

Trailblazing Book Club

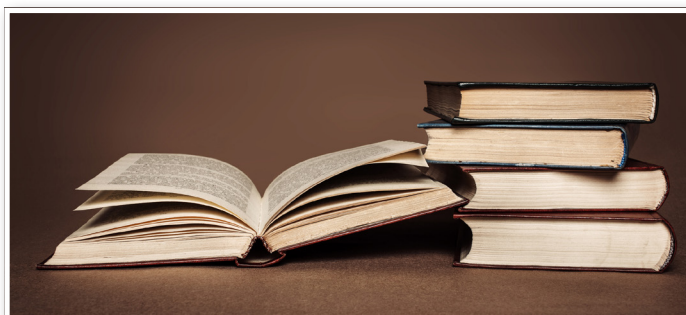
From beauty samples to meal kits, you can get just about anything delivered to your door by way of a monthly subscription service. One of this trend's earliest trailblazers was the Book of the Month Club.

In 1916, adman Harry Scherman and his business partners launched the Little Leather Library Corporation, a mail-order service that offered small leather-bound copies of classic novels to subscribers. When that venture ended, Scherman banked on the same idea and co-founded the Book of the Month Club in 1926.

Since many people did not have easy access to new books, the club provided members the convenience of receiving a hardcover book each month by mail. These Book of the Month selections were often from up-and-coming authors. The first year, Ernest Hemingway's "The Sun Also Rises" was featured.

In time, the Book of the Month Club brand gained literary prestige. Many of its selections went on to become Pulitzer Prize winners, including Margaret Mitchell's 1936 novel "Gone With the Wind." By 1966, the club's membership had grown to 1 million subscribers.

Today, the club is a web-based subscription service, and members have the added perk of discussing their reads with fellow members, the selection committee and authors in the club's online forums.



Know Your Oats

Eating a bowl of oatmeal can be a comforting, heart-healthy breakfast. The different processing methods for this whole-grain food create a variety of oats to choose from.

Steel-cut: Whole oat kernels, called groats, are chopped into coarse pieces to make steel-cut oatmeal, also known as Irish oatmeal. This type is the least processed, so it takes up to 30 minutes to cook and has a chewy texture and slightly nutty flavor.

Scottish: Groats are stone-ground into small, fine pieces to make Scottish oatmeal, which is thick and creamy like porridge.

Old-fashioned: Also called rolled oats, these are the most commonly used in oatmeal and are made by steaming groats and flattening them between rollers into flakes. Old-fashioned oats are often used in baked goods, such as cookies and muffins.

Quick: These are another form of rolled oats, but are steamed longer and rolled thinner. They make a fast breakfast since their smooth, thin flakes cook in just one minute.

Instant: Usually sold in single-serve packets with added flavors such as brown sugar, cinnamon and various fruits for sweetness, the oats in instant oatmeal have a soft texture. They have been fully cooked during processing and then dehydrated.

The Devonshire Lifestyle



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JANUARY 2019

How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

Spain — At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

Russia — In the country's region of Siberia, divers plunge into icy lakes to place a New Year tree, or "yolka," beneath the water's surface, symbolizing a new beginning.

Germany — Germans give a sweet greeting to Jan. 1 by eating the jelly doughnut known as a "Berliner," "Pfannkuchen" or "Krapfen."

Japan — All across this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.

Colombia — Those hoping for travel adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

Greece — Symbolizing renewal, onions are hung on doorways as a good luck token.

Brazil — To bring prosperity and good luck, Brazilians wear white on New Year's Eve and toss white flowers and candles into the ocean.

Turkey — At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.

Finland — A crafty custom in Finland is to melt down some tin and then pour it into cold water. When the metal hardens, the shape it forms gives a prediction for the year to come.

Romania — For protection in the new year, many dress up as bears and perform a dance to scare away bad luck.

Skiing Through History

From families hitting the slopes for fun to athletes competing in fierce races, snow skiing is enjoyed by millions around the world.

The cold-weather pastime was first used for survival rather than thrills. Dating back to prehistoric times, people in snowy climates skied as a way to travel across frozen terrain. Cave paintings found in Norway and China depict hunters on skis, and fragments of ancient wooden skis have been unearthed in Russia and northern Europe.

