

A ‘Cuppa’ Trivia

Fill your favorite mug with your drink of choice and cozy up to these facts about hot beverages:

- Scientists say hot drinks have a strong psychological effect. In one experiment, people holding hot beverages were seen as friendlier than those with iced ones.
- Many people use the terms hot cocoa and hot chocolate interchangeably, but technically, cocoa is made with powder, while hot chocolate is made by melting bits of chocolate.
- Mulled drinks, like apple cider and the old-timey wassail, get an extra punch of flavor and fragrance from simmering in mulling spices, typically allspice, cinnamon, cloves and nutmeg.
- Many coffee drinks are made with espresso, steamed milk and frothed milk in different ratios, creating unique flavors and textures. Treat yourself to one of the latest trends and order a breve—a rich, creamy latte that uses half-and-half instead of milk.
- Or give chai a try! Black tea blended with aromatic spices such as cinnamon, ginger and cloves, it’s usually served with milk. Add espresso for a “dirty” chai.
- Sipping a hot drink will warm you up, but did you also know it can help you cool off? That’s why hot tea is popular in warm climates like India; the beverage boosts your body temperature enough to make you sweat, which cools you down.

Court Entertainers

For 95 years, the Harlem Globetrotters have “hooped” it up as one of the world’s most talented and entertaining basketball teams.

Formed by Chicago businessman Abe Saperstein, the Globetrotters played their first game on Jan. 7, 1927, in Hinckley, Ill. The team was given the name “Harlem Globetrotters” in order to be associated with the African American cultural hub in New York City and to imply that they were world travelers.

At first, the Globetrotters stayed within the Midwest region of the U.S., playing thousands of games and introducing basketball to audiences who had never seen the sport before. In the late 1930s, the team began to perform comedy routines and ball-handling tricks while on the court. Spectators responded well to these antics, which also gave team members a chance to rest while one player showed off his skills with the ball. These acts of showmanship, combined with the whistling theme song “Sweet Georgia Brown,” became the Globetrotters’ signature brand of entertainment.

In 1950, the team started traveling to other countries, earning international attention and praise. They played their first actual game in Harlem in 1968.

To date, the Globetrotters have played more than 25,000 games for millions of fans around the world.

Be a Mentor

January is National Mentoring Month, the perfect time to consider becoming a mentor. Research shows that youths who are mentored have higher self-esteem and do better in school, often moving on to higher education. They also have a lower risk of engaging in risky behavior.

As a senior, you have experiences, knowledge and skills that are extremely valuable to a young person. By sharing what you’ve learned, you can help your mentee solve problems and accomplish goals. You may even learn something new yourself!

The ultimate purpose of mentoring is to provide young people with a trusted adult who cares about them. You can be a safe person with whom a child or teenager can share their concerns as well as new and exciting things in their life.

Mentoring is often done through specific community programs, but there’s no reason you can’t find someone to mentor on your own. You are sure to find that mentoring is fun and beneficial for both of you!



The Devonshire Lifestyle

Assisted Living Community
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Like Us!

JANUARY 2022

A Note From Our Executive Director

Dear Residents,
Happy New Year!
I hope you all had a wonderful Christmas season!
We are looking forward to celebrating many more holidays with you all this year.
It is getting colder outside now, so please bundle up when you are going out and continue to stay hydrated. We are not always as thirsty in the cold weather, but it is still important to drink plenty of fluids.
We have had some wonderful new residents move in recently. Please introduce yourselves to them and welcome them to our community.
We encourage you to participate in our many different activities. Please check out our Activity Calendar to see what all we have planned. We are looking forward to a fun-filled January and New Year.

Sincerely,
Natalie Fox
Executive Director

January Employee of the Month

Congratulations to our Employee of the Month, Valerie Fitchett.

Valerie works as a Concierge in the evenings. She has been with us for 3 1/2 years. She loves working with people and being able to help our residents and guests.

In her spare time, she likes sewing, reading and talking about The Bible, shopping, and listening to jazz music. Her favorite food is traditional American cuisine, but she really enjoys many types of food.



JANUARY 2022

Locations

Activities Room, AR
Activities Room Hallway, AH
Courtyard, CY
Dining Room, DR
Independent Living
Activities Room, IA
Independent Living
Dining Room, IL
Outing, O
Patio, P
Windsor Room, WR

Birthdays

Esta Johnson, 4th
Carolyn Ryals, 12th
Beverly Jones, 20th

Country Store

Tuesday
11 a.m.-Noon

Thursday
10-11 a.m.

