

Favorite Fall Flavors

As the leaves on the trees turn from green to glorious shades of red, orange and yellow, another unmistakable sign of autumn makes an appearance on grocery store shelves and restaurant menus: the flavors of the season. Which of the following is your No. 1 pick?

Pumpkin spice: This orange squash has long been a popular fall dessert ingredient, but pumpkin spice — a blend of pumpkin, cinnamon, nutmeg, ginger and allspice — now reigns as the king of fall flavors, ever since Starbucks introduced its pumpkin spice latte in 2003.

Salted caramel: Specialty sea salt is the perfect partner for caramel, the chewy confection made by boiling sugar and mixing in cream, butter and vanilla. The sweet-and-salty combination was first developed in France before showing up stateside in ice cream, coffee drinks, chocolate candies, brownies, cookies and more.

Apple cider: From a cup of freshly pressed, cold apple cider to a steaming mug of mulled cider, this flavor is one of the most fragrant that fall has to offer. The seasonal beverage is often featured in muffins and other sweets, including apple cider donuts, a favorite at fall festivals.

Maple: This rich, dark sap harvested from maple trees is traditionally drizzled on pancakes and waffles, and can be used in baked goods or added to coffee, tea or ice cream. Maple's earthy sweetness also pairs well with savory and salty foods such as sausage, bacon, pork chops and nuts.

Art Time



Mrs. Stillwell did a lovely job as well.



Mr. Griffin hard at work on his lovely painting

The Splendor of Fall

The splendor of fall is the joy and call that our eyes behold as the beauty of leaves unfold.

Awesome is the sight the leaf in flight that colors our path among the patches of bright.

Oh, the splendor of fall gives us splendor of spirit You will have a smile giving us splendid days. We all feel the awesome creator's way!

Pumpkin Muffins Recipe

- Pumpkin Muffins
- 1 1/2 cups whole wheat flour
  - 3/4 tsp. baking powder
  - 1/2 tsp. baking soda
  - 1/2 tsp. salt
  - 1 tsp. ground cinnamon
  - 1/4 tsp. ground cloves
  - 1/4 tsp. ground ginger
  - 2 eggs
  - 3/4 cup pumpkin puree
  - 1 Tbsp. honey
  - 1/2 cup vegetable oil (coconut oil can be used)
  - 1/2 cup raisins
  - 1/4 cup honey (plus more to drizzle on top of muffins)

Stir the first seven ingredients in a mixing bowl.

Blend in the eggs, pumpkin, honey and oil.

Stir all other ingredients together.

Spoon the batter into paper baking cups.

Bake at 350 for 18 minutes until done.

Let cool.

Drizzle honey on top.

# The Devonshire

## Lifestyle

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

Like Us!

October 2017

Welcome Vivian Whitfield, Activity Director

First, I would like to wish each and every one of you a happy September and hope each of you enjoyed your summer.

As the Activities Director, I'm very happy to be here at The Devonshire. I'm looking for ways to enrich your loved one's life. Just a little about myself, I have 20-plus years working with elderly/ senior residents in different types of assisted living and adult care centers. My motto has always been, "Treat people like you would want to be treated." Just because they are not in their home, I want to make The Devonshire feel like home to them. If only I could make a little difference in their lives with fun and laughter each day, I have done part of my job.

Hopefully, I would like to speak with family, friends and loved ones and get to know just a little more of your loves so I can get them more involved in activities. If you have anything to add to our program, please feel free to contact me.

There will be some changes to the activities, hopefully more music, socials, outings and entertainment. Finally, when the holidays get started, I am looking forward to seeing more community faith events and our young people interacting together.

Again, I am looking forward to enjoying being here.

