

App Adventures

From phone calls and video chats to text messaging and social media, smartphones and tablets help us keep in touch with family and friends. And with apps available for nearly every interest, they can also keep you busy! Explore your device's app store by searching some of these topics:

Games and puzzles: Brainteasers, crosswords, jigsaw puzzles, hidden objects ... Today's mobile games provide a variety of engaging options. You can also play with loved ones, helping you stay connected.

Nature hobbies: Are you a bird-watcher? You can download apps with bird guides and a spot to log your sightings. Love to take outdoor walks? Find out the name of a shrub or flower by using a nature identification app.

Books: Literary apps let you manage your to-read list, browse and write reviews, and find new titles. If you want to read on your device, you'll find apps with e-books you can buy, rent or download for free. There are also apps for audiobooks.

Foreign languages: Multiple apps make learning a language fun with daily challenges and interactive games. Developing this new skill can benefit your brain.

Mindfulness: Apps aimed at relaxing are popular. Featuring guided meditations and soothing sounds, these programs can help you rest physically and mentally.

A World of Comfort Foods

Warm and filling, comfort foods make us happy and often remind us of home. Enjoy a taste of some go-to favorites from around the globe:

Pierogies — These Polish dumplings can have different savory fillings, including potatoes, cheese, sauerkraut or ground meat, and are typically served with sour cream and fried onions.

Soupe a l'oignon — A bowl of French onion soup features caramelized onions in a rich beef stock, covered with a blanket of toasted bread and melted cheese.

Cha siu bao — A dish from southern China, these soft, doughy steamed buns are filled with slightly sweet barbecued pork.

Picadillo — This simple hash of ground beef and tomatoes is popular in Latin American cultures. The iconic Cuban version includes olives and raisins and is paired with rice and beans.

Irio — In Kenya, this mash of potatoes, corn and green peas is so essential that its name literally means "food." It's often eaten as a main dish or served as a side to roasted meat.

Khichdi — Often compared to risotto, this one-pot Indian recipe of rice and lentils is flavored with warm spices such as cumin and turmeric.

Moussaka — A classic casserole from Greece, moussaka is made of layers of sautéed eggplant, potatoes, ground meat, tomatoes and onions, all topped with cheese and a creamy white sauce.



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JANUARY 2021

The Words of MLK

In honor of Martin Luther King Jr. Day on Jan. 18, here are some of his most enduring speeches.

Montgomery bus boycott speech — One of King's first public speeches took place on Dec. 5, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

"I Have a Dream" — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on Aug. 28, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

Nobel Peace Prize speech — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on Dec. 10, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

"How Long, Not Long" — On March 25, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

"I've Been to the Mountaintop" — King gave his final address in Memphis, Tenn., on April 3, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.

Kick-Start Your Day

How you start your day affects how you feel and act the rest of the day. These simple habits can get you ready to take on whatever comes your way.

Wake up to music: Groggy when you first get up? Using an upbeat song instead of a harsh beeping sound as your alarm can help you feel more awake and alert. Scientists say a melody eases the brain into waking up, while alarms seem to confuse it.

Stay offline: If you use your phone as an alarm, resist the urge to stay on your device and scroll through your social media, check your email or read the news. Use the time to make a plan for the day ahead, journal or just think.

Make your bed: This small task can have a big impact on the rest of your day. High achievers agree that completing small actions, such as straightening your bed, will give you a sense of pride and provide momentum to accomplish other tasks.



JANUARY 2021

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

Esta Johnson, 4th
Mary Ann Davis, 5th
Ethel Edwards, 16th
Helen Worth, 20th

Country Store

Tuesday & Thursday
11 a.m.-Noon

“It’s a wonderful thing
to be optimistic. It
keeps you healthy and
it keeps you resilient.”
—Daniel Kahneman

