

The Devonshire

Lifestyle



Like Us!



Assisted Living Community

2220 Executive Drive • Hampton, VA 23666 • (757) 827-7100 • www.devonshireseniorliving.com

Welcome to April

The world is remembering its roots this month as spring starts turning everything green! No matter how fickle the weather may be, we always anticipate the new beginnings this freshest of months brings. Of course, April is full of other celebrations, like April Fools' Day (1st), Earth Day (22nd) and even National Velociraptor Awareness Day (18th). However you choose to have fun this month, we hope you enjoy the brightening days!



Stay Home Until You Feel Better

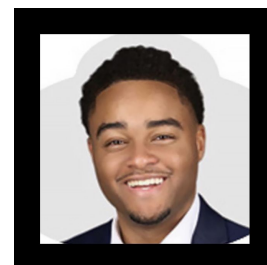
While we love having volunteers, friends, family members and other loved ones spend time at our community, please refrain from visiting if you are feeling under the weather or still recovering from an illness. We take germs and illnesses very seriously in order to protect our residents' health and well-being. Thank you for your understanding and cooperation.



APRIL 2024

A Note From Our Executive Director

Hello, and welcome to April! Warmer weather is on the way, and I hope all of you get a chance to enjoy the beauty of spring. We have a new theme this month for our special event "Wild Wild West." It will be on Thursday, April 11th at 5pm. Buzz will be providing our entertainment. This theme will be a lot of fun and we hope to see you there. We will also be going on a trip to the Mariners Museum in Newport News. Please be sure to check out the calendar for more fun activities and events.



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Happy Birthday to the U.S. Army Reserve

The United States Army Reserve, a force made up of both military members and civilians, was founded on April 23, 1908. Living up to the slogan "Ready Now! Shaping Tomorrow," their role is to be ready to go within a moment's notice when the U.S. military is in need of additional manpower.



APRIL 2024

Locations

- Activities Room AR
- Courtyard CY
- Dining Room DR
- Windsor Room WR
- Activities Dining Room DR
- Independent Dining Room IDR
- Outing O
- Activities Room Hallway ARH

Country Store

Tuesday 11am-Noon
Thursday 10am-11am

Birthdays

- Patricia Westcott 04/11
- Don Locklear 04/16
- Ernest Bridgette 04/17
- Louise Kaufman 04/24

Don't Be a Fool—Renew!

For many of you, April showers bring not only May flowers, but also a lease renewal notice to your door! We love having you as a member of our community, and we hope you plan to stay. Call or stop by the office to discuss your lease renewal options.

