

# The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

2220 Executive Drive • Hampton, VA 23666 • (757) 827-7100 • [www.devonshireseniorliving.com](http://www.devonshireseniorliving.com)

## Remember, Honor, Celebrate

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes. *Explore their stories.* Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at [StoryCorps.org](http://StoryCorps.org). *Tune in to a TV tradition.* On the night before Memorial Day, PBS stations broadcast the National Memorial Day Concert, an annual event that honors the fallen and their families with musical performances and personal stories. *Learn about your family's military heritage.* Talk to family members who were in the military about their experiences. Ask about stories of past relatives who served. *Post a tribute.* If you have a loved one who is a fallen hero, post a photo and story about them on social media. *Send a letter.* Express your thanks in a note to currently deployed troops. Search online for one of many nonprofit groups that gather and distribute letters to men and women serving overseas. *Visit a memorial.* Spend time at a local military monument or museum, or pay your respects at a veterans cemetery. You can also make virtual visits to many war memorials. *Pause at 3 p.m.* Stop and reflect during the National Moment of Remembrance, a one-minute pause observed at 3 p.m. local time on Memorial Day.



MAY 2023

## A Note From Our Executive Director

Dear Residents, Family and Friends,

Spring is in full swing here, and as always we have many fun activities and events planned for you. Our Special Event this month is called "Denim & Diamonds" with Entertainment by Elmo Lawrence. We will have a lunch outing to Surf Rider and a special pampering event with Mary Kay for Mother's Day. Please check out our calendar to find out more information on dates and times. We hope you will attend. Wishing all of our moms a Happy Mother's Day!

Sincerely,  
Natalie Fox  
Executive Director



## Recognizing First Responders

May is filled with annual observances that pay tribute to the dedication of first responders. Look for ways to recognize National Police Week, International Firefighters Day, National Emergency Medical Services Week and Nurses Week, all happening this month.

MAY 2023

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

Virginia Coles 5/17  
Gail Cheek 5/20  
Betty Hall 5/23  
Jay Robinson 5/26

Saluting the Golden Years

May celebrates Older Americans Month.

Arthritis

Awareness

May is National Arthritis Awareness Month, bringing attention and support to the 50 million people in the U.S. with the joint condition.

“Keep a green tree in your heart and perhaps the singing bird will come.”  
—Chinese proverb

