

The Devonshire *Lifestyle*



Like Us!



Independent Living Community

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The Emerald Isle

St. Patrick's Day on March 17 is a national holiday in Ireland. Here's a wee bit more about the land of shamrocks and leprechauns.

- Irish Gaelic is the country's first official language, but English, the second official language, is more commonly spoken.
- Politically, Ireland is divided between the Republic of Ireland, which covers five-sixths of the island, and Northern Ireland, which is part of the United Kingdom.
- Together, the nations have a population of about 6.4 million.
- The traditional sports of Gaelic football and hurling remain popular in Ireland.
- Because of its isolation from the European mainland, Ireland lacks several animal species common elsewhere in Europe, including weasels, polecats and roe deer.
- The national symbol of Ireland is a musical instrument: the harp. The 15th-century harp that served as the model for the emblem is housed at Trinity College in Dublin.
- Many Irish family names start with "Mac," which means "son of," or "O," which means "grandson of" or "descendant of."
- *Erin go Bragh* is a Gaelic phrase that means "Ireland forever."
- Kilbrittain Castle in County Cork is the oldest inhabited castle in Ireland. It was built in the early 11th century.
- Ireland has produced many world-class writers and actors, including Jonathan Swift, Bram Stoker, Oscar Wilde, George Bernard Shaw, William Butler Yeats, James Joyce, Samuel Beckett, Maureen O'Sullivan and Richard Harris.



MARCH 2023

Hello, there! March is upon us, and with it comes the welcome arrival of spring. I think we are all looking forward to warmer weather and more outings. We have a lot of activities planned this month! Our Special Event this month will be a St. Patrick's Day celebration. We encourage everyone to join us.



A Note from Our
Executive Director

Time To Change Your Clocks

It's time to spring forward! Daylight saving time begins the second Sunday in March. Set your clocks one hour ahead before you go to bed on Saturday.



A Timely Debut

The first issue of Time magazine hit newsstands on March 3, 1923.

MARCH 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

March 3 Jerry Seay
March 4 Ann Melluci
March 4 Cecil Banks
March 9 Frances Coffey
March 13 Jo Franklin
March 18 Helen Harvey
March 20 Bessie Owens
March 20 Andrew Billingsley
March 30 Annie Tensley

Eat Green on March 17

This year on St. Patrick’s Day, add in a dose of fun by challenging yourself to eat mostly green foods for the day. Some examples of dishes or drinks to try are green smoothies, green tea, broccoli nuggets, guacamole, spinach or zucchini noodles, matcha popcorn or green velvet cupcakes. The possibilities are truly endless and probably yummier than you expect.

“Magic is believing in yourself. If you can do that, you can make anything happen.”
—Johann Wolfgang von Goethe

