Getting a Good Deal

Everyone likes to get a bargain, and with these tips, you may be able to save a few bucks.

Senior discounts: Your age can earn you automatic savings. Many businesses offer discounts to seniors, including some restaurants, movie theaters, museums, grocery stores, thrift stores and banks. Sometimes the discount applies to specific products or certain days of the week.

Other discounts: If you are a veteran or a member of AARP or an auto club, such as AAA, you may be able to save money at various merchants. Before making a purchase, ask if you can take advantage of these discounts.

Coupons: Saving a few dollars may be as simple as presenting a coupon, which can be found in newspapers, magazines, marketing mailers and online.

Memberships: Many stores have exclusive offers for those who belong to their membership program. While some are free to join, some may charge an annual fee, but if you are a frequent customer, the savings may outweigh the price.

Always ask: Businesses may not advertise the discounts they offer, so be sure to inquire. You may be surprised at the money you can save just by asking!

Tropical Treat

They're golden, tropical and oh-so-sweet. Pineapples have long been prized for their refreshing taste and regal image.

Pineapples originated in South America and were brought to the Caribbean islands, where Christopher Columbus encountered the strange-looking fruit on one of his voyages. He introduced the pineapple to Europe, and it became a status symbol among royalty.

During Colonial times, only the wealthy could afford the few pineapples that were shipped to America. Dinner parties in affluent homes showcased the exotic fruit as a decoration in elaborate food displays. The pineapple grew into a symbol of hospitality and was often depicted in home décor, art and architecture.

Around the turn of the 20th century, Massachusetts native James Dole moved to the island of Oahu, Hawaii, and started a pineapple plantation and canning operation, which later became Dole Food Co. Ad campaigns and recipes promoting canned pineapple led to booming sales, and the fruit became more widely available and an affordable treat.

Hawaii is the only U.S. state that grows pineapples.

Rocking Through Time

Relaxing on the front porch with a glass of lemonade or soothing a baby to sleep with a lullaby are activities that bring to mind a classic piece of furniture: the rocking chair.

While rocking cradles had been around since at least the Middle Ages, and toy rocking horses since the 1600s, it took a bit longer to create chairs that rocked. Most historians agree that rocking chairs originated in North America in the early 18th century. Typically placed outdoors, often in gardens, these early versions were made by attaching curved runners to old chairs to give them a new purpose.

As the furniture gained popularity, craftsmen began designing chairs for the intention of rocking. Styles such as Windsor, Shaker and Boston emerged, along with Michael Thonet's bentwood rocker, famous for its arms that curve elegantly into rocking legs. The development of wicker furniture made intricate designs possible and made the chairs more weatherproof.

By the 20th century, rocking chairs were a common fixture both indoors and out, providing a resting spot in nurseries and parlors and on front porches.





The Devonshire



Independent Living Community

2220 Executive Drive • Hampton, VA 23666 • (757) 827-7100 • www.devonshireseniorliving.com

AUGUST 2019

From the Director

Hello Residents of The Devonshire!

What an exciting time it is to be here at The Devonshire! I am delighted that the renovations



are complete so you can relax and have fun in our new space. Our Grand Reopening was a great success; I was happy to see your smiling faces enjoying the festivities!

I look forward to the months to come and I hope you enjoy the improvements here as much as I do. We are working hard to make The Devonshire the best it can be! We have fun things planned to finish out the summer so be on the lookout!

Sincerely,

Natalie Fox

Executive Director

Remembering Woodstock

In August 1969, thousands of people crowded into a hayfield in rural New York for Woodstock, a music festival that became a cultural phenomenon.

Four young men organized the Aug. 15-17 event to raise money to build a recording studio and retreat for musicians. Billed as "An Aquarian Exposition: Three Days

of Peace and Music," the festival was planned to be held in Woodstock, N.Y., but problems forced a change in location to a farmer's field 50 miles away in Bethel, N.Y., in the Catskill Mountains.



About 50,000 attendees were expected. When crowds began arriving two days early before ticket booths were set up, organizers decided to make the concert free, and nearly half a million people swarmed to the venue.

Some of the biggest names in music performed at Woodstock. Among the 32 acts were the Grateful Dead, Janis Joplin, Arlo Guthrie, Sly and the Family Stone, Joan Baez, Ravi Shankar, Santana, and The Who. Rain delays pushed the festival into a fourth day, and Jimi Hendrix closed it out, playing an iconic version of "The Star-Spangled Banner" on his electric guitar.

Woodstock is often praised for its peaceful expression of the musical and cultural idealism of the 1960s. The festival site is now home to a museum and a music pavilion, where some of the original Woodstock performers have returned to play.



