

The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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

The Joy of Simple Things

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

Treats. Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration.

Decorations. Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

Crafts. Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work.

Music. Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.

Remember When: Blow Mold Decorations

Once upon a time, seasonal and holiday decorating in America meant many homes in a typical neighborhood had blow mold figurines. Made of durable, brightly colored plastic and usually containing plug-in lights, decorations in the shapes of pumpkins, snowmen and more gave off an inviting glow on a brisk evening. Around since the 1940s, blow molds reached their peak in the '70s. Though retailers are bringing back the trend by producing new molds, vintage pieces are even more popular, whether passed down from a relative or purchased at an antique store.



DECEMBER 2022

A Note From Our Executive Director



Natalie Fox
Executive Director

Hello, and welcome to the busiest month of the year! We are looking forward to our "Christmas Tree Forest". We will have multiple Christmas trees decorated throughout the building to enjoy. I would like to wish our residents and their families a joyous season full of peace and love. Happy holidays!
Sincerely,

A Taste of Winter

The playful act of catching falling flurries on your tongue appears to be a shared response to snow by a range of species. Photographers have captured many animals enjoying a taste of winter, including dogs, birds, cows, deer, bears and monkeys.



**DECEMBER
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

Country Store

Tuesday	11am-Noon
Thursday	10am-11am

Birthdays


Marie Carsia - 12/14
Clifford Rosen - 12/31

The Glee of Giving

"The happiest people are those who do the most for others," said leader and educator Booker T. Washington. That joyful feeling you often get from giving is apparently part of our biology. Neuroscientists studying the human impulse to help others used detailed brain scans and saw that acts of generosity lit up parts of the brain connected to pleasure. They say it's proof of why doing good can make you feel good.

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."
—Martin Luther King Jr.

Sunday	Monday	Tuesday
 <p>4</p> <p>9:30 Hampton Christian Church</p> <p>10:30 Gospel Sounds Activity room</p> <p>1:00 Individual Word Finding and Crossword Puzzle</p> <p>2:00 Sunday Matinee</p> <p>4:00 Individual Hall Walking</p>	 <p>5</p> <p>10:00 Exercise with weights</p> <p>10:30 Holiday Trivia</p> <p>11:00 30-minute News break</p> <p>1:30 Christmas Movie</p> <p>2:00 Snacks and Hot Cocoa</p> <p>5:00 Puzzles Hour</p>	 <p>6</p> <p>10:00 Brain Exercise with Legacy</p> <p>10:30 Coffee, Tea and Pastries</p> <p>11:00 Hydration Time (water or Juice)</p> <p>1:30 Nail Care</p> <p>2:30 Fruit Cake and Eggnog</p> <p>3:30 Library Hour</p> <p>4:00 Holiday Music</p>
<p>11</p> <p>9:30 Hampton Christian Church</p> <p>10:30 Gospel Sounds Activity room</p> <p>1:00 Individual Hall Walking</p> <p>2:00 Sunday Matinee</p> <p>4:00 Individual Word Finding and Crossword Puzzle</p>	<p>12</p> <p>10:00 Exercise with weights</p> <p>10:30 Holiday Trivia</p> <p>11:00 30-minute News break</p> <p>1:30 Christmas Movie</p> <p>2:00 Snacks and Hot Cocoa</p> <p>5:00 Table Games (Uno or Scrabble)</p>	<p>13</p> <p>10:00 Brain Exercise with Legacy</p> <p>10:30 Coffee, Tea and Pastries</p> <p>11:00 Hydration Time (water or Juice)</p> <p>1:30 Nail Care</p> <p>2:30 Fruit Cake and Eggnog</p> <p>3:30 Library Hour</p> <p>4:00 Holiday Music</p>
<p>18</p> <p>9:30 Hampton Christian Church</p> <p>10:30 Gospel Sounds Activity room</p> <p>1:00 Individual Hall Walking</p> <p>2:00 Sunday Matinee</p> <p>4:00 Individual Word Finding and Crossword Puzzle</p>	<p>19</p> <p>10:00 Exercise with weights</p> <p>10:30 Holiday Trivia</p> <p>11:00 30-minute News break</p> <p>1:30 Christmas Movie</p> <p>2:00 Snacks and Hot Cocoa</p> <p>5:00 Table Games (Uno or Scrabble)</p>	<p>20</p> <p>10:00 Brain Exercise with Legacy</p> <p>10:30 Coffee, Tea and Pastries</p> <p>11:00 Hydration Time (water or Juice)</p> <p>1:30 Nail Care</p> <p>2:30 Fruit Cake and Eggnog</p> <p>3:30 Library Hour</p> <p>4:00 Holiday Music</p>
<p>Christmas 25</p> <p>9:30 Hampton Christian Church</p> <p>10:30 Gospel Sounds Activity room</p> <p>1:00 Individual Hall Walking</p> <p>2:00 Sunday Matinee</p> <p>4:00 Individual Word Finding and Crossword Puzzle</p>	<p>Christmas (Observed) 26</p> <p>10:00 Exercise with weights</p> <p>11:00 30-minute News break</p> <p>1:30 Christmas Movie</p> <p>2:00 Snacks and Hot Cocoa</p> <p>3:00 Holiday Music</p>	<p>27</p> <p>10:00 Brain Exercise with Legacy</p> <p>10:30 Coffee, Tea and Pastries</p> <p>11:00 Hydration Time (water or Juice)</p> <p>1:30 Nail Care</p> <p>2:00 Music with Buz.</p> <p>2:30 Birthday Celebration</p> <p>3:30 Library Hour</p> <p>4:00 Holiday Music</p>

