

The Devonshire *Lifestyle*



Like Us!



Independent Living Community

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

Remember Martin Luther King Jr.

As we celebrate the birthday of Martin Luther King Jr. this month, let's take a few moments to remember the accomplishments and teachings of this great civil rights leader.



Wake Up Happy

"Start each day with a positive thought and a grateful heart." —Roy T. Bennett

JANUARY 2023

A Note From Our Executive Director



Welcome to a new year! I am looking forward to all this year has to offer. We're planning a variety of fun events and activities in the coming months, so stay tuned! Sincerely,
Natalie Fox
Executive Director

Board Games and the Brain

Besides being fun, board games also benefit the brain. The strategy and problem-solving skills involved in playing board games engages the parts of the brain that control memory and complex thinking. Research shows that participating in non-digital games helps keep the mind sharp, even for people who waited until their later years to start playing regularly.



JANUARY 2023

Locations

Activities Room, AR
Courtyard, CY
Dining Room, DR
Windsor Room, WR

Country Store

Tuesday 11 a.m.-Noon
Thursday 10 a.m.-11 a.m.

Birthdays

Betty Heath 1-13
Calvin Hobson 1-26
Diane Chapman 1-28

Resolve To Renew

It’s time for resolutions and new beginnings. This year, make staying at our community your No. 1 resolution. If your lease expires soon, let us help you begin again by renewing your lease with us. Just stop by the office or give us a call, and we’ll have everything ready for you to sign. This is one resolution you won’t have trouble keeping!

Puffy Pastry

Indulge in an elegant French treat on Jan. 2, National Cream Puff Day.

“There is no happiness like that of being loved by your fellow-creatures, and feeling that your presence is an addition to their comfort.”
—Charlotte Bronte