**"Tomorrow morning, when the sun shines through your window, choose to make it a happy day."
—Lynda Resnick**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April Fools' Day 1 10:00 Chair Exercise 10:30 Brain Exercise with Legacy 11:00 Things in April 1:30 Individual inside Walking 2:00 Bingo with Prizes 5:00 News at 5:00pm	2 10:00 Wake Up to Music 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Outside with Nature 2:30 Nail Care 3:30 Puzzle and Table Games	3 10:15 Exercise and Weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Library Hour 4:00 Dominoes Club and Puzzles	4 10:00 Game show TV 10:00 Physical Games (Ring Toss, Balloon Volleyball & Horse Racing) 1:30 Trip: Dollar Tree 2:00 Musical Documentary Video 3:00 Table Games (UNO or Cards)	5 10:00 Exercise and Weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 Social Hour 6:00 Friday at the Movies (Residents' Choice)	6 9:30 Word Search Puzzles 10:00 Cowboy Shows 11:00 Saturday News (CNN) 1:30 Craft Time (Tie dye) 2:00 Hydration Time (Water or Juice) 3:00 Sports Hour Time
7 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (basketball) 5:30 Adult Coloring	8 10:00 Chair Exercise 10:30 Brain Exercise with Legacy 11:00 Things in April 1:30 Individual inside Walking 2:00 Bingo with Prizes 5:00 News at 5:00pm	9 10:00 Health Talk Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Outside with Nature 2:30 Nail Care 3:30 Puzzle and Table Games	10 10:15 Exercise and Weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Library Hour 4:00 Dominoes Club and Puzzles	11 10:00 Physical Games (Ring Toss, Balloon Volleyball & Horse Racing) 10:30 News and Views 11:00 5 Second Rule 2:00 Jazz Appreciation Month Documentary 5:00 Special Event (Wild Wild West)	12 10:00 Trip: Mariners Museum with Lunch 11:00 Health Notes 1:30 Bingo with Prizes 3:00 Hot Cocoa Social and Cookies 6:00 Friday at the Movies (Residents' Choice)	13 9:30 Word Search Puzzles 10:00 Adult Coloring 11:00 Saturday News (CNN) 1:30 Social Hour Drinks 2:00 Hydration Time (Water or Juice) 3:00 Sports Hour Time
14 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 10:30 News and Views 1:30 Sunday Matinee 3:30 Sports Hour (basketball) 5:30 Adult Coloring	15 10:00 Chair Exercise 10:30 Brain Exercise with Legacy 11:00 Things in April 1:30 Individual inside Walking 2:00 Bingo with Prizes 5:00 News at 5:00pm	16 10:00 Art (Painting on Canvas) 10:30 Coffee, Tea and Pastries 10:30 News and Views 11:00 Fun with Price is Right 2:30 Nail Care 3:30 Puzzle and Table Games	17 10:15 Exercise and Weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Library Hour 4:00 Dominoes Club and Puzzles	18 10:00 Morning News (CNN) 10:30 Game Show TV 11:00 Trip Lunch Outing (BJ's Restaurant & Brewhouse) 2:00 At the Movies (residents' choice) 3:00 Table Games (UNO or Cards)	19 10:00 Individual Walking (in Courtyard) 11:00 Hydration Time (water) 1:30 Bingo with DeVonne 3:00 Social Hour 6:00 Friday at the Movies (Residents' Choice)	20 9:30 Word Search Puzzles 10:00 Trip: Scenic Ride 11:00 Saturday News (CNN) 1:30 Social Hour Drinks 2:00 Hydration Time (Water or Juice) 3:00 Sports Hour Time
21 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 10:30 News and Views 1:30 Sunday Matinee 2:00 At the Movies (residents' choice) 3:30 Sports Hour (basketball) 5:30 Adult Coloring	22 10:00 Chair Exercise 10:30 Brain Exercise with Legacy 11:00 Things in April 1:30 Individual inside Walking 2:00 Bingo with Prizes 5:00 News at 5:00pm	23 10:00 Wake Up to Music 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Outside with Nature 2:30 Nail Care 3:30 Puzzle and Table Games 6:00 North Hampton Christian Church	24 10:15 Exercise and Weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:00 Residents Council Meeting with Carol Turner LTC Ombudsman 4:00 Dominoes Club and Puzzles	25 10:00 Physical Games (Ring Toss, Balloon Volleyball & Horse Racing) 10:30 News and Views 1:30 Trip: Scenic Ride 2:00 Men's Group Hour 3:00 Table Games (UNO or Cards)	26 10:00 Exercise and Weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 Birthday of the Month Celebration and Happy Hour 6:00 Friday at the Movies (Residents' Choice)	27 9:30 Word Search Puzzles 10:00 Cowboy Shows 11:00 Saturday News (CNN) 1:30 Social Hour Drinks 2:00 At the Movies (residents' choice) 3:00 Sports Hour Time
28 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 10:30 News and Views 1:30 Sunday Matinee 2:00 At the Movies (residents' choice) 3:30 Sports Hour (basketball) 5:30 Adult Coloring	29 10:00 Chair Exercise 10:30 Brain Exercise with Legacy 10:30 News and Views 11:00 Things in April 1:30 Individual inside Walking 2:00 Bingo with Prizes 5:00 News at 5:00pm	30 10:00 Wake Up to Music 10:30 Coffee, Tea and Pastries 10:30 News and Views 11:00 Fun with Price is Right 2:00 Outside with Nature 2:30 Nail Care 3:30 Puzzle and Table Games				

April Employee of the Month



Our employee of the month is Shareef Bradley. He is a PCA in our Assisted Living Community. Shareef has only been with us a couple of months, but he has really been a great addition to our family. He really enjoys all of our residents' different personalities. He enjoys being the first person to greet our residents in the morning, helping them out with anything they may need, showing them around, and playing Bingo with them. In his free time, Shareef enjoys relaxing at home while watching TV or playing video games. He also enjoys reading, cooking, and exercising. Shareef is a Pescatarian. He enjoys eating salmon, scallops, and shrimp boils. He would like to go back to Las Vegas one day to visit family.

Give Five

It's a simple, nonverbal gesture that conveys "good job" among teammates, co-workers and friends: a high five. Studies show that giving and receiving high fives can boost confidence, increase bonding and provide motivation. Give others a hand on National High Five Day, the third Thursday in April.

A Colorful Sight

Catching sight of a rainbow spanning the sky is a natural wonder that can often stop you in your tracks. These colorful "rainy arches," the Latin meaning of their name, appear when light reflects and refracts through water droplets. Because a rainbow is an optical phenomenon, it's unique to each person seeing it, since the angles of reflected light will be slightly different from their viewpoint.



Positive Thought

"When the world wearies and society fails to satisfy, there is always the garden." — Minnie Aumonier

Jackie Robinson Day

Each year on April 15, everyone in big-league baseball is No. 42. On Jackie Robinson Day, MLB players, managers, coaches and umpires wear the Hall of Famer's number, which has been retired for all teams, to honor his legacy and commemorate the date of his 1947 debut as the first African American MLB player.



No Socks? Don't Sweat It

As the weather warms, spring and summer fashions come out of hiding, including wearing sneakers and slides with no socks. Help your feet stay dry and comfortable by slipping a no-show sock over each insole, with the opening of the sock on the bottom. At the end of the day, remove the socks and toss them in your dirty laundry.

