

# Chocolate Choices (A Valentine’s Choice)

A beloved sweet, chocolate comes in enough varieties to please almost everyone’s palate. In its purest form, chocolate is the result of processing cocoa beans to produce cocoa butter and chocolate liquor, which can be combined in varying ratios to create different types of chocolate.

**Dark chocolate** — This combination of chocolate liquor, cocoa butter and sugar provides a rich, intense flavor. Dark chocolate can contain between 30 and 80 percent chocolate liquor; higher percentages are more bitter. Chocolate labeled as bittersweet or semisweet is included in this category.

**Milk chocolate** — Lighter in color and milder in taste, milk chocolate contains at least 10 percent chocolate liquor and 12 percent milk, along with cocoa butter and sugar. This chocolate is the most popular choice for snacking.

**White chocolate** — There’s no chocolate liquor in white chocolate, but it does contain cocoa butter, as well as milk and sugar. Typically, vanilla or a similar flavor is added to enhance its sweetness.

## Christmas Tree



## Good Luck Greenery

Join the Chinese New Year festivities this month by learning about a traditional plant in the country’s culture.

*Dracaena sanderiana* is commonly called lucky bamboo, and also goes by the names curly bamboo, Chinese water bamboo, friendship bamboo and ribbon plant. Although it resembles bamboo, it isn’t bamboo at all; it’s a member of the lily family.

Lucky bamboo is popular in both homes and businesses, as it symbolizes good fortune and positive energy. Typically, several stalks of the plant are arranged in a vase or planter, with the number of stalks representing a different type of luck. For example, two stalks are equated with love, and three stalks symbolize happiness, wealth and a long life. Five stalks are said to attract positive energy in five areas of a person’s life (emotional, intuitive, mental, physical and spiritual), and seven stalks bring good health. Lucky bamboo is never arranged with four stalks, because four is considered an unlucky number in China.

Not only is lucky bamboo treasured for its symbolism, but also for its easy care as a houseplant. It can grow in either water or soil and does best in bright, indirect sunlight.



# The Devonshire Lifestyle

Assisted Living Community  
2220 Executive Drive • Hampton, VA 23666 • (757) 827-7100 • [www.devonshireseniorliving.com](http://www.devonshireseniorliving.com)

Like Us!

February 2018

## From the Desk of the Executive Director

Seasons greetings! Happy New Year!

I would like to say welcome home to our new residents and thank you to the current residents for welcoming me into your home (The Devonshire).

I look forward to working diligently to meet your needs while we enjoy the amenities of the beautiful Devonshire community, through interactive activities, outings, delicious dining, monthly themed events and more.

We have a great administrative and support staff that are delighted to continue to make you as comfortable and as safe as possible.

See you all at the next Town Hall Meeting!

*Leletha Moore*, EXECUTIVE DIRECTOR

## Holiday Crafts



## Heart-Healthy Exercise

Cardiovascular exercise, also called aerobic exercise or simply cardio, is crucial for heart health.

Any physical activity that increases your heart rate and breathing rate for an extended period of time is considered cardio exercise. Walking, bicycling, swimming and many other sports are common examples. During these activities, the lungs take in more oxygen, which goes directly into the bloodstream and the heart. The oxygen makes the heart beat faster, allowing it to pump nutrients throughout the body.

Regular cardio exercise not only makes the heart stronger, but it also sends oxygen to the muscles, where it’s used to burn carbohydrates and fat. This is why cardio is so effective at helping a person lose or maintain weight.

Cardiovascular activities are key to preventing heart disease, since they can lower blood pressure and improve circulation. This type of exercise is also helpful in preventing or managing diabetes, osteoporosis, depression and some forms of cancer.

Check with your doctor to see what types of cardio activities are right for you.





FEBRUARY 2018

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

Transportation Schedule

Thursday  
11:10 a.m.  
Lunch Outings  
Sunday  
2-4 p.m.  
Bus Ride

Birthdays

Nell Bee, 3rd  
Helen Speight, 12th  
Kristin McRainey, 20th

“Be sweet, be good,  
and honest always.”

