daily Update and Spiritual Reading, AR 11:00 <i>August Word Games, AR</i> 2:00 Bingo & Chocolate, AR 6:45 Card Games, AR	9:45 Outside Walking in the Sun <b>10:15 Resident Council Meeting, AR</b> 1:30 Nail Care (Satin Hands), AR <b>3:30 Exploring Nature (Plants)</b> <b>7:00 North Hampton Church of Christ, DR</b>	10:00 Chair Exercise, AR 2:00 Bingo With Prizes, AR 3:15 <i>Art &amp; Crafts, AR</i> <b>6:45 Fun Flicks &amp; Popcorn, AR</b>	10:00 Walking Club <b>10:30 Touch and Smell (Nature), CY</b> 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:00 <i>Traveling Places (Video), AR</i> <b>3:15 Marshmallow Snack (S'mores), AR</b>	10:00 Jazzy Exercise, AR 10:30 Book Club & Chat With Doughnuts, AR 11:00 <i>It All Happened in August, AR</i> 2:00 <i>Bingo With Prizes, AR</i> 6:00 Puzzles/Board Games, AR	