

The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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

Happy Mother's Day!

"A mother's love for her child is like nothing else in the world."—*Agatha Christie*

Mother's Day is set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us in the office, we wish all the moms who call our community home a very happy Mother's Day!



Moment of Remembrance

Established by Congress in 2000, the National Moment of Remembrance on Memorial Day encourages us to honor those who have died in service to the country. People throughout the nation are asked to pause wherever they are at 3 p.m. local time for one minute of silence.



MAY 2024

A Note From Our Executive Director

We're glad you're here. Our management staff is dedicated to serving you. We would like to take this opportunity to thank all of our current residents who have decided to continue making this community their home, and we extend a special warm



welcome to our new neighbors. When you see a new face, say hello! We have a lot of wonderful events planned this month. A couple highlights are a Pre-Cinco de Mayo social and a Groovin' '60s themed event. Please take a look at the calendar to see more fun events and activities.

Sincerely,
Sherreek Malone
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.

Saluting the Golden Years

May celebrates Older Americans Month.

MAY 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

Birthday

Virginia Coles 05/17

Run for the Roses

Among the many traditions of the annual Kentucky Derby is the blanket of red roses that's draped over the winning horse. The flower garland, which gives the race its nickname of "Run for the Roses," is made with over 400 blooms that are hand sewn together.

"Wherever you go, no matter what the weather, always bring your own sunshine."
—Anthony J. D'Angelo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Individual Walking 11:00 Price is Right 2:00 Bingo with Staff 2:30 Library Hour IL 2nd floor 4:00 Dominoes Club and Puzzles	2 9:30 Documentary Video 10:00 Individual Walking In the Courtyard 1:30 Art and Crafts works 3:00 Table Games (UNO or Cards)	3 9:30 Exercise and Weights 10:00 Trip: Scenic Ride 1:30 Bingo with Prizes 3:00 Pre-Cinco de Mayo Social Hour 6:00 Friday at the Movies (Residents' Choice)	4 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 (Baseball)
5 Cinco de Mayo 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (basketball) 5:30 Adult Coloring	6 9:30 Chair Exercise 10:30 Brain Exercise with Legacy 11:00 Things in May 1:30 Individual inside Walking 2:00 Bingo with Prizes 5:00 News at 5:00pm	7 9:30 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	8 10:00 Individual Walking 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Library Hour 4:00 Dominoes Club and Puzzles	9 9:30 Documentary Video 10:00 Individual Walking In the Courtyard 1:30 Art and Crafts works 3:00 Table Games (UNO or Cards) 5:00 Special Event (Groovin' '60s) entertainment with Sentimental Journey	10 9:30 Morning News (CNN) 10:30 Individual Hall Walking 11:00 Morning News (CNN) 2:30 Bingo with DeVonne 3:00 Social Hour 6:00 Friday at the Movies (Residents' Choice)	11 9:30 Word Search Puzzles 10:00 Cowboy Shows 11:00 Saturday News (CNN) 1:30 Trip: Scenic Ride 2:00 Social Hour Drinks 3:00 Sports Hour Time (Baseball)
12 HAPPY MOTHER'S DAY 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 11:00 Hydration Time (water) 1:30 Sunday Matinee 3:30 Sports Hour (basketball) 5:30 Adult Coloring	13 9:30 Individual Walking (in Courtyard) 10:30 Brain Exercise with Legacy 11:00 Things in May 1:30 Individual inside Walking 2:00 Bingo with Prizes 5:00 News at 5:00pm	14 10:00 Health Talk with 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	15 10:00 Individual Walking 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Library Hour 4:00 Dominoes Club and Puzzles	16 9:30 Documentary Video 10:00 Individual Walking In the Courtyard 11:00 Trip: Lunch Outing Crab Shack 1:30 Art and Crafts works 3:00 Table Games (UNO or Cards)	17 9:30 Exercise and Weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 Happy Social Hour 6:00 Friday at the Movies (Residents' Choice)	18 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 (Baseball)
19 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (basketball) 5:30 Adult Coloring	20 9:30 Chair Exercise 10:30 Brain Exercise with Legacy 11:00 Things in May 1:30 Individual inside Walking 2:00 Bingo with Prizes 5:00 News at 5:00pm	21 9:30 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	22 10:00 Individual Walking 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Residents' Council Meeting and Menu Chat 4:00 Dominoes Club and Puzzles	23 9:30 Documentary Video 10:00 Individual Walking In the Courtyard 1:30 Outside Chat with Lemonade 2:00 Men's Group Hour 3:00 Table Games (UNO or Cards)	24 9:30 Exercise and Weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 Social Hour 6:00 Friday at the Movies (Residents' Choice)	25 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 (Baseball)
26 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (basketball) 5:30 Adult Coloring	27 Memorial Day 10:30 Brain Exercise with Legacy 11:00 Outside Chat with Lemonade 1:30 Individual inside Walking 2:00 Memorial Day Movie 5:00 News at 5:00pm	28 9:30 Wake Up to Music 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Outside with Nature 3:30 Puzzle and Table Games 6:00 Hampton Christian Church	29 10:00 Individual Walking 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Library Hour 4:00 Dominoes Club and Puzzles	30 9:30 Documentary Video 10:00 Individual Walking In the Courtyard 10:00 Trip: Rosie's Casino 1:30 Art and Crafts works 3:00 Table Games (UNO or Cards)	31 9:30 Exercise and Weights 11:00 Health Notes 1:30 Bingo with Prizes 2:30 Birthday of the Month Celebration and Happy Hour 6:00 Friday at the Movies (Residents' Choice)	

May Employee of the Month

Our employee of the month is Shaudai Brown. Shaudai is a server for our Independent Living Community. She has been working here for a year. Shaudai enjoys getting to know our residents and laughing with them. In her free time, she enjoys swimming, spending time on social media, watching funny videos and shopping. One of her favorite types of food is seafood. She enjoys clams, scallops and crab legs. Shaudai is from upstate New York. She enjoys going home to visit family during vacations. Shaudai would love to travel the world one day. Some of the places she plans to visit are Africa, Dubai and China.



Staying Active With Arthritis

Doctors say light exercise can help manage arthritic joint pain, especially in the winter. Indoor walking and swimming, riding a stationary bike, yoga and tai chi are all good options.

Way to Go, Grads

Congratulations to all our graduating high school seniors! You've worked long and hard, and now you're being rewarded. We're proud of you and wish you the best of luck in your future endeavors.



Keep Pesky Flies Away

That familiar buzzing sound lets us know that houseflies are back in town, and they're certainly not minding their own business. Try a natural way to keep the flies away. Get a basil, mint or lavender plant—the insects hate the smell of these herbs. Or you can spray essential oils like eucalyptus, lavender, peppermint or lemongrass around your home or on a ribbon to hang outside your door.

Fiesta on the Fifth

From Los Angeles and Phoenix to Denver and Washington, D.C., cities across the nation will put on Cinco de Mayo festivals. Commemorating Mexico's 1862 battle victory over the French, the annual May 5 salute to Mexican culture and heritage has become a popular American observance, often enjoyed with traditional food and music.



Pineapple Lemonade Punch

Splash into sunny weather with this easy drink recipe!

Ingredients:

- 1 quart prepared lemonade
- 2 cups pineapple juice
- 2 cups lemon-lime soda

Directions:

Pour all ingredients in a 2-quart pitcher and stir well. Serve over ice or lemon-flavored frozen sherbet.



Positive Thought

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