

Boost Your Immunity

Your immune system fights off illness and disease, and several everyday habits can make it stronger.

Eat healthy foods — Colorful fruits and vegetables are rich in vitamins and antioxidants, which strengthen immunity. The good bacteria found in yogurt and sauerkraut also helps fight infections. Limit sugar, unhealthy fats and processed foods.

Stay hydrated — Consuming plenty of fluids flushes out toxins and keeps the respiratory system moist, providing a protective barrier against germs. In addition to drinking water, sip on herbal teas and soups.

Exercise — Regular physical activity, such as walking, swimming and other low-impact exercise, promotes good circulation, helping boost immunity.

Get plenty of sleep — Seven or eight hours a night is ideal for most people. Sleep restores the body and lowers cortisol, a stress hormone that can damage the immune system.

Socialize — Loneliness can lead to depression, which can weaken immunity. Chatting with a friend, joining a club or taking part in a group activity can reduce feelings of isolation.

Smile — Smiling and laughing release serotonin, a feel-good brain chemical that also plays an important role in a strong immune system.



Making the Call

Sporting their familiar black-and-white striped uniforms, the seven officials you see on the field during an NFL game have the job of focusing on every play, enforcing rules and making split-second calls.

When the league began in 1920, only three people made up a game's officiating crew: a referee, an umpire and a linesman, now called a down judge. Over time, four more officials were added: field judge, back judge, line judge and side judge.

Officials are sometimes incorrectly called referees, but there is only one referee on the field. That person is also known as the crew chief and is the final authority on game rulings. The referee is the only official who wears a white cap; the others wear black caps.

Each official stands in a designated area of the field and is responsible for watching specific player positions for penalties. With more than 150 plays in an average NFL game, officials must be laser-focused on the action and physically fit enough to keep up with the athletes.

The NFL has about 120 officials. They must undergo regular training and testing to keep up with the game's evolving rules, and their game-day performance is evaluated weekly by officiating supervisors.

Top NFL officials earn the privilege of working a playoff game, conference championship and the ultimate goal, the Super Bowl.



The Devonshire Lifestyle



Assisted Living Community

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JANUARY 2020

Happy New Year!

Happy New Year and hello, 2020! What a great year it has been at The Devonshire Senior Living and 2020 holds so much to look forward to — parties, birthday celebrations, anniversaries, new friendships, and new experiences. There is so much to be thankful for. What a fantastic time to be alive and what a fantastic time to be part of The Devonshire Senior Living Family.



This month hundreds of thousands of people will challenge themselves to a New Year resolution. Some will try to exercise more, save money, or get more sleep. How about a resolution we all can fulfill — caring for one another? The Devonshire Senior Living is already one of the friendliest communities you will find, so may we continue on with positive attitudes and contagious politeness and may it radiate throughout, into the rest of the world.

I look forward to another wonderful year with you!

Sincerely,

Natalie Fox

Executive Director

Frosty Figures

Freshly fallen snow is nature's invitation for kids and kids at heart to build that classic symbol of winter, a snowman.

Though humans have probably been creating frosty figures since prehistoric times, the first known drawing of a snowman was found in a book from the late 1300s. With snow being an abundant and free material, artists in the Middle Ages used it to form detailed statues, and winter festivals showcased these works of art. In 1494, the ruler of Florence, Italy, commissioned a young Michelangelo to sculpt a snowman in his courtyard.

Over time, stacking three balls of snow into a human figure grew into a playful pastime for all. One of the earliest photographs, taken in 1845, was of a snowman. Around the turn of the 20th century, images of jolly snowmen started appearing on greeting cards and magazine covers. Later, they became the stars of many films, books and songs that remain popular today.



JANUARY 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

Esta Johnson, 4th
Mary Ann Davis, 5th
Helen Worth, 20th

Transportation Schedule

Thursday, 11:10 a.m.
Lunch Outings

Thursday, 2 p.m.
Trip: Scenic Ride

Additional Services

Monday—Saturday
11 a.m.-Noon Country

“If you love life, don’t
waste time, for time is
what life is made up of.”
—Bruce Lee

