

Lunch Outings

Be sure to join us Thursdays at 11:10 a.m. for our lunch outings. We go to wonderful eateries and have a good ol' time. Hope to see you at the next one!



Happy New Year!

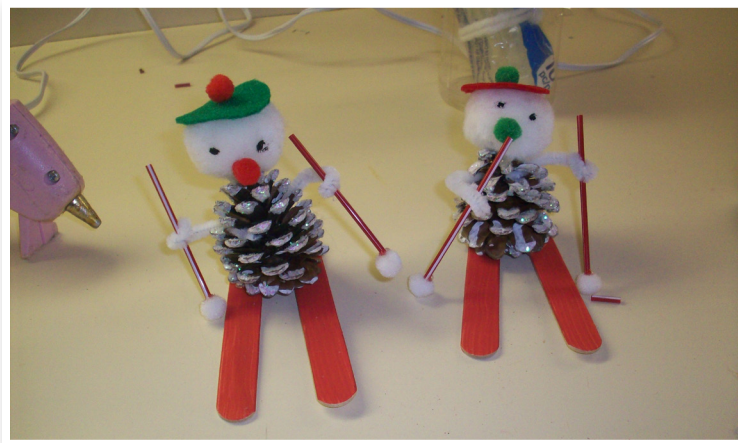
This is the time of year to set new goals and hope we achieve them. I hope everyone sets a goal, whether it be big or small, and makes an effort to stick with it.

Hear are some important goals for the new year we all could do:

- Call an old friend
- Share a funny story
- Pay a debt
- Answer softly
- Don't envy or have malice
- Be a role model
- Make a genuine effort
- Don't enlarge small worries
- Think before you speak
- Apologize when you are wrong
- Don't blow your own horn
- Lighten up, laugh out loud
- Avoid negative people
- Take better care of yourself
- Smile more often
- Be kind to others
- And last but not least:
- Don't be afraid to say "I Love You"

Arts & Crafts

Great job ladies! Be sure to join us Tuesdays at 2:30 p.m.



Welcome our New Residents!

Please take the time to introduce yourself to our new residents, Mrs. Frances Veryzer and Mrs. Nancy Walls.



The Devonshire Lifestyle



Independent Living Community

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

January 2018

Executive Director

Hi everyone, I am your new Executive Director, Laletha Moore. For those of you who I have yet to meet, I will introduce myself at the next town hall meeting. I hope things are going well within the community, and if you have any questions or concerns, please feel free to stop by. My door is always open.

Laletha Moore

Martin Luther King Jr.

Martin Luther King Jr. was a civil rights activist in the 1950s and 1960s. He led non-violent protests to fight for the rights of all people including African Americans. He hoped that America and the world could become a colorblind society where race would not impact a person's civil rights. He is considered one of the great orators of modern times, and his speeches still inspire many to this day.

In 1963, Martin Luther King, Jr. helped to organize the famous March on Washington. Over 250,000 people attended this march in an effort to show the importance of civil rights legislation. Some of the issues the march hoped to accomplish included an end to segregation in public schools, protection from police abuse and to get laws preventing discrimination in employment.

It was at this march where Martin gave his "I Have a Dream" speech. This speech has become one of the most famous speeches in history. The march and Martin's speech were a success. The Civil Rights Act was passed a year later in 1964.

King was the youngest person to be awarded the Nobel Peace Prize in 1964.

Martin Luther King Jr. Day is a national holiday.

He was awarded the Congressional Gold Medal and the Presidential Medal of Freedom.

The name on his original birth certificate is Michael King. This was a mistake, however. He was supposed to be named after his father, who was named for the leader of the Christian reformation movement, Martin Luther.

He is often referred to by his initials MLK (www.ducksters.com/).



JANUARY 2018

Locations

Activities Room, AR
Court Yard, CY
Craft Room, CR
Dining Room, DR
Game Room, GR
Windsor Room, WR

Transportation Schedule

Monday, 9:30 a.m.
Bank Runs
Tuesday, 8:30-11 a.m.
Dr. Runs (Hampton Only)
Tuesday, 1-4 p.m.
Dr. Runs (Newport News Only)
Wednesday, 8:30-11 a.m.
Dr. Runs (Hampton Only)
Wednesday, 1-4 p.m.
Dr. Runs (Newport News Only)
Thursday, 11:10 a.m.
Lunch Outings
Friday, 9:45 a.m.
Farm Fresh & Aldi
Saturday, 10 a.m.
Food Lion