INDEPENDENT LIVING

AUGUST 2019

Locations

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

Birthdays

Rosalie Stillwell, 3rd Hardy Cash, 7th Louise Cleveland, 8th Betty Riggin, 14th Harry Walker, 24th 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.

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

"Deep summer is when laziness finds respectability."

-Sam Keen

TUESDAY WEDNESDAY **THURSDAY SUNDAY MONDAY FRIDAY SATURDAY** 9:30 National Coloring 9:00 Classical Music and 10:00 Shopping: Kroger Day Fun, AR Morning Paper, AR 10:00 Aldi 10:00 Conversation w/Tea Time, AR 10:00 YouTube Fun Clips 10:00 Morning News, GR 10:30 **Balance Exercise** 10:30 Adult Coloring, WR 11:15 Lunch Outing: Gray Goose Class, AR 1:00 Puzzles and Table 2:00 Popcorn & Comedy 11:00 Country Store, AR Shorts, AR Games, AR 1:00 Shoppina: Roses 3:00 Jackpot Bingo, AR 2:00 Roku Stick, Amazon 1:00 Penny Pitchin' 4:00 Easy Listening Music, AR Departure Music by Prime Pick, WR 2:00 Popcorn Friday the Bay Drum Corp w/Friends 5:30 Evening News, AR 6:30 Fort Monroe Concert 3:00 Happy Hour, DR 10 6 9:00 Church Runs 9:30 Bank Runs 9:00 Classical Music and 9:00 Lobby Lounging 9:00 Medical Runs, 10:00 Shopping: 9:00 Medical Runs Morning Paper, AR 10:00 Relax w/AM Music, AR Request in Advance! and Chats, CY 9:15 Sunday School, WR 10:00 Coffee Hour and Chat, AR Dollar Tree 10:00 Conversation w/Tea Time, AR 10:00 Lounge w/Classical Music, AR Sit and Be Fit AM Doo Wop 9:00 10:30 Open Table 10:00 Morning News, GR 10:00 Morning News, GR 10:30 Flex and Stretch Exercise Class 1:00 Bridge and **Exercise Class** Appreciation, AR Games, AR 10:30 Greeting Cards, AR 10:30 Open Billiards w/Friends, GR Living Room Chats 10:30 10:00 Shopping: Walmart 10:30 Morning Paper Talk, GR Scrabble, AR 11:00 Easy Listening Music & Lemonade, GR 11:15 Lunch Outing: Hot Dog King 10:30 Billiards Fun w/ 10:30 Balance Exercise Class, AR 11:00 Country Store, AR & Checkers, AR 11:00 Inspirational YouTube, AR 1:00 Baskin-Robbins 2:00 Music w/Connie on Neighbors, GR 1:00 Scrabble Club and 11:00 Country Store, AR 11:00 Country Store, AR Assisted Living, DR 1:00 Prize Bingo, AR w/Kia Jigsaw Puzzles, AR 1:00 Shopping: Ross 1:00 Resident Card/ 1:30 Continuous Crafts Dresden 3:00 Jackpot Bingo, AR 2:00 Quilter's Supply Trip, AR 1:30 Just for the Guys, GR Popcorn Friday w/ 2:00 2:00 Roku Stick, Amazon Plate Pillow, AR 4:00 Bingo Wish List/Country Board Games, AR 3:00 Afternoon Hour 2:30 Penny Pitchin', AR 1:30 Card Games, GR Friends, AR Store Meeting Prime Pick, WR at Walmart 6:00 Bible Word 2:30 Jazz and Billiards, GR 3:00 Soda Sip & S'mores, AR 3:00 Happy Hour w/ 6:00 Talk About the 4:00 News Update, AR 5:30 Evening News, AR 4:00 Easy Listening Music & Puzzles Piña Coladas, AR Games & Trivia Billiards, GR Evening News!, AR 3:30 11 12 13 17 2:30 Billiards and Music 9:00 Medical Runs 15 16 9:00 Classical Music and 10:00 Shopping: 9:00 Medical Runs, 9:00 Morning Music 9:00 Church Runs 9:30 Bank Runs Morning Paper, AR 10:00 Coffee Hour and Paper, AR Request in Advance! Kroger 10:30 Sit and Be Fit Conversation w/ 9:15 Sunday School, WR 10:00 Shopping: Roses and Chat, AR 10:30 Flex and Stretch 10:30 Bring Back Bridge Exercise Class, AR Tea Time, AR Exercise Class, AR 10:30 Balance Exercise 1:00 Resident Card/ 10:00 Morning News, GR 11:00 Country