Wednesday	Thursday	Friday	Saturday
	<p style="text-align: right;">1</p> <p>10:00 Physical Games 10:30 Hot Apple Cider 11:00 Upcoming Holiday News 1:30 Trip: Scenic Ride 2:00 Holiday Movie 2:30 popcorn & Drinks 3:30 Connect Four</p>	<p style="text-align: right;">2</p> <p>10:00 Exercise with weights 10:30 Facts and word Games 11:00 Holiday Music 2:30 Bingo with Prizes 3:30 TGIF SOCIAL 6:00 Friday Evening at the Movies</p>	<p style="text-align: right;">3</p> <p>9:30 Word Search Puzzles 10:00 Table Games (Uno or Scrabble) 10:30 Individual Word Finding & Crossword 11:00 Hydration Time (Water or Juice) 11:00 Saturday News 2:00 Cowboy Show 2:30 Snacks and Drinks</p>
<p style="text-align: right;">7</p> <p>10:00 Exercise with weights 10:30 Finish Line and Second Rule 11:00 Fun with Price is Right 1:30 Bingo with Prizes 3:00 Table Games (Uno or Scrabble) 5:30 Trip: Holiday Lights</p>	<p style="text-align: right;">8</p> <p>10:00 Holiday Art & Crafts 10:30 Individual Sitting & Walking in Courtyard 11:00 Nature Hour 1:30 At the Movies (residents' choice) 2:30 popcorn & Drinks 3:30 Connect Four</p>	<p style="text-align: right;">9</p> <p>10:00 Exercise with weights 10:30 Facts and word Games 11:00 Holiday Music 1:30 Birds Unlimited 2:30 Bingo with Prizes 3:30 TGIF SOCIAL 6:00 Friday Evening at the Movies</p>	<p style="text-align: right;">10</p> <p>9:30 Word Search Puzzles 10:00 Morning Bingo 10:30 Individual Word Finding & Crossword 11:00 Hydration Time (Water or Juice) 2:00 Cowboy Show 2:30 Snacks and Drinks 3:00 Holiday Show</p>
<p style="text-align: right;">14</p> <p>10:00 Exercise with weights 10:30 Spiritual Reading 11:00 Fun with Price is Right 1:30 Bingo with Prizes 3:00 Table Games (Uno or Scrabble) 5:30 Evening News</p>	<p style="text-align: right;">15</p> <p>10:00 Holiday Art & Crafts 10:30 Trip: Lunch Outing 11:00 Nature Hour 1:30 Family Feud Game 2:30 popcorn & Drinks 3:30 Connect Four</p>	<p style="text-align: right;">16</p> <p>10:00 Exercise with weights 10:30 Facts and word Games 11:00 Holiday Music 2:30 Bingo with Prizes 3:30 TGIF SOCIAL 6:00 Friday Evening at the Movies</p>	<p style="text-align: right;">17</p> <p>9:30 Word Search Puzzles 10:30 Individual Word Finding & Crossword 11:00 Hydration Time (Water or Juice) 2:00 Cowboy Show 2:30 Snacks and Drinks 3:00 Holiday Show</p>
<p style="text-align: right;">21</p> <p>10:00 Exercise with weights 10:30 Spiritual Reading 11:00 Fun with Price is Right 1:30 Bingo with Prizes 3:00 Table Games (Uno or Scrabble) 5:30 Evening News</p>	<p style="text-align: right;">22</p> <p>10:00 Holiday Art & Crafts 11:00 Nature Hour 11:00 Trip: Lunch Outing 1:30 Family Feud Game 2:00 Residents' Holiday Party 2:30 popcorn & Drinks 3:30 Connect Four</p>	<p style="text-align: right;">23</p> <p>10:00 Exercise with weights 10:30 Facts and word Games 11:00 Holiday Music 2:30 Bingo with Prizes 3:30 TGIF SOCIAL 6:00 Friday Evening at the Movies</p>	<p style="text-align: right;">24</p> <p>9:30 Word Search Puzzles 10:30 Individual Word Finding & Crossword 11:00 Hydration Time (Water or Juice) 2:00 Cowboy Show 2:30 Snacks and Drinks 3:00 Holiday Show</p>
<p style="text-align: right;">28</p> <p>10:00 Exercise with weights 10:30 Spiritual Reading 11:00 Fun with Price is Right 1:30 Bingo with Prizes 2:30 Resident Council Meeting Menu chat with tom 3:00 Table Games (Uno or Scrabble) 5:30 Evening News</p>	<p style="text-align: right;">29</p> <p>10:00 Holiday Art & Crafts 10:00 Trip: Dollar Tree 11:00 Nature Hour 1:30 Family Feud Game 2:30 popcorn & Drinks 3:30 Connect Four</p>	<p style="text-align: right;">30</p> <p>10:00 Exercise with weights 10:30 Facts and word Games 11:00 Holiday Music 2:30 Bingo with Prizes 3:30 TGIF SOCIAL 6:00 Friday Evening at the Movies</p>	<p style="text-align: right;">31</p> <p>10:30 Individual Word Finding & Crossword 11:00 Hydration Time (Water or Juice) 2:00 Cowboy Show 2:30 Snacks and Drinks 3:00 Holiday Show</p>