**"All our dreams can
come true, if we
have the courage
to pursue them."
— Walt Disney**

Activities Subject to Change

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY						
						NEW YEAR'S DAY		1		10:00 Individual Word Finding and Crossword Puzzle		11:00 Individual Adult Coloring		2:30 At Movies w/ Cookies, AR		3:00 Sports Hour (Football), AR		
9:15 Hampton Christian Church, AR	2	10:00 Exercise and Weights, CY	3	10:00 Coffee, Tea and Pastry Hour, AR	4	10:00 Spiritual Reading, AR	5	10:00 Physical Games (Ball Toss), AR	6	10:00 Fitness and Fun, AR	7	10:00 Individual Word Finding and Crossword Puzzle	8	10:30 Gospel Sounds in Activity Room, AR	11:00 Individual Adult Coloring	1:30 Trip: Scenic Ride	2:30 At Movies w/Cookies, AR	3:00 Sports Hour (Football), AR
10:30 Sunday Afternoon at the Movies, AR		10:30 Hot Cocoa and Chat w/Muffins, AR		1:30 Nail Care, AR		10:30 Exercise and Weights, AR		10:30 Family Feud, AR		10:30 Facts & Word Games, AR		11:00 Individual Adult Coloring		2:00 Sunday Afternoon at the Movies, AR		2:30 At Movies w/Cookies, AR		
2:00 Sunday Afternoon at the Movies, AR		11:00 30-Minute News: CNN, AR		2:00 At the Movies (Musical), AR		11:00 Nature w/Adult Coloring, AR		11:00 Price Is Right w/Hot Apple Cider, AR		1:30 Bingo w/Prizes, AR		1:30 Trip: Scenic Ride, AR		5:00 Individual Art		3:00 Sports Hour (Football), AR		
5:00 Individual Art		1:30 Bingo w/Prizes, DR		2:30 Art & Crafts Hour, AR		1:30 Bingo w/Prizes, AR		1:30 Trip: Scenic Ride, AR		3:00 Friday Social w/ Holiday Music, AR		3:00 Uno and Chat Talk, AR						
		2:30 Snack and Drinks, AR		3:30 Library Books		3:30 Uno and Chat Talk, AR		3:00 Cookies and Music, AH		3:30 Uno and Chat Talk, AR								
		3:30 Travel USA, AR																
9:15 Hampton Christian Church, AR	9	10:00 Fitness and Fun, AR	10	10:00 Bean Bag Toss, AR	11	National Hot Tea Day		12	10:00 Physical Games (Ball Toss), AR	13	10:00 Fitness and Fun, AR	14	15	10:30 Gospel Sounds in Activity Room, AR	11:00 Individual Adult Coloring	2:30 At Movies w/ Cookies, AR	3:00 Sports Hour (Football), AR	
10:30 Gospel Sounds in Activity Room, AR		10:30 Outside w/Nature, CY		10:15 Special Craft w/ Legacy, AR		10:00 Spiritual Reading, AR		10:00 Spiritual Reading, AR		10:30 Family Feud, AR		10:30 Facts & Word Games, AR		2:00 Sunday Afternoon at the Movies, AR		2:30 At Movies w/ Cookies, AR		
2:00 Sunday Afternoon at the Movies, AR		11:00 30-Minute News: CNN, AR		10:30 January Trivia and Bible Trivia, AR		10:30 Exercise and Weights, AR		10:30 Exercise and Weights, AR		11:00 Price Is Right w/Hot Apple Cider, AR		1:30 Bingo w/Prizes, DR		5:00 Individual Art		3:00 Sports Hour (Football), AR		
5:00 Individual Art		1:30 Bingo w/Prizes, AR		1:30 Nail Care, AR		11:00 Price Is Right, AR		11:00 Price Is Right, AR		2:00 Menu Chat, IL		2:30 TGIF Social and Jazz & wine, AR						
		3:00 World News and Drinks, AR		2:00 At the Movies (Musical), AR		3:00 Hot Spice Tea w/Cracker		3:00 Hot Spice Tea w/Cracker		3:00 Cookies and Music, AH		3:30 Card Games, AR						
		3:30 Library Books		3:30 Library Books		3:30 Uno and Chat Talk, AR		3:30 Uno and Chat Talk, AR		5:30 Special Event (Winter Wonderland), DR								
