

The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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

V-J Day

On the evening of Aug. 14, 1945, President Harry S. Truman announced the news that Japan had surrendered to the Allies in World War II. The six-year war formally ended on Sept. 2. Both dates have come to be known as Victory Over Japan Day, or V-J Day.



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.



A Classic Pie

Save room for a slice on Aug. 15, Lemon Meringue Pie Day.

AUGUST 2023

A Note From Our Executive Director



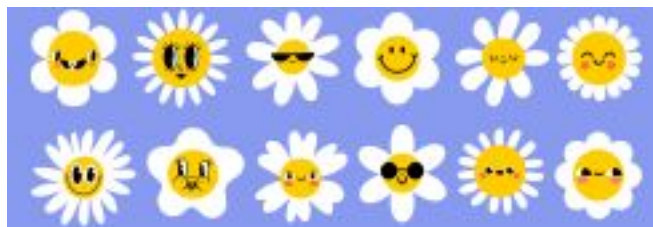
Dear Residents,
My name is Walmeka (Meka) Williams and I am the new Executive Director. I am a native of Williamsburg, VA and a wife and mother of two kids. I love having fun and finding time to laugh each day. I am so excited to be here and look forward to getting to know all of you while creating beautiful memories! I hope to see you all enjoying the many different

activities planned this month.

With appreciation,
Walmeka Williams

A Wonderful Wildflower

The native North American wildflower known as coneflower brightens prairies, roadsides, parks and gardens with cheerful blooms that attract butterflies, bees and birds. The flowers, which belong to the daisy family, get their name from their spiny seed heads that resemble a cone. The classic purple coneflower is the most popular, but you'll also see white, red, orange, yellow and pink varieties.



AUGUST 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

Cathryn Darcy - 8/03
Ann Jenkins - 8/14
Betty Rigglin - 8/14
Sharon Stumbaugh - 8/14
Oreta Watkins - 8/18

Take a Bubble Break

The simple summertime activity of blowing soap bubbles can actually be an exercise in mindfulness! Controlling your breathing as you inhale and exhale helps relieve tension. Focusing on watching the bubbles float away can clear your mind of worries and bring back happy, nostalgic memories.

