

July Is National Ice Cream Month

In 1984, President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day. He recognized ice cream as a fun and nutritious food that is enjoyed by over 90 percent of the nation's population. In the proclamation, President Reagan called for all people of the United States to observe these events with "appropriate ceremonies and activities."

The International Ice Cream Association (IICA) encourages retailers and consumers to celebrate July as National Ice Cream Month.



Hydrate! Hydrate! Hydrate!

Staying hydrated during the summer months is very important. Please remember to drink plenty of liquids throughout the day. If you plan on sitting outside on the benches, try not to be out during the heat of the day. The sun will be at its highest point at noon but the temperature will continue to increase up until 4:30 p.m. Remember to take breaks and come inside for some cool air. By following the suggestions above, you should have a very enjoyable summer!



Fourth of July Fun Facts

Fourth of July fun facts really can be fun. The first fact is the most important one: July 4, 1776 is the day the Second Continental Congress approved the Declaration of Independence.

Fourth of July Fun Facts

Here are some Fourth of July fun facts about celebrations of Independence Day since 1776.

- Independence Day was first celebrated in Philadelphia on July 8, 1776. The Liberty Bell rang out from Independence Hall in Philadelphia, Pa. on July 8, 1776. It was sounded to bring the people out to the first public reading of the Declaration of Independence. It was read by Colonel JohnNixon.
- In 1777, Bristol, R.I. celebrated July 4 by firing 13 gunshots, once in the morning and once again in the evening. Philadelphia, Pa. commemorated our independence with an official Continental Congress dinner, parades, prayers, music, fireworks, speeches, 13-gun salutes and more.
- 1778 saw General George Washington celebrating by giving his soldiers a double ration of rum and having an artillery salute. Benjamin Franklin and John Adams were in Paris, France and held a dinner for other Americans there.
- In 1779, July 4 fell on a Sunday, so it was observed the following Monday.
- 1781 was the year the first state legislature, the Massachusetts General Court, established July 4 as a state celebration.
- 1791 was the year that the name "Independence Day" was used for the first time. It may have been used before then, but that was the first time it was recorded.
- 1801 was the first time a July 4 party was held at the White House.
- In 1805, Lewis and Clark celebrated the first July 4 celebration west of the Mississippi, at Independence Creek.
- Three dates are significant to the holiday. In 1870, Independence Day was made an unpaid holiday for federal employees by Congress. In 1938, it became a paid holiday and in 1941, Congress declared it a federal holiday.



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July 2017

The Devonshire News, July 2017

Dear Residents, Families and Friends,

As is usual for July, the temperatures have been soaring, but we still have something to celebrate and smile about every day! I want to wish everyone a happy and healthy Independence Day. We have a very exciting month planned for you, so make sure to check the calendar for dates and event times.

Our July Lunch Outings will be Chick-fil-A and Skrimp Shack.

We really appreciate the wonderful volunteers we have! They are always smiling, giving hugs and making us laugh. I don't know what we would do without them.

— *Starr Caulder*, EXECUTIVE DIRECTOR

Stay Healthy by Staying Connected

Research shows that having strong social connections can boost your health. Staying active within your community has been proven to strengthen the immune system, speed recovery from illness, and reduce anxiety and depression.

There are many ways to maintain beneficial social networks, such as staying in touch with former classmates and co-workers, taking part in family traditions, and making new memories with friends.

Smiling at another person is one of the simplest ways to connect with them. Initiate conversations. Ask people about their lives, families and hobbies, and actively listen to what they have to say. Giving your full attention to the person you're with enhances the connection, and showing sincere interest in others' lives helps build relationships.

Create a list of friends and family members you want to stay in touch with and make a commitment to call, write, email or get together with those people on a regular basis. Skype and Facebook are handy web-based ways to connect.

Expand your social circle by participating in activities in your community, such as book clubs, classes, parties and game nights. Looking forward to special events will boost your spirits, too.



JULY 2017

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Court Yard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR

Transportation Schedule

- Thursday
- 11 a.m.
- Lunch Outings
- Sunday
- 2-4 p.m.
- Bus Ride

Birthdays

- Harold Deal, 19th
- Starr Caulder, 29th (Employee)
- Kim Byers, 29th(Employee)
- Emma Henry, 31st

“Love is the most important thing in the world, but baseball is pretty good, too.”

