

The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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

DECEMBER 2023

A Note From Our Executive Director

Hello, and welcome to the busiest month of the year! We have lots of activities planned such as a holiday social with eggnog and fruitcake, a trip to see the "Celebration in Lights" at Newport News Park, and our Special Event "Christmas Tree Forest." I would like to wish our residents and their families a joyous season full of peace and love. Happy Holidays!

Sincerely,
Walmeka Williams
Executive Director



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.



Welcoming Wreaths

Wreaths made of greenery have been used since ancient Greece, symbolizing victory, strength and honor. Later, as people decorated their homes in winter with evergreen trees, they used the trimmed branches to weave a wreath, in an effort to reduce waste. Wreaths became a symbol of welcoming, as well as a sign of new life to come in the spring.



DECEMBER

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

Marie Claria 12/14
Clifford Rosen 12/31

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.

“Bells are music’s laughter.”
—Thomas Hood

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>1</div> <div>10:00 Exercise and Weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 Happy Hour with Eggnog 6:00 Friday at the Movies (Residents’ Choice)</div>	<div>2</div> <div>9:30 Word Search Puzzles 10:30 Trip: Scenic Ride 11:00 Saturday News (CNN) 2:00 Hydration Time (Water or Juice) 3:00 Sports Hour Time</div>
<div>3</div> <div>9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (FOOTBALL) 5:30 Adult Coloring</div>	<div>4</div> <div>10:00 Morning Bingo with Prizes 10:30 Family Feud Game 11:00 Things in December 1:30 Tree Decorating Party 3:00 5-Second Rule 5:00 News at 5:00pm</div>	<div>5</div> <div>10:00 Brain Exercise with Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Nature Winter Video 2:30 Nail Care 3:30 Christmas Music</div>	<div>6</div> <div>10:15 Exercise and Weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:00 Holiday Music and Sing-a-Long 2:30 Hot Cocoa Social and Cookies 5:00 Trip: Holiday Lights</div>	<div>7</div> <div>Chanukah Begins 10:00 Holiday Artwork 11:00 Trip: Lunch Outing (Parklane) 2:00 Inside Individual Hall Walking 3:00 Table Games (UNO or Cards)</div>	<div>8</div> <div>10:00 Exercise and Weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 Happy Hour with Eggnog 6:00 Friday at the Movies (Residents’ Choice)</div>	<div>9</div> <div>9:30 Word Search Puzzles 10:00 Christmas Crafts 11:00 Saturday News (CNN) 1:30 Holiday Music with Cookies 2:00 Hydration Time (Water or Juice) 3:00 Sports Hour Time</div>
<div>10</div> <div>9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (FOOTBALL) 5:30 Adult Coloring</div>	<div>11</div> <div>Holiday Spirit Week 10:00 Holiday Word Search 10:30 Family Feud Game 11:00 Things in December 1:30 Bingo with Prizes 3:00 5-Second Rule 5:00 News at 5:00pm</div>	<div>12</div> <div>10:00 Brain Exercise with Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Nature Winter Video 2:30 Nail Care 3:30 Christmas Music</div>	<div>13</div> <div>10:15 Exercise and Weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Hot Cocoa Social and Cookies 4:00 Dominoes Club and Puzzles</div>	<div>14</div> <div>10:00 Holiday Artwork 10:30 Holiday Music with Eggnog 11:00 Would You Rather? 2:00 Holiday Movie Residents’ Choice 3:00 Table Games (UNO or Cards)</div>	<div>15</div> <div>10:00 Exercise and Weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 Making S’mores 6:00 Friday at the Movies (Residents’ Choice)</div>	<div>16</div> <div>9:30 Word Search Puzzles 10:00 Cowboy Shows 11:00 Saturday News (CNN) 1:30 Trip: Scenic Ride 2:00 Hydration Time (Water or Juice) 3:00 Sports Hour Time</div>
<div>17</div> <div>9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (FOOTBALL) 5:30 Adult Coloring</div>	<div>18</div> <div>10:00 Holiday Word Search 10:30 Family Feud Game 11:00 Things in December 1:30 Bingo with Prizes 3:00 5-Second Rule 5:00 News at 5:00pm</div>	<div>19</div> <div>10:00 Brain Exercise with Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Nature Winter Video 2:30 Nail Care 3:30 Christmas Music</div>	<div>20</div> <div>10:15 Exercise and Weights 10:30 Spiritual Reading and Bible Trivia 11:00 Price is Right 2:00 Special Event Forest of the Trees and Residents’ Christmas Party 4:00 Dominoes Club and Puzzles</div>	<div>21</div> <div>10:00 Holiday Artwork 10:30 Game Show TV 11:00 Would You Rather? 1:30 Residents’ Council Meeting and Menu Chat 3:00 Table Games (UNO or Cards)</div>	<div>22</div> <div>10:00 Exercise and Weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 Happy Hour with Eggnog 6:00 Friday at the Movies (Residents’ Choice)</div>	<div>23</div> <div>9:30 Word Search Puzzles 10:00 Cowboy Shows 11:00 Saturday News (CNN) 1:30 Trip: Scenic Ride 2:00 Hydration Time (Water or Juice) 3:00 Sports Hour Time</div>
<div>24</div> <div>9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (FOOTBALL) 5:30 Adult Coloring</div>	<div>25</div> <div>Christmas 9:00 Christmas Parade 10:00 Holiday Word Search 11:00 Holiday News (CNN) 1:30 Christmas Movie 5:00 Basketball Games (TNT)</div>	<div>26</div> <div>Kwanzaa 10:00 Brain Exercise with Legacy 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Nature Winter Video 6:00 Church Service with Hampton Christian Church</div>	<div>27</div> <div>10:15 Exercise and Weights 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Hot Cocoa Social and Cookies 4:00 Dominoes Club and Puzzles</div>	<div>28</div> <div>10:00 Holiday Artwork 10:30 New Year’s Trivia! 11:00 Would You Rather? 2:00 Christmas Music and Holiday Cookies 3:00 Table Games (UNO or Cards)</div>	<div>29</div> <div>10:00 Exercise and Weights 11:00 Trip: Lunch Outing (Texas Roadhouse) 1:30 Bingo with Prizes 3:00 Happy Hour with Eggnog 6:00 Friday at the Movies (Residents’ Choice)</div>	<div>30</div> <div>9:30 Word Search Puzzles 10:00 Trip: Dollar Tree 11:00 Saturday News (CNN) 1:30 PRE-NEW YEAR CELEBRATION! 2:00 Hydration Time (Water or Juice) 3:00 Sports Hour Time</div>
<div>31</div> <div>9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (FOOTBALL) 5:30 Adult Coloring</div>						

