

# The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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

## Sunset Pics in a Snap

When the sky is showing off a stunning sunset, many of us reach for our smartphones to snap a picture. But the photo usually pales in comparison to the real thing. Next time, try these tips to get amazing sunset shots using just a smartphone camera.

- Take the photo horizontally, aka landscape mode, to capture more of the sky's colors. Keep the horizon level by turning on the camera's gridline guide.
- Rather than just shooting the sky, look for a subject, such as a building or tree, to include in your picture. The contrast will make the sunset's colors pop.
- Hold your phone closer to your body to keep it stable, which helps reduce blurry photos.



## Sit Back and Relax

Recognized for their reclined back and wide armrests, Adirondack chairs invite you to lean back and lounge awhile. This popular design has been copied since it was first created in 1903 by Thomas Lee. He used wood from local evergreen trees to build a comfortable yet sturdy outdoor chair for his home in New York's Adirondack Mountains, giving the chair its name.

**JULY 2022**

## A Note From Our Executive Director



Welcome to the dog days of summer! We have plenty of "cool" activities planned this month, so make plans to dive right in and join us for some fun times. If you have any suggestions, comments or questions, please stop by my office. My door is always open, and I enjoy chatting with each and every one of you!

## Celebrate Our Freedom

Come ring in the country's independence at our Pre-Fourth of July party on Friday, July 1st, at Noon! Join us for food, music, and fun as we celebrate the USA.



## Simple Pleasures

"Some old-fashioned things like fresh air and sunshine are hard to beat." —Laura Ingalls Wilder

JULY 2022

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

Birthdays

7/1	Warren C. Harvey
7/15	Patricia Wilson
7/29	Evelyn Minniear

Country Store

Tuesday	11am-Noon
Thursday	10am-11am

“Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air, and you.”  
—Langston Hughes

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>1</div> <div><b>10:00 Exercise and weights</b> 11:00 Price is Right <b>12:00 Pre-Fourth of July Cookout</b> 2:30 Bingo with Prizes 4:00 Easy Listening Music</div>	<div>2</div> <div>10:30 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 1:30 Trip: Scenic Ride 2:30 At the Movies (residents' choice) 4:00 Sports Hour time</div>
<div>3</div> <div><b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 2:00 Sunday Afternoon Movie 5:00 Individual Art</div>	<div>4</div> <div><b>Independence Day</b> 10:00 Inside Individual walking <b>10:30 Patriotic Musical Video</b> 11:00 30-Minute News <b>2:00 4th of July Movie</b> 3:00 Table Games</div>	<div>5</div> <div>9:30 Coffee, Tea and Pastries <b>10:00 Brain Exercise with Legacy</b> 11:00 Outside with Nature <b>2:00 Satin Nails</b> 2:30 At the Movies (residents' choice) 3:00 Snacks and Drinks</div>	<div>6</div> <div>10:00 Spiritual Reading 10:30 Exercise and Weights 11:00 Finish Lines and 5 Second Rule 1:30 Bingo with Prizes <b>2:30 Library Hour</b> 3:30 Outside Chat with Lemonade</div>	<div>7</div> <div>10:00 Physical Games 10:30 Family Feud and Word Games <b>11:00 Hot Topic News of the Day</b> 2:00 At the Movies (residents' choice) <b>3:00 Nature Video on Birds</b> 4:00 Easy Listening Music</div>	<div>8</div> <div><b>10:00 Exercise and weights</b> 10:30 July Facts and Word Games 11:00 Price is Right 2:30 Bingo with Prizes 4:00 Easy Listening Music</div>	<div>9</div> <div>10:30 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At the Movies (residents' choice) 4:00 Sports Hour time</div>
<div>10</div> <div><b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 2:00 Sunday Afternoon Movie 5:00 Individual Art</div>	<div>11</div> <div>10:00 Fitness and fun 10:30 Facts and Word Games 11:00 30-Minute News 1:30 Bingo with Prizes <b>3:00 Travel USA Day</b></div>	<div>12</div> <div>9:30 Coffee, Tea and Pastries <b>10:00 Brain Exercise with Legacy</b> 11:00 Outside with Nature <b>2:00 Satin Nails</b> 2:30 At the Movies (residents' choice) 3:00 Snacks and Drinks</div>	<div>13</div> <div>10:00 Spiritual Reading 10:30 Exercise and Weights 11:00 Finish Lines and 5 Second Rule 1:30 Bingo with Prizes 3:30 Outside Chat with Lemonade</div>	<div>14</div> <div>10:00 Physical Games 10:30 Family Feud and Word Games <b>11:00 Hot Topic News of the Day</b> 2:00 At the Movies (residents' choice) 4:00 Easy Listening Music <b>5:00 Special Event (A Night on the Greek Isles)</b></div>	<div>15</div> <div><b>10:00 Exercise and weights</b> 10:30 July Facts and Word Games 11:00 Price is Right 2:30 Bingo with Prizes 4:00 Easy Listening Music</div>	<div>16</div> <div>10:00 Bingo with Prizes 10:30 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At the Movies (residents' choice) 4:00 Sports Hour time</div>
<div>17</div> <div><b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 2:00 Sunday Afternoon Movie 5:00 Individual Art</div>	<div>18</div> <div>10:00 Fitness and fun 10:30 Facts and Word Games 11:00 30-Minute News 1:30 Bingo with Prizes <b>3:00 Travel USA Day</b></div>	<div>19</div> <div>9:30 Coffee, Tea and Pastries <b>10:00 Brain Exercise with Legacy</b> 11:00 Outside with Nature <b>2:00 Satin Nails</b> 2:30 At the Movies (residents' choice) 3:00 Snacks and Drinks</div>	<div>20</div> <div>10:00 Spiritual Reading 10:30 Exercise and Weights 11:00 Finish Lines and 5 Second Rule <b>1:30 Wild Birds Unlimited</b> 2:30 Bingo with Prizes 3:30 Outside Chat with Lemonade</div>	<div>21</div> <div>10:00 Physical Games 10:30 Family Feud and Word Games <b>11:00 Hot Topic News of the Day</b> 2:00 At the Movies (residents' choice) 4:00 Easy Listening Music</div>	<div>22</div> <div><b>10:00 Veterans' Conversation Chat with Rev. Calvin H. Sydnor</b> <b>10:30 Ladies' Outside Tea and Trivia</b> 11:00 Individual Walking <b>2:00 July Birthdays Celebrations</b> 3:30 TGIF Social</div>	<div>23</div> <div>10:30 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At the Movies (residents' choice) 4:00 Sports Hour time</div>
<div>24</div> <div><b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 2:00 Sunday Afternoon Movie 5:00 Individual Art</div>	<div>25</div> <div>10:00 Fitness and fun 10:30 Facts and Word Games 11:00 30-Minute News 1:30 Bingo with Prizes <b>3:00 Travel USA Day</b></div>	<div>26</div> <div>9:30 Coffee, Tea and Pastries <b>10:00 Brain Exercise with Legacy</b> 11:00 Outside with Nature <b>2:00 Satin Nails</b> 2:30 At the Movies (residents' choice) 3:00 Snacks and Drinks</div>	<div>27</div> <div>10:00 Spiritual Reading 10:30 Exercise and Weights 11:00 Finish Lines and 5 Second Rule 1:30 Bingo with Prizes <b>2:30 Residents' Council Meeting and Menu Chat</b> 3:30 Outside Chat with Lemonade</div>	<div>28</div> <div>10:00 Physical Games 10:30 Family Feud and Word Games <b>11:00 Hot Topic News of the Day</b> 2:00 At the Movies (residents' choice) 4:00 Easy Listening Music</div>	<div>29</div> <div><b>10:00 Exercise and weights</b> 10:30 July Facts and Word Games 11:00 Price is Right 2:30 Bingo with Prizes 2:30 Cheese and Cracker Social with Wine 4:00 Easy Listening Music</div>	<div>30</div> <div>10:30 Individual Word Finding and Crossword Puzzle 11:00 Individual Adult Coloring 2:30 At the Movies (residents' choice) 2:30 Cheese and Cracker Social with Wine 4:00 Sports Hour time</div>
<div>31</div> <div><b>9:30 Hampton Christian Church</b> 10:30 Gospel Sounds Activity room 2:00 Sunday Afternoon Movie 5:00 Individual Art</div>						



