

The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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Celebrating MLK Jr. Day

The country pays tribute to Martin Luther King Jr. every year on the third Monday in January. In 2024, the holiday falls on King's actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader's 95th birthday.



On the Menu: Clean Eating

The term "clean eating" is likely to be heard a lot this month as people make New Year's resolutions focused on improving health. The trend focuses on eating natural, whole foods as much as possible, while avoiding highly processed foods with artificial ingredients. Clean eating usually favors plant-based foods, especially fruits, vegetables, beans and whole grains.



JANUARY 2024

A Note From Our Executive Director

Welcome to a new year! I am looking forward to all this year has to offer. We're planning a variety of fun events and activities in the coming months, so stay tuned! We hope to see you at our Special Event "Winter Wonderland" on January 11th at 5pm in the dining room. Elmo Lawrence will be back to play some of your favorite songs!

Sincerely,
Walmeka Williams
Executive Director



Be Thankful

Start your year off with kindness and appreciation—January is National Thank You Month. Often people are critical instead of thankful, and an honest "thank you" can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others.

HEALTHY
new Year



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	New Year's Day 1 9:30 Rose Bowl Parade 10:00 Holiday Word Search 11:00 Hydration Time (water) 1:30 New Year's Day Movie 3:00 Snacks and drinks 5:00 News at 5:00pm	2 10:00 Brain Exercise with Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Nature Winter Video 2:30 Nail Care 3:30 Puzzle and Table Games	3 10:15 Exercise and Weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Hot Cocoa Social and Cookies 4:00 Dominoes Club and Puzzles	4 10:00 Physical Games (Ring Toss, Balloon Volleyball & Horse Racing) 10:30 5 Second Rule 11:00 Game show TV 1:30 Documentary Video 3:00 Table Games (UNO or Cards)	5 10:00 Exercise and Weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 Happy Hour with refreshment 6:00 Friday at the Movies (Residents' Choice)	6 9:30 Word Search Puzzles 10:00 Cowboy Shows 11:00 Saturday News (CNN) 1:30 Trip: Scenic Ride 2:00 Hydration Time (Water or Juice) 3:00 Sports Hour Time	
	7 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (FOOTBALL) 5:30 Adult Coloring	8 10:00 Chair Exercise 10:30 New Year's Trivia! 11:00 Price is Right 1:30 Bingo with Prizes 2:30 Snacks and drinks 5:00 News at 5:00pm	9 10:00 Brain Exercise with Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Nature Winter Video 2:30 Nail Care 3:30 Puzzle and Table Games	10 10:15 Exercise and Weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Hot Cocoa Social and Cookies 4:00 Dominoes Club and Puzzles	11 10:00 Physical Games (Ring Toss, Balloon Volleyball & Horse Racing) 11:00 Individual inside Walking 3:00 Table Games (UNO or Cards) 5:00 Special Event (Winter Wonderland)	12 10:00 Exercise and Weights 10:30 Trip: Lunch Outing Skrimp Shack 1:30 Bingo with Prizes 3:00 Happy Hour with refreshment 6:00 Friday at the Movies (Residents' Choice)	13 9:30 Word Search Puzzles 10:00 Cowboy Shows 11:00 Saturday News (CNN) 2:00 Hydration Time (Water or Juice) 3:00 Sports Hour Time
	14 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (FOOTBALL) 5:30 Adult Coloring	15 Martin Luther King Jr. Day 10:00 Holiday Word Search 11:00 Price is Right 11:00 Things in January 2024 1:30 Bingo with Prizes 3:00 Martin Luther King Video 5:00 News at 5:00pm	16 10:00 Brain Exercise with Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Nature Winter Video 2:30 Nail Care 3:30 Puzzle and Table Games	17 10:15 Exercise and Weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Hot Cocoa Social and Cookies 4:00 Dominoes Club and Puzzles	18 10:00 Individual Hall Walking 10:30 Game show TV 11:00 Trip: Dollar Tree 2:00 At the Movies (residents' choice) 2:30 Snacks and Drinks 3:00 Table Games (UNO or Cards)	19 10:00 Exercise and Weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 Happy Hour with refreshment 6:00 Friday at the Movies (Residents' Choice)	20 9:30 Word Search Puzzles 10:00 Cowboy Shows 11:00 Saturday News (CNN) 1:30 Trip: Scenic Ride 2:00 Hydration Time (Water or Juice) 3:00 Sports Hour Time
	21 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (FOOTBALL) 5:30 Adult Coloring	22 10:00 Holiday Word Search 11:00 Price is Right 11:00 Things in January 2024 1:30 Bingo with Prizes 3:00 Martin Luther King Video 5:00 News at 5:00pm	23 10:00 Brain Exercise with Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Nature Winter Video 2:30 Nail Care 3:30 Puzzle and Table Games	24 10:15 Exercise and Weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Residents' Council Meeting and Menu Chat 4:00 Dominoes Club and Puzzles	25 10:00 Morning News 10:30 Trip: Lunch Mission BBQ 11:00 Individual inside Walking 1:30 Baking Cookies 3:00 Table Games (UNO or Cards)	26 10:00 Exercise and Weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 Happy Birthdays Celebrations 6:00 Friday at the Movies (Residents' Choice)	27 9:30 Word Search Puzzles 10:00 Cowboy Shows 11:00 Saturday News (CNN) 1:30 Trip: Scenic Ride 2:00 Hydration Time (Water or Juice) 3:00 Sports Hour Time
28 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (FOOTBALL) 5:30 Adult Coloring	29 10:00 Holiday Word Search 11:00 Price is Right 11:00 Things in January 2024 1:30 Bingo with Prizes 3:00 Martin Luther King Video 5:00 News at 5:00pm	30 10:00 Brain Exercise with Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Nature Winter Video 2:30 Nail Care 3:30 Puzzle and Table Games	31 10:15 Exercise and Weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Hot Cocoa Social and Cookies 4:00 Dominoes Club and Puzzles				

