

Carrots Are the Tops

Colorful, sweet, economical and good for you, carrots are a popular veggie. We've harvested a bunch of details about them.

- Carrots first cropped up about 5,000 years ago in the region around what's now Afghanistan.
- People originally grew the vegetable as medicine. The root and its green, leafy top were used to treat a variety of ailments.
- Today, the average American eats about 10 pounds of fresh carrots in a year.
- You can find carrots in a rainbow of colors: yellow, white, purple, red and, of course, orange, the most common type.
- Carrots are loaded with beta carotene, an antioxidant that gives orange carrots their color and helps our bodies maintain healthy eyesight and skin, as well as a strong immune system.
- The natural sugars in carrots give them their sweet flavor. That's why the vegetable shows up as a star ingredient in some desserts, including carrot cake.
- Carrot lovers, save the date! April 4 is International Carrot Day.

April Employee of the Month

Congratulations to our Employee of the Month, Terrance Ross. He works in our Maintenance Department. He is always willing to help out and has a positive attitude. He has been a great addition to our team!



Easy, Breezy Springtime Crafts

Spring has arrived, so get in the swing of things and celebrate the new season with these fun and simple crafts.

Festive florals — Whether fresh or faux, nothing says spring like flowers. Dress up a plain vase or a clean, empty jar to display them in. Add stripes or other geometric designs with patterned tape, or glue on a piece of colored tissue paper or a swatch of fabric.

Rainy day welcome — Fill a pair of brightly colored rain boots with artificial flowers or greenery, then set the display by the door to welcome in spring.

Yarn-wrapped eggs — Eggs are popular as a symbol of the season. Wrap strands of yarn or embroidery floss around wooden, plastic or foam eggs, then display them in a bowl or tray.

Spring garland — Use watercolors to paint several sheets of blank paper, letting the colors swirl together to create a marbled pattern. Once the paper dries, cut raindrop, egg or flower shapes out of the paper, then punch a hole in each shape and loop them all on a string. Hang the garland above a doorway or across a shelf.

The Devonshire Lifestyle



Assisted Living Community
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APRIL 2021

A Note From Our Executive Director

Happy Easter!

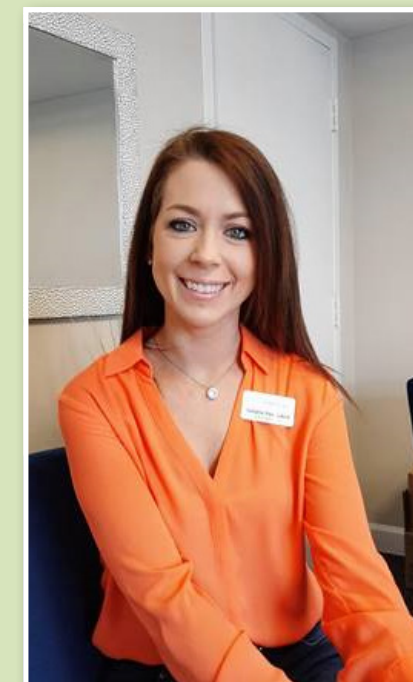
I am so excited to be in the month of April! The weather is getting warmer, flowers are starting to blossom, and days are getting longer. Easter is also upon us! Take a moment to remember that this is a time of new beginnings in life. As you reflect on this, perhaps you will feel renewed with a breath of fresh air. We wish for our residents to have a great outlook on life and all the opportunities it holds. I hope you will join me in being active and vibrant with the new beginnings of spring and to live each day to the fullest.

We look forward to the warmer days to come, enjoying outside entertainment, and other outdoor activities. Please continue to check our activities calendar to see all of our fun updates!

Please continue to stay safe!

It's a pleasure to serve you.

Natalie Fox, Executive Director



Rubber Duck Tale

A symbol of bath time fun, rubber ducks have been helping kids get squeaky-clean for more than 100 years. The first rubber ducks splashed on the scene in the late 1880s, when manufacturers came up with different ways to use Charles Goodyear's newly invented vulcanized rubber. These duckies didn't float, and instead were designed as teething toys for toddlers.

By the 1930s, toy companies were making floating bath toys out of vinyl, although the name rubber duck still stuck. In 1949, sculptor Peter Ganine patented a design for the now-classic bright yellow duck with an orange bill. The cheerful little ducks were marketed as soothing toys for bath time, helping youngsters overcome fears of the water and also learn about hygiene.

Rubber ducks are now available in all sizes, colors and designs, including many that resemble entertainment and sports celebrities. Also popular are duck derby races, where rubber ducks are floated down a body of water to raise money for charity.



