

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.



The Chinese Zodiac

The Lunar New Year, also called Chinese New Year or the Spring Festival, is celebrated in several Asian countries, and begins Jan. 25. Based on the Chinese lunar calendar, 2020 is the Year of the Rat, one of the symbolic animals of the Chinese zodiac.

Historians say China's zodiac system was likely developed more than 2,000 years ago, but it remains an important part of Lunar New Year festivities. The zodiac consists of 12 animals, including the dog, horse, rooster and tiger, and each represents a different year in a 12-year cycle.

Similar to Western astrological signs, each animal is associated with personality traits, strengths and weaknesses, and one of five elements: wood, fire, earth, metal and water. A person is matched to an animal based on their birth year. You can find your Chinese zodiac sign using charts, easily available online.

In Chinese culture, it's considered bad luck when your zodiac animal's year comes around. However, a popular way to prevent misfortune is to wear red clothing or accessories, since red is a lucky color in China.

Begin a Journaling Journey

If you're looking to begin a fun activity for the new year, consider keeping a journal. See if one of these styles is "write" for you.

Daily journal: This is the classic "Dear Diary" style of journaling, in which you record the day's events, your observations and how you're feeling.

Gratitude journal: Take some time each day to write down a few things you are thankful for in a gratitude journal. This daily habit has been shown to increase happiness, and rereading your journal entries can provide comfort and perspective.

One-line-a-day journal: Quick and easy, these journals typically cover a five-year period. You simply record one thought every day, and the pages are formatted so that you can look back at what happened on the same date in previous years.

Dream journal: Keep a dream journal at your bedside, and write down the details of your dreams when you wake up. This habit can help you train your brain to remember your dreams more often. You may also gain insight by studying your dream patterns and symbols.

Keepsake journal: Geared toward parents and grandparents, keepsake journals contain questions and prompts that encourage you to record your memories and life experiences for loved ones.



The Devonshire Lifestyle



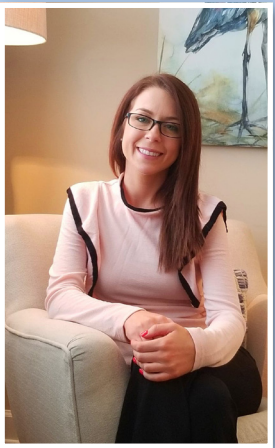
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JANUARY 2020

Happy New Year!

Happy New Year and hello, 2020! What a great year it has been at The Devonshire Senior Living and 2020 holds so much to look forward to — parties, birthday celebrations, anniversaries, new friendships, and new experiences. There is so much to be thankful for. What a fantastic time to be alive and what a fantastic time to be part of The Devonshire Senior Living Family.



This month, hundreds of thousands of people will challenge themselves to a New Year's resolution. Some will try to exercise more, save money, or get more sleep. How about a resolution we all can fulfill — caring for one another? The Devonshire Senior Living is already one of the friendliest communities you will find, so may we continue on with positive attitudes and contagious politeness and may it radiate throughout, into the rest of the world.

I look forward to another wonderful year with you!

Sincerely,
Natalie Fox
Executive Director

Photo Gallery



JANUARY 2020

Locations

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

Birthdays

Helen Bostic, 1st
John Klewicki, 2nd
Betty Palko, 12th
Elizabeth (Betty) Health, 13th
Judy Hill, 19th
Beverly Jones, 20th
Peggy Cash, 22nd
Calvin Hobson, 26th
Dorothy "Jean" Emond, 27th

