

Rosy Words

The flower of love, the rose is admired for its beauty and pleasing fragrance, and has grown to be part of our everyday language. Take your pick of these familiar phrases:

Stop and smell the roses: This popular proverb is a descriptive way of telling someone to relax, slow down and enjoy life. The expression gained ground in the 1960s after pro golfer Walter Hagen was quoted as saying, “Don’t hurry. Don’t worry. And be sure to smell the flowers along the way.”

Everything’s coming up roses: Lyricist Stephen Sondheim made these words famous when he wrote a song with that title for the 1959 Broadway musical “Gypsy,” and its star, Ethel Merman, made it a show-stopping number. Sondheim was likely inspired by the similar saying “come up smelling like a rose,” already in use, to convey that things are going well.

A rose by any other name (would smell as sweet): From William Shakespeare’s play “Romeo and Juliet,” this expression is said with or without the second part of the line. It means that what something is called doesn’t change what it is.

Rose-colored glasses: An optimistic person is often described as wearing rose-colored glasses, implying that they only see the beauty and goodness in situations and overlook the negative. The concept dates back to at least the 1840s.

A Guide to Grapefruit

Tangy and sweet, grapefruit is a favorite breakfast food and snack. Dig into this guide of the different types of the citrus fruit.

Pink — With yellow-orange skin and blush-colored flesh, pink grapefruit varieties are the most popular because they boast a perfect balance between sweetness and tartness. They are full of fiber, vitamin C and the antioxidants lycopene and beta carotene.

Red — Like pink grapefruits, red varieties contain an impressive blend of nutrients, and their bright ruby flesh tends to be very sweet and juicy.

White — Both the rind and flesh of white grapefruit are pale yellow, and the flavor leans more sour than sweet. Because of this intense tartness, these varieties are used for making juices and syrups.

Oro Blanco — The name of this seedless grapefruit is Spanish for “white gold,” and is treasured for its sweet yellow flesh. Its thick, green rind is easy to peel.

Pomelo — Grapefruit is actually a cross between the sweet orange and the pomelo, also called Chinese grapefruit. Often as big as melons, pomelos have light green skin and lemon-colored flesh, which is commonly added to salads. The fruit is featured in Lunar New Year celebrations, since its large, round shape resembles the full moon.

Grapefruit can interact with some medications, so be sure to check the label of any medicines you’re taking before enjoying the fruit or its juice.



The Devonshire

Lifestyle



Assisted Living Community

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FEBRUARY 2021

Celebrating Black History Month

Each February, America observes Black History Month. This tribute to African Americans who have made an impact on the U.S. and the world was born from one man’s call to action.

Historian and author Carter G. Woodson wanted the contributions of heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created a weeklong event to promote Black history, and chose the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country’s bicentennial. When President Gerald Ford signed the proclamation, he urged everyone to join in the “tribute to Black History Month and the message of courage and perseverance it brings to all of us.”

Games Fit for a King—or Queen

Played on the same game board, the popular pastimes of checkers and chess share other similarities, as well as key differences.

- Historians believe an early form of checkers originated as early as 3000 B.C. Chess was born at the start of the 6th century in India.
- Both games involve capturing the other player’s pieces. In checkers, it’s possible to scoop up several of your opponent’s checkers in a single turn, but chess only allows you to capture your rival’s pieces one at a time.
- A game of chess begins with each player having 16 pieces; checkers begins with 12 pieces per person. Traditionally, a chess match is white versus black pieces, while checkers is red versus black. In chess, white moves first; in checkers, black does.
- In checkers, a game piece that reaches the other end of the board is crowned a king, and able to move backward. Similarly, the smallest chess piece, the pawn, can be promoted to a queen, bishop, rook or knight—every other piece except the king—when it reaches the opposing side.
- Both checkers and chess are considered intellectual games, with each involving unique strategies.



FEBRUARY 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

Nell Bee, 3rd
Helen Speight, 12th
William Wilson, 14th
Barbara Routten, 20th

Country Store

Tuesday & Thursday
11 a.m.-Noon

“We must absolutely
take care of one
another.”

