

## Barbecue Buddies

While smoked meat slathered in sauce is the star of the show at a barbecue, there's usually a plentiful pick of side dishes at the table.

**Baked beans** — For many, a barbecue menu must-have is a pot of baked beans, which may include bits of meat along with the beans, simmered in a sweet sauce.

**Coleslaw** — Cool and crunchy coleslaw, made with raw cabbage, carrots, other veggies and even fruit, complements all types of barbecue. Both creamy and vinegar-based dressings are popular choices for this salad.

**Corn** — Warm-weather cookouts and picnics often feature this fresh, sweet vegetable, whether as grilled corn on the cob, creamed corn, corn pudding, succotash or corn relish.

**Potato salad** — A helping of cold, creamy potato salad provides taste buds a soothing contrast to tangy and spicy fare. Lighter versions with oil-dressed spuds can be served warm or chilled.

**Bread** — Slices of classic white bread, biscuits, cornbread or hush puppies often come with a plate of barbecue and offer a hands-on way to sop up the sauce.

**Macaroni and cheese** — A classic comfort food, this cheesy pasta dish with countless variations is a favorite among the fixin's that make a barbecue meal complete.

## Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration in this year's theme and learn why "Life Is Better in Motion."

**Helps prevent illness** — High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

**Boosts energy** — The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

**Lifts mood** — Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.

**Improves sleep** — A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest. Just avoid working out close to bedtime, since the energy boost may keep you awake.

**Reduces fall risk** — Exercise strengthens muscles and bones, increases flexibility, and improves balance — all benefits that are key to preventing falls and broken bones.

**Enhances social life** — Walking with a friend, taking a group fitness class or participating in a team sport or game offers the opportunity to have fun and connect with others.



# The Devonshire

## Lifestyle



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MAY 2020

## Honoring Women in the Military

Nearly 3 million women have served in and with the U.S. military. The Women in Military Service for America Memorial honors the contributions of servicewomen past, present and future.

Dedicated in 1997, the memorial is located at the entrance to Arlington National Cemetery, outside the nation's capital. The 30,000-square-foot monument and museum is devoted to telling the stories of women who have helped defend the nation since the American Revolution.

Photos, uniforms and other artifacts are exhibited, documenting the many jobs women have held for the country's defense, from nurse to fighter pilot. A hall of honor recognizes those who gave the ultimate sacrifice, were held prisoners of war, or received awards for service and valor.

The heart of the memorial is an interactive, computerized register that has the goal of including every woman who has served. Currently, the database has the names, photos and histories of about 270,000 women, and visitors can look up their grandmother, mother or friend. Female veterans or family and friends of women veterans are encouraged to register at the memorial's website, [WomensMemorial.org](http://WomensMemorial.org).

The memorial also honors women who have served in organizations that support the U.S. armed forces, including the Red Cross, USO and U.S. Public Health Service Cadet Nurse Corps.

## That's a Wrap

Filled, rolled, folded and wrapped, tortillas have become a handy ingredient for many meals.

The round flatbread was created thousands of years ago by the native peoples of what is now Mexico and Central America. They ground soaked corn kernels into a dough, shaped it into flat, thin pancakes and baked them. When Spanish explorers arrived in the region in the 1500s, they called the maize bread a tortilla, from a word meaning "small cake."

Today in Mexico, corn tortillas are still made by hand, but most people buy them fresh daily at local shops called tortillerias, which make the bread by machine. Tortillas made of flour are popular in northern Mexico and much of the U.S.

Tortillas are an ideal vessel for holding a variety of ingredients. Filled with meat, beans, cheese and veggies, they are used in traditional Mexican foods such as tacos, enchiladas, tostadas and quesadillas. Cut into pieces and fried into crisp chips, they scoop up sauces, salsa and guacamole. With cinnamon sugar, chocolate or fruit, tortillas become a base for dessert recipes.

Beyond Mexican fare, tortillas are a common swap for bread in sandwich wraps and roll-ups, or used as a substitute crust for a pizza.



# MAY 2020

## 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

- Latrelle Malone, 5th
- Charlie Wooten, 22nd
- Walter Mickie, 24th

## Transportation Schedule

Thursday, 11:10 a.m.  
Lunch Outings

## Additional Services

Monday - Saturday 11 a.m.-Noon  
Country Store

“When you look at your mother, you are looking at the purest love you will ever know.”

