

## Gingerbread Houses

So much fun! What a great job everyone did decorating gingerbread houses!



## Heart-Healthy Exercise

Cardiovascular exercise, also called aerobic exercise or simply cardio, is crucial for heart health.

Any physical activity that increases your heart rate and breathing rate for an extended period of time is considered cardio exercise. Walking, bicycling, swimming and many other sports are common examples. During these activities, the lungs take in more oxygen, which goes directly into the bloodstream and the heart. The oxygen makes the heart beat faster, allowing it to pump nutrients throughout the body.

Regular cardio exercise not only makes the heart stronger, but it also sends oxygen to the muscles, where it's used to burn carbohydrates and fat. This is why cardio is so effective at helping a person lose or maintain weight.

Cardiovascular activities are key to preventing heart disease, since they can lower blood pressure and improve circulation. This type of exercise is also helpful in preventing or managing diabetes, osteoporosis, depression and some forms of cancer.

Check with your doctor to see what types of cardio activities are right for you.

## Washington's Historic Home

On the banks of the Potomac River in Virginia sits George Washington's Mount Vernon, the historic home of America's first president.

It began as a modest house that Washington's father built in 1735 on his family's land and named Little Hunting Creek Plantation. When Washington's half brother inherited the property, he renamed it Mount Vernon after Adm. Edward Vernon, his commander in the Royal Navy. Washington took over the estate in 1754 and set out to renovate the house and develop the land.

Over the next few decades, he worked on improvements, adding a third story, two wings, a cupola and a spacious porch that overlooked the river. Even when he served as a Revolutionary War general and later as president, Washington personally oversaw all the design and construction, which included intricate architecture and 21 rooms of elegant interior space in which he and his wife, Martha, could entertain guests. Washington also expanded the land to 8,000 acres, with lush gardens, working farms, three fisheries, a gristmill and a 16-sided barn.

After Washington's death, the estate deteriorated until the Mount Vernon Ladies' Association purchased it and began restorations. The property was opened to the public in 1860 and a century later, it was designated a National Historic Landmark. Mount Vernon receives about 1 million visitors each year.



# The Devonshire Lifestyle

Independent Living Community

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February 2018

## Decorating the Tree

What a beautiful job our residents did on the tree. You do a great job every year.



## Say It With Heart

With Valentine's Day and American Heart Month, February is focused on the heart. The universal symbol of love is also found in many common expressions.

**Home is where the heart is** — This means that your home is the place where you are the happiest, whether it's an actual location or simply being with people you love. The saying has been attributed to the ancient Roman author Pliny the Elder.

**Young at heart** — An older adult who has a youthful outlook and a zest for life is said to be young at heart, no matter his or her real age.

**Follow your heart** — Someone who makes a decision based on emotions or intuition follows his or her heart.

**Absence makes the heart grow fonder** — Being apart from someone special can strengthen your feelings for that person. The idiom is centuries old and was made popular by an 1800s ballad.

**Wear your heart on your sleeve** — People who express their emotions freely and openly are said to wear their heart on their sleeve. The first written use of the phrase was in William Shakespeare's "Othello."

**Heart of gold** — Just as gold is valuable, a person who is kind and generous is valued and is described as having a heart of gold.