—Emma Bunton

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<div>1</div> <div>10:15 Physical Games (Golfing), AR 11:00 Daily News, AR <b>1:30 Trip: Scenic Ride, O</b> <b>3:00 Making Candy, AR</b> 6:45 Card Games, AR</div>	<div>2</div> <div><b>GROUNDHOG DAY</b> <b>10:00 Groundhog Day Tradition, AR</b> 10:15 Jazzy Exercise, AR <b>11:00 Library Hour, AR</b> 2:00 Fun With Bingo, AR <b>3:30 Jazz Social, AR</b> 6:45 Jigsaw Puzzle Time, AR</div>	<div>3</div> <div>10:00 Coupons Picking, AR 11:00 Adult Coloring, AR <b>2:00 Cinema Saturdays, AR</b> 6:45 Checkers, AR</div>
<div>4</div> <div>9:00 Sunday School, IA <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 6:45 <i>Art for the Heart, AR</i></div>	<div>5</div> <div>10:15 Fitness &amp; Moves, AR <b>11:00 World Nutella Day Snacks, AR</b> 2:00 Bingo With Prizes, AR <b>3:30 Black History Inventors, AR</b> 6:45 Card Games, AR</div>	<div>6</div> <div>10:15 Cocoa and Reminiscing, AR 10:30 Physical Games (Horseshoes), AR <b>11:00 America Heart Talk, AR</b> <b>2:00 Nail Care, AR</b> 3:30 Word Searching, AR</div>	<div>7</div> <div>10:15 Get Fit With Weights <b>11:00 Healthy Drinks, AR</b> 2:00 Bingo With Prizes, AR 3:30 <i>Winter Crafts, AR</i> <b>6:45 Fun Flicks &amp; Popcorn, AR</b></div>	<div>8</div> <div>10:00 Physical Games (Golfing), AR 11:15 Trip: Lunch Outing, O <b>1:30 Trip: Scenic Ride, O</b> <b>3:00 Opera Music, AR</b> 6:45 Card Games, AR</div>	<div>9</div> <div>10:15 Jazzy Exercise, AR <b>11:00 Library Hour, AR</b> 2:00 Fun With Bingo, AR <b>3:15 Bagel Bites, WR</b> 4:00 TGIF Social, AR 6:45 Jigsaw Puzzle Time, AR</div>	<div>10</div> <div>10:00 Coupons Picking, AR <b>11:00 Individual Adult Coloring</b> <b>2:00 Cinema Saturdays, AR</b> 6:45 Checkers, AR</div>
<div>11</div> <div>9:00 Sunday School, IA <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 6:45 <i>Art for the Heart, AR</i></div>	<div>12</div> <div>10:15 Fitness &amp; Moves, AR <b>11:00 Lincoln’s Birthday Trivia</b> <b>2:00 Bingo With Prizes, AR</b> 3:30 Cherry Tarts Snacks, AR 6:45 Card Games, AR</div>	<div>13</div> <div>MARDI GRAS <b>10:15 Hot Tea and Reminiscing, AR</b> 10:30 Physical Games (Horseshoes), AR 11:00 Bible Trivia, AR <b>2:00 Nail Care, AR</b> <b>3:30 Crafts (Bird Feeders), AR</b></div>	<div>14</div> <div>ASH WEDNESDAY VALENTINE’S DAY 10:15 Chair Exercise, AR 10:30 News &amp; Cocoa, AR <b>2:00 Valentine’s Day Party, IL</b> 3:30 Bingo and Chocolate <b>6:45 Fun Flicks &amp; Popcorn, AR</b></div>	<div>15</div> <div>10:00 Physical Games (Golfing), AR 11:00 Trip: Lunch Outing, O <b>2:00 That’s Amore, AR</b> <b>3:30 Black History (Singers), AR</b> 6:45 Card Games, AR</div>	<div>16</div> <div>10:15 Jazzy Exercise, AR <b>11:00 Library Hour, AR</b> 2:00 Fun With Bingo, AR <b>3:30 TGIF Social (Wine &amp; Cheese)</b> 6:45 Jigsaw Puzzle Time, AR</div>	<div>17</div> <div>10:00 Coupons Picking, AR <b>11:00 Individual Adult Coloring</b> <b>2:00 Cinema Saturdays, AR</b> 6:45 Checkers, AR</div>
<div>18</div> <div>9:00 Sunday School, IA <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 6:45 <i>Art for the Heart, AR</i></div>	<div>19</div> <div>PRESIDENTS DAY 10:15 Fitness &amp; Moves, AR <b>11:00 Presidents Day (Trivia), AR</b> 2:00 Bingo With Prizes, AR 3:30 Art Expression 6:45 Card Games, AR</div>	<div>20</div> <div>10:00 Walking Warriors, AH 10:30 Physical Games (Horseshoes), AR <b>11:00 America Heart Talk, AR</b> <b>2:00 Nail Care, AR</b> <b>3:30 Black History (Actors &amp; Actresses), AR</b></div>	<div>21</div> <div>10:15 Chair Exercise, AR 11:00 News &amp; Views, AR 2:00 Fun With Bingo, AR 3:30 <i>Winter Crafts, AR</i> <b>6:45 Fun Flicks &amp; Popcorn, AR</b></div>	<div>22</div> <div><b>10:00 Yoga Movement, AR</b> 11:15 Trip: Lunch Outing, O <b>1:30 Trip: Scenic Ride, O</b> <b>3:30 Margarita Drinks, AR</b> 6:45 Card Games, AR</div>	<div>23</div> <div>10:15 Jazzy Exercise, AR 11:00 Book Club Doughnuts, AR <b>2:00 Birthday Party of the Month, IA</b> 3:30 Bingo, AR 6:45 Jigsaw Puzzle Time, AR</div>	<div>24</div> <div>10:00 Coupons Picking, AR <b>11:00 Individual Adult Coloring</b> <b>2:00 Cinema Saturdays, AR</b> 6:45 Checkers, AR</div>
<div>25</div> <div>9:00 Sunday School, IA <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 2:30 Sunday at the Movie, AR 6:45 <i>Art for the Heart, AR</i></div>	<div>26</div> <div>10:15 Fitness &amp; Moves, AR 11:00 Library Hour, AR 2:00 Monday Bingo, AR <b>3:30 Cupcake Social, AR</b> 6:45 Card Games, AR</div>	<div>27</div> <div>10:30 Physical Games (Horseshoes), AR <b>11:00 Strawberry Taste, AR</b> <b>2:00 Nail Care, AR</b> <b>3:00 Black History Movie, AR</b> <b>7:00 North Hampton Church of Christ, DR</b></div>	<div>28</div> <div>10:15 Chair Exercise, AR 11:00 News Updates, AR <b>2:00 Singer-A-Long, AR</b> 3:30 Trivia Bingo, AR <b>6:45 Fun Flicks &amp; Popcorn, AR</b></div>			