

## The Appeal of Alpacas

With their soft fleece and quirky, humanlike facial expressions, alpacas are charming animals, with personalities that can put people at ease.

Domesticated over 6,000 years ago by the Andean people of South America, alpacas are in the same family as camels and llamas. They are mostly raised for their luxurious fleece, which is often compared to cashmere, and said to be finer, softer and warmer than sheep's wool.

In recent years, alpacas have become more familiar as therapy animals, making visits to schools, retirement communities, hospitals and rehabilitation centers. Their calm, curious and friendly nature make them ideal for pet therapy, and many children and adults who interact with them can't help but smile and laugh at their amusing antics. Stroking an alpaca's soft fleece provides sensory benefits, and its gentle, social demeanor helps people feel relaxed.

There are two breeds of alpacas, distinguished by their coats. The most common breed is the huacaya, which has thick, curly fleece that gives them a teddy bear-like appearance. The suri breed has long, silky fleece that hangs in dreadlocks as it grows.



## Love Around the World

Valentine's Day is celebrated across the globe, and many countries have unique holiday traditions.



**Germany:** Heart-shaped gingerbread cookies with romantic messages written in icing are popular valentine gifts among German couples.

**South Korea:** Women give chocolate to men on Valentine's Day, then the gesture is returned on White Day, March 14, when men are the gift-givers. Single friends get together on Black Day, April 14, and dine on bowls of noodles covered with a black bean sauce.

**Mexico:** The holiday is known as the Day of Love and Friendship in this country, where friends as well as romantic partners gift each other candy, flowers, balloons and stuffed animals.

**South Africa:** The expression "wear your heart on your sleeve" is fitting for South African women, who pin the name of their love interest to their shirtsleeve for the day.

**Peru:** Orchids are the flower of choice for valentines here, since they are native to this South American nation.

**Philippines:** Hundreds of couples in this Asian country tie the knot in mass wedding ceremonies on Feb. 14.



# The Devonshire Lifestyle



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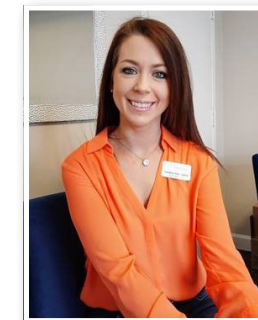
Assisted Living Community

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FEBRUARY 2020

## Happy February!

We are spreading the love here at The Devonshire, as February is a special month filled with celebrating with our family, friends and that special someone. We look forward to you joining us on Valentine's Day for our special dinner where we crown our Valentine's King and Queen! I can't wait to see who will be the nominees this year.



We also have a fun and interactive main event this month that we are looking forward to, "Murder at Mardi Gras." You will get to watch the management team act out a mystery scenario, and you will have to figure out who the culprit was!

Other events this month include a Super Bowl Sunday Celebration, fun Social Hours and a Mardi Gras Party! Please don't forget to check your calendar for all the exciting things happening!

I hope you have had a wonderful 2020 so far and that February is another great month for you. I look forward to the warm memories we will make during this wonderful month!

Happy Valentine's Day!

Natalie Fox, Executive Director

## Self-Care for Seniors

Now a popular concept, practicing self-care means giving yourself the attention you need to take care of your physical and emotional health. Show yourself some love with these simple self-care habits:

**Take a walk** — Simply stepping away for a few moments can help clear your mind, as well as provide exercise. Walking with a friend has social benefits, too.

**Treat your hands and feet** — We use our hands and feet every day, so we need to take care of them. Getting manicures, pedicures and hand massages and using moisturizing lotions will help you feel pampered and relaxed.



**Make time for hobbies** — If you like to read, draw, crochet, sing or play cards, celebrate it! Whatever you enjoy doing, join a club, attend a class or devote time every week to your favorite pastimes.

**Eat well** — In addition to eating balanced, nutritious meals, choose desserts and occasional treats that you really love. Without overindulging, savor the experience of eating them, so they are special.

**Keep your health a priority** — Going to the doctor and dentist or having items such as a walker or hearing aids checked may seem like routine tasks, but think of them as vital self-care habits.





