

## Rose Colors Decoded

Red roses are popular on Valentine's Day, but the fragrant flowers are admired in any hue. Traditionally, the color of a rose holds a particular meaning.

**Red:** The color of romance, red roses have a simple yet heartfelt message: "I love you." Additional symbols of a red rose include respect, passion and beauty.

**White:** Often seen in bridal bouquets, white roses signify reverence, loyalty and purity. Due to their quiet, solemn beauty, white roses are a popular pick for sympathy arrangements.

**Yellow:** The flower of friendship, yellow roses represent joy and good luck. A sunny bouquet is sometimes used to say "welcome back" or "remember me."

**Pink:** Bright or dark pink roses are a common thank-you gift to show gratitude and appreciation, while blooms in a softer pink shade symbolize elegance, sweetness and grace.

**Lavender:** These light purple roses give an air of mystery and enchantment, and are the perfect choice for a secret admirer to send to their crush.

**Orange:** Bold and beautiful, orange roses carry a message of excitement and passion, and can also be used to tell someone "I'm proud of you."

## February Employee of the Month

Lisa Bass is our Employee of the Month for February. She is a registered Med Tech and has been with us for 4 years. Lisa enjoys taking care of seniors and is well loved by our residents.

In her spare time she enjoys reading, working out, and taking long walks. One of her favorite meals is Chicken Alfredo. Her dream vacation spot is Hawaii. She plans to visit one day with her family.



## Delicious Duos

As friends and couples share the love on Valentine's Day, take a moment to celebrate these dynamic duos that inspire many ways to finish the phrase, "We go together like ..."

**Peanut butter and jelly** — The classic lunchtime sandwich first appeared in a cooking magazine in 1901 and was included in military rations during World War II. It's estimated that the average American will eat nearly 3,000 PB&J sandwiches in their lifetime.

**Milk and cookies** — There's a reason this childhood snack is popular with all ages: science! Milk's mild taste helps tone down a cookie's sweetness without altering the flavor, and the compounds that make milk so creamy interact with the cookie's ingredients to make every scrumptious bite go down extra smooth.

**Macaroni and cheese** — It's the comfort food that's so beloved, there's a Crayola color named after it! The dish was most likely invented in medieval Europe, and Thomas Jefferson is credited with bringing it to the U.S. The largest-ever serving of mac and cheese was cooked in a giant cast iron kettle and weighed 2,469 pounds.

**Peas and carrots** — This produce pairing most likely came about because both veggies grow best in cool temperatures, so they're often harvested together in early summer. The colorful combo provides whopping amounts of protein, fiber and vitamins A, B, C and K.

# The Devonshire

## Lifestyle



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FEBRUARY 2022

## A Note From Our Executive Director

Dear Residents, Families and Friends,

We are spreading the love here at The Devonshire, as February is a special month filled with celebrating with families, friends and that special someone. This month, we will be having events that include a Super Bowl Sunday Celebration, fun Social Hours and a special Valentine's Day Ball. Don't forget to vote for the Valentine's King and Queen who will be announced at the Ball, and wear your best dress or suit! We can't wait to celebrate with you and have fun!

I hope this month brings you warm memories and lots of love during this beautiful winter month.

Happy Valentine's Day!

Sincerely,  
Natalie Fox  
Executive Director



## Get Fit at the Barre

You don't need to be a dancer to benefit from barre exercises, which incorporate movements inspired by ballet.

The word "barre" refers to the handrail used by ballet dancers for stability as they do warmup stretches and practice foot placements. In a dance studio, the barre is often attached to a mirrored wall, and freestanding barres are also common. At home, a sturdy chair, railing or countertop can be used in place of a barre.

During a typical barre routine, you'll hold on to the barre for support as you gently move your body to different positions, flexing one specific muscle at a time. The exercise is low-impact and easy on the joints, and modifications are easily made to accommodate one's abilities.

These workouts are designed to improve flexibility, core strength, posture and balance. Just a few barre sessions can help a person feel stronger and steadier on their feet, as well as reduce pain from arthritis or similar conditions.

Like yoga and tai chi, barre fitness has mental health benefits, too. Focusing on holding each position keeps your mind in the moment instead of thinking about things that cause stress or worry.





## FEBRUARY 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

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

### Country Store

Tuesday  
11 a.m.-Noon

Thursday  
10-11 a.m.

“As long as there is  
chocolate, there will  
be happiness.”

