

The Bagpipe Tradition

Their distinctive sound is often heard at St. Patrick's Day parades, and they are often associated with the traditions of Ireland and Scotland, but bagpipes have played a part in many world cultures.

Most historians believe the wind instrument was developed thousands of years ago in the Middle East, with evidence of it in ancient Egyptian history, then the Greek and Roman empires. In the Middle Ages, bagpipes spread to the rest of Europe, where they provided music at outdoor gatherings. Immigrants brought bagpipes to America.

There are dozens of types of bagpipes, but most work in a similar manner. The piper blows air through a

mouthpiece, and the air is pushed through a bag into several pipes. One pipe has finger holes used to play the melody, and other pipes produce a constant harmonizing tone.

The Scottish created the Great Highland bagpipe, the most familiar form of the instrument today. Its loud, high-pitched tone can be heard up to 10 miles away. It was used during wartime to lead troops into battle and relay messages.

Across the world, military forces and police and fire departments have adopted the tradition of including pipe bands in formal ceremonies.

The bagpipe is the national instrument of Scotland.

Big Easy Eats

Food is part of the fun of Mardi Gras celebrations. Let the good times roll with this menu of classic New Orleans cuisine:

Gumbo — The official state dish of Louisiana, gumbo is a thick stew or soup that is served over rice. There are countless variations, but seafood gumbo and chicken and sausage gumbo are the most popular.

Jambalaya — This hearty rice dish includes a mix of meat, seafood and vegetables. Creole versions include tomatoes while Cajun versions do not.

Etouffee — Pronounced "ay-too-fay," it's a seafood stew that most often features crawfish, shrimp or crab, and is served atop rice.

Po'boy — Whether it's stuffed with fried shrimp, fried oysters or roast beef, the French bread is said to be the key to this iconic New Orleans sandwich. Locals order their po'boys "dressed," which means lettuce, tomatoes, mayonnaise and pickles are added.

Beignets — The city's French Quarter is famous for eateries that serve these deep-fried pastries that are covered with powdered sugar. They are traditionally paired with a cup of chicory coffee or a café au lait.

On a Roll

There was a time when a pair of roller skates, a rink and some friends were the ingredients for countless hours of fun.

Shoes with wheels were around in the early 1700s, but the first recorded roller skate invention came from John Joseph Merlin in the 1760s. The eccentric inventor decided to debut his skates at a fancy ball in London but crashed upon entering.

Early skates were constructed with wheels attached in a straight line, and poor designs made turning and stopping nearly impossible. In 1863, James Plimpton revolutionized the pastime when he created the quad skate, which had two parallel pairs of wheels that could pivot, allowing a skater to easily make turns and maneuver. Roller-skating took off, and roller rinks were built to cater to the growing craze.

In the 1950s, roller rinks became social hubs for millions of people enjoying more leisure time in the thriving post-war economy. Roller-skating carhops delivered food at drive-in restaurants.

A roller revolution occurred during the disco music craze of the 1970s, and rinks played the latest dance beats. Inline skates, with a better design than earlier versions, rolled into action in the 1980s.

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MARCH 2019

A Riveting Icon

With her rolled-up sleeves, flexed bicep and red polka-dot bandana, Rosie the Riveter represented the can-do attitude of American women during World War II.



That image was designed in 1942 by artist J. Howard Miller, who was hired by the manufacturing company Westinghouse to create a series of posters to promote the war effort. The words "We Can Do It!" completed the picture of a tough woman ready to tackle any job. At the time, the poster's figure didn't have a name.

In 1943, the song "Rosie the Riveter" was released with lyrics about a woman working on a wartime assembly line. Soon afterward, Norman Rockwell painted a cover for The Saturday Evening Post that depicted a muscular female worker with a rivet gun on her lap. Her lunchbox had the name Rosie written on it, likely inspired by the song.

The cover was hugely popular, and stories of real-life "Rosies" were printed in various publications, inspiring millions of women to help fight the war by joining the workforce, filling production jobs left vacant by men serving in the military.

Over the years, people began to associate Rockwell's Rosie the Riveter with Miller's poster. The iconic image remains a symbol of working women everywhere.

Aim to Be Welllderly

With today's seniors living longer, there's a determined focus on vibrant, healthy aging. Welllderly Week, the third week in March, encourages seniors to embrace growing older.

What does it mean to be "welllderly"? The term refers to older adults who focus on health span rather than life span, seeking optimal wellness for as long as possible. They take proactive steps to lead fulfilling, engaged lives without fixating on their age. Thriving, not just living, is the goal.

A number of lifestyle choices contribute to being welllderly. Regular physical activity is key, and it can be as simple as stretching, walking and gardening. A healthy, balanced diet fights illness and helps the body function at its best. Staying socially and mentally engaged are crucial to emotional well-being, as is maintaining a strong sense of purpose. Gratitude, humor and joy are also traits of the welllderly.