A shift toward skiing as a sport began in the 18th century, when the armies of Scandinavian countries trained on skis and staged races down mountain slopes and around obstacles. The first nonmilitary ski competitions were held in the 1840s in Norway. The popularity of the sport spread, and in 1924, skiing events were part of the first Winter Olympics in Chamonix, France.

With improvements in equipment, including the development of metal and fiberglass skis and the invention of the chairlift, skiing became easier and accessible to more people. It took off as a recreational activity, and ski resorts worldwide opened in response.



JANUARY 2019

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

- Esta Johnson, 4th
- Elizabeth Kruse, 8th
- Greta Warrick, 17th

Transportation Schedule

- Thursday, 11:10 a.m.
- Lunch Outings
- Thursday, 2 p.m.
- Trip: Scenic Ride
- Sunday, 2 p.m.
- Trip: Scenic Ride

“The beginning is the most important part of any work.”
—Plato

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>6</div> <div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Scenic Ride, O</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>7</div> <div>10:00 Fitness & Moves, AR</div> <div>10:30 News and Views, AR</div> <div>11:00 January Word Games, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>3:00 Elvis Movies, AR</div> <div>4:00 Card Games, AR</div>	<div>NEW YEAR'S DAY 1</div> <div>10:00 Physical Games (Golf), AR</div> <div>10:30 Health Talk, AR</div> <div>11:00 National Tea Month, AR</div> <div>1:30 Nail Care (Satin Hands), AR</div> <div>3:00 New Year's Football Social, AR</div>	<div>2</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Inspiration Reading, AR</div> <div>11:00 International Coffee Tasting, AR</div> <div>2:00 Bingo Bucks, AR</div> <div>3:15 Art Expression, AR</div> <div>4:00 Card Games, AR</div>	<div>3</div> <div>10:00 January Reminiscing, AR</div> <div>10:00 Physical Games (Golf), AR</div> <div>11:15 Trip: Lunch Outing, O</div> <div>1:30 Trip: Scenic Ride, O</div> <div>3:00 At the Movies (Elvis) Pt.1, AR</div> <div>3:30 Music and Singing, AR</div>	<div>4</div> <div>10:00 Jazzy Exercise, AR</div> <div>10:30 Book Club & Chat w/Doughnuts, AR</div> <div>11:00 Art Expression (Winter Scene), AR</div> <div>3:30 TGIF Social w/ Trivia, AR</div> <div>6:00 Friday at the Movies, AR</div>	<div>5</div> <div>10:00 Coupons Picking, AR</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 At the Movies w/ Snacks, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Scenic Ride, O</div> <div>6:45 Individual Art for the Heart, AR</div> <div>13</div>	<div>10:00 Fitness & Moves, AR</div> <div>10:30 News and Views, AR</div> <div>11:00 January Word Games, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>3:00 Elvis Movies, AR</div> <div>4:00 Card Games, AR</div> <div>14</div>	<div>10:00 Lemonade and Reminiscing on Elvis, AR</div> <div>10:30 National Wildlife (Talking & Video)</div> <div>11:00 Health Talk, AR</div> <div>1:30 Nail Care (Satin Hands), AR</div> <div>3:30 Art Expression, AR</div> <div>8</div>	<div>9</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Elvis Music, AR</div> <div>11:00 Bible Books and Trivia, AR</div> <div>2:00 Bingo Bucks, AR</div> <div>3:15 Nature Holiday Crafts (pinecone), AR</div> <div>4:00 Card Games, AR</div>	<div>10</div> <div>10:00 Inside Walking, AH</div> <div>10:00 Second Chance, AR</div> <div>11:15 Trip: Lunch Outing, O</div> <div>1:30 Trip: Scenic Ride, O</div> <div>3:00 At the Movies (Elvis) Pt.1, AR</div> <div>3:15 Cookies and Chips, AR</div>	<div>11</div> <div>10:00 Jazzy Exercise, AR</div> <div>10:30 Book Club & Chat w/Doughnuts, AR</div> <div>11:00 Tea Time, AR</div> <div>3:00 Cupcake Ice Cream Social, AR</div> <div>6:00 Friday at the Movies, AR</div>	<div>12</div> <div>10:00 Coupons Picking, AR</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 