

Pick Pistachios for Health

It's called the smiling or happy nut because it looks like it's cracking a smile. But it's no joke that the flavorful pistachio provides healthy fuel for the body.

A 1-ounce serving is about 49 nuts, and all those green kernels have only 160 calories, making pistachios one of the lowest-calorie nuts. Having to pry open a pistachio's shell can keep you from overindulging.

One portion provides 6 grams of protein, about as much as an egg. And like eggs, meat and fish, pistachios are a complete protein, meaning they contain all nine essential amino acids necessary for good health.

Pistachios are rich in potassium, which helps build and preserve muscles. Another plus: They have high amounts of lutein and zeaxanthin, needed to keep eyes functioning at their best.

Because of their blend of antioxidants, "good" fats and fiber, the American Heart Association has certified pistachios as heart healthy. As part of a nutritious diet, the nuts can help maintain healthy blood pressure and cholesterol and blood sugar levels.

You may remember when all pistachios sold were dyed red, which left one's mouth and fingers stained. The coloring was added to mask blemishes on the shells caused by harvesting, but improved processing methods eventually eliminated the need to dye the nuts.

Celebrating New Year's Eve

The final night of the year is coming up. Count down with some festive facts about the revelry of New Year's Eve.

- Ringing out the old year and ushering in a new one is a custom that goes back at least 4,000 years to the ancient Babylonians.
- The first places on the globe to greet the new year are the island nations of Kiribati, Samoa and Tonga, located in the South Pacific Ocean.
- Just across the international date line, American Samoa, a U.S. territory, is the world's last inhabited locale to welcome in the year.
- New York City's Times Square ball drop is a celebration that began in 1907.
- Singing "Auld Lang Syne" at midnight has grown into a worldwide tradition. The words roughly translate to "times gone by."
- Puckering up for a New Year's Eve kiss is said to bring good luck to a relationship and has roots in German and English folklore.
- Those novelty eyeglasses with frames shaped into the numbers of the coming year were invented in 1990 by two friends in Seattle.
- Causing a ruckus with noisemakers began as a way to chase off bad luck.
- Some don't stay up to celebrate; in a survey, over 10% of people said they fall asleep before midnight.
- That cute little guy decked out in a diaper, top hat and sash is known as Baby New Year. He's been a symbol of the holiday since the days of ancient Greece.



The Devonshire

Lifestyle



Like Us!



Assisted Living Community

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

DECEMBER 2020

The Joy of Simple Things

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

Treats: Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration.

Decorations: Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

Crafts: Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work.

Music: Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.

Bingo Tips and Tricks

A favorite pastime, bingo is largely a game of chance. But there are a few ways to increase your odds of winning and ensure a fun time for all.

Arrive early: Aim to arrive at a bingo game 10 minutes before it's set to start. This gives you time to choose your seat, get your cards and a beverage or snack, and chat with friends.

Pick a prime spot: Sitting near the caller can help you clearly hear the numbers the first time, allowing you to mark your cards faster.

Play multiple cards: Playing more than one card is the best way to improve your chances of winning a game of bingo. However, avoid dividing your attention among too many cards, which can cause you to miss marking the correct squares.

Bring tape: A roll of masking tape or painter's tape comes in handy to stick your cards to the table, preventing them from sliding around.

Be alert: If you're slow to call out "Bingo!" and the next number is announced, you'll be known as a "sleeper"—and you'll miss out on the prize!

Have fun: This is the most important rule of a bingo game! Use breaks to socialize with other players. Be a good sport and cheer on others when they win.

DECEMBER 2020

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Courtyard, 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

- Linda Dreybus, 10th
- Suzanne Anderson, 12th
- Paul Fleming, 22nd
- Robert Griffin, 28th
- Gary Labar, 29th

Country Store

Tuesday & Thursday
11 a.m.-Noon

“Time together as a family is a gift.”