A good balance of optimism and realism is also important for healthy aging. Growing older is a part of life, but those who strive to nourish their body and mind can truly be welllderly.



MARCH 2019

Locations

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

Birthdays

Ruby Stevenson, 1st
Anne Mellucci, 4th
Frances Coffee, 9th
Garland Ellison, 10th
Frances Greene, 11th
Estelle Milsap, 16th
Sarah Charles, 29th

Transportation Schedule

Monday, 9:30 a.m.
Bank Runs
Tuesday & Wednesday, 8:30-11 a.m.
(Hampton Only)
Doctor Runs
Tuesday & Wednesday, 1-3 p.m.
(Newport News Only)
Doctor Runs
Thursday, 11:10 a.m.
Lunch Outings
Thursday, 2-4 p.m.
Scenic Ride
Friday, 9:45 a.m.
Shopping and Other Outings
Saturday, 10 a.m.
Various Shopping Destinations
Sunday, 9 a.m.-1 p.m.
Church Runs
Sunday, 2-4 p.m.
Scenic Ride

“Despite the forecast,
live like it’s spring.”
—Lilly Pulitzer

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<div>9:00 Church Runs 3</div> <div>9:15 Sunday School, AR</div> <div>1:00 Resident Card/ Board Games, AR</div> <div>2:30 Cinema Sunday, AR</div> <div>6:30 Bible Study Life Group, WR</div>	<div>9:30 Bank Runs 4</div> <div>10:30 Sit and Be Fit Exercise Class, AR</div> <div>11:00 Health Tips, AR</div> <div>1:00 Scrabble, AR</div> <div>2:00 Mardi Gras Party/ Entertainment w/ James Curry, DR</div> <div>3:30 Billiards, GR</div>	<div>MARDI GRAS 5</div> <div>9:00 Medical Runs</div> <div>10:00 Coffee Hour, AR</div> <div>1:00 Bingo, AR</div> <div>2:30 Arts and Crafts, AR</div> <div>4:00 News Update, AR</div>	<div>ASH WEDNESDAY 6</div> <div>9:00 Medical Runs</div> <div>10:30 Flex and Stretch Exercise Class, AR</div> <div>1:15 Nail Care, AR</div> <div>2:30 Balloon Volleyball, AR</div> <div>4:00 World News, AR</div>	<div>10:00 Tea Time, AR 7</div> <div>11:15 Lunch Outing Andersons</div> <div>1:00 Dominoes, AR</div> <div>2:00 Scenic Bus Ride, AR</div> <div>3:30 Jackpot Bingo, AR</div> <div>3:35 At the Movies: Women in History Month, AL AR, AR</div>	<div>10:00 Thrift Store 1</div> <div>10:30 Balance Exercise Class, AR</div> <div>1:00 Shopping: Walmart</div> <div>1:30 5 Second Rule Game, AR</div> <div>3:30 Happy Hour, AR</div>	<div>10:00 Shopping:Target 2</div> <div>10:30 Adult Coloring, AR</div> <div>1:00 Puzzles and Table Games, AR</div> <div>1:30 Scenic Drive</div> <div>3:00 Individual Card Games and Puzzles, AR</div>
<div>DAYLIGHT SAVING TIME BEGINS 10</div> <div>9:00 Church Runs</div> <div>9:15 Sunday School, AR</div> <div>1:00 Resident Card/ Board Games, AR</div> <div>2:30 Cinema Sunday, AR</div> <div>6:30 Bible Study Life Group, WR</div>	<div>9:30 Bank Runs 11</div> <div>10:30 Sit and Be Fit Exercise Class, AR</div> <div>11:00 Health Tips, AR</div> <div>1:30 Crossword Puzzles and Word Games, AR</div> <div>3:30 Billiards, GR</div>	<div>9:00 Medical Runs 12</div> <div>10:00 Coffee Hour, AR</div> <div>1:00 Bingo, AR</div> <div>2:15 Food Service Meeting, DR</div> <div>4:00 News Update, AR</div>	<div>9:00 Medical Runs 13</div> <div>10:30 Flex and Stretch Exercise Class, AR</div> <div>11:00 Inspirational Reading, AR</div> <div>1:15 Trivia, AR</div> <div>2:30 Outside Chat, WR</div> <div>4:00 World News, AR</div>	<div>9:45 Tea Time, AR 14</div> <div>10:15 Bookmobile, AR</div> <div>11:15 Lunch Outing: Surf Rider</div> <div>2:00 Scenic Drive</div> <div>3:30 Jackpot Bingo, AR</div> <div>3:35 At the Movies: Women in History Month, AL AR, AR</div>	<div>10:00 Shopping: Ollie's 15</div> <div>10:30 Balance Exercise Class, AR</div> <div>1:00 Shopping: Goodwill</div> <div>2:00 Uno Card Game and Hot Chocolate</div> <div>3:30 Happy Hour, AR</div>	<div>10:00 Resident Led Table Games, AR 16</div> <div>10:00 Shopping: Food Lion</div> <div>1:30 Canasta, AR, AR</div> <div>1:45 Scenic Bus Ride</div> <div>3:00 Individual Card Games and Puzzles, AR</div>