December Employee of the Month



Our December employee of the month is Alex Perez-Monge. She works part-time as a Med Tech in our assisted living community. She has been working here for about 4 years. Alex is a hard worker and really loves our residents. She enjoys spending time with her kids, going to the park, baking, and enjoying movie nights with popcorn and candy. She enjoys many types of foods, but one of her favorite restaurants is Texas Roadhouse. One day she would like to visit Paris and Dubai.

Cold and Flu Truth

"Feed a cold, starve a fever." This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don't force yourself to eat if you aren't hungry. However, staying hydrated is important, so drink plenty of fluids.

Fruitcake for All

Collin Street Bakery, south of Dallas, has been making fruitcake since 1896. The company bakes 1.6 million fruitcakes per year, shipping the confection to customers in all 50 states and 200 countries.



Holiday Décor Safety

Make sure you think of safety when decorating for the season. Don't let tinsel or garland become a tripping hazard; for fire safety, turn off all lights before going to bed or leaving the house; and read all warning labels and directions.



Peace on Earth

Goodwill toward all people, and season's greetings! Christmas, Hanukkah, Kwanzaa—whatever holiday you're celebrating, we hope it's terrific! Best wishes for a joyous New Year!



Happy Kwanzaa

We'd like to wish Happy Kwanzaa to all our residents celebrating the festival this month. Have a joyous holiday!

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.