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>New Year’s Day</div><div>1</div><div>9:30 Jigsaw Puzzles</div><div>10:00 Dominos</div><div>1:30 Movie: Residents’ Choice</div><div>2:00 Movie: Residents’ Choice</div></div>	<div><div></div><div>2</div><div>9:30 Grocery Orders with Amy</div><div>1:00 Popcorn & A Movie “The Age of Adeline”</div><div>3:30 Exercise with Amy</div><div>4:00 MSNBC Evening News</div></div>	<div><div></div><div>3</div><div>10:00 Coffee & Pastries, AR</div><div>11:00 Country Store</div><div>1:30 Prize Bingo</div><div>3:30 Exercise with Amy</div><div>5:30 Scrabble Club</div></div>	<div><div>National Trivia Day</div><div>4</div><div>9:30 Grocery Orders with Amy</div><div>10:00 Worship with Pastor Davis</div><div>1:30 January Trivia & Cookies</div><div>3:30 Exercise with Amy</div><div>5:00 Dominos</div></div>	<div><div></div><div>5</div><div>10:00 Country Store\$</div><div>10:30 Exercise With Legacy</div><div>11:00 Lunch Outing to The Crab Shack☞</div><div>1:30 Jackpot Bingo\$</div><div>3:00 Game: Family Feud</div><div>4:00 Easy Listening Music Hour</div></div>	<div><div></div><div>6</div><div>9:30 Indoor Walking</div><div>10:00 Grocery Shopping at Food Lion☞</div><div>1:00 Shopping Trip to Ollies☞</div><div>3:00 Happy Hour</div><div>4:00 MSNBC Evening News</div></div>	<div><div></div><div>7</div><div>9:00 Word Search Puzzles</div><div>10:30 Candy Bingo</div><div>1:30 Movie: Residents’ Choice</div><div>5:30 Scrabble Club</div></div>
<div><div></div><div>8</div><div>9:30 Jigsaw Puzzles</div><div>10:00 Dominos</div><div>1:30 Movie: Residents’ Choice</div><div>2:00 Movie: Residents’ Choice</div></div>	<div><div></div><div>9</div><div>9:30 Grocery Orders with Amy</div><div>10:30 Bank Runs☞</div><div>1:30 Manicures & Music</div><div>3:30 Exercise with Amy</div><div>4:00 MSNBC Evening News</div></div>	<div><div></div><div>10</div><div>10:00 Coffee & Pastries, AR</div><div>11:00 Country Store</div><div>1:30 Prize Bingo</div><div>2:30 Game “Mille Bournes”</div><div>3:30 Exercise with Amy</div><div>5:30 Scrabble Club</div></div>	<div><div></div><div>11</div><div>9:30 Grocery Orders with Amy</div><div>10:00 Worship with Pastor Davis</div><div>1:30 Game “Codenames”</div><div>2:30 Energy Conservation Health Talk w/ Legacy</div><div>3:30 Exercise with Amy</div><div>5:00 Dominos</div></div>	<div><div></div><div>12</div><div>10:00 Country Store\$</div><div>10:30 Exercise With Legacy</div><div>1:30 Jackpot Bingo\$</div><div>3:00 Book Club Meeting</div><div>4:00 Easy Listening Music Hour</div></div>	<div><div></div><div>13</div><div>9:30 Indoor Walking</div><div>10:00 Hand Massages</div><div>1:00 Grocery Shopping at Games Farmers’ Market☞</div><div>3:00 Happy Hour</div><div>4:00 MSNBC Evening News</div></div>	<div><div></div><div>14</div><div>9:00 Word Search Puzzles</div><div>1:00 Trip to Donuts on a Stick☞</div><div>1:30 Movie: Residents’ Choice</div><div>5:30 Scrabble Club</div></div>
<div><div></div><div>15</div><div>9:30 Jigsaw Puzzles</div><div>10:00 Dominos</div><div>1:30 Movie: Residents’ Choice</div><div>2:00 Movie: Residents’ Choice</div></div>	<div><div>Martin Luther King Jr. Day</div><div>16</div><div>9:30 Grocery Orders with Amy</div><div>1:00 Popcorn & A Movie “Selma”</div><div>3:30 Exercise with Amy</div><div>6:00 Bingo with Northampton Women’s Club, AR</div></div>	<div><div></div><div>17</div><div>10:00 Coffee & Pastries, AR</div><div>11:00 Country Store</div><div>1:30 Prize Bingo</div><div>3:30 Exercise with Amy</div><div>5:30 Scrabble Club</div></div>	<div><div></div><div>18</div><div>9:30 Grocery Orders with Amy</div><div>10:00 Worship with Pastor Davis</div><div>1:00 “Thymely Tips” A History of Spices ...</div><div>2:00 Town Hall Meeting</div><div>3:30 Wii Game: Wii Sports</div><div>5:00 Dominos</div></div>	<div><div>National Popcorn Day</div><div>19</div><div>10:00 Country Store\$</div><div>10:30 Exercise With Legacy</div><div>1:00 Fresh Popped Popcorn</div><div>1:30 Jackpot Bingo\$</div><div>5:30 Entertainment with Jack♪</div><div>5:30 Special Event “Winter Wonderland”</div></div>	<div><div>National Hat Day</div><div>20</div><div>9:30 Indoor Walking</div><div>10:00 Grocery Shopping at Lidl☞</div><div>1:00 Shopping Trip to Design & Consign☞</div><div>3:00 Happy Hour</div><div>4:00 MSNBC Evening News</div></div>	<div><div></div><div>21</div><div>9:00 Word Search Puzzles</div><div>10:00 Trip to Hardee’s☞</div><div>1:30 Movie: Residents’ Choice</div><div>5:30 Scrabble Club</div></div>
<div><div></div><div>22</div><div>9:30 Jigsaw Puzzles</div><div>10:00 Dominos</div><div>1:30 Movie: Residents’ Choice</div><div>2:00 Movie: Residents’ Choice</div></div>	<div><div></div><div>23</div><div>9:30 Grocery Orders with Amy</div><div>10:30 Bank Runs☞</div><div>1:30 Manicures & Music</div><div>3:30 Exercise with Amy</div><div>4:00 MSNBC Evening News</div></div>	<div><div></div><div>24</div><div>10:00 Coffee & Pastries, AR</div><div>11:00 Country Store</div><div>1:30 Prize Bingo</div><div>3:00 Game: Trivial Pursuit</div><div>3:30 Exercise with Amy</div><div>5:30 Scrabble Club</div></div>	<div><div></div><div>25</div><div>9:30 Grocery Orders with Amy</div><div>10:00 Worship with Pastor Davis</div><div>1:30 Painting on Canvas (sign up)</div><div>3:00 Poetry Reading</div><div>5:00 Dominos</div></div>	<div><div></div><div>26</div><div>10:00 Trip to the Mariners Museum☞</div><div>10:30 Exercise With Legacy</div><div>1:30 Jackpot Bingo\$</div><div>2:30 Menu Chat with Tom</div><div>3:00 Country Store\$</div><div>4:00 Easy Listening Music Hour</div></div>	<div><div></div><div>27</div><div>9:30 Indoor Walking</div><div>10:00 Grocery Shopping at Walmart Neighborhood Market☞</div><div>1:00 Shopping Trip to Roses☞</div><div>3:00 Happy Hour</div><div>4:00 MSNBC Evening News</div></div>	<div><div></div><div>28</div><div>9:00 Word Search Puzzles</div><div>10:00 Scenic Ride☞</div><div>1:30 Movie: Residents’ Choice</div><div>5:30 Scrabble Club</div></div>
<div><div></div><div>29</div><div>9:30 Jigsaw Puzzles</div><div>10:00 Dominos</div><div>1:30 Movie: Residents’ Choice</div><div>2:00 Movie: Residents’ Choice</div></div>	<div><div></div><div>30</div><div>9:30 Grocery Orders with Amy</div><div>10:30 Bank Runs☞</div><div>1:30 Wine Tasting</div><div>3:30 Exercise with Amy</div><div>4:00 MSNBC Evening News</div></div>	<div><div></div><div>31</div><div>10:00 Coffee & Pastries, AR</div><div>11:00 Country Store</div><div>1:30 Prize Bingo</div><div>3:30 Exercise with Amy</div><div>5:30 Scrabble Club</div></div>				