Vivian Z. Whitfield,  
ACTIVITIES DIRECTOR

### October Word Find

October	Opal
Bat	Pomegranate
Halloween	Candy Corn
Harvest	Cape
Spook	Cemetery
Pumpkin	Boo
Columbus Day	Raven
Wear Pink Day	Crypt

B Y O S T P Y R C C Y  
H A L L O W E E N E A  
R D T W L L M B A M D  
N S M H L O E O T E K  
I U A R A A C T K T N  
K B L B A R P C O E I  
P M E E N V V O O R P  
M U D R K V E E P Y R  
U L O O M E P N S A A  
P O M E G R A N A T E  
B C A N D Y C O R N W



ASSISTED LIVING

OCTOBER 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  
11:10 a.m.  
Lunch Outings
- Sunday  
2-4 p.m.  
Bus Ride

Birthdays

- Ruth Morgan, 1st
- Elizabeth Wade, 4th
- Louise Armstrong, 6th
- Helen Cauldie, 13th

“Cats are intended to teach us that not everything in nature has a function.”

—Garrison Keillor

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>9:00 Sunday School, IA</div> <div>9:45 Bible Scripture Reading (Ms. Dawn Taylor), AR</div> <div>2:00 Bus Ride, O</div> <div>2:00 Sharon Baptist Church, DR</div> <div>6:45 Art for the Heart, AR</div>	<div>2</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Book Club, AR</div> <div>1:30 Bean Bag Toss, DR</div> <div>2:30 Bingo, AR</div> <div>6:45 Card Games, AR</div>	<div>3</div> <div>9:45 Walking Warriors, AH</div> <div>10:30 Lemonade &amp; Conversation, AR</div> <div>1:30 Art for the Heart, AR</div> <div>2:00 Nail Care, AR</div> <div>6:45 Card Games, AR</div>	<div>4</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Ring Toss, AR</div> <div>1:30 Finish That Tune, AR</div> <div>3:00 Art &amp; Crafts, AR</div> <div>6:45 Fun Flicks &amp; Popcorn, AR</div>	<div>5</div> <div>10:00 Name Ten, AR</div> <div>10:30 Horse Shoes, AR</div> <div>11:10 Trip: Lunch Outing, O</div> <div>2:30 Songs Across America, AR</div> <div>6:45 Card Games, AR</div>	<div>6</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Book Club &amp; Doughnuts, AR</div> <div>1:45 Snack Bingo, AR</div> <div>3:15 Fun With Trivia, AR</div> <div>6:45 Jigsaw Puzzle Time, AR</div>	<div>7</div> <div>10:00 Coupons Picking, AR</div> <div>2:00 Cinema Saturdays, AR</div> <div>6:45 Checkers, AR</div>
<div>8</div> <div>9:00 Sunday School, IA</div> <div>10:00 Gospel Sounds, AR</div> <div>2:00 Bus Ride, O</div> <div>2:00 Sharon Baptist Church, DR</div> <div>2:30 Oktoberfest, IL</div> <div>6:45 Art for the Heart, AR</div>	<div>9</div> <div>COLUMBUS DAY</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Book Club, AR</div> <div>1:30 Dancing to the Music, AR</div> <div>2:30 Bingo, AR</div> <div>6:45 Card Games, AR</div>	<div>10</div> <div>9:45 Walking Warriors, AH</div> <div>10:30 Lemonade &amp; Conversation, AR</div> <div>2:00 Nail Care, AR</div> <div>6:45 Card Games, AR</div>	<div>11</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Ring Toss, AR</div> <div>1:30 Finish That Tune, AR</div> <div>1:30 Harvest Fest</div> <div>2:30 Fall Painting, AR</div> <div>6:45 Fun Flicks &amp; Popcorn, AR</div>	<div>12</div> <div>10:00 Name Ten, AR</div> <div>10:30 Horse Shoes, AR</div> <div>11:10 Bus Ride/Possible Movie Outing, O</div> <div>2:30 Songs Across America, AR</div> <div>6:45 Card Games, AR</div>	<div>13</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Book Club &amp; Doughnuts, AR</div> <div>1:45 Snack Bingo, AR</div> <div>3:15 Dancing to the Music, AR</div> <div>6:45 Jigsaw Puzzle Time, AR</div>	<div>14</div> <div>10:00 Coupons Picking, AR</div> <div>2:00 Cinema Saturdays, AR</div> <div>6:45 Checkers, AR</div>
