

# The Anniversary of V-E Day (Continued)

V-E Day also fell on the birthday of U.S. President Harry S. Truman, who had taken office only a few weeks earlier, after the death of President Franklin D. Roosevelt. In a statement, Truman dedicated the day to Roosevelt, who had led the country through most of the war.

Truman also reminded Americans that despite the victory, “much remains to be done,” since the war with Japan continued. It would be another three months, in August 1945, before the battle in the Pacific theater would end.

## 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.

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.

## Gardens Around the Globe

With blooming flowers and budding trees, a garden in springtime is an inviting place to enjoy nature’s splendor. Take a virtual stroll through some of the world’s grandest gardens.

**Keukenhof** — Called the “garden of Europe,” this park in the town of Lisse, in the western Netherlands, is famous for its brilliant display of Dutch tulips, along with daffodils, crocuses, hyacinths and bluebells. More than 7 million bulbs are planted each year for the burst of color that unfolds from March through May.

**Gardens of Versailles** — Commissioned by King Louis XIV in 1661, this formal French garden outside of Paris covers 2,000 acres on the grounds at the Palace of Versailles. Visitors can walk along topiary-lined pathways or ride a boat on the Grand Canal to view thousands of trees and flowering plants and hundreds of statues and fountains.

**Nong Nooch Tropical Botanical Garden** — The coastal city of Pattaya, Thailand, is home to 600 acres that showcase and conserve hundreds of native plants. Thai culture is also highlighted in dance performances and martial arts demonstrations.

**Villa d’Este** — The enchanted terraced gardens of this Renaissance-style estate in Tivoli, Italy, date back to the 16th century and are known for their elaborate water features, including waterfalls, fish ponds, and over 50 fountains, one of which plays organ music.



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APRIL 2020

## 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 Anniversary of V-E Day

On May 7, 1945, Germany surrendered to the Allies, ending World War II in Europe. The following day, May 8, was declared Victory in Europe Day, and this year marks the 75th anniversary of the momentous occasion.

After six years of conflict, unconditional surrender documents were signed in Reims, France, at the headquarters of U.S. Army Gen. Dwight D. Eisenhower, the commander of the Allied forces in Europe. As news of Germany’s formal surrender spread, celebrations broke out in cities around the world. Massive crowds gathered in the streets for parties, parades, dancing and singing.

(Continued on back.)





