

The Devonshire *Lifestyle*



Like Us!



Independent Living Community

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

MARCH 2024

A Note From Our Executive Director

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 Mardi Gras event will be on March 21st, and "Jack" will be back to provide our entertainment. We also have another "Chat with our ED" scheduled for Friday, March 8th. I encourage everyone to attend. We have a new Pest Control Company starting soon. We are also looking to hire another full-time housekeeper for our Independent Living Community. Please don't hesitate to reach out if you need anything.

Sincerely,
Sherreek Malone
ED.devonshire@tarantino.com
Phone (757) 316-7053



Lucky Charms

Do you have a lucky coin or a pair of socks that you believe brings you good fortune? You may be on to something. Studies show that simply believing a lucky charm works can boost a person's confidence, helping them perform a task better.



All About Easter

Easter, one of the most important holidays in Christianity, celebrates the central event of the Christian faith: the resurrection of Jesus Christ after his crucifixion. This event is significant to Christians because, through his death and resurrection, Jesus suffered for the sins of the world, yet was able to overcome death.

Easter is observed on the first Sunday after the full moon that occurs on or after the vernal equinox (the first day of spring). According to the Bible, the events of the crucifixion and resurrection occurred during the Jewish Passover, a springtime celebration.

Easter is preceded by Lent, a 40-day period of fasting and repentance that begins on Ash Wednesday. The Sunday before Easter is Palm Sunday, the day that Jesus arrived in Jerusalem. The week before Easter is called Holy Week. During Holy Week, Christians observe Maundy Thursday, when the Last Supper with Jesus and his disciples took place; and Good Friday, the day of the crucifixion. The resurrection is then celebrated on Easter Sunday.

Children often participate in Easter egg hunts and look forward to visits from the Easter Bunny, who is said to deliver candy and eggs during the night. Eggs and rabbits were once used as fertility symbols during ancient springtime festivals, but now represent new life when associated with the Easter holiday.

MARCH 2024

March Birthdays

3-3 Jerry Seay
3-4 Ann Melluci
3-6 Arthor Braxton
3-13 Jo Franklin
3-18 Helene Harvey
3-20 Bessie Owens
3-20 Dr. Andrew Billingsley
3-21 Geanette Wells
3-23 Janie Gayle
3-30 Annie Tensley

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.

A Better You

Taking care of yourself mentally can lower stress levels and risk of illness, leading to better physical health and increased energy. You are never done growing as a person, so do all you can to continue to learn, challenge yourself, prioritize your well-being and focus on the positive.

**"Life is a painting,
and you are the artist.
You have on your palette all
the colors in the spectrum."
—Paul J. Meyer**