APRIL 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


Louise Kauffman, 24th

Country Store

Tuesday & Thursday
11 a.m.-Noon

**“Try to leave the Earth
a better place than
when you arrived.”**

—Sidney Sheldon

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
EASTER 4 Courtyard Chat, CY 9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 2:00 Sunday Matinee (The Easter Parade), AR 5:00 Individual Art	10:00 Door to Door Check w/Weekly Update 10:30 Fitness and Fun, AH 11:00 30 minute News Outlook, AR 1:30 Bingo w/Prizes, AH 3:00 Outside w/ Lemonade & Music, CY 4:30 World News (CNN), AR	10:00 Coffee & Tea w/Pastries 10:30 April Trivia and Word Games, DR 10:30 Men's Group, AR 1:30 Nail Care, AR 2:30 Outside w/ Nature, CY 3:30 Library Books	10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 11:00 Table Game Scrabble Club, AR 1:30 Bingo w/Prizes, AH 3:00 Cookies and Cream, AR 3:15 Nature & Art, AR	10:00 Physical Games (Ball Toss), AR 10:30 Guess Who?, AR 11:00 Price Is Right w/Hot Apple Cider, AR 1:30 Trip: Scenic Ride, O 2:00 Craft Painting w/Nature, AR 3:30 Chips and Dip	GOOD FRIDAY 2 10:00 Door-to-Door Trivia & word Games 11:00 Individual Art Work and Word Search, AR 1:30 Bingo w/Prizes, AH 2:30 Easter Egg Hunt, AH 3:00 Pre-Easter Social, AR	10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Sugar Cookies, AR 3:00 Sports Hour (Baseball), AR
11 Courtyard Chat, CY 9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 5:00 Individual Art	12 10:00 Door to Door Check w/ Weekly Update 10:30 Fitness and Fun, AH 1:30 Bingo w/Prizes, AH 2:30 At the Movies (Comedy), AR 3:00 Outside w/Lemonade & Music, CY 3:30 Nature Video (Birds), AR 4:30 World News (CNN), AR	13 10:00 Coffee & Tea w/Pastries 10:30 Men's Group, AR 1:30 Nail Care, AR 2:30 Baking Cookies w/Hot Cocoa, AR 3:30 Library Books	14 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AH 3:00 Cookies and Cream, AR 3:30 Outside w/ Nature, CY	15 10:00 Physical Games (Ball Toss), AR 10:30 Library Hour 11:00 Price Is Right w/Hot Apple Cider, AR 1:30 Trip: Scenic Ride, O 2:30 Special Event (Ball Game), DR 3:30 Chips and Dip	16 10:00 Door-to-Door Trivia & word Games 10:30 Fitness and Fun, AR 11:00 News & Views, AR 1:30 Bingo w/Prizes, AH 3:00 Spring Walk Outside, CY	17 10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Sugar Cookies, AR 3:00 Sports Hour (Baseball), AR
18 Courtyard Chat, CY 9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 5:00 Individual Art	19 10:00 Door to Door Check w/ Weekly Update 10:30 Fitness and Fun, AH 11:00 30 minute News Outlook, AR 1:30 Bingo w/Prizes, AH 3:00 Outside w/Lemonade & Music, CY 4:30 World News (CNN), AR	20 10:00 Coffee & Tea w/Pastries 10:30 Men's Group, AR 11:00 Physical Game: Bean Bag Toss, AH 1:30 Nail Care, AR 3:30 Library Books	21 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AH 3:00 Cookies and Cream, AR 3:15 Nature & Art, AR	22 EARTH DAY 10:00 Physical Games (Ball Toss), AR 10:30 Guess Who?, AR 1:30 All About Nature, AR 1:30 Trip: Scenic Ride, O 2:30 Entertainment w/Jon Durfee 3:30 Chips and Dip	23 10:00 Door-to-Door Trivia & word Games 10:30 Fitness and Fun, AR 11:00 Outside w/ Ring Toss, CY 1:30 Bingo w/Prizes, AH 3:30 Word Search Puzzle, AR	24 10:00 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At Movies w/ Sugar Cookies, AR 3:00 Sports Hour (Baseball), AR
25 Courtyard Chat, CY 9:30 TV Sunday Service, AR 10:30 Gospel Sounds in Residents' Rooms 5:00 Individual Art	26 10:00 Door to Door Check w/ Weekly Update 10:30 Fitness and Fun, AH 11:00 30 minute News Outlook, AR 1:30 Bingo w/Prizes, AH 3:00 Outside w/Lemonade & Music, CY 4:30 World News (CNN), AR	27 10:00 Coffee & Tea w/Pastries 10:30 Men's Group, AR 12:30 Residents' Council Meeting, AR 1:30 Nail Care, AR 2:00 At the Movies (Western), AR 3:30 Library Books	28 10:00 Spiritual Reading, AR 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AH 3:00 Refreshing Fresh Fruit Cups and Cookies, AH 3:00 Cookies and Cream, AR	29 10:00 Physical Games (Ball Toss), AR 10:30 Guess Who?, AR 11:00 Price Is Right w/Hot Apple Cider, AR 1:30 Trip: Scenic Ride, O 3:30 Chips and Dip	30 10:00 Door-to-Door Trivia & word Games 10:30 Fitness and Fun, AR 1:30 Bingo w/Prizes, AH	