

'Favorite Things' About a Classic Film

From the memorable melodies to the picturesque scenery, "The Sound of Music" is one of the most beloved movie musicals of all time. Climb over this mountain of film facts:

- "The Sound of Music" was released in the U.S. on March 2, 1965. It was so popular, it played in theaters for 4 1/2 years.
- It was the last musical written by Richard Rodgers and Oscar Hammerstein.
- The cast spent nearly three months filming in the city of Salzburg, Austria.
- Stars Julie Andrews and Christopher Plummer both learned guitar for the movie, but Plummer's singing and guitar-playing were dubbed in the final cut.
- The real Maria von Trapp, along with her daughter and granddaughter, appear as extras in the film. They can be seen in the background as Maria leaves the abbey and sings "I Have Confidence."
- Many of the child actors experienced growth spurts during filming. To keep their heights consistent, in some scenes the actors had to be barefoot, wear shoe lifts or stand on a box.
- Though she sings the song "Sixteen Going on Seventeen," the actress who played oldest daughter Liesl, Charmian Carr, was 21 at the time.
- Andrews kept giggling during the romantic ballad "Something Good," which is why most of the duet is filmed with her and Plummer in silhouette.
- In the wedding scene, the train of Maria's dress is 14 feet long.
- The movie won five Oscars, including best picture.



All About Artichokes

Resembling large, green flowers with pointed petals, artichokes are one of the more unique offerings in the produce department.

Artichokes are members of the thistle family, and the part we eat is actually the plant's flower bud. They are one of the world's oldest cultivated foods, dating back to ancient Greece and Rome. French immigrants brought artichokes to America in the 1700s, and Presidents George Washington and Thomas Jefferson grew the vegetable in their gardens.

Spring is peak season for fresh artichokes, which can be baked, boiled, steamed or grilled. The individual petals are usually pulled off and dipped in melted butter and other sauces. The meaty core, called the heart, is considered a delicacy and often served as an ingredient in dips and salads, and as a pizza topping.

The green globes are low-calorie, fat-free and loaded with nutrients. One artichoke contains 10 grams of fiber — about one-third of the recommended daily amount — and is a rich source of antioxidants, including vitamin C, as well as folate and magnesium.

France, Italy and Spain are leading producers of artichokes, while nearly all of the U.S. crop is grown in California.



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March 2018

The Wings of Spring

If you need a signal that spring is just around the corner, look to the skies. Many migrating birds are now making their way to nesting grounds and rest areas, including these feathered favorites:

Cliff swallows — One of the most famous symbols of spring is the return of these birds to Mission San Juan Capistrano in Southern California. Flying 6,000 miles from Argentina, the swallows reach the area around March 19, when tourists flock to the city to celebrate Swallows Day.

Sandhill cranes — In late February, these cranes begin leaving their winter homes in the Southern U.S. and Mexico to set up camp in Canada, Alaska and Siberia. Throughout March and early April, half a million of the birds will make a pit stop in Nebraska's Platte River valley to rest and fuel up on food before continuing north.

Long-billed curlews — As temperatures turn warmer, these shorebirds — the largest in North America — move from the coastlines and Mexico to the continent's west-central grasslands. Bird-watchers are in for a spectacular show as male curlews perform looping flight patterns while making their sharp "whit-whit" calls.

Red knots — Their 9,300-mile spring migration from South America to the Arctic is one of the longest trips of any bird, and a ready supply of eggs spawned by horseshoe crabs draws thousands of red knots to stop in Delaware Bay. During this feast, it's estimated that 90 percent of the species' population can be seen there in a single day.

Irish Heritage in America

March is the month for celebrating all things Irish. According to the U.S. Census Bureau, more than 30 million people in the U.S. can trace their roots to the Emerald Isle. That number is more than seven times the population of Ireland.



The biggest wave of immigrants

arrived in the mid-1800s to escape the Irish Potato Famine, which began after a fungus destroyed most of Ireland's potato crop, a staple food, for several years. Large populations settled in New York City, Boston, Chicago and Philadelphia.

The Irish brought with them many traditions that made their way into American culture. Most famously, the St. Patrick's Day holiday has become an annual celebration of their heritage that includes parades, shamrocks and the wearing of green. The day's festivities wouldn't be complete without a meal of corned beef and cabbage, an American version of the Irish dish of bacon and cabbage. Irish stew, soda bread and colcannon are also part of the cuisine brought to America.



INDEPENDENT LIVING

MARCH 2018

Locations

Activities Room, AR
Court Yard, CY
Craft Room, CR
Dining Room, DR
Game Room, GR
Windsor Room, WR

Transportation Schedule

Monday
9:30 a.m.
Bank Runs

Tuesday

a.m. (Hamp

Dr. Runs

Tuesday

1-4 p.m. (Newport News Only)

Dr. Runs

Wednesday

8:30-11 a.m. (Hampton Only)

Dr. Runs

Wednesday

1-4 p.m. (Newport News Only)

Dr. Runs

Thursday

11:10 a.m.