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>1</div> <div>9:30 Walking In the Courtyard</div> <div>10:00 Grocery Shopping at Harris Teeter🚗</div> <div>1:00 Shopping Trip to Ross Dress For Less🚗</div> <div>3:00 Happy Hour</div> <div>4:00 MSNBC Evening News</div>	<div>2</div> <div>9:00 Word Search Puzzles</div> <div>1:00 Scenic Ride🚗</div> <div>2:00 Movie: Residents' Choice</div> <div>5:30 Scrabble Club</div>
<div>3</div> <div>9:30 Jigsaw Puzzles</div> <div>10:00 Dominos</div> <div>1:30 Movie: Residents' Choice</div> <div>5:30 Tabletop Games</div>	<div>4</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>5</div> <div>8:30 Dr. Appointments</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>6:00 Resident Council Meeting AR</div>	<div>6</div> <div>8:30 Dr. Appointments</div> <div>9:30 Grocery Orders with Amy</div> <div>10:00 Worship with Pastor Davis</div> <div>1:30 Fresh Baked Chocolate Chip Cookies</div> <div>2:00 Game "Blank Slate"</div> <div>5:00 Dominos</div>	<div>7</div> <div>10:00 Exercise With Legacy</div> <div>10:30 Country Store</div> <div>11:00 Lunch Outing to Olive Garden🚗</div> <div>1:30 Jackpot Bingo\$</div> <div>3:00 10 Pin Bowling AR</div> <div>4:00 Easy Listening Music Hour</div>	<div>8</div> <div>9:00 Chat w/ Our ED</div> <div>9:30 Walking In the Courtyard</div> <div>10:00 Grocery Shopping at Food Lion🚗</div> <div>1:00 Shopping Trip to Pop Shelf & Five Below🚗</div> <div>3:00 Happy Hour</div> <div>4:00 MSNBC Evening News</div>	<div>9</div> <div>9:00 Word Search Puzzles</div> <div>10:30 Candy Bingo</div> <div>2:00 Movie: Residents' Choice</div> <div>5:30 Scrabble Club</div>
<div>10</div> <div>9:30 Jigsaw Puzzles</div> <div>10:00 Dominos</div> <div>1:00 Popcorn & A Movie "The Banshees of Inisherin"</div> <div>5:30 Tabletop Games</div>	<div>11</div> <div>9:30 Grocery Orders with Amy</div> <div>10:30 Bank Runs🚗</div> <div>1:30 Trip to Barnes & Noble🚗</div> <div>3:30 Exercise with Amy</div> <div>4:00 MSNBC Evening News</div>	<div>12</div> <div>8:30 Dr. Appointments</div> <div>10:00 Coffee & Pastries, AR</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo</div> <div>3:00 March Trivia & Treats</div> <div>3:30 Exercise with Amy</div> <div>5:30 Scrabble Club</div>	<div>13</div> <div>8:30 Dr. Appointments</div> <div>9:30 Grocery Orders with Amy</div> <div>10:00 Worship with Pastor Davis</div> <div>2:30 Medication Management Health Talk w/ Legacy</div> <div>3:30 Game: Finish Lines</div> <div>5:00 Dominos</div>	<div>14</div> <div>10:00 Exercise With Legacy</div> <div>11:00 Country Store</div> <div>1:30 Jackpot Bingo\$</div> <div>2:30 Fresh Popcorn</div> <div>3:00 Ping Pong</div> <div>4:00 Easy Listening Music Hour</div>	<div>15</div> <div>9:30 Walking In the Courtyard</div> <div>10:00 Grocery Shopping at Lidl🚗</div> <div>1:00 Shopping Trip to Dollar Tree🚗</div> <div>3:00 Happy Hour</div> <div>4:00 MSNBC Evening News</div>	<div>16</div> <div>9:00 Word Search Puzzles</div> <div>10:00 Breakfast at Burger King🚗</div> <div>2:00 Movie: Residents' Choice</div> <div>5:30 Scrabble Club</div>
<div>17</div> <div>St. Patrick's Day</div> <div>9:30 Jigsaw Puzzles</div> <div>10:00 Dominos</div> <div>1:30 Movie: Residents' Choice</div> <div>5:30 Tabletop Games</div>	<div>18</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>6:00 Bingo with Northampton Women's Club, AR</div>	<div>19</div> <div>First Day of Spring</div> <div>8:30 Dr. Appointments</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>20</div> <div>8:30 Dr. Appointments</div> <div>9:30 Grocery Orders with Amy</div> <div>10:00 Worship with Pastor Davis</div> <div>1:00 Town Hall Meeting</div> <div>2:00 Game: Codenames</div> <div>5:00 Dominos</div>	<div>21</div> <div>10:00 Exercise With Legacy</div> <div>11:00 Country Store</div> <div>1:30 Jackpot Bingo\$</div> <div>4:00 Easy Listening Music Hour</div> <div>6:00 Entertainment with Jack 🎵</div> <div>6:00 Special Event "Mardi Gras"</div>	<div>22</div> <div>9:00 Chat w/ Our ED</div> <div>9:30 Walking In the Courtyard</div> <div>10:00 Grocery Shopping at Food Lion🚗</div> <div>1:00 Shopping Trip to Big Lots🚗</div> <div>3:00 Happy Hour</div> <div>4:00 MSNBC Evening News</div>	<div>23</div> <div>9:00 Word Search Puzzles</div> <div>1:00 Scenic Ride🚗</div> <div>2:00 Movie: Residents' Choice</div> <div>5:30 Scrabble Club</div>
<div>24</div> <div>9:30 Jigsaw Puzzles</div> <div>10:00 Dominos</div> <div>1:30 Movie: Residents' Choice</div> <div>5:30 Tabletop Games</div>	<div>25</div> <div>9:30 Grocery Orders with Amy</div> <div>10:30 Bank Runs🚗</div> <div>1:30 Trip to CVS Pharmacy🚗</div> <div>3:30 Exercise with Amy</div> <div>4:00 MSNBC Evening News</div>	<div>26</div> <div>8:30 Dr. Appointments</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>27</div> <div>8:30 Dr. Appointments</div> <div>9:30 Grocery Orders with Amy</div> <div>10:00 Worship with Pastor Davis</div> <div>1:30 Jackpot Bingo\$</div> <div>2:30 Fresh Baked Chocolate Chip Cookies</div> <div>3:00 Game: Left Right Center</div> <div>5:00 Dominos</div>	<div>28</div> <div>10:00 Exercise With Legacy</div> <div>11:00 Country Store</div> <div>1:00 Trip to Hampton Library🚗</div> <div>2:30 Menu Chat with Tom DR</div> <div>4:00 Easy Listening Music Hour</div>	<div>29</div> <div>9:30 Walking In the Courtyard</div> <div>10:00 Grocery Shopping at Walmart🚗</div> <div>1:00 Shopping Trip to Burlington🚗</div> <div>3:00 March Birthday Celebration</div> <div>4:00 MSNBC Evening News</div>	<div>30</div> <div>9:00 Word Search Puzzles</div> <div>10:00 Tabletop Games</div> <div>2:00 Movie: Residents' Choice</div> <div>5:30 Scrabble Club</div>
<div>31</div> <div>Easter</div> <div>9:30 Jigsaw Puzzles</div> <div>10:00 Dominos</div> <div>1:30 Movie: Residents' Choice</div> <div>5:30 Tabletop Games</div>						