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			NEW YEAR'S DAY 1 10:00 Rose Bowl Parade w/Cocoa and Pastry, AR 11:00 News and Views, AR 12:30 Rose Bowl Game, AR 2:00 Bingo, AR 3:15 New Year's Movie, AR 4:00 Table Games and Puzzles, AR	2 10:00 Adult coloring Art & Craft, AR 10:30 Reminiscing in January, AR 1:30 Trip: Scenic Ride, O 2:00 At the Movie w/ Popcorn, AR 2:00 Nature Artwork Painting, AR 3:15 Ladies' Card Games, AR	3 10:00 Jazzy Exercise, AR 11:15 Faces and Places, AR 1:30 Friday Bingo, AR 3:00 TGIF Social Hour, AR 6:00 Friday at the Movie, AR	4 10:00 Coupons Picking, AR 10:30 Trivia Day, AR 11:00 Individual Adult Coloring 2:00 Trip: Scenic Ride, AR 3:00 Table Games Checkers/Board Game, AR
5 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Matinee, AR 6:45 Individual Art for the Heart, AR	6 10:00 Fitness & Moves, AR 11:00 Spiritual Reading, AR 2:00 Bingo w/Prizes, AR 4:00 Table Games and Puzzles, AR	7 10:00 Health Talk and Hot Cocoa, AR 10:20 Coffee & Tea Time Talk, AR 10:30 Second Chance and Name 10, AR 11:00 New Year word Games and Resolution, AR 2:00 Nail Care: Satin Hands, AR 6:00 Abundant Life Tabernacle Church, AR	8 10:00 Fitness & Fun, AR 10:30 Happy Birthday Elvis Music, AR 11:00 News and Views, AR 1:30 Bingo Bucks, AR 2:30 Elvis' Movie, AR 4:00 Table Games and Puzzles, AR	9 10:00 Making Cookings w/Cocoa, AR 10:30 Physical Game: Golf, CY 1:30 Trip: Scenic Ride, O 2:00 Nature Artwork Painting, AR 3:15 Ladies' Card Games, AR 4:30 Roaring 2020s, DR	10 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:00 Elvis' Trivia, AR 11:15 Faces and Places, AR 1:30 Friday Bingo, AR 3:00 TGIF Social Hour, AR	11 10:00 Coupons Picking, AR 10:30 Men's Group Cowboy Shows, AR 11:00 Individual Adult Coloring 2:00 Trip: Scenic Ride, AR 3:00 Table Games Checkers/Board Game, AR
12 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Matinee, AR 6:45 Individual Art for the Heart, AR	13 10:00 Fitness & Moves, AR 10:30 What's Up America, AR 11:00 Baking Hour, AR 2:00 Bingo w/Prizes, AR 3:30 Nature Video (Birds), AR 4:00 Table Games and Puzzles, AR	14 10:00 Health Talk and Hot Cocoa, AR 10:20 Coffee & Tea Time Talk, AR 10:30 Second Chance and Name 10, AR 11:00 New Year word Games and Resolution, AR 2:00 Nail Care: Satin Hands, AR 3:30 Craft Hour, AR	15 10:00 Fitness & Fun, AR 11:00 Men's Groups, AR 11:00 News and Views, AR 1:30 Bingo Bucks, AR 2:30 Town Hall Meeting 3:15 Nature Video (Puppies and Kitties), AR 4:00 Table Games and Puzzles, AR	16 10:00 Connect Four & Jenga, AR 11:15 Trip: Lunch Outing (Olive Garden), O 1:30 Trip: Scenic Ride, O 2:00 Yoga w/Tina, AR 2:00 Nature Artwork Painting, AR 3:15 Ladies' Card Games, AR	17 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:15 Faces and Places, AR 1:30 Friday Bingo, AR 3:00 TGIF Social Hour, AR	18 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 2:00 Trip: Scenic Ride, AR 3:00 Table Games Checkers/Board Game, AR
19 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Matinee, AR 6:45 Individual Art for the Heart, AR	MARTIN LUTHER KING JR. DAY 20 10:00 Fitness & Moves, AR 10:30 Observance for Martin Luther King Day, AR 2:00 Bingo w/Prizes, AR 4:00 Table Games and Puzzles, AR 11:00 Cheese & Crackers snacks, AR	21 10:00 Health Talk and Hot Cocoa, AR 10:20 Coffee & Tea Time Talk, AR 10:30 Second Chance and Name 10, AR 11:00 New Year word Games and Resolution, AR 1:30 Trip: Scenic Ride 2:00 Nail Care: Satin Hands, AR 3:30 National Geographic Video, AR	22 10:00 Fitness & Fun, AR 10:30 Words Games and Hangman 11:00 News and Views, AR 1:30 Bingo Bucks, AR 2:00 Musical Singalong w/Bonnie and Friends, AR 4:00 Table Games and Puzzles, AR	23 10:00 Large Jenga and Connect 4, AR 11:00 Brain Teaser, AR 11:15 Trip: Lunch Outing (Olive Garden), AR 11:15 Lunch Outing: Hot Dog King, AH 1:30 Trip: Scenic Ride, O 2:00 Yoga w/Tina, AR 2:00 Nature Artwork Painting, AR 3:15 Ladies' Card Games, AR	24 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:15 Faces and Places, AR 1:30 Friday Bingo, AR 3:00 TGIF Social Hour, AR	25 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 2:00 Trip: Scenic Ride, AR 3:00 Table Games Checkers/Board Game, AR
26 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Matinee, AR 6:45 Individual Art for the Heart, AR	27 10:00 Fitness & Moves, AR 10:30 National Geographic Day, AR 2:00 Bingo w/Prizes, AR 3:00 Card Games: Blackjack (Men's Group), WR 4:00 Table Games and Puzzles, AR	28 10:00 Health Talk and Hot Cocoa, AR 10:20 Coffee & Tea Time Talk, AR 10:30 Second Chance and Name 10, AR 12:30 Residents' Council Meeting, AR 2:00 Nail Care: Satin Hands, AR	29 10:00 Fitness & Fun, AR 10:30 Bible Trivia and Spiritual Reading, AR 11:00 News and Views, AR 1:30 Bingo Bucks, AR 4:00 Table Games and Puzzles, AR	30 10:00 Hangman and Pictionary, AR 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:00 Nature Artwork Painting, AR 3:15 Ladies' Card Games, AR	31 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:15 Faces and Places, AR 1:30 Friday Bingo, AR 3:00 TGIF Social Hour, AR	