Lunch Outings

Friday
6:45

9:45 a.m.
Farrow, Frank, & Aldi

6.4.1

Saturday
10:00

10 a.m.
Food Lion


Birthdays

Garland Ellison, 10th
Frances Greene, 11th
Estelle Milsap, 16th
George Palko, 25th
Sarah Charles, 29th

**“The finest compliment
you can pay a man
is that his word was
as good as gold.”**

—Evel Knievel

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:10 Swimmers 10:15 What's the Buzz, AR 11:10 Lunch Outing: Piccadilly's 2:00 Women in History Moment, AR 3:15 National Peanut Lover's Snack, AR	2 9:45 Farm Fresh 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 2:00 Read Across American (Library Hour) 3:30 Happy Hour Time, AR	3 10:00 Trip: Shopping at Ollies 1:00 Resident Canasta, AR 6:00 Chosen Generation Ministries Bible Study, WR 6:00 Cinema Saturday w/Popcorn, AR
4 9:20 Sunday School, WR 2:00 Scenic Bus Ride 3:00 Resident Card Game, AR 6:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR	5 9:30 Banks 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 2:00 Bridge 3:30 Billiards in Game Room, GR	6 9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 3:00 Arts & Crafts, CR 3:30 Men's Social (Shooting Pool), GR	7 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:30 What Your Name Means, AR 3:30 Scrabble, AR	8 9:10 Swimmers 10:20 Bookmobile, AR 11:10 Trip: Lunch Outing SHrimp Shack 3:15 Jackpot Bingo, AR	9 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Walmart 3:30 Happy Hour Time, AR	10 10:00 Lidil Grocery Store 11:00 Resident Talk Their Genealogy 1:00 Shopping: Stein Mart 3:00 Spades Card Game, AR
11 DAYLIGHT SAVING TIME BEGINS 9:20 Sunday School, WR 2:00 Scenic Bus Ride 3:00 Resident Card Game, AR 6:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR	12 9:30 Banks 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 2:00 Bridge 3:30 Scrabble, AR	13 9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:15 Resident Dining Meeting, DR 3:00 Arts & Crafts, CR	14 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Nail Care, AR 3:00 Second Rule Plus More, AR 4:00 News Update (CNN), AR	15 9:10 Swimmers 11:10 Lunch Outing Cracker Barrel 2:00 Special Country & Western (Outlaw Hoedown), DR 3:30 Women in History, AR	16 9:45 Farm Fresh 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Shopping at Target 3:30 Pre-Wine Tasting (Happy Hour), AR	17 ST. PATRICK'S DAY 1:00 Resident Canasta, AR 2:00 St. Patrick's Day Social, DR 3:30 Chat and Irish Coffee, AR 6:00 Cinema Saturday w/Popcorn, AR
18 9:20 Sunday School, WR 2:00 Scenic Bus Ride 3:00 Resident Card Game, AR 6:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR	19 9:30 Celebrate National Nurse's Day, DR 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 2:00 Bridge 3:30 Billiards in Game Room, GR 6:30 North Hampton Women (Bingo), AR	20 SPRING BEGINS 9:10 Swimmers 9:30 Bank Run 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 3:00 Arts & Crafts, CR	21 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Women in History Trivia and Poetry, AR 3:30 Guess the Mystery Person, AR	22 9:10 Swimmers 10:20 Bookmobile, AR 11:10 Lunch Outing County Grill 1:30 Trip:Scenic Ride 3:15 Jackpot Bingo, AR	23 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Shoping Walmart 1:30 Women's Movie & Cookies, WR 3:30 Happy Hour Time, AR	24 10:00 Lidil Grocery Store 1:00 College Game Day, GR 2:00 Shopping (At Home Store) 3:00 Spades Card Game, AR
25 PALM SUNDAY 9:20 Sunday School, WR 2:00 Scenic Bus Ride 3:00 Resident Card Game, AR 6:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR	26 9:30 Banks 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 2:00 Bridge 3:30 Scrabble, AR	27 9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 3:00 Arts & Crafts, CR	28 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Nail Care, AR 2:30 Shooping (Food Lion) 6:00 World News (Cnn) Talk, AR	29 9:10 Swimmers 10:20 Bookmobile, AR 11:10 Lunch Outing (Jason's Deli) 2:00 March Trivia Hour 3:15 Jackpot Bingo	30 GOOD FRIDAY PASSOVER BEGINS AT SUNSET 9:30 Shopping at Farm Fresh 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 2:00 Monthly Birthday Party, DR 3:30 Happy Hour Time, AR	31 10:00 Bed Bath & Beyond 12:45 Food Lion 1:00 Resident Canasta, AR 2:30 Kmart 6:00 Cinema Saturday w/Popcorn, AR