March Employee of the Month



Our employee of the month is Cheryl McCloud. She is a dietary server in our assisted living community. Cheryl has been in this position for almost a year. Cheryl previously worked here for 14 years as a housekeeper and also filled in for other departments when needed. She enjoys all of the different personalities of our residents, hearing their stories, and being able to have fun and laugh with them. In her free time, she likes to spend time with her grandchildren and go on trips with her girlfriends. She also enjoys cleaning and relaxing with a good TV show. One day she plans to visit her brother in Paraguay, a country in South America.

A Positive Habit

March is Optimism Month. Celebrate by writing down one thing you are thankful for at the end of each day. Keep up this habit for the rest of the year to help maintain a positive outlook.

Laugh Lines: Jest a Few Holiday Jokes

These St. Patrick's Day-related jokes will have you Dublin over with giggles!

Rainbow Riddles

What do you call a rainbow over a farm?

A grain-bow.

What about one over a construction site?

A crane-bow.

Over an airport runway?

A plane-bow.

What if it's over the city of Madrid?

A Spain-bow.

Clover Comedy

Why do we wear shamrocks on St. Patrick's Day?

Because regular rocks are too heavy!

What happens when you cross poison ivy with a four-leaf clover?

You get a rash of good luck.

Why shouldn't you iron a four-leaf clover?

You might press your luck.

Leprechaun Laughs

What's a leprechaun's favorite place to relax?

The paddy-o!

What do you call leprechauns who collect plastic bottles?

Wee-cyclers.

Why do leprechauns hate running?

They'd rather jig than jog.



Fat Tuesday

Mardi Gras, or the last day of Shrovetide, is the final celebration of feasting before the fast of Lent. It takes place between Epiphany and Ash Wednesday, the official start of the Roman Catholic Lenten season. It originated in Rome as a pagan carnival and spring fertility rite. The first American Mardi Gras was celebrated in 1699, 60 miles south of present-day New Orleans. Today, the biggest parades occur in New Orleans, Brazil, France and Germany.



Let Them Eat Pancakes

Flapjacks are a popular meal on Mardi Gras, also known as Pancake Day. Food historians say the ancient Greeks and Romans served up the earliest form of the dish. The Romans' name for pancakes was *alita dolcia*, which is Latin for "another sweet."