—Ruby Bridges

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>7</div> <div>9:30 TV Sunday Service, AR</div> <div>10:30 Gospel Sounds in Residents' Rooms</div> <div>2:00 Sunday Matinee, AR</div> <div>5:00 Individual Art</div>	<div>1</div> <div>10:00 Door to Door Check w/Weekly Update</div> <div>10:30 Fitness and Fun, AH</div> <div>11:00 Devonshire News w/Hydration, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 Hot Spice Tea w/ Cracker, AR</div>	<div>2</div> <div>10:00 Coffee & Tea w/Pastries</div> <div>10:30 January Trivia and Word Games, DR</div> <div>1:30 Nail Care, AR</div> <div>2:00 At the Movies (Comedy) w/ Popcorn, AR</div> <div>3:30 Library Books</div>	<div>3</div> <div>10:00 Spiritual Reading, AR</div> <div>10:30 Exercise and Weights, AR</div> <div>11:00 Baking Cookies and Music, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:15 Nature & Art, AR</div>	<div>4</div> <div>10:00 Physical Games (Ball Toss), AR</div> <div>10:30 Guess Who? in Black History, AR</div> <div>11:00 Price Is Right w/Hot Apple Cider, AR</div> <div>2:00 Painting w/ Nature, AR</div> <div>3:30 Chips and Dip</div>	<div>5</div> <div>10:00 Door-to-Door Trivia & word Games</div> <div>10:30 Fitness and Fun, AR</div> <div>11:00 Individual Art Work and Word Search, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 TGIF Social, AR</div>	<div>6</div> <div>10:00 Individual Word Finding and Crossword Puzzle</div> <div>11:00 Individual Adult Coloring</div> <div>2:30 At Movies w/ Sugar Cookies, AR</div>
<div>9:30 TV Sunday Service, AR</div> <div>10:30 Gospel Sounds in Residents' Rooms</div> <div>2:00 Sunday Matinee, AR</div> <div>5:00 Individual Art</div>	<div>8</div> <div>10:00 Door to Door Check w/Weekly Update</div> <div>10:30 Fitness and Fun, AH</div> <div>11:00 Devonshire News w/Hydration, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 Hot Spice Tea w/ Cracker, AR</div> <div>3:30 Nature Video (Birds), AR</div>	<div>9</div> <div>10:00 Coffee & Tea w/Pastries</div> <div>1:30 Nail Care, AR</div> <div>2:00 At the Movies (Comedy) w/ Popcorn, AR</div> <div>2:30 Baking Cookies w/Eggnog, AR</div> <div>3:30 Library Books</div>	<div>10</div> <div>10:00 Spiritual Reading, AR</div> <div>10:30 Exercise and Weights, AR</div> <div>11:00 Baking Cookies and Music, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 Outside w/ Nature, CY</div>	<div>11</div> <div>10:00 Physical Games (Ball Toss), AR</div> <div>10:30 Guess Who? in Black History, AR</div> <div>11:00 Price Is Right w/Hot Apple Cider, AR</div> <div>2:00 Mardi Gras Social, AR</div> <div>3:30 Chips and Dip</div>	<div>12</div> <div>10:00 Door-to-Door Trivia & word Games</div> <div>10:30 Fitness and Fun, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>2:00 Pre Valentine's Day Celebration, AR</div> <div>3:00 TGIF Social, AR</div> <div>3:30 Card Games, AR</div>	<div>13</div> <div>10:00 Individual Word Finding and Crossword Puzzle</div> <div>11:00 Individual Adult Coloring</div> <div>2:30 At Movies w/ Sugar Cookies, AR</div>
<div>VALENTINE'S DAY</div> <div>9:30 TV Sunday Service, AR</div> <div>10:30 Gospel Sounds in Residents' Rooms</div> <div>2:00 Sunday Matinee, AR</div> <div>5:00 Individual Art</div>	<div>14</div> <div>10:00 Door to Door Check w/Weekly Update</div> <div>10:30 Fitness and Fun, AH</div> <div>11:00 Devonshire News w/Hydration, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 Hot Spice Tea w/ Cracker, AR</div>	<div>15</div> <div>10:00 Coffee & Tea w/Pastries</div> <div>11:00 Physical Game: Bean Bag Toss, AH</div> <div>1:30 Nail Care, AR</div> <div>2:00 At the Movies (Comedy) w/ Popcorn, AR</div> <div>3:30 Library Books</div>	<div>16</div> <div>10:00 Spiritual Reading, AR</div> <div>10:30 Exercise and Weights, AR</div> <div>11:00 Baking Cookies and Music, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:15 Nature & Art, AR</div>	<div>17</div> <div>10:00 Physical Games (Ball Toss), AR</div> <div>10:30 Library Hour</div> <div>10:30 Guess Who? in Black History, AR</div> <div>11:00 Price Is Right w/Hot Apple Cider, AR</div> <div>3:30 Chips and Dip</div>	<div>18</div> <div>10:00 Door-to-Door Trivia & word Games</div> <div>10:30 Fitness and Fun, AR</div> <div>11:00 News & Views, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 TGIF Social, AR</div>	<div>19</div> <div>10:00 Individual Word Finding and Crossword Puzzle</div> <div>11:00 Individual Adult Coloring</div> <div>2:30 At Movies w/ Sugar Cookies, AR</div>
<div>9:30 TV Sunday Service, AR</div> <div>10:30 Gospel Sounds in Residents' Rooms</div> <div>2:00 Sunday Matinee, AR</div> <div>5:00 Individual Art</div>	<div>20</div> <div>10:00 Door to Door Check w/ Weekly Update</div> <div>10:30 Fitness and Fun, AH</div> <div>11:00 Things in History Today, AH</div> <div>11:00 Devonshire News w/Hydration, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 Hot Spice Tea w/ Cracker, AR</div>	<div>21</div> <div>10:00 Coffee & Tea w/Pastries</div> <div>12:30 Residents' Council Meeting, AR</div> <div>1:30 Nail Care, AR</div> <div>2:00 At the Movies (Comedy) w/ Popcorn, AR</div> <div>3:30 Library Books</div>	<div>22</div> <div>10:00 Spiritual Reading, AR</div> <div>10:30 Exercise and Weights, AR</div> <div>11:00 Baking Cookies and Music, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 Refreshing Fresh Fruit Cups and Cookies, AH</div>	<div>23</div> <div>10:00 Physical Games (Ball Toss), AR</div> <div>10:30 Guess Who? in Black History, AR</div> <div>11:00 Price Is Right w/Hot Apple Cider, AR</div> <div>1:30 All About Nature, AR</div> <div>3:30 Chips and Dip</div> <div>4:00 Sports Social, AR</div>	<div>24</div> <div>10:00 Door-to-Door Trivia & word Games</div> <div>10:30 Fitness and Fun, AR</div> <div>11:00 Outside w/ Ring Toss, CY</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 TGIF Social, AR</div> <div>3:30 Word Search Puzzle, AR</div>	<div>25</div> <div>10:00 Individual Word Finding and Crossword Puzzle</div> <div>11:00 Individual Adult Coloring</div> <div>2:30 At Movies w/ Sugar Cookies, AR</div>
<div>9:30 TV Sunday Service, AR</div> <div>10:30 Gospel Sounds in Residents' Rooms</div> <div>2:00 Sunday Matinee, AR</div> <div>5:00 Individual Art</div>						