January Employee of the Month

Our employee of the month for January is Senaida Gales. Senaida is a server in our Assisted Living Community. She loves working and bonding with our residents. In her free time, she enjoys spending time with her dog, Dinero. He is an American Pocket Bully. She also loves drawing and reading. She is also in Art Club & Key Club. Some of her favorite foods are cheeseburgers and dill pickles. She enjoys going on vacation in Florida. She would like to travel to Australia one day.



Laugh Away the Winter Blahs

If you find yourself with a case of the winter blahs, try watching a comedy or chatting with a funny friend. Studies show that laughter causes your brain to release mood-lifting endorphins.

Sunny or Snowy

Although vastly different from each other, two popular places to visit in January are the Maldives and Switzerland. The Maldives is your destination for fun in the sun! Located in the Indian Ocean, this island chain experiences their dry season in January, resulting in picture-perfect conditions of low humidity and calm, clear water that's ideal for diving and snorkeling. To experience a winter wonderland, make Switzerland your pick. In January, the days are short and the temperatures low, but the snow is thick, making it peak season for skiing or hiking in the beautiful Alps. Fondue fans can also visit the capital of the cheesy concoction, Gruyères.



Lighter and Brighter

If gray winter days have you feeling gloomy, perk up your surroundings by using light colors and simple patterns in your décor. Simply switching out pillows and blankets in dark hues or busy designs for textiles in light, solid colors can instantly help your space feel bigger and brighter.



Dinero

Hot Chocolate History

Warming up with a mug of hot chocolate is a sweet and simple winter ritual. We have the Indigenous people of Mexico and Central America to thank for coming up with the concept of grinding cocoa beans into a rich, foamy beverage. The original version was a lot different from what we enjoy today, though; for starters, their drink was served cold! But you can still raise a toast to tradition by adding in a complementary warmth with ground cayenne pepper, one of the key ingredients in Mexican hot chocolate.