FEBRUARY 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

- Nell Bee, 3rd
- Helen Speight, 12th
- William Wilson, 14th

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

“Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.”  
—Joseph Addison

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
9:00 Sunday School, IA 2 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Matinee, AR 6:45 Individual Art for the Heart, AR 7:00 Pre Game Super Bowl Party, IA	3 10:00 Fitness & Moves, AR 2:00 Bingo w/Prizes, AR 4:00 Table Games and Puzzles, AR	4 10:00 Health Talk Facts, AR 10:30 Second Chance and Name 10, AR 2:00 Nail Care: Satin Hands, AR 6:00 Abundant Life Tabernacle Church, AR	5 10:00 Fitness & Fun, AR 11:00 News and Views, AR 1:30 Bingo Bucks, AR 3:15 Nature Video (Puppies and Kitties), AR 4:00 Table Games and Puzzles, AR	6 10:00 Adult coloring Art & Craft, AR 11:15 Trip: Lunch Outing (Olive Garden), AR 2:00 Nature Artwork Painting, AR 2:15 Black History Movie, AR 3:00 Monopoly Game	7 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:15 Faces and Places, AR 1:30 Friday Bingo, AR 6:00 Friday at the Movie, AR	8 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
9 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	10 10:00 Fitness & Moves, 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	11 10:00 Health Talk Facts, AR 10:30 Second Chance and Name 10, AR 11:00 Inventors Trivia, AR 2:00 Nail Care: Satin Hands, AR 3:15 Strawberry & Cherry Social, AR	12 10:00 Fitness & Fun, AR 10:30 Lincoln's Video on Netflix, AR 11:00 News and Views, AR 1:30 Bingo Bucks, AR 4:00 Table Games and Puzzles, AR	13 10:00 Making Cookings w/ Cocoa, AR 10:30 Physical Game: Golf, CY 1:30 Trip: Scenic Ride, O 2:15 Black History Movie, AR 4:30 Murder at Mardi Gras, DR	14 VALENTINE'S DAY 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:15 Faces and Places, AR 1:30 Friday Bingo, AR 2:00 Valentine's Social and King and Queen, AR	15 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 2:00 Trip: Scenic Ride, AR 3:00 Table Games Checkers/Board Game, AR
16 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	17 PRESIDENTS DAY 10:00 Fitness & Moves, AR 10:30 Black History Documentary, AR 11:00 Presidents Day Trivia, AR 2:00 Bingo w/Prizes, AR 4:00 Table Games and Puzzles, AR	18 10:30 Second Chance and Name 10, AR 1:30 Trip: Scenic Ride 2:00 Nail Care: Satin Hands, AR	19 10:00 Fitness & Fun, AR 11:00 Men's Groups, AR 1:30 Bingo Bucks, AR 3:15 Nature Video (Puppies and Kitties), AR 4:00 Table Games and Puzzles, AR	20 10:00 Connect Four & Jenga, AR 11:15 Trip: Lunch Outing (Olive Garden), AR 1:30 Trip: Scenic Ride, O 2:00 Yoga w/Tina, AR 2:15 Black History Movie, AR 3:15 Ladies' Card Games, AR	21 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 Happy Hour Social, AR	22 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 2:00 Trip: Scenic Ride, AR 3:00 Table Games Checkers/Board Game, AR
23 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	24 10:00 Fitness & Moves, AR 2:00 Bingo w/Prizes, AR 3:00 Card Games: Blackjack (Men's Group), WR 4:00 Table Games and Puzzles, AR 10:30 Baking Cupcakes, AR	25 10:00 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 3:00 Mardi Gras Party, AR 6:00 Hampton Christian Church, DR	26 ASH WEDNESDAY 10:00 Fitness & Fun, AR 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	27 10:00 Physical Games (Ring Toss), AR 11:15 Lunch Outing: Hot Dog King, AH 1:30 Trip: Scenic Ride, O 2:00 Nature Artwork Painting, AR 2:15 Black History Movie, AR 3:15 Ladies' Card Games, AR	28 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:15 Faces and Places, AR 1:30 Friday Bingo, AR 3:15 TGIF Happy Hour Social, AR	29 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 2:00 Trip: Scenic Ride, AR 3:00 Table Games Checkers/Board Game, AR