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			World Compliment Day ¹ 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Game: Finish Lines 2:30 Ping Pong 5:00 Dominos	² 10:00 Exercise With Legacy 10:30 Country Store\$ 11:00 Lunch Outing to Danny’s Deli 🚗 1:30 Jackpot Bingo\$ 2:30 Deal Or No Deal 4:00 Easy Listening Music Hour	³ 9:30 Indoor Walking 1:00 Grocery Shopping at Food Lion 🚗 1:00 Shopping Trip to Dollar Tree 🚗 3:00 Happy Hour 4:00 MSNBC Evening News	⁴ 9:00 Word Search Puzzles 1:00 Candy Bingo 1:30 Movie: Residents’ Choice 5:00 Evening News 5:30 Scrabble Club
⁵ 9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games	⁶ 9:30 Grocery Orders with Amy 10:30 Bank Runs 🚗 1:00 Trip to AMC Movie Theatre 🚗 3:30 Crossword Puzzles 4:00 MSNBC Evening News	⁷ National Cereal Day 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 2:30 Cereal Tasting 3:30 Exercise with Amy 5:30 Scrabble Club	⁸ 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Baking Club: Brownies (sign up) 3:30 Exercise with Amy 5:00 Dominos	⁹ 10:00 Exercise With Legacy 10:30 Country Store\$ 1:30 Jackpot Bingo\$ 2:30 Manicures & Music 4:00 Easy Listening Music Hour	¹⁰ 9:30 Indoor Walking 1:00 Grocery Shopping at Kroger 🚗 1:00 Shopping Trip to Big Lots 🚗 3:00 Happy Hour 4:00 MSNBC Evening News	¹¹ 9:00 Word Search Puzzles 1:00 Scenic Ride 1:30 Movie: Residents’ Choice 5:00 Evening News 5:30 Scrabble Club
¹² 9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games	¹³ 9:30 Bank Runs 🚗 10:00 Card Games 1:30 Movie: Residents’ Choice 4:00 MSNBC Evening News 5:30 Tabletop Games	¹⁴ 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	¹⁵ 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:00 Town Hall Meeting 2:30 Health Talk w/ Legacy: Feeling Good as You Age 5:00 Dominos	¹⁶ 10:00 Exercise With Legacy 10:30 Country Store\$ 1:30 Jackpot Bingo\$ 5:30 Entertainment with Jon Durfee 🎸 5:30 Special Event “St. Patrick’s Day Celebration”	¹⁷ St. Patrick's Day 9:30 Indoor Walking 1:00 Grocery Shopping at Lidl 🚗 1:00 Shopping Trip to Target 🚗 3:00 Happy Hour 4:00 MSNBC Evening News	¹⁸ 9:00 Word Search Puzzles 10:00 Breakfast at Hardee’s 🚗 1:30 Movie: Residents’ Choice 5:00 Evening News 5:30 Scrabble Club
¹⁹ 9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games	²⁰ 9:30 Grocery Orders with Amy 10:30 Bank Runs 🚗 1:30 Manicures & Music 3:30 Exercise with Amy 4:00 MSNBC Evening News 6:00 Bingo with Northampton Women’s Club, AR	²¹ World Poetry Day 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 2:30 Poetry Reading 3:30 Exercise with Amy 5:30 Scrabble Club	²² 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Jackpot Bingo 2:30 Game “Codenames” 5:00 Dominos	²³ 10:00 Exercise With Legacy 10:00 Trip to Rivers Casino in Portsmouth 4:00 Easy Listening Music Hour 4:30 Country Store\$	²⁴ 9:30 Indoor Walking 1:00 Grocery Shopping at Games Farmers Market 🚗 1:00 Shopping Trip to Barnes & Noble 🚗 3:00 Happy Hour 4:00 MSNBC Evening News	²⁵ 9:00 Word Search Puzzles 10:00 Scenic Ride 🚗 1:30 Movie: Residents’ Choice 5:00 Evening News 5:30 Scrabble Club
²⁶ Wear Purple Day 9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games	²⁷ 9:30 Grocery Orders with Amy 10:30 Bank Runs 🚗 1:30 Shopping Trip to The Parish Thrift Shop 🚗 3:30 Exercise with Amy 4:00 MSNBC Evening News	²⁸ 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	²⁹ 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 10 Pin Bowling 3:00 March Trivia & Treats 5:00 Dominos	³⁰ 10:00 Exercise With Legacy 10:30 Country Store\$ 1:30 Jackpot Bingo\$ 2:30 Menu Chat with Tom 3:00 Happy Hour/Dinner at Park Lane Tavern 🚗 4:00 Easy Listening Music Hour	³¹ 9:30 Indoor Walking 1:00 Grocery Shopping at Food Lion 🚗 1:00 Shopping Trip to JC Penney 🚗 3:00 March Birthday Celebration 4:00 MSNBC Evening News	

March Employee of the Month



Kiara Bradley

Please take a moment to congratulate our employee of the month, Kiara Bradley! Kiara is a CNA in Assisted Living. She has been employed with The Devonshire for 6 months. She enjoys making our residents happy and assisting them when they need help. Kiara is married and has a black Lab named Kenzo. In her free time, Kiara enjoys cooking, watching movies, and walking the trails at our local parks. She enjoys many types of food, but one of her favorite types of food is Soul Food.

Five a Day

National Nutrition Month, observed during March, is a reminder to make healthy eating a priority. For many adults, an attainable goal is to eat three servings of vegetables and two servings of fruit every day. This “five a day” suggestion is linked with a lower risk of chronic disease and increased longevity.

Van Gogh's Legacy

From “Sunflowers” to “The Starry Night,” Vincent van Gogh’s masterpieces are among the most famous paintings in the world. Born March 30, 1853, the Dutch artist produced over 2,000 works, many of them featuring his signature style of swirling brushstrokes and vivid pigments. Celebrate van Gogh’s fascinating life and talent by viewing online galleries or reading a biography.



Brain Bender: St. Paddy's Word Puzzle

The answers to the clues below all contain a word related to St. Patrick's Day: green, luck, gold or jig. How many can you get right?

1. Words containing “green”:
 - Building for plants
 - Fresh, minty flavor
 - A newcomer
2. Words containing “luck”:
 - A chicken says ...
 - A gathering with food
 - Brave and scrappy
3. Words containing “gold”:
 - Yellow bird
 - October's birth flower
 - Koi's cousin
4. Words containing “jig”:
 - Type of puzzle
 - A doodad or gizmo
 - To wiggle

(Answers: 1. greenhouse, wintergreen, greenhorn; 2. cluck, potluck, plucky; 3. goldfinch, marigold, goldfish; 4. jigsaw, thingamajig, jiggle)

LUCK
OF THE
IRISH

Brainteaser

Question: I have four wings but cannot fly. I never laugh and never cry. On the same spot, I'm always found, toiling away with little sound. What am I?

Answer: A windmill.