

# A World of Comfort Foods

Warm and filling, comfort foods make us happy and often remind us of home. Enjoy a taste of some go-to favorites from around the globe:

- Pierogies** — These Polish dumplings can have different savory fillings, including potatoes, cheese, sauerkraut or ground meat, and are typically served with sour cream and fried onions.
- Soupe a l'oignon** — A bowl of French onion soup features caramelized onions in a rich beef stock, covered with a blanket of toasted bread and melted cheese.
- Cha siu bao** — A dish from southern China, these soft, doughy steamed buns are filled with slightly sweet barbecued pork.
- Picadillo** — This simple hash of ground beef and tomatoes is popular in Latin American cultures. The iconic Cuban version includes olives and raisins and is paired with rice and beans.
- Irio** — In Kenya, this mash of potatoes, corn and green peas is so essential that its name literally means “food.” It’s often eaten as a main dish or served as a side to roasted meat.
- Khichdi** — Often compared to risotto, this one-pot Indian recipe of rice and lentils is flavored with warm spices such as cumin and turmeric.
- Moussaka** — A classic casserole from Greece, moussaka is made of layers of sautéed eggplant, potatoes, ground meat, tomatoes and onions, all topped with cheese and a creamy white sauce.

## Feel-Good Films

- Begin the new year on a bright note by enjoying one of these movies that are favorites for their uplifting stories.
- “The Wizard of Oz” (1939):** Called one of history’s greatest films, this Technicolor musical fantasy has stood the test of time for its tale about friendship, courage and longing for home.
- “Hoosiers” (1986):** A small town high school basketball coach defies the odds and guides his team to the state finals. This underdog story has been named one of the best and most inspiring sports films.
- “The Shawshank Redemption” (1994):** With its plot about a man wrongly imprisoned and message of never losing hope, this timeless drama remains a top-rated pick decades after its release.
- “Apollo 13” (1995):** “Failure is not an option.” That’s a line from this true story of NASA’s against-all-odds mission to get the three astronauts of the 1970 Apollo 13 moon mission safely back to Earth after an explosion damages their spacecraft.
- “Ray” (2004):** A portrait of Ray Charles, this biopic shows how the music legend overcame tragedy and blindness to revolutionize American music.
- “Up” (2009):** In this animated hit, 78-year-old Carl carries out an unusual plan to fulfill a promise to his late wife by taking flight for a South American paradise. But a young stowaway steers his adventure off course.



# The Devonshire Lifestyle

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JANUARY 2021

## The Words of MLK

- In honor of Martin Luther King Jr. Day on Jan. 18, here are some of his most enduring speeches.
- Montgomery bus boycott speech** — One of King’s first public speeches took place on Dec. 5, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.
- “I Have a Dream”** — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on Aug. 28, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children “will not be judged by the color of their skin, but by the content of their character.”
- Nobel Peace Prize speech** — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on Dec. 10, 1964, he described the beauty of brotherhood and peace as “more precious than diamonds or silver or gold.”
- “How Long, Not Long”** — On March 25, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, “The road ahead is not altogether a smooth one. ... But we must keep going.”
- “I’ve Been to the Mountaintop”** — King gave his final address in Memphis, Tenn., on April 3, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.

## Winter Wonders

- It’s winter here in the Northern Hemisphere, bringing cooler temperatures. Keep warm with this bundle of cold-weather facts:
- While it may not snow in every city, about 1,200 cubic miles of the fluffy stuff falls on North America every year.
  - The Great Lakes region is known as the snow belt of the U.S.
  - Fairbanks, Alaska, gets the title of America’s coldest city in winter. Its average low temperature is a frosty 16 below zero.
  - Residents of Bethel, Maine, built a record-breaking snowperson in 2008. Named Olympia, she stood 122 feet high — almost as tall as the Statue of Liberty — and was made of 13 million pounds of snow!
  - You don’t have to wait for spring to see beautiful blossoms. Pansies, snowdrops and English primroses are some common flowers that bloom during the chilly months.





## JANUARY 2021

### Locations

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

### Birthdays

Betty Palko, 12th  
Elizabeth (Betty) Health, 13th  
Edith Johns, 17th  
Judy Hill, 19th  
Beverly Jones, 20th  
Calvin Hobson, 26th  
Dorothy "Jean" Emond, 27th

### Country Store

Tuesday & Thursday  
11 a.m.-Noon Country

"It's a wonderful thing  
to be optimistic. It  
keeps you healthy and  
it keeps you resilient."