9:15 Hampton Christian Church, AR	16	MARTIN LUTHER KING JR. DAY	17	9:45 Hot Spice Tea w/Muffins, AR	18	National Popcorn Day!		19	10:00 Physical Games (Ball Toss), AR	20	10:00 Fitness and Fun, AR	21	22	10:30 Gospel Sounds in Activity Room, AR	11:00 Individual Adult Coloring	2:30 At Movies w/ Cookies, AR	3:00 Sports Hour (Football), AR	
10:30 Gospel Sounds in Activity Room, AR		10:00 Chair Exercise w/ Weights, AR		10:00 Bible Study w/ Pastor Davis, AR		10:00 Spiritual Reading, AR		10:00 Spiritual Reading, AR		10:30 Family Feud, AR		10:30 Facts & Word Games, AR		2:00 Sunday Afternoon at the Movies, AR		2:30 At Movies w/ Cookies, AR		
2:00 Sunday Afternoon at the Movies, AR		11:00 30-Minute News: CNN, AR		1:30 Nail Care, AR		10:30 Exercise and Weights, AR		10:30 Exercise and Weights, AR		11:00 Price Is Right w/Hot Apple Cider, AR		11:00 News & Views, AR		5:00 Individual Art		3:00 Sports Hour (Football), AR		
5:00 Individual Art		1:30 Bingo w/Prizes, AR		2:30 Art & Crafts Hour, AR		1:30 Bingo w/Prizes, DR		1:30 Bingo w/Prizes, DR		1:30 Trip: Scenic Ride, AR		1:30 Bingo w/Prizes, AR						
		2:30 Hot Cocoa and Holiday Cookies, AR		3:30 Library Books		2:30 Video Musical w/ Popcorn, AR		2:30 Video Musical w/ Popcorn, AR		2:00 Menu Chat, IL		3:30 Uno and Chat Talk, AR						
		3:30 Card Games (Uno), AR				3:30 Uno and Chat Talk, AR		3:30 Uno and Chat Talk, AR		3:00 Cookies and Music, AH								
9:15 Hampton Christian Church, AR	23	10:00 Fitness and Fun, AR	24	10:15 Trivia and Word Games, AR	25	10:00 Spiritual Reading, AR	26	10:00 Physical Games (Ball Toss), AR	27	10:00 Fitness and Fun, AR	28	29	30	10:30 Gospel Sounds in Activity Room, AR	11:00 Individual Adult Coloring	2:30 At Movies w/ Cookies, AR	3:00 Sports Hour (Football), AR	
10:30 Gospel Sounds in Activity Room, AR		10:30 Finish Line and Second Chance, AR		11:00 Price Is Right, AR		10:30 Exercise and Weights, AR		10:30 Family Feud, AR		10:30 Facts & Word Games, AR		11:00 Individual Adult Coloring		2:00 Sunday Afternoon at the Movies, AR		2:30 At Movies w/ Cookies, AR		
2:00 Sunday Afternoon at the Movies, AR		11:00 30-Minute News: CNN, AR		1:30 Nail Care, AR		1:30 Bingo w/Prizes, DR		11:00 Price Is Right w/Hot Apple Cider, AR		11:00 Outside w/Hot Apple Cider, CY		1:30 Bingo w/Prizes, DR		5:00 Individual Art		3:00 Sports Hour (Football), AR		
5:00 Individual Art		1:30 Bingo w/Prizes, DR		2:00 Birthday Party of the Month, AR		2:30 Resident Council Meeting, AR		1:30 Trip: Scenic Ride, AR		1:30 Bingo w/Prizes, DR		3:00 Happy Hour and Music, AR						
		3:00 National Fruit Cake Day, AR		3:30 Library Books		3:30 Uno and Chat Talk, AR		3:00 Ice Cream Social, AR		3:00 Cookies and Music, AH		3:30 Uno and Chat Talk, AR						
9:15 Hampton Christian Church, AR	30	10:00 Fitness and Fun, AR	31															
10:30 Gospel Sounds in Activity Room, AR		10:30 Second Chance Rule																
2:00 Sunday Afternoon at the Movies, AR		11:00 30-Minute News: CNN, AR																
5:00 Individual Art		1:30 Bingo w/Prizes, DR																
		3:00 Winter Social Hour, AR																