Transportation Schedule

Monday, 9:30 a.m.
Bank Runs

Tuesday, 8:30-11:30 a.m.
Newport News Medical Runs

Tuesday, 1-3 p.m. (Hampton)
Dr. Runs

Tuesday, 3 p.m.
Walmart Lovers

Wednesday, 8:30-11:30 a.m.
Newport News Medical Runs

Wednesday, 1-3 p.m. (Hampton)
Dr. Runs

Thursday, 11:10 a.m.
Lunch Outings

Thursday, 2-4 p.m.
Scenic Ride

Friday, 9:45 a.m.
Shopping and Other Outings

Saturday, 10 a.m.
Various Shopping Destinations

Sunday, 9 a.m.-1 p.m.
Church Runs

Additional Services

Monday—Saturday
11 a.m.-Noon: Country Store

Activities Subject to Change

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
						NEW YEAR'S DAY 1 10:00 Lounge w/Classical Music, AR 11:00 Lounge and Watch the Rose Bowl, AR 1:00 Communion Service w/Pastor Thurman 1:00 Devotions and Bible Study w/Pastor Thurman 2:30 Yarn Work Crafts 3:30 Oatmeal Cookie Bake!, AR		9:00 Classical Music and Morning Paper, AR 2 10:00 Conversation w/ Tea Time, AR 10:00 Scrabble w/Friends, WR 11:15 Lunch Outing: Piccadilly's 1:00 Jigsaw Fun, AR 3:00 Jackpot Bingo, AR 3:00 Card Games Challenge a Peer, WR		9:00 Lobby Lounging and Chats, AR 3 10:00 Shopping: Dollar Tree 10:30 Balance Exercise Class, AR 1:00 Shopping: Walmart 2:00 Winter Cookie Bake w/Ice Cream, AR 3:00 Happy Hour, DR 5:30 News Updates, AR		9:00 Saturday Paper w/Friends, AR 4 10:00 Shopping: Game's Farmers Market 11:00 Word Search Puzzles, AR 1:00 Jigsaw Puzzles and Table Games, AR 3:00 Lounging w/ Friends, WR 5:30 Evening News, AR	
9:00 Church Runs 5 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 1:00 Scrabble w/ Friends, AR 6:00 Evening News, AR		9:30 Bank Runs 6 10:00 Morning Paper & Talk, AR 10:30 Monday Morning Fitness, AR 1:00 Jigsaw Puzzles and Table Games, AR 2:00 Outing: Willie's Cigars Just for the Guys 3:15 Outing: Relaxing Scenic Ride		9:00 Medical Runs, 48 Hour Notice 7 9:30 Pokeno, WR 10:00 Coffee Hour and Chat, AR 1:00 Jackpot Bingo, AR 3:00 You Be the Judge & Trivia, AR 4:00 Cake Walk, AR 6:00 What's on the News?, AR		9:00 Medical Runs, Request in Advance! 8 10:30 Flex and Stretch Exercise Class, AR 11:00 Inspirational Reading, AR 1:00 Devotions and Bible Study w/ Pastor Thurman 2:30 Town Hall Meeting, AR 2:30 Yarn Work Crafts, AR		9:00 Classical Music and Morning Paper, AR 9 10:00 Conversation w/ Tea Time, AR 10:00 Scrabble w/Friends, WR 11:00 Law Enforcement Appreciation, AR 1:00 Jigsaw Fun, AR 3:00 Jackpot Bingo, AR 3:00 Card Games Challenge a Peer, WR		9:00 Lobby Lounging and Chats, AR 10 10:00 Shopping: Target 10:30 Balance Exercise Class, AR 1:00 Shopping: Walmart 2:00 Winter Cookie Bake w/Ice Cream, AR 3:00 Happy Hour, AR 5:30 News Updates, AR		9:00 Saturday Paper w/Friends, AR 11 10:00 Shopping: Dollar Tree 11:00 Word Search Puzzles, AR 1:00 Bridge and Scrabble, AR 3:00 Lounging w/ Friends, WR 5:30 Evening News, AR	
