

## Simple Stretching Moves

Stretching on a regular basis helps to strengthen your muscles and increase your range of motion, which can make everyday physical activities easier. The following stretches are simple ones that can even be done from bed. Check with your health care provider before beginning a new routine.

**Hands** — Spread out your fingers and extend them until you feel a stretching sensation at the base of each finger. Then touch each finger, one at a time, to your thumb. Repeat with your other hand.

**Wrists and arms** — With your palm facing down, rest your forearm on a flat surface, such as a table or a bed. Rotate your wrist toward your pinky finger so that your palm is facing inward and hold for 10 seconds. Next, rotate your wrist in the other direction with your palm facing outward and hold for 10 seconds. Be sure to keep your forearm on the flat surface throughout the exercise.

**Legs** — Lie on your back and bend your knees so that your feet are flat on the bed. Lift one leg, supporting your thigh with your hands if needed. Rotate your lifted ankle in a clockwise motion, then counterclockwise. Repeat the exercise with your other leg.

**Body stretch** — Lie on your side with your legs together and knees bent. Extend both arms in front of your chest, palms pressed together. Imagine your arms are the covers of a book, then “open the book” by lifting the top arm and stretching toward the other side of your body as far as you comfortably can. Slowly return your arm to the closed position. Repeat three to five times.

## Patriotic Movie Picks

Enjoy the Fourth of July with these movies that celebrate the red, white and blue.

**“Yankee Doodle Dandy” (1942)** — This biographical musical stars James Cagney as Broadway entertainer George M. Cohan, who composed the celebrated tunes “You’re a Grand Old Flag” and the World War I anthem “Over There.”

**“The Longest Day” (1962)** — With an all-star international cast that includes John Wayne, Richard Burton and Sean Connery, this drama follows the 1944 D-Day invasion from multiple points of view.

**“Glory” (1989)** — Denzel Washington and Morgan Freeman star in this Civil War drama about one of the first African American regiments in the Union Army.

**“Independence Day” (1996)** — An invasion by space aliens, a Fourth of July mission, and a rousing speech about saving mankind make this action movie a favorite decades after it premiered.

**“Miracle” (2004)** — This feel-good film is the inspiring true story of the U.S. men’s hockey team win over the Soviet Union at the 1980 Winter Olympics. Kurt Russell plays U.S. coach Herb Brooks.

**“Captain America: The First Avenger” (2011)** — With a superhero sporting red, white and blue and a World War II setting, this Marvel Comics adventure radiates American pride.

**“Hidden Figures” (2016)** — Based on true events, this film follows the lives of three female African American mathematicians who work at NASA during the 1960s space race. The trio overcomes obstacles and helps in the mission to make John Glenn the first American to orbit the Earth.



# The Devonshire

## Lifestyle



Assisted Living Community  
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JULY 2020

## Happy July to Our Dear Residents!

What an interesting time to be living in! I want to first thank you for your patience as we navigate through living in the midst of a pandemic. We can’t wait to be back to normal and back to our fun activities, but we know we must follow the guidelines to get back to that. Our top priority has been and will always be the safety and well-being of our residents at The Devonshire. I will keep you updated as we learn more about any changes in the guidelines of our restrictions.

On a lighter note, this month we remember the Fourth of July and celebrating our independence. I hope all our readers have an enjoyable Fourth of July holiday.

I appreciate you all and wish happiness to you and your family. As always, please do not hesitate to reach out to me if you have any questions or concerns.

Sincerely,

*Natalie Fox*

Executive Director

## A “Beautiful” Tribute

Expressing national pride “from sea to shining sea,” the stirring anthem “America the Beautiful” turns 125 this month.

The song’s lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor at Massachusetts’ Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, “the sea-like expanse of fertile country ... under those ample skies.”

Inspired, she finished her poem during the trip, but didn’t publish it until two years later. The first version appeared in a weekly Massachusetts newspaper, The Congregationalist, on July 4, 1895.

For a while, “America the Beautiful” was sung to the melodies of various folk tunes, including “Auld Lang Syne.” But it was a hymn titled “Materna,” composed in 1882 by Samuel A. Ward, that became the most common music for Bates’ lyrics and is still used today.

“America the Beautiful” has become a patriotic standard and is often played at national celebrations and sporting events.



# JULY 2020

## Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Court Yard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR

## Birthdays

- Lillian Watkins, 19th
- Ismael Lopez, 27th

## Transportation Schedule

- Thursday, 11:10 a.m.
- Lunch Outings

## Country Store

- Monday—Saturday
- 11 a.m.-Noon

“Be brave. Take risks. Nothing can substitute experience.”

