

The Humor Corner

This “B” Is Not a Vitamin

This “B” period is what it is called,
The time when you begin to be Bald;
When Bridgework begins to put its bite
Into that which one was life’s delight;
When you have a Bulge where you were flat,
And Bifocals tell you’re at.

Mounting Vertigo

“Doctor, why is it that when I go down to the cellar, I feel right all right, but when I come back up. I feel dizzy?”

The doctor eyed him warily. “That depends. What do you keep in the cellar?”

A Home on the Road

Since the invention of the automobile, people have been hitting the open road in search of adventure. The rise of recreational vehicles enabled travelers to go on vacation and still have the comforts of home.

Early models of RVs were simply small cabins built onto car frames. In 1910, the Pierce-Arrow Motor Car Co. unveiled the Touring Landau at an auto show in New York City. Featuring a sink, a telephone and a back seat that folded into a bed, the vehicle is considered to be the first motor home.

Other manufacturers soon began producing their own models. The popularity of camping and exploring nature fueled demand, and the RV industry revved up.

World War II slowed the hobby, but in the 1950s, a strong economy, more leisure time and the creation of interstate highways lured many people to travel again. From compact trailers towed behind vehicles to bus-sized motor homes, families could take a road trip with ready access to a kitchen with appliances, sleeping accommodations and amenities such as a shower. Nationwide, campgrounds, parks and resorts opened to accommodate RVers.

Today, about 10 million households in the U.S. own an RV, and a growing number of people travel full time in RVs.

Getting a Good Deal

Everyone likes to get a bargain, and with these tips, you may be able to save a few bucks.

Senior discounts: Your age can earn you automatic savings. Many businesses offer discounts to seniors, including some restaurants, movie theaters, museums, grocery stores, thrift stores and banks. Sometimes the discount applies to specific products or certain days of the week.

Other discounts: If you are a veteran or a member of AARP or an auto club, such as AAA, you may be able to save money at various merchants. Before making a purchase, ask if you can take advantage of these discounts.

Coupons: Saving a few dollars may be as simple as presenting a coupon, which can be found in newspapers, magazines, marketing mailers and online.

Memberships: Many stores have exclusive offers for those who belong to their membership program. While some are free to join, some may charge an annual fee, but if you are a frequent customer, the savings may outweigh the price.

Always ask: Businesses may not advertise the discounts they offer, so be sure to inquire. You may be surprised at the money you can save just by asking!



The Devonshire Lifestyle

Assisted Living Community

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



Like Us!



AUGUST 2019

Hello Residents of The Devonshire!

What an exciting time it is to be here at The Devonshire! I am delighted that the renovations are complete



so you can relax and have fun in our new space. Our Grand Reopening was a great success; I was happy to see your smiling faces enjoying the festivities!

I look forward to the months to come and I hope you enjoy the improvements here as much as I do. We are working hard to make The Devonshire the best it can be! We have fun things planned to finish out the summer so be on the lookout!

Sincerely,

Natalie Fox

Executive Director

Why Our Bodies Need Water

It's important to stay hydrated during warm weather, as well as throughout the year. Water is essential for many of the body's organs and functions.

Heart: Staying hydrated promotes proper circulation by allowing the heart to more easily pump blood, which carries oxygen throughout the body. Drinking water is one way to maintain a healthy weight and regulate blood pressure, reducing stress on the heart.

Brain: Multiple studies show that even mild dehydration can impair memory and concentration. Drinking enough water can improve cognition, focus and mood, and help prevent fatigue and headaches.

Digestion: Water helps break down food so that the body can absorb nutrients, making it crucial to a healthy digestive system.

Kidneys: Your kidneys have the important job of cleansing toxins from your body, but they need water to work properly. Frequent dehydration also increases the risk of kidney stones.

Muscles and joints: Water lubricates the joints, so staying hydrated can reduce pain and stiffness. The same goes for your muscles, especially during and after exercise.



