

# Healthy Cheese Choices

A flavorful snack and ingredient, cheese is full of protein, calcium and other vital nutrients. In moderation, these varieties can be “grate” for your health!

**Mozzarella:** This soft white cheese is a star of many Italian dishes. It’s low in calories, and fresh mozzarella contains probiotics that boost gut health and immunity.

**Swiss:** One of the best cheeses to choose if you’re watching your blood pressure, Swiss is very low in sodium.

**Cheddar:** When it comes to vitamin K content, cheddar is better! This semi-hard cheese, ranging in flavor from mild to extra-sharp, is a valuable source of this vitamin, which is essential for bone and heart health.

**Blue cheese:** Bold and tangy blue cheese is one of the cheeses highest in calcium—about a third of the daily recommended amount. It’s higher in fat and sodium, but because of its robust flavor, a little goes a long way.

**Feta:** Made from sheep’s or goat’s milk, this soft Greek cheese is a good source of calcium and phosphorous, promoting strong bones and teeth.

**Cottage cheese:** This fresh, creamy cheese is low in calories yet high in protein, helping you stay full. Cottage cheese is also a great source of vitamin B12, a key element of healthy brain function.

**Parmesan:** Just a sprinkle of Parmesan is loaded with nutrients—a 1-ounce serving packs about 10 grams of protein and 25% of the daily needed amount of calcium.

# October Employee of the Month

Lamont Lewis is our October Employee of the Month. He has been a cook with us for five years. Lamont is always friendly and helpful. He really enjoys being able to cook for the residents. When he is not at work, he enjoys hanging out with friends, going out to eat and spending time with his daughter. He also enjoys going to Maryland to visit family.



## A Classic Detective Game

“Colonel Mustard, in the library, with a candlestick.” That’s a deduction you’d likely hear while playing the murder mystery board game Clue, in which players use their sleuthing skills to solve a whodunit.

Eliminating possible suspects, crime scenes and weapons has been popular entertainment since the game debuted in 1949. Inspired by murder mystery parlor games he’d seen played and the detective novels he enjoyed, Englishman Anthony Pratt and his wife, Elva, created a board game that used elements from both. The couple passed the time during World War II air raid blackouts designing and playing it.

Clue is set during a dinner party at Tudor Mansion, where host Mr. Boddy is found dead. Using the process of elimination, players try to figure out which of Boddy’s six guests committed the crime, where and how. The mansion’s nine rooms, six suspects and six weapons add up to over 300 possible crime scene combinations, so every game is different, making it fun to play again and again.

Clue remains one of the top 10 bestselling games. Its enduring popularity over the decades earned it the honor of being inducted into the National Toy Hall of Fame in 2017.

# 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 2021**



THE DEVONSHIRE  
A RETIREMENT COMMUNITY

## A Note From Our Executive Director

Happy October! October is one of my favorite months because of the slightly cooler temperatures and the leaves changing colors.

This month is going to be busy with all of our upcoming events. We will be starting the month off with a small Oktoberfest celebration, which I hope you all come out to! We also have a couple of scenic rides coming up. Make sure to get with our activities department to sign up for the upcoming trips. Wishing you all a wonderful month!

Sincerely,  
*Natalie Fox*  
Executive Director



## Golden Blooms

With their seasonal shades of vibrant orange and golden yellow, marigolds are a classic fall flower. Marigolds sprout quickly and grow fast, showing off colorful blooms from spring through fall. Two of the most common types are French marigolds, which are small and bushy, and tall African marigolds with large blossoms. Despite their names, the flowers are actually native to the Americas.

Attracting butterflies, ladybugs and other beneficial insects, marigolds are featured in many flowerbeds. They’re also popular companion plants for common garden vegetables, especially tomatoes, since their strong scent repels certain pests. In addition to their typical warm, golden hues, marigolds can be deep red, creamy white, or two-toned.

Marigolds play an important role in the annual Mexican celebrations of Día de los Muertos, or the Day of the Dead. For centuries, bouquets and garlands of marigolds have been used to decorate the graves and elaborate home altars that honor departed loved ones.



OCTOBER 2021

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Courtyard, 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

- Lillie Ward, 12th
- Beatrice Clark, 12th
- Marilyn Hargrove, 17th
- Elizbeth Green, 20th
- Robert “Bob” Davis, 21st

Country Store

- Tuesday  
11 a.m.-Noon
- Thursday  
10-11 a.m.

