

Tale of the Typewriter

Today, most typing is done on a computer keyboard or a smartphone screen, but this modern method of communicating began 150 years ago with the invention of the typewriter.

Prototypes of printing machines were created as far back as the 16th century, with many versions as large as pianos. The first practical typewriter was patented by American inventor Christopher Latham Sholes on June 23, 1868.

Resembling a sewing machine, this early model included many features that became standard for typewriters. It had an inked ribbon to print type and it used the QWERTY keyboard, which arranged the letters of the alphabet in a way that prevented the keys from jamming. Later named the Remington for the company that manufactured it, the typewriter became popular after Mark Twain purchased one and became the first author to submit a typed manuscript.

The following decades brought many improvements, including the introduction of the shift key, which allowed both upper and lower case letters to be typed, and frontstriking models, designed to let users see what they were typing in real time instead of having to lift up the carriage to view their work. The 1920s introduced user-friendly electric typewriters.

By the end of the 1980s, the world transitioned from typewriters to computers and compact printers. However, retro typewriters are still enjoyed by collectors and writers.



Fishing ‘Reels’

The days are warm and the fish are biting. Hook one of these movies about fishing:

“The Old Man and the Sea” (1958) — Spencer Tracy plays a fisherman trying to reel in the catch of a lifetime in this film based on a short story by Ernest Hemingway.

“A River Runs Through It” (1992) — Fly-fishing serves as a metaphor for life and love in this drama set in 1920s Montana. The state’s rivers and mountains provide a beautiful setting, captured by Academy Award-winning cinematography.

“Grumpy Old Men” (1993) — Retired Minnesota neighbors Max and John bicker and compete over everything, including who can get the biggest catch while ice fishing. Stars Jack Lemmon and Walter Matthau reunited in 1995 for a sequel that had them warm-weather angling for a prized catfish.

“Gone Fishin’” (1997) — Joe Pesci and Danny Glover star as two longtime friends from New Jersey who win a fishing trip to the Florida Everglades, but their fun flounders as one comedic thing after another goes wrong.

“The Perfect Storm” (2000) — This action-drama is based on the true story of a Massachusetts commercial swordfishing crew that sails into a fierce storm in the Atlantic Ocean.

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JUNE 2018

Essential Exercise Types

Exercising regularly provides an abundance of health benefits, and varying activities is the key when it comes to physical fitness. Here are four types of exercise that experts say should be part of a well-rounded routine. Be sure to consult a doctor before starting a new exercise program.

Endurance — Also called cardiovascular or aerobic exercise, these activities target the heart, lungs and circulatory system by increasing your heart rate and breathing. Walking, dancing and swimming are examples of endurance exercises.

Strength — Muscle mass often declines with age, and strength training builds it back. This type of exercise

makes you stronger, relieves joint pain and improves balance. Common forms of strength training include lifting weights, using resistance bands and doing arm curls and leg lifts.

Balance — Maintaining good balance is essential to preventing falls. Balance exercises often focus on the lower body. Tai chi, standing on one foot, and walking heel to toe in a straight line can improve balance.

Flexibility — Movements that stretch your muscles help you stay flexible and limber, making it easier to perform everyday activities, such as bending to tie your shoes. Stretching exercises and yoga improve flexibility.

Celebrating the American Steakhouse

A prime cut of beef, a baked potato and a side of greens. Across America, those are the makings of a classic steakhouse meal.

The modern-day steakhouse evolved from two styles of dining: chophouses and beefsteak banquets. Originating in 17th-century London, chophouses arose in New York City in the mid-1800s and served a menu of meats to merchants wanting a hot meal. Around the same time, beefsteak banquets were born. These all-you-can-eat events were usually political fundraisers and open only to men, who feasted on slice after slice of beef tenderloin.

As more women became involved in business and political affairs, there came the need for a more elegant dining establishment. Menus broadened as the rising cost of prime beef spurred early steakhouses to offer side dishes of shrimp cocktail, potatoes and creamed spinach to help satisfy patrons’ appetites while reducing the portions of meat.

Over the decades, steakhouses became the ideal setting for a business meeting or a celebratory meal, often capped off with a dessert such as cheesecake, baked Alaska or bananas Foster.



INDEPENDENT LIVING

JUNE 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, 1-4 p.m. (Newport News Only)
Dr. Runs

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

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

Wednesday, 8:30-11 a.m. (Hampton 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

"If you don't like the road you're walking, start paving another one."