—Yogi Berra

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 2:00 Movie & Popcorn: “Father Goose,” AR 6:45 Checkers, AR
9:00 Sunday School, IA 2 9:45 Bible Scripture Reading (Ms. Dawn Taylor), AR 2:00 Bus Ride, O 6:45 <i>Art for the Heart, AR</i>	10:00 Chair Exercise, AR 10:30 Book Club, AR 2:30 Bingo, AR 6:45 Card Games, AR	INDEPENDENCE DAY 4 9:30 Musical Tribute Film: “America the Beautiful,” AR 2:00 The Lyrics, IL 6:45 Card Games, AR	9:45 Coffee and News Time, P 10:30 Ring Toss, AR 1:45 Snack Bingo, AR 6:45 Fun Flicks & Popcorn, AR	10:00 Chair Zumba, AR 11:15 Lunch Outing: Chick-fil-A, O 2:00 Matinee Idlers Barbershop Chorus, IL 3:15 Ten Second Rule Game, AR 6:45 Card Games, AR	10:00 Chair Exercise, AR 7 10:30 Book Club & Doughnuts, AR 2:00 Strawberry Sundae Social, IL 3:15 Fun With Trivia, AR 6:45 Jigsaw Puzzle Time, AR	8 2:00 Movie & Popcorn: “The Grass Is Greener,” AR 6:45 Checkers, AR
9:00 Sunday School, IA 9 9:45 Communion (Bill Carlton), AR 2:00 Bus Ride, O 6:45 <i>Art for the Heart, AR</i>	10:00 Chair Exercise, AR 10:30 Book Club, AR 2:30 Bingo, AR 6:45 Card Games, AR	11 9:45 Walking Warriors, AH 10:30 Lemonade & Conversation, AR 2:00 Nail Care, AR 6:45 Card Games, AR	12 9:45 Coffee and News Time, P 10:30 Ring Toss, AR 1:30 Singalong, AR 2:15 An Afternoon w/ George Burns & Gracie Allen Social, AR 6:45 <i>Art for the Heart</i>	13 9:50 Toss & Catch, AR 10:30 Reminiscing, AR 2:00 Eddie Sal, IL 3:15 <i>Laughter Is the Best Medicine, AR</i> 6:45 Card Games, AR	14 10:00 Chair Exercise, AR 10:30 Book Club & Doughnuts, AR 1:45 Snack Bingo, AR 3:15 Dancing to the Music, AR 6:45 Jigsaw Puzzle Time, AR	15 2:00 Movie & Popcorn: “The Last Time I Saw Paris,” AR 6:45 Checkers, AR
9:00 Sunday School, IA 16 9:45 Bible Scripture Reading (Ms. Dawn Taylor), AR 2:00 Bus Ride, O 6:45 <i>Art for the Heart, AR</i>	17 10:00 Chair Exercise, AR 10:30 Book Club, AR 2:30 Bingo, AR 6:45 Card Games, AR	18 9:45 Walking Warriors, AH 10:30 Lemonade & Conversation, AR 2:00 Nail Care, AR 6:45 Card Games, AR	19 9:45 Coffee and News Time, P 10:30 Ring Toss, AR 1:45 Ice Cream Social, DR 6:45 Fun Flicks & Popcorn, AR	20 10:00 Chair Zumba, AR 11:15 Lunch Outing: Skrimp Shack, O 2:00 James Curry, IL 3:30 Ten Second Rule Game, AR 6:45 Card Games, AR	21 10:00 Chair Exercise, AR 10:30 Book Club & Doughnuts, AR 1:45 Snack Bingo, AR 3:15 Fun With Trivia, AR 6:45 Jigsaw Puzzle Time, AR	22 2:00 Movie & Popcorn: “Paris When It Sizzles,” AR 6:45 Checkers, AR
9:00 Sunday School, IA 23 9:45 Knowing the Words of Jesus (Bill Carlton), AR 2:00 Sharon Baptist Church, DR 2:00 Bus Ride, O 6:45 <i>Art for the Heart, AR</i>	24 10:00 Chair Exercise, AR 10:30 Book Club, AR 2:30 Bingo, AR 6:45 Card Games, AR	25 9:45 Walking Warriors, AH 10:30 Lemonade & Conversation, AR 2:00 Nail Care, AR 7:00 North Hampton Church of Christ, DR	26 9:30 Resident Meeting, AR 10:30 Ring Toss, AR 1:45 Blueberry Social, DR 3:30 Singalong, AR 6:45 <i>Art for the Heart, AR</i>	27 10:00 Chair Yoga With Tina, AR 1:30 Bus Ride, O 6:45 Card Games, AR	28 10:00 Chair Exercise, AR 10:30 Book Club & Doughnuts, AR 2:00 Birthday Party With Roberto, IL 6:45 Jigsaw Puzzle Time, AR	29 2:00 Movie & Popcorn: “The African Queen,” AR 6:45 Checkers, AR
9:00 Sunday School, IA 30 9:45 Bible Scripture Reading (Ms. Dawn Taylor), AR 2:00 Bus Ride, O 6:45 <i>Art for the Heart, AR</i>	31 10:00 Chair Exercise, AR 10:30 Book Club, AR 2:30 Bingo, AR 6:45 Card Games, AR					