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Exercise and weights 10:30 Family Feud Game 11:00 Things in May 1:30 Bingo with Prizes 5:00 News at 5:00pm	2 10:00 Brain Exercise with Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Nature Spring video 2:30 Nail Care 3:30 Library Hour	3 10:15 Fitness and Fun 11:00 Spiritual Reading 1:30 Bingo with Prizes 2:30 Outside social and Cookies 3:30 Dominoes Club and Puzzles	4 10:00 Physical Games 10:30 Door to Door Visits (one on one) 11:00 Hydration Time (water or juice) 2:30 Springtime Movie 4:00 Uno and Puzzle time	5 10:00 Trip: Target 10:30 Facts and Word Games 11:00 Game show TV 2:00 Cinco De Mayo Social 3:00 Art and Crafts 6:00 Friday at the Movies	6 9:30 Word Search Puzzles 10:00 Cowboy shows 11:00 Saturday News (CNN) 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 (football NFL) 5:30 Adult Coloring	8 10:00 Exercise and weights 10:30 Family Feud Game 11:00 Things in May 1:30 Bingo with Prizes 5:00 News at 5:00pm	9 10:00 Brain Exercise with Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Nature Spring video 2:30 Nail Care 3:30 Library Hour	10 10:15 Fitness and Fun 11:00 Spiritual Reading 1:30 Bingo with Prizes 2:30 Outside social and Cookies 3:30 Dominoes Club and Puzzles	11 10:00 Physical Games 10:30 Door to Door Visits (one on one) 11:00 Hydration Time (water or juice) 2:30 Springtime Movie 4:00 Uno and Puzzle time 5:00 Special Event (Denim & Diamonds)	12 10:00 Exercise and weights 10:30 Facts and Word Games 11:00 Game show TV 2:30 Pampering with Mary Kay 3:30 Social Hour Drinks 6:00 Friday at the Movies	13 9:30 Word Search Puzzles 10:00 Cowboy shows 11:00 Saturday News (CNN) 1:30 Trip: Scenic Ride 2:00 Hydration Time (water or juice) 3:00 Sports Hour time
HAPPY MOTHER'S DAY 14 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee 3:30 Sports Hour (football NFL) 5:30 Adult Coloring	15 10:00 Exercise and weights 10:30 Family Feud Game 11:00 Things in May 1:30 Bingo with Prizes 5:00 News at 5:00pm	16 10:00 Brain Exercise with Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Nature Spring video 2:30 Nail Care 3:30 Library Hour	17 10:15 Fitness and Fun 11:00 Spiritual Reading 1:30 Bingo with Prizes 2:30 Outside social and Cookies 3:30 Dominoes Club and Puzzles	18 10:00 Physical Games 10:30 Door to Door Visits (one on one) 10:30 Trip: Lunch Outing 11:00 Hydration Time (water or juice) 2:30 Springtime Movie 4:00 Uno and Puzzle time	19 10:00 Exercise and weights 10:30 Facts and Word Games 11:00 Game show TV 2:00 Bingo with Prizes 3:00 Art and Crafts 6:00 Friday at the Movies	20 ARMED FORCES DAY 9:30 Word Search Puzzles 10:00 Cowboy shows 11:00 Saturday News (CNN) 2:00 Hydration Time (water or juice) 3:00 Sports Hour time
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28 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee 3:30 Sports Hour (football NFL) 5:30 Adult Coloring	Memorial Day 29 10:00 Exercise and weights 10:30 Family Feud Game 11:00 Things in May 1:30 Bingo with Prizes 5:00 News at 5:00pm	30 10:00 Brain Exercise with Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Nature Spring video 2:30 Nail Care 3:30 Library Hour	31 10:15 Fitness and Fun 11:00 Spiritual Reading 1:30 Bingo with Prizes 2:30 Outside social and Cookies 3:30 Dominoes Club and Puzzles			



## May Employee of the Month

Congratulations to our employee of the month Tasha Ballard. She works as a PCA in our Assisted Living Community. Tasha has been employed with us for 8 months. She enjoys providing care for our residents. Tasha is a mother of five girls. In her free time, she enjoys spending time with her family, shopping, reading, and writing poetry. She enjoys vacations in Mexico and Jamaica. She plans to go to Aruba in the future. Some of her favorite foods are baked spaghetti, macaroni and cheese, and sushi.



## It's Strawberry Season

The first fruit to ripen in spring, fresh strawberries are a sweet favorite. The average person in America eats more than 3 pounds of them each year. But it only takes a few to get a taste of their benefits. One serving, about eight strawberries, packs more vitamin C than an orange.

## Ready for Summer Fun

Prepare for summer fun before the season begins. Check that you have a supply of sunscreen and insect repellent as well as a good pair of sunglasses and a comfortable hat. To avoid a last-minute scramble, stock up or replace items now and put them in a bag that's ready to go on an adventure when you are.



## Double the Hydration

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H<sub>2</sub>O can help you stay better hydrated.

## Best Innings for a Break

Attending a baseball game this season? Here's a tip on when to take a break from the action: Instead of waiting until the seventh inning stretch, the fourth, fifth and sixth innings are better times to leave your seat. By then, all the players on your team's lineup will have been up to bat, and you won't miss the excitement of the game's last few innings.



## It's BBQ Time!

We're firing up the grill and serving some of your summer favorites! Join us for a delicious cookout with all the fixin's. Check the calendar for details.



## Bring Home the Berries

This time of year, you'll have your pick of strawberries. When you get them home, remove any overripe berries from the bunch and make sure the rest are dry. Keep the fruit in the fridge, and wait to rinse them and remove their stems until just before eating or using them in a recipe.