—Paulo Coelho

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
			10:15 Daily Update, Deep Breathing & Stretching 10:30 Spiritual Reading, AR <b>10:45 Springtime Trivia Outside, CY</b> <b>1:30 Hallway Bingo, AH</b> <b>3:15 Outside w/ Nature, CY</b>	1 10:30 <b>Outside w/ Finish the Line, CY</b> 11:00 Today in History 2:00 Individual Nature Artwork Painting 3:00 Outside Chat and Juice, CY <b>3:15 Music in the Hallway Day</b>	2 10:15 Daily Update, Deep Breathing & Stretching 10:30 Door-to-Door Trivia, AR <b>1:30 Hallway Bingo, AH</b> <b>3:00 Door-to-Door Ice Cream Stop</b> <b>3:00 Pre-4th of July Social, AR</b>	3 INDEPENDENCE DAY 10:00 Individual Word finding and Crossword puzzle <b>11:00 Individual Adult Coloring</b> 2:30 Outside Sitting, AR
5 <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds in Residents' rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	6 10:00 Fitness & Moves, AR 10:15 Daily Update, Deep Breathing & Stretching <b>1:30 Hallway Bingo, AH</b> <b>3:00 Watermelon: Door to Door</b>	7 <b>10:00 Health Talk (fruits)</b> <b>10:30 Outside w/Finish the Line, CY</b> 11:00 Physical Game: Horse Racing Outside, CY <b>1:30 Nail Care, AR</b> 2:00 Library Books	8 <b>10:00 Ice Tea Day</b> 10:15 Daily Update, Deep Breathing & Stretching 10:30 Spiritual Reading, AR <b>10:45 Springtime Trivia Outside, CY</b> <b>1:30 Hallway Bingo, AH</b>	9 <b>10:30 Outside w/ Finish the Line, CY</b> 11:00 Today in History 2:00 Individual Nature Artwork Painting 3:00 Outside Chat and Juice, CY <b>3:15 Music in the Hallway Day</b>	10 10:15 Daily Update, Deep Breathing & Stretching 10:30 Door-to-Door Trivia, AR <b>1:30 Hallway Bingo, AH</b> <b>3:00 Door-to-Door Ice Cream Stop</b>	11 10:00 Individual Word finding and Crossword puzzle 10:30 Men's Group Cowboy Shows, AR <b>11:00 Individual Adult Coloring</b> 2:30 Outside Sitting, AR
12 <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds in Residents' rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	13 10:00 Fitness & Moves, AR <b>10:00 Ice Tea Day</b> 10:15 Daily Update, Deep Breathing & Stretching <b>1:30 Hallway Bingo, AH</b> 3:30 Nature Video (Birds), AR	14 <b>10:30 Outside w/Finish the Line, CY</b> 11:00 Physical Game: Horse Racing Outside, CY <b>1:30 Nail Care, AR</b> 2:00 Library Books <b>3:00 Root Beer Float</b>	15 10:15 Daily Update, Deep Breathing & Stretching 10:30 Spiritual Reading, AR <b>10:45 Springtime Trivia Outside, CY</b> <b>1:30 Hallway Bingo, AH</b> <b>3:15 Outside w/ Nature, CY</b>	16 10:00 Connect Four & Jenga, AR <b>10:30 Outside w/Finish the Line, CY</b> 11:00 Today in History <b>2:00 Watermelon: Door to Door</b> <b>3:15 Music in the Hallway Day</b>	17 10:15 Daily Update, Deep Breathing & Stretching 10:30 Door-to-Door Trivia, AR <i>11:00 Things in History Today</i> <b>1:30 Hallway Bingo, AH</b> <b>3:00 Door-to-Door Ice Cream Stop</b>	18 10:00 Individual Word finding and Crossword puzzle <b>11:00 Individual Adult Coloring</b> 2:30 Outside Sitting, AR
19 <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds in Residents' rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	20 10:00 Fitness & Moves, AR 10:15 Daily Update, Deep Breathing & Stretching 10:30 Bible Trivia and Daily Word, AR <b>1:30 Hallway Bingo, AH</b>	21 10:00 Physical Games, AR <b>10:30 Outside w/Finish the Line, CY</b> 11:00 Physical Game: Horse Racing Outside, CY <b>1:30 Nail Care, AR</b> 2:00 Library Books	22 10:15 Daily Update, Deep Breathing & Stretching 10:30 Spiritual Reading, AR <b>10:45 Springtime Trivia Outside, CY</b> <b>1:30 Hallway Bingo, AH</b>	23 <b>10:30 Outside w/ Finish the Line, CY</b> 11:00 Today in History 2:00 Individual Nature Artwork Painting 3:00 Outside Chat and Juice, CY <b>3:15 Music in the Hallway Day</b>	24 10:15 Daily Update, Deep Breathing & Stretching 10:30 Door-to-Door Trivia, AR <b>1:30 Hallway Bingo, AH</b> <b>3:00 Door-to-Door Ice Cream Stop</b> <b>3:15 TGIF Happy Hour Social, AR</b>	25 10:00 Individual Word finding and Crossword puzzle <b>11:00 Individual Adult Coloring</b> 2:30 Outside Sitting, AR
26 <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds in Residents' rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	27 10:00 Fitness & Moves, AR 10:15 Daily Update, Deep Breathing & Stretching 10:30 Springtime Trivia, AR <b>1:30 Hallway Bingo, AH</b>	28 10:00 Coffee & Tea Time Talk, AR 11:00 Physical Game: Horse Racing Outside, CY <b>12:30 Residents' Council Meeting, AR</b> <b>1:30 Nail Care, AR</b> 2:00 Library Books	29 10:15 Daily Update, Deep Breathing & Stretching 10:30 Spiritual Reading, AR <b>10:45 Springtime Trivia Outside, CY</b> <b>1:30 Hallway Bingo, AH</b>	30 <b>10:30 Outside w/ Finish the Line, CY</b> 11:00 Today in History 2:00 Individual Nature Artwork Painting 3:00 Outside Chat and Juice, CY <b>3:15 Music in the Hallway Day</b>	31 10:15 Daily Update, Deep Breathing & Stretching 10:30 Door-to-Door Trivia, AR <b>1:30 Hallway Bingo, AH</b> <b>3:00 Door-to-Door Ice Cream Stop</b>	