Store, AR Morning News, GR Club, GR Class, AR 11:00 Inspirational Reading, AR Board Games, AR 1:00 Prize Bingo, AR 1:00 After Lunch Billiards 11:00 YouTube Funny 11:00 Country Store, AR 1:00 Scenic Bus Ride 11:00 Country Store, AR Animals, AR 1:00 Lounging and 2:00 Scrabble 2:00 Continuous 1:00 Shopping: Food Lion 1:15 Piña Colada Day, AR 1:30 Trip: Scenic Ride Lemonade, GR Jigsaw Puzzles/ Crafts, WR Friends, CY Scrabble Club, AR 1:30 Continuous Crafts 1:00 Netflix Pick, AR Scrabble Club, AR 2:00 Roku Stick, Amazon 2:00 Quilter's Supply Dresden Plate Pillow, AR 2:00 Popcorn Friday w/Friends 6:00 Bible Word 3:00 Jackpot Bingo, AR 1:30 Just for the Guys, GR Prime Pick, WR 2:30 Town Hall Community 3:00 Happy Hour Trip, AR 5:00 Murder on Misty Island, DR Games & Trivia 2:30 Penny Pitchin', AR Meeting, AR 6:00 Evening News, AR 5:30 Evening News, AR 6:30 Fort Monroe Concert 3:30 Billiards, GR 4:00 News Update, AR 20 23 24 18 19 21 9:00 Church Runs 9:00 Classical Music 10:00 Shopping: 9:30 Bank Runs 9:00 Medical Runs 9:00 Medical Runs, Save-A-Lot 9:15 Sunday School, WR and Morning 10:00 Relax w/AM 10:00 Coffee Hour and Request in Advance! 10:30 Balance Exercise 10:00 Shopping Trip: Paper, AR 10:00 Lounging and Chat, AR Music, AR 10:30 Flex and Stretch Class, AR Lemonade, GR 10:00 Conversation w/ **Big Lots** 10:00 Morning News, GR 10:30 Sit and Be Fit Exercise Class, AR 11:00 Country Store, AR Resident Card/ Tea Time, AR 1:00 Scenic Ride 1:00 1:00 Prize Bingo, AR Exercise Class, AR 11:00 Country Store, AR 1:00 Shopping: Food Lion 10:00 Morning News, GR Board Games, AR 2:00 Continuous Crafts, WR 2:00 Roku Stick, Amazon 2:00 Popcorn Friday 11:00 Country Store, AR 1:30 Continuous 2:00 Quilter's Supply Trip, AR 11:15 Lunch Outing: 6:00 Bible Word Prime Pick, WR w/Friends Crafts Dresden 1:30 Just for the 2:00 Resident and Olive Garden Games & Trivia 5:30 Evening News, AR 3:00 Happy Hour & Plate Pillow, AR Guys, GR Chef Chat, DR 3:00 Jackpot Bingo, AR 10:00 Lounging and Sour Whisky and 2:30 Scrabble Club, AR 4:00 News Update, AR 3:30 Billiards, GR 6:30 Fort Monroe Concert Lemonade, GR Buffalo Wings, AR 25 27 30 31 26 28 9:00 Classical Music and 29 9:00 Medical Runs 10:30 Balance 9:30 Bank Runs 9:00 Medical Runs, Request Morning Paper, AR 10:00 Coffee Hour Exercise Class, AR 10:30 Sit and Be Fit in Advance! 10:00 Conversation w/ 9:00 Church Runs and Chat, AR 10:30 Flex and Stretch Exercise Class, AR Tea Time, AR 11:00 Country Store, AR 10:00 Shopping Trip: 9:15 Sunday School, WR 10:00 Morning News, GR Exercise Class, AR 10:00 Morning News, GR 11:00 Country Store, AR 2:00 Popcorn Friday Harris Teeter 1:00 Resident Card/ 1:00 Prize Bingo, AR 11:00 Inspirational 11:15 Lunch Outing: 2:00 Roku Stick, Amazon 1:30 Crossword w/Friends LongHorn Steakhouse Reading, AR Board Games, AR 2:00 Continuous Puzzles and Word Prime Pick, WR 3:00 Happy Hour & 3:00 Jackpot Bingo, AR 11:00 Country Store, AR Crafts, WR 6:00 Bible Word Games, AR 4:00 Easy Listening Music 1:30 Continuous Crafts **Entertainment** 5:30 Evening News, AR 2:00 Quilter's Supply Games & Trivia & Checkers, AR 1:30 Just for the Guys, GR Dresden Plate Pillow, AR 4:00 Easy Listening Trip, AR 5:30 Evening News, AR 2:30 Cake Walk, AR 3:30 Billiards, GR Music & Puzzles, AR 4:00 News Update, AR 6:30 Fort Monroe Concert

Activities Subject to Change