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00 Facts & Word Games, AR 1 10:30 Fitness and Fun, AR 11:00 International Coffee Day, DR 1:30 Bingo w/Prizes, AH 2:30 Friday Social w/Music, AR	10:00 Individual Word Finding and Crossword Puzzle 2 11:00 Individual Adult Coloring 2:30 At Movies w/ Cookies, AR 3:00 Sports Hour (Football), AR
	9:15 Hampton Christian Church, AR 3 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	9:45 Individual Courtyard Walking, CY 4 11:00 30-Minute News: CNN, AR 1:30 Bingo w/Prizes, AH 2:00 Fall at the Movies, AR 2:30 Snack and Drinks, AR 4:30 World News (CNN), AR	10:00 Mad Hatter Tea w/Pastries, AR 5 11:00 Fall Crafts 1:30 Nail Care, AR 3:15 Hot Cocoa Social, AR 3:30 Library Books	10:00 Spiritual Reading, AR 6 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AH 3:00 Baking Cookies and Music, AR 3:15 Nature & Art, AR	10:00 Trip: Shopping (Walmart), O 7 10:30 Family Feud, AR 11:00 Price Is Right w/Hot Apple Cider, AR 2:00 Documentary (Actor), AR 2:00 Menu Chat w/ Michael, AR 3:30 Chips and Dip	10:00 Facts & Word Games, AR 8 10:30 Fitness and Fun, AR 1:30 Bingo w/Prizes, AH 2:30 TGIF Social w/ Music, AR 3:30 Card Games, AR
	9:15 Hampton Christian Church, AR 10 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	COLUMBUS DAY 11 10:00 Fitness and Fun, AR 10:30 Outside w/Nature, CY 11:00 30-Minute News: CNN, AR 1:30 Bingo w/Prizes, AH 4:30 World News (CNN), AR	10:00 Diabetes Month (Healthy Treats), AR 12 10:30 Family Feud 1:30 Nail Care, AR 2:00 At the Movies (Musical), AR 3:30 Library Books	10:00 Spiritual Reading, AR 13 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AH 3:00 Baking Cookies and Music, AR 3:30 Outside w/ Nature, CY	10:00 Harvest Art & Crafts, AR 14 10:30 Family Feud, AR 11:00 Price Is Right w/Hot Apple Cider, AR 1:15 Trip: Scenic Ride, O 2:00 Menu Chat w/ Michael, AR 5:30 Special Event Autumn Splendor, DR	10:00 Facts & Word Games, AR 15 10:30 Fitness and Fun, AR 11:00 News & Views, AR 1:30 Bingo w/Prizes, AH 2:30 National Pizza Day (Social), AR 3:30 Fall Walk Outside, CY
	9:15 Hampton Christian Church, AR 17 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	9:45 Chair Exercise w/Weights, AR 18 11:00 30-Minute News: CNN, AR 1:30 Bingo w/Prizes, AH 2:30 Card Games (Uno), AR 4:30 World News (CNN), AR	11:00 Trip: for Fire Prevention Week, O 19 1:30 Nail Care, AR 2:30 Action Movie, AR 3:30 Library Books	10:00 Spiritual Reading, AR 20 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AH 3:00 Baking Cookies and Music, AR 3:15 Nature & Art, AR	10:00 Physical Games (Ball Toss), AR 21 10:30 Family Feud, AR 11:00 Price Is Right w/Hot Apple Cider, AR 2:00 Documentary (Actor), AR 2:00 Menu Chat w/ Michael, AR 3:30 Chips and Dip	10:00 Facts & Word Games, AR 22 10:30 Fitness and Fun, AR 11:00 Outside w/Hot Apple Cider, CY 1:30 Bingo w/Prizes, AH 2:30 Nacho and Sauce Social 3:00 Happy Hour and Music, AR
9:15 Hampton Christian Church, AR 24 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art	9:45 Fitness and Fun, AR 25 11:00 30-Minute News: CNN, AR 1:30 Bingo w/Prizes, AH 2:30 Baking Cookies and Music, AR 4:30 World News (CNN), AR	10:00 October Trivia and Word Games, AR 26 10:30 Satin Hands (Nail Care), AR 11:00 Price Is Right, AR 2:00 Birthday Party of the Month, AR 3:30 Library Books	10:00 Spiritual Reading, AR 27 10:30 Exercise and Weights, AR 1:30 Bingo w/Prizes, AH 2:30 Resident Council Meeting, AR 3:00 Ice Cream Social, AR	10:00 Physical Games (Ball Toss), AR 28 10:30 Family Feud, AR 1:15 Trip: Scenic Ride, O 1:30 All About Nature Video, AR 2:00 Menu Chat w/ Michael, AR 3:30 Chips and Dip	10:00 Facts & Word Games, AR 29 10:30 Fitness and Fun, AR 11:00 Halloween Video w/Treats, AR 1:30 Bingo w/Prizes, AH 2:30 Pre Halloween Party, AR	10:00 Individual Word Finding and Crossword Puzzle 30 11:00 Individual Adult Coloring 2:30 At Movies w/ Cookies, AR 3:00 Sports Hour (Football), AR
HALLOWEEN 31 9:15 Hampton Christian Church, AR 10:30 Gospel Sounds in Activity Room, AR 2:00 Sunday Afternoon at the Movies, AR 5:00 Individual Art						