—Joanna Gaines

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:00 Hot Cocoa and Pastries 10:30 Christmas Decoration w/ Eggnog, DR 1:30 Nail Care, AR 2:00 First Christmas Story w/ Popcorn, AR 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 11:00 Holiday Cookies and Music, DR 1:30 Bingo w/Prizes, AH 3:15 Nature & Art w/ pine cones, AR	10:00 Making Christmas Cards, AR 11:00 Price Is Right w/ Hot Cocoa, AR 11:00 Holiday Singalong, AR 2:00 Christmas Movie ("Home Alone"), AR 2:30 Popcorn and Drinks, AR 3:30 Puzzles & Crossword Puzzles, AR	10:00 Door-to-Door Trivia & word Games 11:00 Guess Who, AR 1:30 Bingo w/Prizes, AH 2:30 Happy Hour and Holiday Jazz, AH 3:00 Nacho and Sauce, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 Holiday Movies w/ sugar Cookies, AR
6 9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 <i>Sunday Matinee, AR</i>	7 10:00 Fitness and fun, AH 10:30 Hydration Drinks (Door to Door), AH 11:00 Remembrance Pearl Harbor, AR 1:30 Bingo w/Prizes, AH 3:00 Hot spice Tea w/ Holiday Chat & Muffins, AR	8 10:00 Hot Cocoa and Pastries 10:30 Physical Games (Horse Racing), AR 1:30 Nail Care, AR 2:30 Baking Cookies w/Eggnog, AR 3:30 Library Books	9 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 11:00 Holiday Cookies and Music, DR 1:30 Bingo w/Prizes, AH 3:00 Outside w/ Nature, CY	10 HANUKKAH BEGINS AT SUNSET 10:00 Making Christmas Bookmarks 10:30 Chicken Soup for the Soul, AR 11:00 Trivia Plus 11:00 Price Is Right w/ Hot Cocoa, AR 2:00 Holiday Movie ("This Christmas"), AR	11 10:00 Door-to-Door Trivia & word Games 11:00 Pine Cone Craft, AR 1:30 Bingo w/Prizes, AH 2:30 Happy Hour and Holiday Jazz, AH 3:30 Christmas Word Games, AH	12 10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 Holiday Movies w/ sugar Cookies, AR
13 9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	14 10:00 Fitness and fun, AH 10:30 Christmas Trivia 1:30 Bingo w/Prizes, AH 3:00 Hot spice Tea w/ Holiday Chat & Muffins, AR 3:30 Nature Video (Birds), AR	15 2:00 Christmas Movie ("Kranks"), AR 10:00 Hot Cocoa and Pastries 11:00 Physical Game: Bean Bag Toss, AH 1:30 Nail Care, AR 3:30 Library Books	16 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 11:00 Holiday Cookies and Music, DR 1:30 Bingo w/Prizes, AH 3:15 Nature & Art w/ pine cones, AR	17 3:00 Refreshing Fresh Fruit Cups 10:30 Library Hour 11:00 Price Is Right w/ Hot Cocoa, AR 11:00 Holiday Singalong, AR 1:30 <i>Fruitcake and Making Christmas Poems, AR</i> 2:30 Making Christmas Cards	18 10:00 Door-to-Door Trivia & word Games 10:30 Guess the Place, AR 11:00 News & Views, AR 1:30 Bingo w/Prizes, AH 2:30 Happy Hour and Holiday Jazz, AH	19 10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 Holiday Movies w/ sugar Cookies, AR
20 9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	21 WINTER BEGINS 10:00 Fitness and fun, AH 10:00 Fall Crafts and Apple Cider 1:30 Bingo w/Prizes, AH 2:30 It's a Wonderful Life, AR 3:00 Hot spice Tea w/ Holiday Chat & Muffins, AR	22 10:00 Hot Cocoa and Pastries 12:30 Residents' Council Meeting, AR 1:30 Nail Care, AR 3:00 Hydration Drinks (Door to Door), AH 3:30 Library Books	23 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 11:00 Holiday Cookies and Music, DR 1:30 Bingo w/Prizes, AH 3:00 Refreshing Fresh Fruit Cups and Cookies, AH	24 10:00 Holiday News, AR 11:00 Price Is Right w/ Hot Cocoa, AR 1:30 Christmas Eve Social 2:00 National Eggnog Day, AH 4:00 Sports Social, AR	25 CHRISTMAS DAY 10:00 Door-to-Door Trivia & word Games 11:00 Outside w/ Ring Toss, CY 1:30 Bingo w/Prizes, AH 2:30 Happy Hour and Holiday Jazz, AH 3:30 Word Search Puzzle, AR	26 10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 Holiday Movies w/ sugar Cookies, AR
27 9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	28 10:00 Fitness and fun, AH 10:00 Trivia and Places, AR 11:00 Things in History Today, AH 1:30 Bingo w/Prizes, AH 3:00 Hot spice Tea w/ Holiday Chat & Muffins, AR	29 10:00 Hot Cocoa and Pastries 10:30 Reminiscing New Year's, AR 1:30 Nail Care, AR 3:30 Library Books	30 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 11:00 Holiday Cookies and Music, DR 1:30 Bingo w/Prizes, AH	31 NEW YEAR'S EVE 10:00 Door to Door Check and Hydration 10:30 Morning Walking, CY 11:00 Price Is Right w/ Hot Cocoa, AR 12:30 News Year's Eve Movie, AR 2:00 New Year's Eve Celebration, AR		