

The Devonshire Lifestyle

Independent Living Community
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AUGUST 2018

Legendary Lions

It may be the dog days of summer, but a big cat is getting attention this month. World Lion Day on Aug. 10 puts the majestic animal in the spotlight. Celebrate this pride of famous lions:

MGM lion — His recognizable roar has signaled the start of every MGM film since the studio's founding in 1924. A feline named Leo has been the featured mascot the longest, since 1957.

Cowardly Lion — He's supposed to be King of the Beasts, but believes he lacks the courage. So the Cowardly Lion joins Dorothy, the Scarecrow and the Tin Man on their journey to see the Wizard in "The Wizard of Oz."

Aslan — The wise and powerful lion in "The Chronicles of Narnia" book and movie series serves as a guide to four children who walk through a wardrobe and into the fantasy land of Narnia.

Elsa — The true story of this real-life lioness was the basis of "Born Free," a book and movie about a couple who raised the orphaned cub, then released her back into the wild.

Simba — From playful lion cub to king of Pride Rock, Simba grows up and faces his fears in Disney's blockbuster animated movie "The Lion King."

Refreshing Watermelon

Sweet and juicy, watermelon is a taste of summer. The refreshing snack is 92 percent water, so it can quench your thirst and cool you off when the temperature soars.

Watermelon is usually considered a fruit, but it has some properties of a vegetable. It is a member of the gourd family and related to cucumbers, squash and pumpkins. Therefore, some say it can be classified as both a fruit and a vegetable.

What is not debatable is the nutrition packed into watermelon. Its ripe red color comes from high levels of lycopene, an antioxidant that has been linked to a decreased risk of heart disease and cancer, and may protect the skin from sun damage. Watermelon is also a good source of potassium and vitamins A, B-6 and C.

More than 1,200 varieties of watermelon are grown worldwide. While most types have a deep green rind and red or pink flesh, some varieties have an orange, yellow or white interior. Usually sliced into wedges or cubed, watermelon can also be served

up in salads and blended into juices or smoothies. Every part of the melon can be eaten, even the rind and seeds.



Surf-Inspired Sounds

In the early '60s, American pop music was all about the sun, sand and surfing the waves. Cruise through your surf music memories by remembering these epic acts:

The Beach Boys — With classics such as "Surfin' Safari," "Surfer Girl" and "Surfin' U.S.A.," this still-beloved group defined the vocal surf music genre with its songs about cool cars, California girls and sunny vibes.

Jan and Dean — Often collaborating with the Beach Boys, this duo performed the same style of tight harmonies and falsetto vocals, heard in the hits "Surf City" and "The Little Old Lady From Pasadena."

Dick Dale and the Del-Tones — Called "King of the Surf Guitar," Dale is considered the pioneer of instrumental surf music. His style of playing the electric guitar produced a sound that mimicked crashing waves. The group appeared in the 1963 film "Beach Party" and is known for the tunes "Let's Go Trippin'" and "Misirlou."

The Surfaris — In 1962, a group of California teens recorded one of the best-known instrumental tracks of all time, "Wipe Out," featuring a memorable guitar riff and drum solo.

Stay Safe in the Heat

When temperatures rise, we need to take precautions to prevent heat exhaustion and heat stroke. These conditions are caused by the body overheating and can be potentially dangerous, especially for older adults. Follow these tips to stay safe and cool this summer:

Stay inside — During extreme heat, the safest place is an air-conditioned area, especially during midday hours. Stay indoors or opt for outings to cool places such as a shopping mall, library or movie theater.

Hydrate — Even if you don't feel thirsty, sip on water or juice throughout the day, and eat hydrating fruits and vegetables. Avoid caffeinated beverages, which can contribute to dehydration.

Dress appropriately — Wear lightweight, loose-fitting clothing in light colors. When outdoors, keep your head cool with a wide-brimmed hat or umbrella.

Take a break — On hot and humid days, it's best to avoid strenuous physical activity, including exercise, even if you're indoors. Rest often and take it slow.

Check your meds — Some medications can affect the way the body regulates temperature. Ask your physician or pharmacist if any of your medications increase your risk of heat-related illness.

Watch for symptoms — If you or someone else shows signs of heat exhaustion, which can lead to heat stroke, seek medical help right away. Symptoms can include heavy sweating; cold, damp skin; weak, rapid pulse; nausea; dizziness; and headache.

Greetings From ...

Whether they serve as vacation souvenirs, correspondence or collectibles, postcards offer a picture-perfect way to send a message and capture a moment.

Postal correspondence cards were first used in Europe beginning in 1869. The U.S. issued the first official "postal cards" in 1873. Pre-stamped with 1-cent postage, these cards were blank, with one side for the address and the other side for the message.