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					NEW YEAR'S DAY 10:00 New Year Morning Hot Cocoa and Pastries, AR 10:30 Fitness and Fun, AR 10:30 New Year's Day Parade, AR 11:00 Individual Art Work and Word Search, AR 2:00 At the Movies (Residents' Choice), AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Sugar Cookies, AR
					10:00 Door-to-Door Trivia & word Games 10:30 Fitness and Fun, AR 1:30 Bingo w/Prizes, AH 3:00 TGIF Social, AR 3:30 Card Games, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Sugar Cookies, AR
					10:00 Door-to-Door Trivia & word Games 10:30 Fitness and Fun, AR 11:00 News & Views, AR 1:30 Bingo w/Prizes, AH 3:00 TGIF Social, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Sugar Cookies, AR
					10:00 Door-to-Door Trivia & word Games 10:30 Fitness and Fun, AR 11:00 Outside w/ Ring Toss, CY 1:30 Bingo w/Prizes, AH 3:00 TGIF Social, AR 3:30 Word Search Puzzle, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Sugar Cookies, AR
					10:00 Door-to-Door Trivia & word Games 10:30 Fitness and Fun, AR 1:30 Bingo w/Prizes, AH 3:00 TGIF Social, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Sugar Cookies, AR
9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	10:00 Door to Door Check w/Weekly Update 10:30 Fitness and Fun, AH 11:00 Devonshire News w/Hydration, AR 1:30 Bingo w/Prizes, AH 3:00 Hot Spice Tea w/ Cracker, AR	10:00 Coffee & Tea w/Pastries 10:30 January Trivia and Word Games, DR 1:30 Nail Care, AR 2:00 At the Movies (Comedy) w/ Popcorn, AR 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 11:00 Baking Cookies and Music, AR 1:30 Bingo w/Prizes, AH 3:15 Nature & Art, AR	10:00 Physical Games (Ball Toss), AR 10:30 Guess Who?, AR 11:00 Price Is Right w/Hot Apple Cider, AR 2:00 Painting w/ Nature, AR 3:30 Chips and Dip	NEW YEAR'S DAY 10:00 New Year Morning Hot Cocoa and Pastries, AR 10:30 Fitness and Fun, AR 10:30 New Year's Day Parade, AR 11:00 Individual Art Work and Word Search, AR 2:00 At the Movies (Residents' Choice), AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Sugar Cookies, AR
9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	10:00 Door to Door Check w/Weekly Update 10:30 Fitness and Fun, AH 11:00 Devonshire News w/Hydration, AR 1:30 Bingo w/Prizes, AH 3:30 Nature Video (Birds), AR	10:00 Coffee & Tea w/Pastries 1:30 Nail Care, AR 2:00 At the Movies (Comedy) w/ Popcorn, AR 2:30 Baking Cookies w/Eggnog, AR 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 11:00 Baking Cookies and Music, AR 1:30 Bingo w/Prizes, AH 3:00 Outside w/ Nature, CY	10:30 Chicken Soup for the Soul, AR 10:30 Guess Who?, AR 11:00 Price Is Right w/Hot Apple Cider, AR 3:30 Chips and Dip	10:00 Door-to-Door Trivia & word Games 10:30 Fitness and Fun, AR 11:00 News & Views, AR 1:30 Bingo w/Prizes, AH 3:00 TGIF Social, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Sugar Cookies, AR
9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	MARTIN LUTHER KING JR. DAY 10:00 Winter Crafts and Apple Cider 10:00 Dr. Martin Luther King Jr. Day, AR 10:00 Door to Door Check w/ Weekly Update 10:30 Fitness and Fun, AH 11:00 Devonshire News w/ Hydration, AR 1:30 Bingo w/Prizes, AH 3:00 Hot Spice Tea w/Cracker, AR	10:00 Coffee & Tea w/Pastries 11:00 Physical Game: Bean Bag Toss, AH 1:30 Nail Care, AR 2:00 At the Movies (Comedy) w/ Popcorn, AR 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 11:00 Baking Cookies and Music, AR 1:30 Bingo w/Prizes, AH 3:15 Nature & Art, AR	10:30 Library Hour 10:30 Guess Who?, AR 11:00 Price Is Right w/Hot Apple Cider, AR 2:00 Winter Wonderland Event, AR 3:30 Chips and Dip	10:00 Door-to-Door Trivia & word Games 10:30 Fitness and Fun, AR 11:00 Outside w/ Ring Toss, CY 1:30 Bingo w/Prizes, AH 3:00 TGIF Social, AR 3:30 Word Search Puzzle, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Sugar Cookies, AR
9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art	10:00 Door to Door Check w/Weekly Update 10:30 Fitness and Fun, AH 11:00 Things in History Today, AH 11:00 Devonshire News w/ Hydration, AR 1:30 Bingo w/Prizes, AH 3:00 Hot Spice Tea w/ Cracker, AR	10:00 Coffee & Tea w/Pastries 12:30 Residents' Council Meeting, AR 1:30 Nail Care, AR 2:00 At the Movies (Comedy) w/ Popcorn, AR 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 11:00 Baking Cookies and Music, AR 1:30 Bingo w/Prizes, AH 3:00 Refreshing Fresh Fruit Cups and Cookies, AH	10:30 Guess Who?, AR 11:00 Price Is Right w/Hot Apple Cider, AR 1:30 All About Nature, AR 3:30 Chips and Dip 4:00 Sports Social, AR	10:00 Door-to-Door Trivia & word Games 10:30 Fitness and Fun, AR 1:30 Bingo w/Prizes, AH 2:30 Happy Hour and Birthday Celebration, AH 3:00 TGIF Social, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Sugar Cookies, AR
9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 <i>Sunday Matinee, AR</i> 5:00 Individual Art						10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Sugar Cookies, AR