“The winds and the waves are always on the side of the ablest navigators.”
—Edward Gibbon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 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	2 10:15 Exercise and weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Outside social and Cookies 4:00 Dominoes Club and Puzzles	3 10:00 Trip: Neighborhood Wal-Mart 11:00 Would you rather Games? 2:30 Watermelon Day 3:00 Outside Chat with Lemonade 4:00 Uno and Puzzle time	4 10:00 Exercise and weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 Happy Hour 6:00 Friday at the Movies (Residents Choice)	5 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
6 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee 3:30 Sports Hour (BASEBALL) 5:30 Adult Coloring	7 10:00 Exercise and weights 10:30 Family Feud Game 11:00 Things in August 1:30 Bingo with Prizes 3:00 5 Second Rule 5:00 News at 5:00pm	8 Elvis Week 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	9 10:15 Exercise and weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Outside social and Cookies 4:00 Dominoes Club and Puzzles	10 10:00 Physical Games (Ring Toss, Balloon Volleyball & Horse Racing) 10:30 Individual table Games 11:00 Would you rather Games? 2:30 Elvis Movie 5:00 Special Event (Blue Hawaii - Summer Luau)	11 10:00 Exercise and weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 Outside social with Popsicle Day 6:00 Friday at the Movies (Residents Choice)	12 9:30 Word Search Puzzles 10:00 Buckroe Farmers market 11:00 Saturday News (CNN) 2:00 Hydration Time (water or juice) 3:00 Sports Hour time
13 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee 3:30 Sports Hour (BASEBALL) 5:30 Adult Coloring	14 10:00 Exercise and weights 10:30 Family Feud Game 11:00 Things in August 1:30 Bingo with Prizes 3:00 5 Second Rule 5:00 News at 5:00pm	15 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	16 10:15 Exercise and weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Outside social and Cookies 4:00 Dominoes Club and Puzzles	17 10:00 Physical Games (Ring Toss, Balloon Volleyball & Horse Racing) 10:30 Trip: Lunch Outing 11:00 Would you rather Games? 2:00 At the Movies (residents' choice) 4:00 Uno and Puzzle time	18 10:00 Exercise and weights 11:00 Health Notes Adrian 1:30 Bingo with Prizes 3:00 Happy Hour 6:00 Friday at the Movies (Residents Choice)	19 9:30 Word Search Puzzles 10:00 Cowboy shows 11:00 Saturday News (CNN) 1:30 Art and Crafts 2:00 Hydration Time (water or juice) 3:00 Sports Hour time
20 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee 3:30 Sports Hour (BASEBALL) 5:30 Adult Coloring	21 10:00 Exercise and weights 10:30 Family Feud Game 11:00 Things in August 1:30 Bingo with Prizes 3:00 5 Second Rule 5:00 News at 5:00pm	22 10:00 Brain Exercise with Legacy 10:30 Coffee, Tea and Pastries 2:00 Nature Spring video 2:30 Nail Care 3:30 Library Hour 6:00 Church Service	23 10:15 Individual Hall Walking 10:30 Spiritual Reading and Bible Trivia 1:30 Afternoon News & Juice 2:30 Outside social and Cookies 4:00 Dominoes Club and Puzzles	24 10:00 Trip: Popshelf 10:30 Individual table Games 11:00 Would you rather Games? 1:30 Musical Documentary Video 4:00 Uno and Puzzle time	25 10:00 Individual Sitting & Walking in Courtyard 10:30 Family Feud and Word Games 2:30 Bingo with Devonne 3:00 Cookies & juice Social with DeVonne 6:00 Friday at the Movies (Residents Choice)	26 9:30 Word Search Puzzles 10:00 Trip: Scenic Ride 11:00 Saturday News (CNN) 1:30 Saturday Western Movie 2:00 Hydration Time (water or juice) 3:00 Sports Hour time
27 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity room 1:30 Sunday Matinee 3:30 Sports Hour (BASEBALL) 5:30 Adult Coloring	28 10:00 Exercise and weights 10:30 Family Feud Game 11:00 Things in August 1:30 Bingo with Prizes 3:00 5 Second Rule 5:00 News at 5:00pm	29 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 6:00 Church Service	30 10:15 Exercise and weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 3:00 Residents Council Meeting and Menu Chat 4:00 Dominoes Club and Puzzles	31 10:00 Physical Games (Ring Toss, Balloon Volleyball & Horse Racing) 10:30 Individual table Games 1:30 Painting on Canvas 2:30 Birthdays Celebration of the Month 4:00 Uno and Puzzle time		

August Employee of the Month



Congratulations to our employee of the month, Charissa Addison. Charissa is a Med Tech in our Assisted Living community. She enjoys helping our residents and hearing stories about their past. She goes above and beyond for our residents and makes them feel like family. She has been employed with The Devonshire for 2 years. She enjoys spending time with her family, cooking, traveling, going to outdoor festivals, and making waist beads. Her favorite food is New York Style Pizza. She is also planning a trip to visit the Dominican Republic in the near future.

Renew and Relax!

Does the thought of moving and the expenses that go along with it make you a little tense? Avoid the headaches and pressure by renewing your lease here with us! We'll make the process as worry-free as possible. All you have to do is drop in and sign. Life is stressful enough—unwind, kick up your feet and enjoy life here at our community.

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.

A Dose of Vitamin Sea

"The waves of the sea help me get back to me." —Jill Davis

Give Back at Back-to-School Time

When you're shopping school supply sales this month, consider picking up a few extra items to donate. Many community businesses and organizations host back-to-school drives, which provide backpacks full of supplies to children in need. You can also contact schools in your area and ask if you can drop off some extra pencils, crayons, glue and other goodies. School nurses will often keep toiletries and snacks on hand, so keep these items in mind if you're looking for other ways to give back.

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 H₂O can help you stay better hydrated.



Lifelong Knowledge

"Tell me and I forget. Teach me and I remember. Involve me and I learn." —Xun Kuang