January Employee of the Month



Centra Wilson is our employee of the month for January. She has been employed with us for 1 year. When asked what she likes most about working here she said, "I enjoy listening to residents' stories and jokes. They help make work fun." Centra is a military veteran. She served in the Navy. In her free time, she enjoys spending time with her kids and baking. She has a small business named "Sensational Treats." She specializes in cupcakes and cakes. She is also going to school for business administration with a concentration on Human Resource Management. Her favorite food is pasta. Her dream vacation destination is Fiji.



Brain Bender: Snow Day Scramble

Unscramble each of the words below, then rearrange the bold letters in each set of answers to reveal another related word.

1.
E I M N T S T: _____
L O P W: _____
G B A O T G N O: _____
A C F R S: _____
Secret word: _____

2.
E E E F R Z: _____
L C I E C I: _____
O M S R T: _____
F A U S R E F M: _____
Secret word: _____

3.
R O M B O: _____
L K I S A T H: _____
F E I L: _____
L Y O L J: _____
Secret word: _____

(Answers: 1. mittens, plow, toboggan, scarf, snowman; 2. freeze, icicle, storm, earmuffs, flurries; 3. broom, silk hat, life, jolly, Frosty)

Make Someone's Day

Jan. 24 is National Compliment Day.



Houseplant Appreciation Day

Feeling blue after taking down your holiday decorations? Cheer up on Jan. 10 with Houseplant Appreciation Day! Appreciate your houseplants by adding some fertilizer, dusting their leaves, replanting them in new pots or simply by talking to them—you might feel silly, but research shows that if you talk to your plants, they can grow better and live longer. Don't have a houseplant? This is your chance to get one! They purify the air, have calming effects and produce fresh oxygen.



Taking a Polar Plunge

Kicking off the year by running into freezing cold waters has become a daring New Year's Day tradition for those brave enough to take part. Polar bear plunges are held across the globe on the holiday and throughout the winter, with many of these events serving as fundraisers for charities. The first recorded polar plunge in the U.S. dates back to 1904 in Boston.