AUGUST 2019

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

Birthdays

Lois Davis, 12th

Transportation Schedule

- Thursday, 11:10 a.m.
- Lunch Outings
- Thursday, 2 p.m.
- Trip: Scenic Ride

“Deep summer is when laziness finds respectability.”
—Sam Keen

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
				10:00 Outside Sitting w/Juice, CY 10:30 Reminiscing in August, AR 10:45 Penny Pinch, AR 11:15 Trip: Lunch Outing, O 2:00 Trip: Scenic Ride, O 2:30 Watermelon Social, AR 3:00 Musical Singalong	10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:00 Faces and Places, AR 11:00 Art and Crafts (Painting), AR 2:00 Bingo w/Prizes, AR 6:00 Friday at the Movies, AR	10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 2:00 Trip: Scenic Ride, AR 3:00 Table Games Checkers/Board Game, AR
	4 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Matinee, AR 6:45 Individual Art for the Heart, AR	5 10:00 Fitness & Moves, AR 10:30 What's Up America?, AR 11:00 Iced Tea & Outside Trivia, AR 2:00 Bingo w/Prizes, AR 4:00 Table Games and Puzzles, AR	6 10:00 Outside w/ Horseshoes, CY 10:30 Second Chance and Name 10, AR 11:00 Jiggle All the Way, AR 1:30 Nail Care (Satin Hands), AR 2:00 Making Root Beer Floats, AR 6:00 Abundant Life Tabernacle Church, AR	7 10:00 Chair Exercise, AR 10:30 Ladies' Card Games, AR 1:30 Music w/Buz, AR 2:30 Bingo Bucks, AR 3:00 S'mores Day Social, IA 3:15 Adult Coloring (Flowers), AR 4:00 Table Games and Puzzles, AR	8 10:00 Outside Walking, CY 10:30 Physical Games (Golf), CY 10:45 Penny Pinch, AR 11:15 Trip: Lunch Outing, O 2:00 Trip: Scenic Ride, O 3:00 Musical Singalong	9 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:00 Faces and Places, AR 11:00 Card Game (Uno), AR 2:00 Music w/Skip, DR 6:00 Friday at the Movies, AR
	11 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Matinee, AR 6:45 Individual Art for the Heart, AR	12 10:00 Fitness & Moves, AR 10:30 What's Up America?, AR 11:00 Iced Tea & Outside Trivia, AR 2:00 Bingo w/Prizes, AR 3:30 Nature Video (Puppies and Kitties), AR 4:00 Table Games and Puzzles, AR	13 10:00 Lemonade & Outside Social, AR 10:00 Outside w/ Horseshoes, CY 11:00 Jiggle All the Way, AR 11:00 Health Talk Facts (Fruit Tasting), AR 2:00 Music w/Roberto, IL 3:30 Cookies and Juice, AR	14 10:00 Chair Exercise, AR 11:00 Bible Books and Trivia, AR 2:30 Bingo Bucks, AR 2:30 Town Hall Meeting 3:15 Nature Crafts, AR 4:00 Table Games and Puzzles, AR	15 10:00 Cornholes and Cool Pops Outside, CY 10:45 Penny Pinch, AR 11:15 Trip: Lunch Outing, O 2:00 Yoga w/Tina, AR 2:00 Trip: Scenic Ride, O 3:00 Musical Singalong 6:00 Misty Island w/ Entertainment, DR	16 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:00 Faces and Places, AR 2:00 Bingo w/Prizes, AR 3:15 TGIF Social Hour, AR 6:00 Friday at the Movies, AR
	18 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Matinee, AR 6:45 Individual Art for the Heart, AR	19 10:00 Fitness & Moves, AR 10:30 What's Up America?, AR 11:00 Iced Tea & Outside Trivia, AR 2:00 Bingo w/Prizes, AR 4:00 Table Games and Puzzles, AR	20 10:00 Outside w/ Horseshoes, CY 10:30 Second Chance and Name 10, AR 11:00 Jiggle All the Way, AR 1:30 Nail Care (Satin Hands), AR 3:00 Baking (Cupcake Day), WR 4:00 A Touch of Nature, CY	21 10:00 Chair Exercise, AR 10:30 Art Expression (Flowers), AR 10:30 Ladies' Card Games, AR 2:30 Bingo Bucks, AR 3:30 Senior Citizen Day Social, AR 4:00 Table Games and Puzzles, AR	22 10:00 Outside Walking, CY 10:45 Penny Pinch, AR 11:15 Trip: Lunch Outing, O 2:00 Trip: Scenic Ride, O 3:00 Musical Singalong	23 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:00 Faces and Places, AR 2:00 Bingo w/Prizes, AR 3:30 Fun w/JINGO, AR 6:00 Friday at the Movies, AR
25 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Matinee, AR 6:45 Individual Art for the Heart, AR	26 10:00 Fitness & Moves, AR 10:30 What's Up America?, AR 11:00 Iced Tea & Outside Trivia, AR 2:00 Bingo w/Prizes, AR 3:00 Card Games: Blackjack (Men's Group), WR 4:00 Table Games and Puzzles, AR	27 10:00 Resident Council Meeting, AR 11:00 Jiggle All the Way, AR 1:30 Nail Care (Satin Hands), AR 3:30 Cookies and Juice, AR 7:00 North Hampton Church of Christ, DR	28 10:00 Chair Exercise, AR 11:00 Bible Books and Trivia, AR 1:30 Musical Video Singalong, AR 2:30 Bingo Bucks, AR 3:15 Nature Crafts, AR 4:00 Table Games and Puzzles, AR	29 10:00 Balloon Volleyball 10:15 Team Ring Toss, AR 10:45 Penny Pinch, AR 11:15 Trip: Lunch Outing, O 2:00 Trip: Scenic Ride, O 3:00 Musical Singalong	30 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat, AR 11:00 Faces and Places, AR 2:00 Bingo w/Prizes, AR 3:30 TGIF Social Hour, AR 6:00 Friday at the Movies, AR	31 10:00 Coupons Picking, AR 11:00 Individual Adult Coloring 2:00 Trip: Scenic Ride, AR 3:00 Table Games Checkers/Board Game, AR