— Mitch Albom

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|--|--|--|---|--|--|---|
|    |   |   |    |   |  |   |
| <b>9:30 Bible Scripture Reading, AR</b> <sup>3</sup><br>10:30 Gospel Sounds in Residents' rooms<br>2:00 <i>Sunday Matinee, AR</i><br>5:45 Individual Art for the Heart   | 10:00 Fitness & Moves, AR <sup>4</sup><br>10:15 Daily Update, Deep Breathing & Stretching<br><b>11:15 Hand Sanitized &amp; Lunch menu</b><br><b>1:30 Hallway Bingo, AH</b><br><b>3:00 Name That Tune w/ at your Door Prizes</b>  | <b>10:00 Health Talk (fruits)</b> <sup>5</sup><br><b>10:30 Outside w/Finish the Line, CY</b><br>11:00 Physical Game: Horse Racing Outside, CY<br>2:00 Library Books<br><b>2:30 Fun w/Cinco De Mayo</b>             | 10:15 Daily Update, Deep Breathing & Stretching <sup>6</sup><br><b>10:45 Spring Time Trivia Outside, CY</b><br><b>11:15 Hand Sanitized &amp; Lunch menu</b><br><b>1:30 Hallway Bingo, AH</b><br><b>3:15 Outside w/Nature, CY</b>  | <b>10:30 Outside w/Finish the Line, CY</b> <sup>7</sup><br>11:00 Today in History<br>2:00 Individual Nature Artwork Painting<br>3:00 Outside Chat and Juice, CY<br><b>3:15 Music in the Hallway Day</b>  | 10:15 Daily Update, Deep Breathing & Stretching <sup>8</sup><br>10:30 Door to door Trivia, AR<br><b>11:15 Hand Sanitized &amp; Lunch menu</b><br><b>1:30 Hallway Bingo, AH</b><br><b>2:30 Pre Mother's Day Shout Out!</b><br><b>3:00 Door to Door Ice Cream Stop</b>                               | 10:00 Individual Word finding and Crossword puzzle <sup>2</sup><br><b>11:00 Individual Adult Coloring</b><br>2:30 Outside Sitting, AR<br>6:00 Subjection Day (Kentucky Day) |
| MOTHER'S DAY <sup>10</sup><br><b>9:30 Bible Scripture Reading, AR</b><br>10:30 Gospel Sounds in Residents' rooms<br><b>11:30 Mother's Day Lunch</b><br>2:00 <i>Sunday Matinee, AR</i><br>5:45 Individual Art for the Heart | 10:15 Daily Update, Deep Breathing & Stretching <sup>11</sup><br><b>11:15 Hand Sanitized &amp; Lunch menu</b><br><b>1:30 Hallway Bingo, AH</b><br><b>3:00 Name That Tune w/ at your Door Prizes</b><br>3:30 Nature Video (Birds), AR   | 10:30 <b>Outside w/Finish the Line, CY</b> <sup>12</sup><br>11:00 Physical Game: Horse Racing Outside, CY<br>2:00 Library Books<br><b>3:00 Root Beer Float</b>   | 10:15 Daily Update, Deep Breathing & Stretching <sup>13</sup><br>10:30 Spiritual Reading, AR<br><b>11:15 Hand Sanitized &amp; Lunch menu</b><br><b>1:30 Hallway Bingo, AH</b><br><b>3:00 Name That Tune w/ at your Door Prizes</b>  | <b>10:30 Outside w/Finish the Line, CY</b> <sup>14</sup><br>11:00 Today in History<br>2:00 Individual Nature Artwork Painting<br>3:00 Outside Chat and Juice, CY<br><b>3:15 Music in the Hallway Day</b>   | 10:15 Book Club & Chat, AR <sup>15</sup><br>10:15 Daily Update, Deep Breathing & Stretching<br>10:30 Door to door Trivia, AR<br><b>11:15 Hand Sanitized &amp; Lunch menu</b><br><b>1:30 Hallway Bingo, AH</b><br><b>3:00 Door to Door Ice Cream Stop</b>   | 10:00 Individual Word finding and Crossword puzzle <sup>16</sup><br><b>11:00 Individual Adult Coloring</b><br>2:30 Outside Sitting, AR                                      |