MAY 2020

Locations

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

Birthdays

John Perez, 6th  
Shirley Hunter, 16th

Transportation Schedule

Monday, 9:30 a.m.  
Bank Runs

Tuesday & Wednesday,  
8:30-11:30 a.m.  
Newport News Medical Runs

Tuesday & Wednesday,  
1-3 p.m. (Hampton)  
Dr. Runs

Thursday, 11:10 a.m.  
Lunch Outings

Sunday, 9 a.m.-1 p.m.  
Church Runs

Country Store

Monday—Saturday  
11 a.m.-Noon

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

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MAY DAY 1		2	
9:00 Church Runs 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 1:00 Scrabble w/ Friends, AR 6:00 Evening News, AR	9:30 Bank Runs 10:00 Morning Paper & Talk, AR 10:30 Monday Morning Fitness, AR 2:00 Caregivers' Support Group, WR 3:00 Spring Cleaning Donation Station 3:45 Outing: Relaxing Scenic Ride 4:00 What's on the News?, AR	9:00 Medical Runs, 48 Hour Notice 9:30 Pokeno, WR 10:00 Coffee Hour and Health Chat, AR 1:00 Jackpot Bingo, AR 2:30 Postres Mexicanos, AR 3:00 Glee Club 6:00 News and Word Searches, AR	9:00 Medical Runs, Request in Advance! 10:30 Fitness w/Legacy, AR 11:00 Inspirational Readings 1:00 Devotions and Bible Study w/ Pastor Thurman 3:00 Cocktails and Knowledge, AR	9:00 Langley (Must Have Military ID) 10:00 Health Conversation w/Tea Time, AR 10:00 Scrabble w/Friends, WR 11:30 Lunch Outing 1:00 Jigsaw Fun, AR 1:30 Scenic Ride 3:00 Jackpot Bingo, AR 4:00 Bridge, AR	9:00 Lobby Lounging and Chats, AR 10:00 Shopping: Ross 10:30 Exercise Class (Weights Optional), AR 1:00 Wal Mart Shoppers 2:00 New Resident Meet & Greet, AR 3:00 Menu Chat w/Chef Sarah, AR 5:00 Whiskey and Wine, AR	9:00 Saturday Paper w/ Friends, AR 10:00 Shopping: Food Lion 11:00 Word Search Puzzles, AR 1:00 Jigsaw Puzzles and Table Games, AR 3:00 Lounging w/Friends, WR 5:30 Evening News, AR
MOTHER'S DAY 10	9:30 Bank Runs 10:00 Morning Paper & Talk, AR 10:30 Monday Morning Fitness, AR 3:45 Outing: Relaxing Scenic Ride 4:00 What's on the News?, AR	9:00 Medical Runs, 48 Hour Notice 10:00 Coffee Hour and Health Chat, AR 1:00 Jackpot Bingo, AR 3:00 Glee Club 6:00 News and Word Searches, AR	9:00 Medical Runs, Request in Advance! 10:30 Fitness w/Legacy, AR 11:00 Inspirational Reading, AR 1:00 Devotions and Bible Study w/Pastor Thurman 2:30 Town Hall Meeting, AR 3:00 Cocktails and Knowledge, AR	9:00 Langley (Must Have Military ID) 10:00 Health Conversation w/Tea Time, AR 10:00 Scrabble w/Friends, WR 11:30 Lunch Outing 1:00 Jigsaw Fun, AR 3:00 Jackpot Bingo, AR 4:00 Bridge, AR	9:00 Lobby Lounging and Chats, AR 10:00 Shopping: Ollie's 10:30 Exercise Class (Weights Optional), AR 1:00 Shopping: Walmart 1:00 Wal Mart Shoppers 2:00 New Resident Meet & Greet, AR 5:15 Happy Hour w/Buzz, AR	9:00 Saturday Paper w/ Friends, AR 10:00 Shopping: Dollar Tree 11:00 Word Search Puzzles, AR 1:00 Bridge and Scrabble, AR 3:00 Lounging w/Friends, WR 5:30 Evening News, AR
9:00 Church Runs 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 1:00 Scrabble w/ Friends, AR 6:00 Evening News, AR	9:30 Bank Runs 10:00 Morning Paper & Talk, AR 10:30 Monday Morning Fitness, AR 3:45 Outing: Relaxing Scenic Ride 4:00 What's on the News?, AR	9:00 Medical Runs, 48 Hour Notice 10:00 Coffee Hour and Health Chat, AR 1:00 Jackpot Bingo, AR 3:00 Glee Club 6:00 News and Word Searches, AR	9:00 Medical Runs, Request in Advance! 10:30 Fitness w/Legacy, AR 1:00 Devotions and Bible Study w/Pastor Thurman 2:30 Sandy Bottom Park Outing 3:00 Cocktails and Knowledge, AR	9:00 Langley (Must Have Military ID) 10:00 Health Conversation w/Tea Time, AR 10:00 Scrabble w/Friends, WR 11:30 Lunch Outing 1:00 Jigsaw Fun, AR 3:00 Jackpot Bingo, AR 4:00 Bridge, AR	9:00 Lobby Lounging and Chats, AR 10:00 Shopping: Goodwill 10:30 Exercise Class (Weights Optional), AR 1:00 Shopping: Walmart 1:00 Wal Mart Shoppers 2:00 New Resident Meet & Greet, AR 3:00 Menu Chat w/Chef Sarah, AR	9:00 Saturday Paper w/Friends, AR 11:00 Word Search Puzzles, AR 1:30 Trip: Scenic Ride 3:00 Lounging w/ Friends, WR 5:30 Evening News, AR
MEMORIAL DAY 24	9:30 Bank Runs 10:00 Morning Paper & Talk, AR 10:30 Monday Morning Fitness, AR 3:45 Outing: Relaxing Scenic Ride 4:00 What's on the News?, AR	9:00 Medical Runs, 48 Hour Notice 10:00 Coffee Hour and Health Chat, AR 1:00 Jackpot Bingo, AR 3:00 Glee Club 6:00 News and Word Searches, AR	9:00 Medical Runs, Request in Advance! 10:30 Fitness w/Legacy, AR 1:00 Devotions and Bible Study w/Pastor Thurman 2:30 Sandy Bottom Park Outing 3:00 Cocktails and Knowledge, AR	9:00 Langley (Must Have Military ID) 10:00 Health Conversation w/Tea Time, AR 10:00 Scrabble w/Friends, WR 11:30 Lunch Outing 1:00 Jigsaw Fun, AR 3:00 Jackpot Bingo, AR 4:00 Bridge, AR	9:00 Lobby Lounging and Chats, AR 10:00 Shopping: Kroger 10:30 Exercise Class (Weights Optional), AR 1:00 Wal Mart Shoppers 2:00 New Resident Meet & Greet, AR	9:00 Saturday Paper w/Friends, AR 11:00 Word Search Puzzles, AR 3:00 Lounging w/ Friends, WR 5:30 Evening News, AR
9:00 Church Runs 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 1:00 Scrabble w/ Friends, AR 6:00 Evening News, AR	9:30 Bank Runs 10:00 Morning Paper & Talk, AR 10:30 Monday Morning Fitness, AR 3:45 Outing: Relaxing Scenic Ride 4:00 What's on the News?, AR	9:00 Medical Runs, 48 Hour Notice 10:00 Coffee Hour and Health Chat, AR 1:00 Jackpot Bingo, AR 2:30 Birthday Party w/ Roberto!, AR 3:00 Glee Club 6:00 News and Word Searches, AR	9:00 Medical Runs, Request in Advance! 10:30 Fitness w/Legacy, AR 11:00 Inspirational Reading, AR 1:00 Devotions and Bible Study w/Pastor Thurman 1:00 Devotions and Bible Study w/Pastor Thurman, AR 3:00 Cocktails and Knowledge, AR	9:00 Langley (Must Have Military ID) 10:00 Health Conversation w/Tea Time, AR 10:00 Scrabble w/Friends, WR 11:30 Lunch Outing 1:00 Jigsaw Fun, AR 3:00 Jackpot Bingo, AR 4:00 Bridge, AR	9:00 Lobby Lounging and Chats, AR 10:30 Exercise Class (Weights Optional), AR 1:00 Wal Mart Shoppers 2:00 New Resident Meet & Greet, AR	9:00 Saturday Paper w/Friends, AR 11:00 Word Search Puzzles, AR 3:00 Lounging w/ Friends, WR 5:30 Evening News, AR
9:00 Church Runs 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 1:00 Scrabble w/ Friends, AR 6:00 Evening News, AR						