

## The Salsa Scoop

The word salsa means “sauce” in Spanish, and there are countless recipes and flavor combinations of this popular condiment staple. Dip into this serving of some favorite salsa styles:

**Salsa roja** — Meaning “red sauce” since it uses cooked tomatoes as a base, this is often simply referred to as salsa, especially in the U.S. It can be thin or chunky, mild or spicy, with chili peppers, onions, garlic and cilantro rounding out the flavor.

**Salsa verde** — This salsa is similar to salsa roja but instead of tomatoes, uses tomatillos, a tart fruit that looks like an unripe tomato, resulting in its signature green, or verde, color.

**Pico de gallo** — The name of this salsa means “rooster’s beak,” referring to the way the diced ingredients can be picked up between the fingers, like a rooster pecking at the ground. Also called salsa fresca, or “fresh sauce,” because it is uncooked, pico de gallo is made from raw tomatoes, chili peppers, onions and cilantro, with a splash of lime juice.



## Burgers Across America

An American classic, the hamburger has countless variations. See how it’s served up across the U.S.

**California** — Burgers with bacon and avocado slices or guacamole are on the menu in the Golden State, where most of the nation’s avocados are grown.

**Wisconsin** — The state known for its dairy products lays claim to the butter burger, invented in the 1930s and named for the pat of butter that’s added to the top of a cooked beef patty.

**San Antonio** — Bean burgers — piled with refried beans, cheese sauce, diced onions and Fritos corn chips — are a specialty in this Texas city.

**North Carolina** — Hamburgers slathered in chili, coleslaw and mustard are a comfort food in this state and all over the Southeast.

**Minneapolis** — Order the city’s signature Juicy Lucy here, and you’ll sink your teeth into a burger with gooey, melted cheese inside the patty rather than on top.

**Miami** — South Florida serves up fritas cubanas, or “Cuban hamburgers.” Thin beef patties are seasoned with paprika and topped with shoestring potatoes, diced onions and spicy ketchup.

**New Mexico** — Hatch, N.M., calls itself the Chile Capital of the World, and its crop of green chile peppers adds a spicy kick to burgers throughout the Southwest.

**Mississippi** — Fillers, such as flour and soy meal, were added to stretch a serving of ground beef during the Depression. That’s the basic recipe for Slugburgers, named after the slang for a nickel, the original price of the burger.



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MAY 2018

## Preventing and Managing Osteoporosis

Whether you’ve been diagnosed with osteoporosis or low bone density, or you’re trying to prevent these conditions as you age, there are steps you can take to protect your bone health. National Osteoporosis Month in May is a good time to review some lifestyle tips.



**Nutrition** — Many vitamins and minerals contribute to bone health, with calcium and vitamin D at the top of the list. Green vegetables such as broccoli, Brussels sprouts and kale are excellent calcium sources. Yogurt, almonds and canned salmon are also good choices. For vitamin D, sources include tuna, egg yolks and fortified milk.

**Exercise** — Weight-bearing exercise, such as walking, climbing stairs, dancing and tennis, helps to slow bone loss. It also builds muscle and improves balance, which can reduce the risk of falls. Balance-boosting activities include yoga and tai chi.

**Safety** — To avoid falls that could cause a fracture, make sure your home is safe by keeping it well-lit, reducing clutter, tucking away electrical cords, and securing loose rugs. If you wear glasses, keep them clean and your prescription up to date. Pants, skirts and pajamas that are too long can cause you to trip. Use grab bars, handrails and nonslip mats when they’re available.

## Minor Leagues, Major Appeal

With a lively atmosphere, seats close to the action and affordable ticket prices, minor league baseball games score big with more than 40 million fans each season.

The teams in Minor League Baseball are usually affiliated with an MLB club and are divided into progressive levels, such as Class A, Double-A and Triple-A, known as the “farm system.” Players develop their skills and work their way up through the levels with the goal of getting called up to the big leagues. Nearly every MLB player started in the minors. Major leaguers can also be sent down to the minors temporarily if they are recovering from an injury or need to work on a skill.

Minor league games offer major fun, and admission and concessions are usually a fraction of the cost of an MLB game. The smaller stadiums, on-field entertainment between innings and themed promotions appeal to many fans, and there’s the draw of watching potential big-league players, who often sign autographs before and after games. There are currently 160 teams in Minor League Baseball.