—Wayne Gerard  
Trotman

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:00 Coffee, Tea and Pastry Hour, AR <b>1:30 Nail Care, AR</b> <b>2:00 At the Movies (Musical), AR</b> <b>2:00 Black History Documentary, AR</b> <b>2:30 Art &amp; Crafts Hour, AR</b> 3:30 Library Books	GROUNDHOG DAY 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AR <b>3:00 National Bird Day (video on birds), AR</b> 3:30 Uno and Chat Talk, AR	10:00 Physical Games (Ball Toss), AR 10:30 Family Feud, AR 11:00 Price Is Right w/Hot Apple Cider, AR <b>1:30 Trip: Scenic Ride, AR</b> <b>2:00 Menu Chat, IL</b> 3:00 Cookies and at the Movies, AH	10:00 Fitness and Fun, AR 10:30 Facts & Word Games, AR 1:30 Bingo w/Prizes, AR <b>3:00 Friday Social w/Music, AR</b> 3:30 Uno and Chat Talk, AR	10:00 Individual Word Finding and Crossword Puzzle <b>11:00 Individual Adult Coloring</b> 1:30 Bingo w/Prizes, DR 2:30 At Movies w/Cookies, AR <b>3:00 Sports Hour (Football), AR</b>
<b>9:15 Hampton Christian Church, AR</b> 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	10:00 Exercise and Weights, CY <b>10:30 Hot Cocoa and Chat w/Muffins, AR</b> <b>11:00 30-Minute News: CNN, AR</b> 1:30 Bingo w/Prizes, DR 2:30 Snack and Drinks, AR 3:30 Travel USA, AR	10:00 Bean Bag Toss, AR 10:30 February Trivia and Bible Trivia, AR <b>1:30 Nail Care, AR</b> <b>2:00 At the Movies (Musical), AR</b> <b>2:00 Black History Documentary, AR</b> 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 11:00 Price Is Right, AR 1:30 Bingo w/Prizes, DR 3:30 Uno and Chat Talk, AR	10:00 Physical Games (Ball Toss), AR 10:30 Family Feud, AR 11:00 Price Is Right w/Hot Apple Cider, AR <b>1:30 Trip: Scenic Ride, AR</b> 3:00 Cookies and at the Movies, AH <b>5:30 Valentine's Special Event, DR</b>	10:00 Fitness and Fun, AR 10:30 Facts & Word Games, AR 1:30 Bingo w/Prizes, DR <b>2:30 TGIF Social and Jazz &amp; wine, AR</b> 3:30 Card Games, AR 3:30 Uno and Chat Talk, AR	10:00 Individual Word Finding and Crossword Puzzle <b>11:00 Individual Adult Coloring</b> <b>1:30 Trip: Scenic Ride</b> 2:30 At Movies w/Cookies, AR <b>3:00 Sports Hour (Football), AR</b>
<b>9:15 Hampton Christian Church, AR</b> 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	VALENTINE'S DAY 10:00 Fitness and Fun, AR 10:30 Outside w/Nature, CY <b>11:00 30-Minute News: CNN, AR</b> <b>2:00 Valentine's Day Party!, DR</b> 3:00 World News and Drinks, AR	9:45 Hot Spice Tea w/Muffins, AR 10:15 Physical Games Volleyball Toss, AR <b>1:30 Nail Care, AR</b> <b>2:00 Black History Documentary, AR</b> <b>2:30 Art &amp; Crafts Hour, AR</b> 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, DR 2:30 Video Musical w/Popcorn, AR 3:30 Uno and Chat Talk, AR	10:00 Physical Games (Ball Toss), AR 10:30 Family Feud, AR 11:00 Price Is Right w/Hot Apple Cider, AR <b>1:30 Trip: Scenic Ride, AR</b> <b>2:00 Menu Chat, IL</b> 3:00 Cookies and at the Movies, AH	10:00 Fitness and Fun, AR 10:30 Facts & Word Games, AR 11:00 News & Views, AR 1:30 Bingo w/Prizes, AR 3:30 Uno and Chat Talk, AR	10:00 Individual Word Finding and Crossword Puzzle <b>11:00 Individual Adult Coloring</b> 1:30 Bingo w/Prizes, DR 2:30 At Movies w/Cookies, AR <b>3:00 Sports Hour (Football), AR</b>
<b>9:15 Hampton Christian Church, AR</b> 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	PRESIDENTS DAY 10:00 Chair Exercise w/Weights, AR <b>11:00 30-Minute News: CNN, AR</b> 1:30 Bingo w/Prizes, AR 2:30 Hot Cocoa and Holiday Cookies, AR 3:30 Card Games (Uno), AR	10:15 Trivia and Word Games, AR 11:00 Price Is Right, AR <b>1:30 Nail Care, AR</b> <b>2:00 Birthday Party of the Month, AR</b> <b>2:00 Black History Documentary, AR</b> 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, DR <b>2:30 Resident Council Meeting, AR</b> <b>3:00 Ice Cream Social, AR</b> 3:30 Uno and Chat Talk, AR	10:00 Physical Games (Ball Toss), AR 10:30 Family Feud, AR 11:00 Price Is Right w/Hot Apple Cider, AR <b>1:30 Trip: Scenic Ride, AR</b> <b>2:00 Menu Chat, IL</b> 3:00 Cookies and at the Movies, AH	10:00 Fitness and Fun, AR 10:30 Facts & Word Games, AR 11:00 Outside w/Hot Apple Cider, CY 1:30 Bingo w/Prizes, DR 3:00 Happy Hour and Music, AR 3:30 Uno and Chat Talk, AR	10:00 Individual Word Finding and Crossword Puzzle <b>11:00 Individual Adult Coloring</b> 2:30 At Movies w/Cookies, AR <b>3:00 Sports Hour (Football), AR</b>
<b>9:15 Hampton Christian Church, AR</b> 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	10:00 Fitness and Fun, AR 10:30 Finish Line and Second Chance, AR <b>11:00 30-Minute News: CNN, AR</b> 1:30 Bingo w/Prizes, DR <b>3:00 National Fruit Cake Day, AR</b>					