—Dolly Parton

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					10:00 Shopping: Food Lion 10:30 Exercise Class, AR 1:00 Act II Consignment 1:15 Card Making, AR 3:30 Happy Hour, AR	10:00 Car Show in Front Parking Lot 2:00 Target Outing (Tentative, Due to Car Show) 3:00 Bridge, AR
3	4	5	6	7	8	9
9:00 Sunday Mass 9:20 Sunday School, WR 2:00 Scenic Bus Ride 3:00 Cinema Sunday, WR 6:00 Bible Study Life Group, WR	9:30 Bank Runs 10:30 Resident Exercise Class, AR 1:30 Armchair Travel: Greece, WR 2:30 Uno Card Game, AR 3:30 Billiards, GR	9:10 Swimmers 10:00 Coffee Hour, AR 1:00 Prize Bingo, AR 1:30 Shopping: Aldi 3:00 Arts & Crafts: Painting, AR 4:00 World News, AR 6:30 Pilots, Baseball Game	9:00 Medical Runs 10:30 Exercise Class, AR 1:00 Shopping: Lidl 2:00 Outdoor Games, CY 4:00 News Update	9:10 Swimmers 10:00 Chair Zumba (Exercise Class), AR 11:10 Lunch Outing: Picadilly 2:00 Scenic Drive 3:30 Jackpot Bingo, AR	10:30 Resident Exercise Class, AR 11:10 Picnic Lunch: York Town Beach 2:30 Adult Coloring 3:30 Happy Hour, AR	10:00 Rain Date for Car Show 10:00 Kohl's (Tentative) 1:00 Canasta, AR 3:00 Bridge, AR 6:00 Cinema Saturday, AR
10	11	12	13	14	15	16
9:00 Sunday Masses 9:20 Sunday School, AR 2:00 Scenic Bus Ride 6:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR	9:30 Bank Runs 10:30 Resident Exercise Class, AR 1:30 Crossword Puzzle, AR 3:00 Dominoes, AR 3:30 Billiards, GR	9:00 Medical Runs 9:10 Swimmers 10:00 Coffee Hour, AR 10:45 Balance Exercises, AR 10:45 World Market 1:00 Prize Bingo 1:30 JCPenny 3:00 Painting, AR	9:00 Medical Runs 10:30 Exercise Class, AR 1:00 Nail Care, AR 1:30 Shopping: Big Lots 2:00 June Trivia, AR 3:00 Card Making, AR	FLAG DAY 9:10 Swimmers 10:15 Book Mobile, AR 11:10 Lunch Outing: Angelos 2:00 Scenic Drive 3:15 Jackpot Bingo 6:00 Fort Monroe Concert	10:30 Exercise Class, AR 10:30 Shopping: Food Lion 1:00 Scrabble, AR 2:00 Father's Day Sports Bar, AR 3:00 Happy Hour, AR	10:00 Aldi 1:00 Ollies 1:30 Dominoes, AR 2:30 Goodwill 2:30 Resident-Led Card Games, AR
FATHER'S DAY 17	18	19	20	21	22	23
9:00 Church Outings 9:20 Sunday School 2:00 Scenic Bus Ride 4:00 Cinema Sunday, WR 6:30 Bible Study, WR	9:30 Bank Runs 10:30 Exercise Class, AR 1:30 Yahtzee (Table Game) 3:00 Beer and Billiards Social, GR	9:00 Medical Runs 9:10 Swimmers 10:00 Coffee Hour, AR 10:45 Balance Exercises, AR 10:45 Shopping Outing: Dollar Tree 1:00 Prize Bingo, AR 3:00 Painting Class, AR	9:00 Medical Runs 10:30 Exercise Class, AR 1:30 Shopping: Ross 2:00 Making Glass Stone Candle Holders, AR 4:00 World News, AR	SUMMER BEGINS 9:10 Swimmers 10:15 Chair Zumba (Exercise Class), AR 11:10 Lunch Outing: Tommy's 2:00 Scenic Bus Ride 3:15 Jackpot Bingo, AR 6:00 Hors d'Oeuvres, Front Lobby 6:30 Special Event: Laughapalooza, DR	10:30 Exercise Class, AR 10:30 Shopping: Harris Teeter 1:00 Shopping: 1:30 Uno Card Game, AR 3:30 Happy Hour, AR	10:30 Target 1:00 Shopping: CHKD 2:30 Shopping: Roses 3:00 Bridge 3:00 Resident-Led Games, AR
24	25	26	27	28	29	30
9:00 Church Runs 9:20 Sunday School 2:00 Scenic Bus Ride 3:00 Cinema Sunday, AR 3:00 Resident Card/ Board Games, AR 6:30 Bible Study Life Group, WR	9:25 Bank Runs 10:30 Exercise Class, AR 1:45 Corn Hole, AR 3:30 Billiards, GR	9:00 Medical Runs 9:10 Swimmers 10:00 Coffee Hour, AR 10:45 Shopping: Lidl 1:00 Prize Bingo, AR 3:00 Arts & Crafts: Painting, AR 4:00 World News, AR	9:00 Medical Runs 10:30 Exercise Class, AR 1:00 Nail Care, AR 1:30 Trip Outing: Gabe's 3:00 Horse Racing Game, AR 4:00 News Update, AR	9:10 Swimmers 10:00 Bookmobile 11:10 Lunch Outing: Applebee's 2:00 Scenic Drive 3:30 Jackpot Bingo, AR	10:00 Walmart 10:30 Exercise Class, AR 2:00 Birthday Party/ Entertainment, DR 3:30 Happy Hour, AR	10:00 Shopping: Whole Foods 1:00 Shopping: Kmart 1:00 Gin Rummy 2:30 Big Lots 3:00 Checkers, AR

Activities Subject to Change