<div>15</div> <div>9:00 Sunday School, IA</div> <div>9:45 Bible Scripture Reading (Ms. Dawn Taylor), AR</div> <div>2:00 Bus Ride, O</div> <div>2:00 Sharon Baptist Church, DR</div> <div>6:45 Art for the Heart, AR</div>	<div>16</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Book Club, AR</div> <div>1:30 Bean Bag Toss, DR</div> <div>2:30 Bingo, AR</div> <div>6:45 Card Games, AR</div>	<div>17</div> <div>9:45 Walking Warriors, AH</div> <div>10:30 Lemonade &amp; Conversation, AR</div> <div>1:30 Art for the Heart, AR</div> <div>2:00 Nail Care, AR</div> <div>6:45 Card Games, AR</div>	<div>18</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Ring Toss, AR</div> <div>1:30 Finish That Tune, AR</div> <div>3:00 Fall Painting, AR</div> <div>6:45 Fun Flicks &amp; Popcorn, AR</div>	<div>19</div> <div>10:00 Name Ten, AR</div> <div>10:30 Horse Shoes, AR</div> <div>11:15 Day Trip With Lunch Outing, O</div> <div>2:00 Elegantes Fashion Show, IL</div> <div>2:30 Songs Across America, AR</div> <div>6:45 Card Games, AR</div>	<div>20</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Book Club &amp; Doughnuts, AR</div> <div>1:45 Snack Bingo, AR</div> <div>3:15 Fun With Trivia, AR</div> <div>6:45 Jigsaw Puzzle Time, AR</div>	<div>21</div> <div>10:00 Coupons Picking, AR</div> <div>2:00 Cinema Saturdays, AR</div> <div>2:00 The Lyrics, DR</div> <div>6:45 Checkers, AR</div>
<div>22</div> <div>9:00 Sunday School, IA</div> <div>10:00 Gospel Sounds, AR</div> <div>2:00 Bus Ride, O</div> <div>2:00 Sharon Baptist Church, DR</div> <div>3:00 Bus Ride, O</div> <div>6:45 Art for the Heart, AR</div>	<div>23</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Book Club, AR</div> <div>1:30 Dancing to the Music, AR</div> <div>2:30 Bingo, AR</div> <div>6:45 Card Games, AR</div>	<div>24</div> <div>9:45 Walking Warriors, AH</div> <div>10:30 Lemonade &amp; Conversation, AR</div> <div>2:00 Nail Care, AR</div> <div>6:45 Card Games, AR</div> <div>7:00 North Hampton Church of Christ, DR</div>	<div>25</div> <div>9:30 Resident Meeting, AR</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Ring Toss, AR</div> <div>1:30 Word Trivia, AR</div> <div>6:45 Fun Flicks &amp; Popcorn, AR</div>	<div>26</div> <div>10:00 Name Ten, AR</div> <div>10:30 Horse Shoes, AR</div> <div>11:10 Bus Ride/Possible Movie Outing, O</div> <div>2:30 Songs Across America, AR</div> <div>6:45 Card Games, AR</div>	<div>27</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Book Club &amp; Doughnuts, AR</div> <div>1:45 Snack Bingo, AR</div> <div>2:00 Vinnie Knight, IL</div> <div>2:00 Birthday Party!, AR</div> <div>3:30 Fall Social, AR</div> <div>6:45 Jigsaw Puzzle Time, AR</div>	<div>28</div> <div>10:00 Coupons Picking, AR</div> <div>2:00 Cinema Saturdays, AR</div> <div>6:45 Checkers, AR</div>
<div>29</div> <div>9:00 Sunday School, IA</div> <div>10:00 Gospel Sounds, AR</div> <div>2:00 Bus Ride, O</div> <div>2:00 Sharon Baptist Church, DR</div> <div>6:45 Art for the Heart, AR</div>	<div>30</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Book Club, AR</div> <div>1:30 Halloween Art, AR</div> <div>2:30 Bingo, AR</div> <div>6:45 Card Games, AR</div>	<div>31</div> <div>HALLOWEEN</div> <div>9:45 Walking Warriors, AH</div> <div>10:30 Lemonade &amp; Conversation, AR</div> <div>2:00 Nail Care, AR</div> <div>3:30 a Taste of Halloween, AR</div> <div>6:45 Card Games, AR</div>				