December Employee of the Month



Our December employee of the month is Mikayla Huerta. She is our Administrative Assistant. You will often see her smiling face at our front desk assisting Residents and our guests. She enjoys learning about our residents and listening to their stories. Mikayla has been employed with The Devonshire for 3 months. She is married and has a 1-year-old son. In her free time, she enjoys taking pictures, and spending time with family and friends. Her favorite food is spaghetti. Her dream vacation spot is Jamaica. She hopes to plan a trip soon!

Jingle All the Way

The jolly sound of sleigh bells ringing is a sign that winter's on its way. Bells have long been placed on horse harnesses as good luck charms, and before cars were invented, sleigh bells signaled that a horse-drawn carriage was coming down the street. This was especially important when snowy paths softened the sound of the animals' hooves, linking the jingle of bells to the winter season.

Laugh Lines: Eat, Drink and Be Merry

The gingerbread man went to the medical clinic because he had a sore knee. After examining it, the doctor said, "Have you tried icing it?"

Q: Why did the gingerbread man go to the dentist?

A: He had gingervitis.

Q: What does gingerbread do when it's done baking?

A: It just loaf around.

Q: What is a gingerbread man's favorite drink?

A: Ginger ale.

Q: How would you rate the eggnog?

A: It's egg-cellent.

Q: Who tells the best eggnog jokes?

A: Comedi-hens!

Q: What's a fun party activity to do while drinking eggnog?

A: Singing kara-yolkie!

Q: What happens when no one comes to your holiday party?

A: You can have your fruitcake and eat it too.

Q: Why is history like a fruitcake?

A: Because it's full of dates.

Q: When is a fruitcake like a golf ball?

A: When it's been sliced.

Q: Why was the German tourist searching for fruitcake?

A: It was stollen.

Frosty Figures

Freshly fallen snow is nature's invitation for kids and kids at heart to build that classic symbol of winter, a snowman.

Though humans have probably been creating frosty figures since prehistoric times, the first known drawing of a snowman was found in a book from the late 1300s. With snow being an abundant and free material, artists in the Middle Ages used it to form detailed statues, and winter festivals showcased these works of art. In 1494, the ruler of Florence, Italy, commissioned a young Michelangelo to sculpt a snowman in his courtyard.

Over time, stacking three balls of snow into a human figure grew into a playful pastime for all. One of the earliest photographs, taken in 1845, was of a snowman. Around the turn of the 20th century, images of jolly snowmen started appearing on greeting cards and magazine covers. Later, they became the stars of many films, books and songs that remain popular today.

After a substantial snowfall, you'll often spot a snowman, decorated with accessories ranging from the traditional to whimsical—carrot nose optional!



HAPPY
Holidays!