<div>ST. PATRICK'S DAY 17</div> <div>9:00 Church Runs</div> <div>9:15 Sunday School, AR</div> <div>1:00 Resident Card/ Board Games, AR</div> <div>2:30 Cinema Sunday, AR</div> <div>6:30 Bible Study Life Group, WR</div>	<div>9:30 Bank Runs 18</div> <div>10:30 Sit and Be Fit Exercise Class, AR</div> <div>11:00 Health Tips, AR</div> <div>2:00 Horse Racing Game, AR</div> <div>3:30 Billiards, GR</div> <div>6:15 Bingo w/the Northampton Bingo Group, AR, AR</div>	<div>9:00 Medical Runs 19</div> <div>10:00 Coffee Hour, AR</div> <div>11:00 March Trivia, AR</div> <div>1:00 Bingo, AR</div> <div>2:30 Arts and Crafts, AR, AR</div> <div>4:00 News Update, AR</div>	<div>SPRING BEGINS 20</div> <div>9:00 Medical Runs</div> <div>10:30 Flex and Stretch Exercise Class, AR</div> <div>1:15 Nail Care, AR</div> <div>2:45 Balloon Volleyball, AR</div> <div>4:00 World News, AR</div> <div>6:30 Irish Dancing, DR</div>	<div>10:00 Tea Time, AR 21</div> <div>11:15 Lunch Outing: Picadilly</div> <div>2:00 Scenic Bus Ride</div> <div>3:30 Jackpot Bingo, AR</div> <div>6:30 St. Pat's Day Entertainment: Clan Mc Cool, DR</div>	<div>10:00 Shopping: Kroger 22</div> <div>10:30 Balance Exercise Class, AR</div> <div>1:00 Shopping: Dollar Store</div> <div>1:30 Women in History Movie (Hidden Figures), AR</div> <div>3:30 Happy Hour, AR</div>	<div>10:00 Shopping:Rose's 23</div> <div>10:00 Adult Coloring, Puzzles and Games, AR</div> <div>1:00 Canasta, AR</div> <div>1:45 Scenic Bus Ride</div> <div>3:00 Individual Card Games and Puzzles, AR</div>
<div>9:00 Church Runs 24</div> <div>9:15 Sunday School, AR</div> <div>1:00 Resident Card/ Board Games, AR</div> <div>2:30 Cinema Sunday, AR</div> <div>6:30 Bible Study Life Group, WR</div>	<div>9:30 Bank Runs 25</div> <div>10:30 Sit and Be Fit Exercise Class, AR</div> <div>11:00 Health Tips, AR</div> <div>1:30 Crossword Puzzles and Word Games, AR</div> <div>3:30 Billiards, GR</div>	<div>9:00 Medical Runs 26</div> <div>10:00 Coffee Hour, AR</div> <div>1:00 Bingo, AR</div> <div>2:00 Birthday Party/ Entertainment w/ Marvin Randall, DR</div> <div>4:00 News Update, AR</div>	<div>9:00 Medical Runs 27</div> <div>10:30 Flex and Stretch Exercise Class, AR</div> <div>11:00 Inspirational Reading, AR</div> <div>2:00 5 Second Rule Game, AR</div> <div>4:00 World News, AR</div>	<div>9:00 Dr Pratt Podiatrist, CR 28</div> <div>10:00 Tea Time, AR</div> <div>10:15 Bookmobile, AR</div> <div>11:15 Lunch Outing: The Grey Goose</div> <div>2:00 Scenic Bus Ride</div> <div>3:30 Prize Bingo, AR</div> <div>3:35 At the Movies: Women in History Month, AL AR, AR</div>	<div>10:00 Shopping: Food Lion 29</div> <div>10:30 Balance Exercise Class, AR</div> <div>1:30 Shopping: Ollies</div> <div>2:00 Yahtzee Game, DR</div> <div>3:30 Happy Hour, AR</div>	<div>10:00 Resident Led Table Games, AR 30</div> <div>10:00 Shopping: Goodwill</div> <div>1:30 Scenic Bus Ride</div> <div>3:00 Individual Card Games and Puzzles, AR</div>
<div>9:00 Church Runs 31</div> <div>9:15 Sunday School, AR</div> <div>1:00 Resident Card/ Board Games, AR</div> <div>2:30 Cinema Sunday, AR</div> <div>6:30 Bible Study Life Group, WR</div>						