At the Movies w/ Snacks, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Scenic Ride, O</div> <div>6:45 Individual Art for the Heart, AR</div> <div>13</div>	<div>10:00 Fitness & Moves, AR</div> <div>10:30 News and Views, AR</div> <div>11:00 January Word Games, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>3:30 Baking Time (Cookies), WR</div> <div>4:00 Card Games, AR</div> <div>14</div>	<div>10:00 Physical Games (Golf), AR</div> <div>10:30 Balloon Volleyball, AR</div> <div>11:00 Health Talk, AR</div> <div>1:30 Nail Care (Satin Hands), AR</div> <div>3:30 Nature Art Work Painting, AR</div> <div>15</div>	<div>16</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Art Expression (Winter Scene), AR</div> <div>11:00 Spiritual Reading, AR</div> <div>2:00 Bingo Bucks, AR</div> <div>4:00 Card Games, AR</div>	<div>17</div> <div>10:00 Physical Games (Golf), AR</div> <div>10:30 Nature Video, AR</div> <div>11:15 Trip: Lunch Outing, O</div> <div>1:30 Trip: Scenic Ride, O</div> <div>3:00 Popcorn Snacks, AR</div> <div>6:00 Midnight Masquerade, IL</div>	<div>18</div> <div>10:00 Jazzy Exercise, AR</div> <div>10:30 Book Club & Chat w/Doughnuts, AR</div> <div>11:00 Guinness World Record Day, AR</div> <div>3:30 TGIF Social w/ Trivia, AR</div> <div>6:00 Friday at the Movies, AR</div>	<div>19</div> <div>10:00 Coupons Picking, AR</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 At the Movies w/ Snacks, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Scenic Ride, O</div> <div>6:45 Individual Art for the Heart, AR</div> <div>20</div>	<div>MARTIN LUTHER KING JR. DAY 21</div> <div>9:30 Martin Luther King Jr. Day (Video), AR</div> <div>10:00 Fitness & Moves, AR</div> <div>10:30 News and Views, AR</div> <div>11:00 January Word Games, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>4:00 Card Games, AR</div>	<div>22</div> <div>10:00 Holiday Adult Coloring, AR</div> <div>10:30 Baking Time (Cookies), WR</div> <div>11:00 Health Talk, AR</div> <div>1:30 Nail Care (Satin Hands), AR</div> <div>3:30 Traveling USA, AR</div>	<div>23</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Tea Time and Coffee, AR</div> <div>11:00 Bible Books and Trivia, AR</div> <div>1:45 Music w/Bonnie and Friend, AR</div> <div>2:00 Bingo Bucks, AR</div> <div>3:15 Nature Holiday Crafts (pinecone), AR</div>	<div>24</div> <div>10:00 Inside Walking, AH</div> <div>11:15 Trip: Lunch Outing, O</div> <div>1:30 Trip: Scenic Ride, O</div> <div>2:00 Nature and Crafts, AR</div> <div>3:00 At the Movies (Elvis) Pt.1, AR</div>	<div>25</div> <div>10:00 Jazzy Exercise, AR</div> <div>10:30 Book Club & Chat w/Doughnuts, AR</div> <div>2:00 Birthday Party of the Month, IL</div> <div>3:30 Bingo w/Prizes, AR</div> <div>6:00 Friday at the Movies, AR</div>	<div>26</div> <div>10:00 Coupons Picking, AR</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 At the Movies w/ Snacks, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Scenic Ride, O</div> <div>6:45 Individual Art for the Heart, AR</div> <div>27</div>	<div>28</div> <div>10:00 Fitness & Moves, AR</div> <div>10:30 News and Views, AR</div> <div>11:00 January Word Games, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>4:00 Card Games, AR</div>	<div>29</div> <div>10:00 Resident Council Meeting, AR</div> <div>11:00 Health Talk, AR</div> <div>1:30 Nail Care (Satin Hands), AR</div> <div>3:30 Nuture and Art (Birds), AR</div>	<div>30</div> <div>10:00 Chair Exercise, AR</div> <div>10:25 Name Ten and the Movie, AR</div> <div>11:00 Hot Cocoa Time, AR</div> <div>2:00 Bingo Bucks, AR</div> <div>4:00 Card Games, AR</div>	<div>31</div> <div>10:00 Physical Games (Ring Toss), AR</div> <div>10:30 Food for the Soul, AR</div> <div>11:15 Trip: Lunch Outing, O</div> <div>1:30 Trip: Scenic Ride, O</div> <div>2:30 Music and Singing, AR</div> <div>3:30 Sensory Time</div>		