Birthdays

Helen Bostic, 1st
Geraldine Fitchett, 10th
Elizabeth (Betty) Health, 13th
Nancy Harrison, 16th
Beverly Jones, 20th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NEW YEAR'S DAY 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Dollar Tree 2:30 New Year's Resolution Social, AR 3:30 Billiards in Game Room, GR	1 9:10 Swimmers 10:00 Coffee Klatch, AR 11:00 What's the Buzz, AR 1:00 Prize Bingo, AR 2:30 Arts & Crafts, CR 4:00 5 Second Rule, AR	2 Bank Run TBA 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Fall Prevention Info Session w/ Genisis Rehab, AR 2:30 Wii Bowling, GR 4:00 What Happened Here? Card Game, AR	3 9:10 Swimmers 11:10 Lunch Outing Jason's Deli 1:30 Art for the Heart, CR 2:30 Trivia Hour, AR 4:00 Hot Cider & Conversation, AR	4 9:45 Farm Fresh 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Dav Thrift Store 3:30 Happy Hour, AR	5 10:00 Food Lion 1:00 Resident Canasta, AR 2:00 Trader Joe's 6:00 Chosen Generation Ministries Bible Study, WR 6:00 Cinema Saturday w/Popcorn, AR
7 9:20 Sunday School, WR 2:00 Scenic Bus Ride 3:00 Resident Card Game, AR 6:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR	8 9:30 Banks 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 JC Penney's 2:00 Bridge 3:30 Scrabble, AR	9 9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:15 Resident Dining Meeting, DR 2:30 Arts & Crafts, CR 4:00 How to Make a Bow Tutorial, CR	10 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Nail Care, AR 2:00 Town Hall Meeting, DR 3:45 Trivia Hour	11 9:10 Swimmers 10:20 Bookmobile, AR 11:10 Lunch Outing Fortune Garden 2:00 Hampton History Museum Outing	12 9:45 Aldi Grocery Store 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 12:45 Walmart 2:30 Current Events & Hot Tea, AR 3:30 Happy Hour, AR	13 10:00 Lidil Grocery Store 12:45 Bed Bath & Beyond 2:30 Kohls 3:00 Spades Card Game, AR
14 9:20 Sunday School, WR 2:00 Scenic Bus Ride 3:00 Resident Card Game, AR 6:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR	MARTIN LUTHER KING JR. DAY 9:30 Banks 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 2:00 Bridge 2:00 Martin Luther King Jr. Day of Service, DR 6:00 Northampton Women's Club Bingo, AR	16 9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Arts & Crafts, CR 4:00 Billiards in Game Room, GR	17 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Winter Pictionary, AR 3:00 Wii Bowling, GR	18 9:10 Swimmers 2:00 Hunka Burnin Love Party, DR	19 9:45 Farm Fresh 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Peebles 3:30 Happy Hour, AR	20 10:00 Food Lion 1:30 Wine & Cheese Tasting, AR 2:00 Peebles 6:00 Cinema Saturday w/Popcorn, AR
21 9:20 Sunday School, WR 2:00 Scenic Bus Ride 3:00 Resident Card Game, AR 6:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR	22 9:30 Banks 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Roses 2:00 Bridge 3:30 Scrabble, AR	23 National Compliment Day! 9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Arts & Crafts, CR 4:00 Hot Cocoa & Conversation, AR	24 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Nail Care, AR 3:45 Trivia Hour, AR	25 9:10 Swimmers 10:20 Bookmobile, AR 11:10 Lunch Outing Anna's Italian Restaurant 2:00 Social Hour, AR 3:15 Jackpot Bingo, AR	26 9:45 Aldi Grocery Store 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 2:00 Birthday Party w/Roberto, DR 3:30 Happy Hour, AR	27 10:00 Lidil Grocery Store 1:00 Ollie's 3:00 Spades Card Game, AR 3:00 TJ Maxx
28 9:20 Sunday School, WR 2:00 Scenic Bus Ride 3:00 Resident Card Game, AR 6:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR	29 9:30 Banks 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Dollar Tree 2:00 Bridge 3:30 Puzzle Hour, AR	30 9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Arts & Crafts, CR 4:00 Penny Ante, AR	31 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:30 Devonshire Wheel of Fortune, AR 3:00 Full Moon Social & Cocktails			