9:00 Church Runs 12 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 1:00 Scrabble w/ Friends, AR 6:00 Evening News, AR		9:30 Bank Runs 13 10:00 Morning Paper & Talk, AR 10:30 Monday Morning Fitness, AR 1:00 Jigsaw Puzzles and Table Games, AR 2:00 Outing: Willie's Cigars Just for the Guys 3:15 Outing: Relaxing Scenic Ride		9:00 Medical Runs, 48 Hour Notice 14 10:00 Coffee Hour and Chat, AR 10:30 Pets of Devonshire Photo Shoot, WR 1:00 Jackpot Bingo, AR 3:00 You Be the Judge & Trivia, AR 6:00 What's on the News?, AR		9:00 Medical Runs, Request in Advance! 15 1:00 Devotions and Bible Study w/Pastor Thurman, AR 2:30 Scrabble Club, AR 2:30 Yarn Work Crafts, AR 3:30 Oatmeal Cookie Bake!, AR		9:00 Classical Music and Morning Paper, AR 16 10:00 Conversation w/ Tea Time, AR 10:00 Scrabble w/Friends, WR 1:00 Jigsaw Fun, AR 3:00 Jackpot Bingo, AR 3:00 Card Games Challenge a Peer, WR 4:30 Roaring 2020s Celebration, DR		9:00 Lobby Lounging and Chats, AR 17 10:00 Shopping: Goodwill 10:30 Balance Exercise Class, AR 1:00 Shopping: Walmart 2:00 Winter Cookie Bake w/Ice Cream, AR 5:30 News Updates, AR		9:00 Saturday Paper w/Friends, AR 18 10:30 Bring Back Bridge Club, AR 11:00 Word Search Puzzles, AR 1:30 Trip: Scenic Ride 3:00 Lounging w/ Friends, WR 5:30 Evening News, AR	
9:00 Church Runs 19 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 1:00 Scrabble w/ Friends, AR 6:00 Evening News, AR		MARTIN LUTHER KING JR. DAY 20 9:30 Bank Runs 10:00 Morning Paper & Talk, AR 10:30 Monday Fitness: Strong Legs 2:00 Outing: Willie's Cigars Just for the Guys 3:00 Martin Luther King Presentation, AR 3:15 Outing: Relaxing Scenic Ride 6:00 South Hampton Women's Bingo, AR		9:00 Medical Runs, 48 Hour Notice 21 10:00 Coffee Hour and Chat, AR 1:00 Jackpot Bingo, AR 3:00 You Be the Judge & Trivia, AR 4:00 Cake Walk, AR 6:00 What's on the News?, AR		9:00 Medical Runs, Request in Advance! 22 10:30 Flex and Stretch Exercise Class, AR 11:00 Inspirational Reading, AR 1:00 Devotions and Bible Study w/Pastor Thurman, AR 2:30 Yarn Work Crafts, AR 3:30 Trivia and Jokes and Oatmeal Cookie Baking, AR		9:00 Classical Music and Morning Paper, AR 23 10:00 Conversation w/ Tea Time, AR 10:00 Scrabble w/Friends, WR 1:00 Jigsaw Fun, AR 3:00 Jackpot Bingo, AR 3:00 Card Games Challenge a Peer, WR		9:00 Lobby Lounging and Chats, AR 24 10:00 Shopping: Kroger 10:30 Balance Exercise Class, AR 1:00 Outing: Wal Mart 2:00 Winter Cookie Bake w/Ice Cream, AR 3:00 Happy Hour, AR 5:30 News Updates, AR		9:00 Saturday Paper w/Friends, AR 25 11:00 Word Search Puzzles, AR 3:00 Lounging w/ Friends, WR 5:30 Evening News, AR	
9:00 Church Runs 26 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 1:00 Scrabble w/ Friends, AR 6:00 Evening News, AR		9:30 Bank Runs 27 10:00 Morning Paper & Talk, AR 10:30 Sit and Be Fit Exercise Class, AR 10:30 Monday Morning Fitness, AR 1:30 Crossword Puzzles and Word Games, AR 2:00 Outing: Willie's Cigars Just for the Guys 3:15 Outing: Relaxing Scenic Ride		9:00 Medical Runs, 48 Hour Notice 28 10:00 Coffee Hour and Chat, AR 11:30 Pokeno, WR 1:00 Jackpot Bingo, AR 2:00 Resident Birthday Party, DR 3:00 You Be the Judge & Trivia, AR 4:00 Cake Walk, AR 6:00 What's on the News?, AR		9:00 Medical Runs, Request in Advance! 29 10:30 Fitness w/Legacy 1:00 Devotions and Bible Study w/ Pastor Thurman, AR 2:30 Yarn Work Crafts, AR		9:00 Classical Music and Morning Paper, AR 30 10:00 Conversation w/ Tea Time, AR 10:00 Scrabble w/Friends, WR 1:00 Jigsaw Fun, AR 3:00 Jackpot Bingo, AR 3:00 Card Games Challenge a Peer, WR		9:00 Lobby Lounging and Chats, AR 31 10:00 Shopping: Lidl's Grocery Store 10:30 Balance Exercise Class, AR 1:00 Shopping:Wal Mart 2:00 Winter Cookie Bake w/Ice Cream, AR 5:30 News Updates, AR			