| <b>9:30 Bible Scripture Reading, AR</b> <sup>17</sup><br>10:30 Gospel Sounds in Residents' rooms<br>2:00 <i>Sunday Matinee, AR</i><br>5:45 Individual Art for the Heart  | 10:00 Fitness & Moves, AR <sup>18</sup><br>10:15 Daily Update, Deep Breathing & Stretching<br>10:30 Bible Trivia and Daily Word, AR<br><b>11:15 Hand Sanitized &amp; Lunch menu</b><br><b>1:30 Hallway Bingo, AH</b><br><b>3:00 Name That Tune w/ at your Door Prizes</b>        | 10:00 Physical Games, AR <sup>19</sup><br><b>10:30 Outside w/Finish the Line, CY</b><br>11:00 Physical Game: Horse Racing Outside, CY<br>1:30 Trip: Scenic Ride<br>2:00 Library Books                              | 10:15 Daily Update, Deep Breathing & Stretching <sup>20</sup><br>10:30 Spiritual Reading, AR<br><b>11:15 Hand Sanitized &amp; Lunch menu</b><br><b>1:30 Hallway Bingo, AH</b><br><b>3:00 Name That Tune w/ at your Door Prizes</b><br><b>3:15 Outside w/Nature, CY</b>            | 10:00 Connect Four & Jenga, AR <sup>21</sup><br><b>10:30 Outside w/Finish the Line, CY</b><br>11:00 Today in History<br>2:00 Yoga w/Tina, AR<br>2:00 Individual Nature Artwork Painting<br>3:00 Outside Chat and Juice, CY<br><b>3:15 Music in the Hallway Day</b> | 10:15 Book Club & Chat, AR <sup>22</sup><br>10:15 Daily Update, Deep Breathing & Stretching<br>10:30 Door to door Trivia, AR<br><b>11:15 Hand Sanitized &amp; Lunch menu</b><br><b>1:30 Hallway Bingo, AH</b><br><b>3:00 Door to Door Ice Cream Stop</b><br><b>3:15 TGIF Happy Hour Social, AR</b> | 10:00 Individual Word finding and Crossword puzzle <sup>23</sup><br><b>11:00 Individual Adult Coloring</b><br>2:30 Outside Sitting, AR                                      |
| <b>9:30 Bible Scripture Reading, AR</b> <sup>24</sup><br>10:30 Gospel Sounds in Residents' rooms<br>2:00 <i>Sunday Matinee, AR</i><br>5:45 Individual Art for the Heart  | MEMORIAL DAY <sup>25</sup><br>10:00 Fitness & Moves, AR<br>10:15 Daily Update, Deep Breathing & Stretching<br>10:30 Spring Time Trivia, AR<br><b>11:15 Hand Sanitized &amp; Lunch menu</b><br><b>1:30 Hallway Bingo, AH</b><br><b>3:00 Name That Tune w/ at your Door Prizes</b> | 10:00 Coffee & Tea Time Talk, AR <sup>26</sup><br><b>10:30 Outside w/Finish the Line, CY</b><br>11:00 Physical Game: Horse Racing Outside, CY<br><b>12:30 Residents' Council Meeting, AR</b><br>2:00 Library Books | 10:15 Daily Update, Deep Breathing & Stretching <sup>27</sup><br>10:30 Spiritual Reading, AR<br><b>10:45 Spring Time Trivia Outside, CY</b><br><b>11:15 Hand Sanitized &amp; Lunch menu</b><br><b>1:30 Hallway Bingo, AH</b><br><b>3:00 Name That Tune w/ at your Door Prizes</b> | <b>10:30 Outside w/Finish the Line, CY</b> <sup>28</sup><br>11:00 Today in History<br>2:00 Individual Nature Artwork Painting<br>3:00 Outside Chat and Juice, CY<br><b>3:15 Music in the Hallway Day</b>   | 10:15 Book Club & Chat, AR <sup>29</sup><br>10:15 Daily Update, Deep Breathing & Stretching<br><b>11:15 Hand Sanitized &amp; Lunch menu</b><br><b>1:30 Hallway Bingo, AH</b><br><b>3:00 Door to Door Ice Cream Stop</b>  | 10:00 Individual Word finding and Crossword puzzle <sup>30</sup><br><b>11:00 Individual Adult Coloring</b><br>2:30 Outside Sitting, AR                                      |
| <b>9:30 Bible Scripture Reading, AR</b> <sup>31</sup><br>10:30 Gospel Sounds in Residents' rooms<br>2:00 <i>Sunday Matinee, AR</i><br>5:45 Individual Art for the Heart  |     |  |   |  |  |   |