The first souvenir cards were sold at the 1893 World's Fair in Chicago and featured colorful printed images of fair attractions. The cards were a hit and started a nationwide trend of using inexpensive postcards to mark special events, as well as for travel mementos and advertising.

Characteristics of a postcard give clues about the era in which it was printed. In the early 1900s, postcards with divided backs were introduced, allowing the address and message on one side. To reduce ink costs during World War I, a white border was added around postcard images. Linen cards, with a fabric-like texture and bright printed images, were popular in the 1930s. Color photo technology took over the market after World War II.

Many people collect postcards, a hobby called deltiology.

AUGUST 2018

Locations

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

Birthdays

Rosalie Stillwell, 3rd
Betty Riggins, 14th
Mark Smith, 29th
Mary Duval, 29th
Ella Stewart, 31st

Transportation Schedule

Monday, 9:30 a.m.
Bank Runs
Tuesday & Wednesday, 8:30-11 a.m.
(Hampton Only) Dr. Runs
Tuesday & Wednesday, 1-3 p.m.
(Newport News Only) Dr. 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

“It is a happy talent to know how to play.”

— Ralph Waldo Emerson

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
5	6	7	8	9	10	11
9:00 Church Runs 9:15 Sunday School, AR 2:00 Scenic Bus Ride 6:30 Bible Study Life Group, WR	9:30 Bank Runs 11:00 Exercise Class, AR, AR 1:30 Horse Racing Game, AR 3:00 Billiards, GR	9:00 Medical Runs 9:10 Swimmers at Sentara 10:00 Coffee Hour, AR 1:00 Prize Bingo, AR 3:00 Arts and Crafts, AR	9:00 Medical Runs 10:30 Exercise Class, AR 2:00 Luau: Hawaiian Music by Up Tempo, DR 3:45 Trivia, AR 4:00 World News, AR	9:10 Swimming at Sentara 11:10 Lunch Outing: Andersons 2:00 Scenic Drive 3:30 Jackpot Bingo, AR 6:00 Fort Monroe Concert 10:15 Bookmobile	9:30 Shopping: Aldis 10:30 Exercise Class, AR 11:15 Picnic Lunch: Sandy Bottom Park 2:15 Adult Coloring, AR 3:30 Happy Hour, AR	10:00 Shopping: Kroger 1:00 Shopping: Ross's 1:30 Scrabble, AR 3:00 Bridge, AR
12	13	14	15	16	17	18
9:00 Church Runs 9:20 Sunday School, AR 2:00 Scenic Bus Ride 3:00 Cinema Sunday, WR 6:30 Bible Study Life Group, WR	9:30 Bank Runs 10:30 Exercise Class, AR 1:30 Crossword Puzzles, AR 3:00 Billiards, GR	9:00 Medical Runs 9:10 Swimmers at Sentara 10:00 Coffee Hour, AR 1:00 Prize Bingo 2:30 Food Service Meeting, DR 3:30 Arts and Crafts, AR	9:00 Medical Runs 10:30 Exercise Class, AR 1:30 Nail Care 3:00 Dominos, AR 4:00 World News	9:10 Swimming at Sentara Wellness Center 11:10 Lunch Outing: Hors D'oeuvres, Front Lobby 3:15 Jackpot Bingo 6:00 Special Event, DR	10:00 National Thrift Store Day: Shopping at Goodwill 1:30 Jewelry Making, AR 3:30 Happy Hour, AR	10:00 Shopping: Target 1:00 Shopping: JC Penney's 1:30 Resident Led Table Games, AR 3:00 Bridge, AR
19	20	21	22	23	24	25
9:00 Church Runs 9:15 Sunday School, AR 2:00 Scenic Bus Ride 6:30 Bible Study Life Group	9:30 Bank Runs 10:30 Exercise Class, AR 1:30 Horse Racing Game, AR 3:00 Billiards, GR	9:00 Medical Runs 9:10 Swimmers at Sentara 10:00 Coffee Hour, AR 2:00 Birthday Party: Entertainment by James Curry, DR 3:30 Prize Bingo	9:00 Medical Runs 10:30 Exercise Class, AR 2:00 Miniature Scrapbooks 4:00 World News	9:10 Swimming at Sentara Wellness Center 10:15 Bookmobile, AR 11:10 Lunch Outing: Scenic Drive 2:00 Scenic Drive 3:30 Jackpot Bingo 6:00 Fort Monroe Outdoor Concert	10:00 Shopping: Harris Teeter 1:00 Burlington Coat Factory 2:30 Adult Coloring 3:30 Happy Hour	10:00 Shopping: Marshalls 1:00 Act II Consignment Shop 1:30 Jigsaw Puzzles, AR 3:00 Bridge
26	27	28	29	30	31	
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