FEBRUARY 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

“Be sweet, be good,  
and honest always.”  
— Emma Bunton

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<div>9:10 Swimmers</div> <div>10:15 <b>What’s the Buzz, AR</b></div> <div>11:10 <b>Lunch Outing: Captain D’s</b></div> <div>2:00 Trivia Hour, AR</div> <div>3:30 Corn Hole</div>	<div>GROUNDHOG DAY</div> <div><b>National Wear Red Day</b></div> <div>9:45 Farm Fresh</div> <div>10:15 Forever Fit</div> <div>10:30 <b>Resident Chair Exercise, AR</b></div> <div>11:00 <b>Heart Healthy Silent Auction</b></div> <div>3:30 <b>Happy Hour, AR</b></div>	<div>10:00 Food Lion</div> <div>1:00 Resident Canasta, AR</div> <div>2:00 Kmart</div> <div>6:00 Chosen Generation Ministries Bible Study, WR</div> <div>6:00 Cinema Saturday w/Popcorn, AR</div>
<div>9:20 Sunday School, WR</div> <div>2:00 Scenic Bus Ride</div> <div>3:00 Resident Card Game, AR</div> <div>6:00 <b>Super Bowl LII Party, AR</b></div> <div>6:30 Bible Study Life Group, WR</div>	<div>9:30 Banks</div> <div>10:15 Forever Fit</div> <div>10:30 <b>Resident Chair Exercise, AR</b></div> <div>1:00 Family Thrift Store</div> <div>2:00 Bridge</div> <div>3:30 <b>Chocolate Fondue Hour!, AR</b></div>	<div>9:10 Swimmers</div> <div>10:00 Coffee Klatch, AR</div> <div>1:00 Prize Bingo, AR</div> <div>2:15 <b>Frozen Yogurt Outing</b></div> <div>2:30 Arts &amp; Crafts, CR</div> <div>4:00 February Word Find, AR</div>	<div>10:15 Forever Fit</div> <div>10:30 <b>Resident Chair Exercise, AR</b></div> <div>1:30 Karaoke Hour, AR</div> <div>3:00 Scrabble, AR</div>	<div>9:10 Swimmers</div> <div>10:20 Bookmobile, AR</div> <div>11:10 <b>Vancosta’s Italian</b></div> <div>2:00 <b>Dancing to the Music, AR</b></div> <div>3:15 Jackpot Bingo, AR</div>	<div>9:45 Aldi Grocery Store</div> <div>10:15 Forever Fit</div> <div>10:30 <b>Resident Chair Exercise, AR</b></div> <div>12:45 Walmart</div> <div>3:30 <b>Happy Hour, AR</b></div>	<div>10:00 Lidil Grocery Store</div> <div>1:00 <b>Mariners Museum Outing</b></div> <div>3:00 <b>Spades Card Game, AR</b></div>
<div>9:20 Sunday School, WR</div> <div>2:00 Scenic Bus Ride</div> <div>3:00 Resident Card Game, AR</div> <div>6:00 Cinema Sunday, AR</div> <div>6:30 Bible Study Life Group, WR</div>	<div>9:30 Banks</div> <div>10:15 Forever Fit</div> <div>10:30 <b>Resident Chair Exercise, AR</b></div> <div>1:00 Dollar Tree</div> <div>2:00 Bridge</div> <div>3:30 Scrabble, AR</div>	MARDI GRAS <div>9:10 Swimmers</div> <div>10:00 Coffee Klatch, AR</div> <div>1:00 Prize Bingo, AR</div> <div>2:15 Resident Dining Meeting, DR</div> <div>3:00 <b>Mardi Gras Social!, AR</b></div>	ASH WEDNESDAY VALENTINE’S DAY <div>10:15 Forever Fit</div> <div>10:30 <b>Resident Chair Exercise, AR</b></div> <div>1:00 <b>Nail Care, AR</b></div> <div>2:00 <b>Valentine’s Day Party, DR</b></div>	<div>9:10 Swimmers</div>	<div>9:45 Farm Fresh</div> <div>10:15 Forever Fit</div> <div>10:30 <b>Resident Chair Exercise, AR</b></div> <div>3:00 <b>Chinese New Year Party!, AR</b></div> <div>3:30 <b>Happy Hour, AR</b></div>	<div>10:00 Food Lion</div> <div>1:00 Resident Canasta, AR</div> <div>2:00 Marshall’s</div> <div>6:00 Cinema Saturday w/Popcorn, AR</div>
<div><b>Drink Wine Day!</b></div> <div>9:20 Sunday School, WR</div> <div>2:00 Scenic Bus Ride</div> <div>2:30 <b>Wine Party!, AR</b></div> <div>3:00 Resident Card Game, AR</div> <div>6:00 Cinema Sunday, AR</div> <div>6:30 Bible Study Life Group, WR</div>	PRESIDENTS DAY <div>10:15 Forever Fit</div> <div>10:30 <b>Resident Chair Exercise, AR</b></div> <div>1:00 Target</div> <div>2:30 <b>Presidents Day Social, AR</b></div> <div>3:30 Billiards in Game Room, GR</div>	<div><b>Banks, TBA</b></div> <div>9:10 Swimmers</div> <div>10:00 Coffee Klatch, AR</div> <div>1:00 Prize Bingo, AR</div> <div>2:30 Arts &amp; Crafts, CR</div> <div>4:00 <b>Conversation &amp; Hot Toddys, AR</b></div>	<div>10:15 Forever Fit</div> <div>10:30 <b>Resident Chair Exercise, AR</b></div> <div>1:00 February Pictionary, AR</div> <div>2:30 Trivia Hour, AR</div> <div>4:00 Guess the Mystery Person, AR</div>	<div><b>National Margarita Day</b></div> <div>9:10 Swimmers</div> <div>10:20 Bookmobile, AR</div> <div>11:10 <b>Lunch Outing: LongHorn Steakhouse</b></div> <div>3:15 Jackpot Bingo, AR</div>	<div>9:45 Aldi Grocery Store</div> <div>10:00 <b>Banana Bread &amp; Coffee, AR</b></div> <div>10:15 Forever Fit</div> <div>10:30 <b>Resident Chair Exercise, AR</b></div> <div>12:45 Walmart</div> <div>3:30 <b>Happy Hour, AR</b></div>	<div>10:00 Lidil Grocery Store</div> <div>2:00 <b>Tortilla Chips &amp; Dips, AR</b></div> <div>2:00 Burlington</div> <div>3:00 <b>Spades Card Game, AR</b></div>
<div>9:20 Sunday School, WR</div> <div>2:00 Scenic Bus Ride</div> <div>3:00 Resident Card Game, AR</div> <div>6:00 Cinema Sunday, AR</div> <div>6:30 Bible Study Life Group, WR</div>	<div>9:30 Banks</div> <div>10:15 Forever Fit</div> <div>2:00 Bridge</div> <div>3:00 <b>National for Pete’s Sake Day Social, AR</b></div>	<div>9:10 Swimmers</div> <div>10:00 Coffee Klatch, AR</div> <div>1:00 Prize Bingo, AR</div> <div>2:15 Arts &amp; Crafts, CR</div> <div>3:00 <b>National Strawberry Day Social, AR</b></div>	<div>10:15 Forever Fit</div> <div>10:30 <b>Resident Chair Exercise, AR</b></div> <div>1:00 <b>Nail Care, AR</b></div> <div>3:30 <b>Social Hour, AR</b></div>			