MAY 2018

Locations

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

Birthdays

Shirley Hunter, 16th  
Walter Michie, 24th

Transportation Schedule

Monday 9:30 a.m.  
Bank Runs

Tuesday & Wednesday  
8:30-11 a.m. (Hampton Only)  
Dr. Runs

Tuesday & Wednesday  
1-4 p.m. (Newport News Only)  
Dr. Runs

Thursday 2-4 p.m.  
Shopping

Thursday 2-4 p.m.  
Scenic Ride

Thursday 11:10 a.m.  
Lunch Outings

Friday 9:45 a.m.  
Farm Fresh & Aldi

Saturday 10 a.m.  
Food Lion

Sunday 2-4 p.m.  
Scenic Ride

“In every walk with nature one receives far more than he seeks.”  
—John Muir

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		MAY DAY 1 9:10 Swimmers 10:00 Coffee Klatch, AR 10:45 Chair Yoga, AR 1:00 Prize Bingo, AR 2:00 May Trivia, AR 3:00 Painting, AR 4:00 World News, AR	2 10:00 Forever Fit 10:30 Resident Exercise Class, AR 1:30 Decorate a Hat for the Kentucky Derby, AR 3:00 Table Horse Racing Game, AR 4:00 News Update, AR	3 9:10 Swimmers 10:20 Bookmobile, AR 11:10 Lunch Outing: Anderson's Nursery 2:00 Mexican/Spanish Craft, CR 3:15 Jackpot Bingo, AR	4 10:00 Forever Fit 10:30 Resident Exercise Class, AR 1:15 5 Second Rule 2:30 Salsa and Salsa, AR 3:30 Happy Hour, AR	5 10:00 Trip Outing: Walmart 1:00 Poker, AR 2:30 Trip Outing: Dollar Store 3:00 Spades Card Game, AR 6:00 Chosen Generation Ministries Bible Study, WR
6 9:20 Sunday School, WR 2:00 Scenic Bus Ride 3:00 Resident Card/Board Games, AR 3:00 Cinema Sunday, WR 6:30 Bible Study Life Group, WR	7 9:30 Banks 10:00 Forever Fit 10:30 Resident Exercise Class, AR 1:30 Arm Chair Travel 3:00 Uno Card Game, AR 3:30 Billiards in Game Room, GR	8 9:10 Swimmers 10:00 Coffee Klatch, AR 10:45 Chair Yoga, AR 1:00 Prize Bingo, AR 3:00 Arts and Crafts, CR 4:00 World News, AR	9 10:00 Forever Fit 10:30 Resident Exercise Class, AR 1:00 Nail Care, AR 2:30 Outdoor Games, CY 3:30 National Moscato Day Wine and Cheese Social, AR	10 9:10 Swimmers 10:00 Chair Zumba, AR 11:10 Lunch Outing: Fortune Garden 3:15 Jackpot Bingo, AR	11 10:00 Forever Fit 10:30 Resident Exercise Class, AR 1:00 Scrabble 2:00 Mother's Day Tea, DR 3:30 Happy Hour, AR	12 10:00 Trip Outing: Kmart 1:00 Canasta, AR 1:00 Shopping: Kohl's 2:00 Dominoes, AR 2:30 Food Lion 3:00 Gin Rummy, AR
MOTHER'S DAY 13 9:20 Sunday School, WR 2:00 Scenic Bus Ride 3:00 Resident Card/Board Games, AR 3:00 Cinema Sunday, WR 6:30 Bible Study Life Group, WR	14 9:30 Banks 10:00 Forever Fit 10:30 Resident Exercise Class, AR 1:30 Arm Chair Travel 3:00 Horse Shoes, CY	RAMADAN BEGINS AT SUNDOWN 15 9:10 Swimmers 10:00 Coffee Klatch, AR 10:45 Chair Yoga, AR 2:00 May Trivia, AR 3:00 Painting, AR 4:00 World News, AR 6:00 Bingo w/No. Hampton Women's Club, AR	16 10:00 Forever Fit 10:30 Resident Exercise Class, AR 1:30 Balloon Volleyball, AR 3:30 Mimosas in the Garden	17 9:10 Swimmers 10:20 Bookmobile, AR 11:10 Lunch Outing: Jason's Deli 3:15 Jackpot Bingo, AR 6:30 Event: Spanish Fiesta! With Flamenco Dancers, DR	18 10:00 Forever Fit 10:30 Resident Exercise Class, AR 1:00 Shopping: Food Lion 3:30 Happy Hour, AR	19 10:00 Shopping: Ollie's 1:00 Poker, AR 1:00 Trip Outing: Roses 2:00 Mid Eastern Dancers, DR 3:00 Spades Card Game, AR 3:00 Outing: Goodwill
20 9:20 Sunday School, WR 2:00 Scenic Bus Ride 3:00 Resident Card/Board Games, AR 3:00 Cinema Sunday, WR 6:30 Bible Study Life Group, WR	21 9:30 Banks 10:00 Forever Fit 10:30 Resident Exercise Class, AR 1:00 Shopping: Food Lion 1:30 Arm Chair Travel 3:30 Billiards in Game Room, GR 6:00 North Hampton Women's Club	22 9:10 Swimmers 11:00 Health Fair, AR 3:00 Arts and Crafts, CR 4:00 World News, AR	23 10:00 Forever Fit 10:30 Resident Table Games 10:30 Resident Exercise Class, AR 1:00 Nail Care, AR 2:30 Outdoor Games, CY	24 9:10 Swimmers 10:00 Chair Zumba, AR 11:10 Lunch Outing: Anna's Italian Restaurant 2:00 Scenic Drive 3:15 Jackpot Bingo, AR	25 10:00 Forever Fit 10:30 Resident Table Games 10:30 Resident Exercise Class, AR 2:00 Monthly Birthday Party w/Jon Durfee, DR 3:30 National Wine Day Happy Hour, AR	26 10:00 Farmer's Market 1:00 Canasta, AR 1:00 Shopping: Target 2:45 Shopping: Stein Mart 3:00 Gin Rummy, AR
27 9:20 Sunday School, WR 2:00 Scenic Bus Ride 3:00 Resident Card/Board Games, AR 3:00 Cinema Sunday, WR 6:30 Bible Study Life Group, WR	MEMORIAL DAY 28 9:00 Happy Memorial Day! 10:00 Forever Fit 10:30 Resident Table Games 10:30 Resident Exercise Class, AR 1:30 Adult Coloring	29 9:10 Swimmers 10:00 Coffee Klatch, AR 10:45 Chair Yoga, AR 3:00 Painting, AR 4:00 World News, AR	30 10:00 Forever Fit 10:30 Resident Exercise Class, AR 1:30 Poker Social, GR 2:45 Corn Hole, CY 4:00 World News Update	31 9:10 Swimmers 10:00 Balance Exercises, AR 11:10 Lunch Outing: Olive Garden 2:00 Scenic Drive 3:15 Jackpot Bingo, AR		