—Daniel Kahneman

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>NEW YEAR'S DAY1</div> <div>Happy New Year!</div> <div>10:00 Individual Word Search Puzzles</div> <div>11:00 Game "Scrabble," AR</div> <div>1:30 Friday Movie Feature "Residents' Choice," AR</div>	<div>2</div> <div>10:00 Individual Word Search, AR</div> <div>11:00 Snack Cart</div> <div>1:30 Movie (Residents' Choice), AR</div>
<div>3</div> <div>9:30 Individual Art Work</div> <div>1:30 Word Search Puzzles, AR</div> <div>3:00 Sunday Football, AR</div>	<div>4</div> <div>National Trivia Day!</div> <div>9:30 Grocery Orders w/Amy</div> <div>10:30 Motivational Monday Bible Study, AR</div> <div>1:30 Popcorn &amp; a Movie, AR</div> <div>3:30 Movie Review, AR</div> <div>4:00 MSNBC News Hour, AR</div>	<div>5</div> <div>10:00 Coffee Shop &amp; Fresh Pastries</div> <div>11:00 Country Store</div> <div>11:00 Card Club, AR</div> <div>1:30 Bingo (Sign Up), AR</div> <div>3:30 Exercise 2nd Floor, AR</div> <div>4:00 "Classical Music Hour," AR</div>	<div>6</div> <div>9:30 Grocery Orders w/Amy</div> <div>10:00 Fresh Fruit Basket</div> <div>10:30 Exercise w/Legacy</div> <div>1:30 Bingo (Sign Up), AR</div> <div>3:00 Game "Trivial Pursuit," AR</div> <div>4:00 Golden Oldies Music Hour</div>	<div>7</div> <div>10:00 Wii Game "Wheel of Fortune," AR</div> <div>11:00 Country Store</div> <div>1:30 Bingo (Sign Up), AR</div> <div>2:00 Menu Chat w/Sarah, DR</div> <div>3:30 Exercise 1st Floor, AR</div> <div>4:00 "Easy Listening Music Hour"</div>	<div>8</div> <div>Elvis Presley's Birthday!</div> <div>9:30 Grocery Orders</div> <div>10:30 Game "Finish Lines," AR</div> <div>1:30 Happy Hour: 1st Floor, AR</div> <div>3:00 Happy Hour: 3rd Floor, AR</div> <div>4:00 News Watch "MSNBC," AR</div>	<div>9</div> <div>10:00 Individual Word Search, AR</div> <div>11:00 Snack Cart</div> <div>1:30 Movie (Residents' Choice), AR</div>
<div>10</div> <div>9:30 Individual Art Work</div> <div>1:30 Word Search Puzzles, AR</div> <div>3:00 Sunday Football, AR</div>	<div>11</div> <div>9:30 Grocery Orders w/Amy</div> <div>10:30 Motivational Monday Bible Study, AR</div> <div>1:30 Popcorn &amp; a Movie, AR</div> <div>3:30 Movie Review, AR</div> <div>4:00 MSNBC News Hour, AR</div>	<div>12</div> <div>National Tea Day</div> <div>10:00 Tea Party w/Coffee &amp; Pastries, AR</div> <div>11:00 Country Store</div> <div>11:00 Scrabble Club, AR</div> <div>1:30 Bingo (Sign Up), AR</div> <div>3:30 Exercise 3rd Floor, AR</div> <div>4:00 "Classical Music Hour," AR</div>	<div>13</div> <div>9:30 Grocery Orders w/Amy</div> <div>10:00 Fresh Fruit Basket</div> <div>10:30 Exercise w/Legacy</div> <div>1:30 Bingo (Sign Up), AR</div> <div>3:00 Wine Tasting, AR</div> <div>4:00 Golden Oldies Music Hour</div>	<div>14</div> <div>10:00 Craft Time "Glass Gem Suncatchers," AR</div> <div>11:00 Country Store</div> <div>1:30 Bingo (Sign Up), AR</div> <div>2:00 Menu Chat w/Sarah, DR</div> <div>3:30 Exercise 1st Floor, AR</div> <div>4:00 "Easy Listening Music Hour"</div>	<div>15</div> <div>National Hat Day!</div> <div>9:30 Grocery Orders</div> <div>10:30 Game "Five Second Rule," AR</div> <div>1:30 Happy Hour: 1st Floor, AR</div> <div>2:15 Happy Hour: 2nd Floor, AR</div> <div>3:00 Happy Hour: 3rd Floor, AR</div> <div>4:00 News Watch "MSNBC," AR</div>	<div>16</div> <div>10:00 Individual Word Search, AR</div> <div>11:00 Snack Cart</div> <div>1:30 Movie (Residents' Choice), AR</div>