## Laugh Lines: 'Seas' the Moment

Soak in some fun with these water witticisms:

Jill: "What's your favorite beach?"

Joe: "It's a beach in California."

Jill: "California has a lot of beaches. Could you be more Pacific?"

Two men rented a canoe and went fishing in a remote part of a lake. Admiring their day's big catch, one of the men said, "We need to mark this spot!" The other man took out his pocketknife and began carving a big X in the bottom of the canoe.

"What are you doing?" yelled the first man. His buddy explained, "I'm marking our spot, like you said!" "That doesn't make any sense! How do you know we'll get the same canoe next time?!"

A geology professor's former student returned to campus one day with a gift for her teacher, a unique soil sample she'd collected from a faraway river. Upon receiving the gift, the professor replied, "I appreciate the sediment."

Q: Why did the teacher dive into the lake?

A: She wanted to test the water.

Q: What did the tide pool say to the other tide pool?

A: Show me your mussels.

Q: What keeps a dock floating above water?

A: Pier pressure.

Q: Why is the ocean always on time?

A: It likes to stay current.



Congratulations to our July employee of the month, Carmen Correa Batres. She is one of our Housekeepers and has been with us for 7 months. She enjoys helping our residents and listening to their stories and experiences. In her spare time, she enjoys reading, shopping, listening to her Pastor, and spending time with family and friends. She has a pet Cat named Paco. She also loves to travel. She loves the mountains, big cities, and going camping.

## 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.

## Firecrackin' Art

Black cats, dragons, cowboys and rocket ships—these are just some of the subjects that have appeared on fireworks packaging since the early 1900s. That's when lithography printing machines arrived in China, allowing firecracker manufacturers to design colorful labels to set their products apart from competitors. Some artwork introduced Americans to Chinese mythology and landmarks, while others reflected current pop culture. Nowadays, vintage fireworks art has many collectors and has even been featured at the Smithsonian Institution.

## Wild World: Great Blue Heron

This striking bird can be found all across North America, where it nests near rivers, swamps and other bodies of water. It often stands as still as a statue while looking for fish, allowing birdwatchers to admire its long legs, slate gray body, curved neck, and bright yellow eyes and bill. The largest herons on the continent, they stand 3 to 4 feet tall and have a wingspan of nearly 6 feet. Despite their size, these birds weigh only around 5 pounds, thanks to hollow bones, a feature of most birds.