<div>17</div> <div>9:30 Individual Art Work</div> <div>1:30 Word Search Puzzles, AR</div> <div>3:00 Sunday Football, AR</div>	<div>MARTIN LUTHER KING JR. DAY 18</div> <div>9:30 Grocery Orders w/Amy</div> <div>10:30 Motivational Monday Bible Study, AR</div> <div>1:30 Popcorn &amp; a Movie, AR</div> <div>3:30 Movie Review, AR</div> <div>4:00 MSNBC News Hour, AR</div>	<div>19</div> <div>10:00 Coffee Shop &amp; Fresh Pastries</div> <div>11:00 Country Store</div> <div>11:00 Card Club, AR</div> <div>1:30 Bingo (Sign Up), AR</div> <div>3:30 Exercise 2nd Floor</div> <div>4:00 "Classical Music Hour," AR</div>	<div>20</div> <div>9:30 Grocery Orders w/Amy</div> <div>10:00 Fresh Fruit Basket</div> <div>10:30 Exercise w/Legacy</div> <div>1:30 Bingo (Sign Up), AR</div> <div>3:00 Wii Game "Family Game Night," AR</div> <div>4:00 Golden Oldies Music Hour</div>	<div>21</div> <div>10:00 Poetry Reading w/ Hot Apple Cider, AR</div> <div>11:00 Country Store</div> <div>11:00 Health Talk w/Legacy, AR</div> <div>1:30 Bingo (Sign Up), AR</div> <div>2:00 Menu Chat w/Sarah, DR</div> <div>3:00 Winter Wonderland Social (1st &amp; 2nd Floor), AR</div> <div>3:45 Winter Wonderland Social (3rd Floor), AR</div> <div>4:00 "Easy Listening Music Hour"</div>	<div>22</div> <div>9:30 Grocery Orders</div> <div>10:30 Game "Trivial Pursuit," AR</div> <div>1:30 Happy Hour: 1st Floor, AR</div> <div>2:15 Happy Hour: 2nd Floor, AR</div> <div>3:00 Happy Hour: 3rd Floor, AR</div> <div>4:00 News Watch "MSNBC," AR</div>	<div>23</div> <div>10:00 Individual Word Search, AR</div> <div>11:00 Snack Cart</div> <div>1:30 Movie (Residents' Choice), AR</div>
<div>24</div> <div>9:30 Individual Art Work</div> <div>1:30 Word Search Puzzles, AR</div> <div>3:00 Sunday Football, AR</div>	<div>25</div> <div>9:30 Grocery Orders w/Amy</div> <div>10:30 Motivational Monday Bible Study, AR</div> <div>1:30 Popcorn &amp; a Movie, AR</div> <div>3:30 Movie Review, AR</div> <div>4:00 MSNBC News Hour, AR</div>	<div>26</div> <div>10:00 Coffee Shop &amp; Fresh Pastries</div> <div>11:00 Country Store</div> <div>11:00 Scrabble Club, AR</div> <div>1:30 Bingo (Sign Up), AR</div> <div>3:30 Exercise 3rd Floor, AR</div> <div>4:00 "Classical Music Hour," AR</div>	<div>27</div> <div>9:30 Grocery Orders w/Amy</div> <div>10:00 Fresh Fruit Basket</div> <div>10:30 Exercise w/Legacy</div> <div>1:30 Bingo (Sign Up), AR</div> <div>3:00 Book Club Meeting, AR</div> <div>4:00 Golden Oldies Music Hour</div>	<div>28</div> <div>10:00 Craft Time "Fabric Scrap Magnets," AR</div> <div>11:00 Country Store</div> <div>1:30 Bingo (Sign Up), AR</div> <div>2:00 Menu Chat w/Sarah, DR</div> <div>3:30 Exercise 1st Floor, AR</div> <div>4:00 "Easy Listening Music Hour"</div>	<div>29</div> <div>National Puzzle Day!</div> <div>9:30 Grocery Orders</div> <div>10:30 Game "Finish Lines," AR</div> <div>1:30 Happy Hour: 1st Floor, AR</div> <div>2:15 Happy Hour: 2nd Floor, AR</div> <div>3:00 Happy Hour: 3rd Floor, AR</div> <div>4:00 News Watch "MSNBC," AR</div>	<div>30</div> <div>10:00 Individual Word Search, AR</div> <div>11:00 Snack Cart</div> <div>1:30 Movie (Residents' Choice), AR</div>
<div>31</div> <div>9:30 Individual Art Work</div> <div>1:30 Word Search Puzzles, AR</div> <div>3:00 Sunday Football, AR</div>	 					