

Simple Moves To Stay Fit

Along with tried-and-true forms of low-impact physical activities, such as walking, water aerobics and chair yoga, there are quick and simple exercises you can do throughout your day to stay fit and flexible. Incorporate these moves into your routine.

Head turns: Say yes to this easy neck stretch that just involves shaking your head no! Stand or sit up straight. Turn your head slowly to the right until you feel a slight stretch and hold it. Then turn to the left.

Shoulder rolls: Seated or standing, gently rotate your shoulders up toward the ceiling, then to the back, and lastly down again. Switch and roll your shoulders forward.

Marching in place: Boost your balance by high-stepping it! Stand up straight, lift your right knee as high as you can, lower it, then lift your left knee. Repeat 20 times.

Toe lifts: This move strengthens your legs and improves balance. Stand behind a chair or counter, holding on to it for support. Raise yourself up on your tiptoes, hold, then lower your heels back to the floor. Aim for 10 to 15 reps.

Ankle rolls: These help improve circulation while sitting in a chair. Lift your right foot off the floor and rotate your ankle to the right five times, then rotate it to the left five times. Repeat with your left foot.

Go to the National Institute on Aging's website, NIA.NIH.gov, to find more guidance on exercises for older adults. Check with a health care professional before starting new physical activities.

April Employee of the Month

Congratulations to our Employee of the Month, Terrance Ross. He works in our Maintenance Department. He is always willing to help out and has a positive attitude. He has been a great addition to our team!



Twinkie Talk

Much more than a sweet snack cake, the Twinkie is an American icon.

Like so many other innovations of the time, Twinkies were born out of necessity during the Great Depression. James Dewar, a manager at the Continental Baking Company just outside of Chicago, wanted a way to use shortcake baking pans after strawberry season had passed. His solution was a golden spongecake with a banana-flavored cream filling. He called the cakes Twinkies, after seeing a billboard advertising Twinkle Toe Shoes.

When World War II rationing limited the company's banana supply, it began filling Twinkies with vanilla cream, which became a top seller. Under the company's Hostess brand, Twinkies grew in popularity, especially with kids after commercials for the cakes aired on the TV show "Howdy Doody." In the following decades, Twinkies made appearances in comic books, as well as in blockbuster movies such as "Ghostbusters."

The Devonshire Lifestyle



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APRIL 2021

A Message From Our Executive Director

Happy Easter!

I am so excited to be in the month of April! The weather is getting warmer, flowers are starting to blossom, and days are getting longer. Easter is also upon us! Take a moment to remember that this is a time of new beginnings in life. As you reflect on this, perhaps you will feel renewed with a breath of fresh air. We wish for our residents to have a great outlook on life and all the opportunities it holds. I hope you will join me in being active and vibrant with the new beginnings of spring and to live each day to the fullest.

We look forward to the warmer days to come, enjoying outside entertainment, and other outdoor activities. Please continue to check our activities calendar to see all of our fun updates!

Please continue to stay safe!

It's a pleasure to serve you.



Natalie Fox, Executive Director

Easy, Breezy Springtime Crafts

Spring has arrived, so get in the swing of things and celebrate the new season with these fun and simple crafts.

Festive florals — Whether fresh or faux, nothing says spring like flowers. Dress up a plain vase or a clean, empty jar to display them in. Add stripes or other geometric designs with patterned tape, or glue on a piece of colored tissue paper or a swatch of fabric.

Rainy day welcome — Fill a pair of brightly colored rain boots with artificial flowers or greenery, then set the display by the door to welcome in spring.

Yarn-wrapped eggs — Eggs are popular as a symbol of the season. Wrap strands of yarn or embroidery floss around wooden, plastic or foam eggs, then display them in a bowl or tray.

Spring garland — Use watercolors to paint several sheets of blank paper, letting the colors swirl together to create a marbled pattern. Once the paper dries, cut raindrop, egg or flower shapes out of the paper, then punch a hole in each shape and loop them all on a string. Hang the garland above a doorway or across a shelf.



APRIL 2021

Locations

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

Birthdays


Diane Coates, 1st
Estelle Milsap, 10th
Lisa Wanderer, 28th

Country Store

Tuesday & Thursday
11 a.m.-Noon

**“Try to leave the Earth
a better place than
when you arrived.”**

—Sidney Sheldon

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				April Fools' Day 1 10:30 Exercise w/Legacy, AR 11:00 Country Store 1:30 Jackpot Bingo (Sign up.), AR 2:00 Menu Chat w/Sarah, DR 2:30 Craft Hour "Easter Egg Decorating," AR 4:00 "Easy Listening Music Hour"	GOOD FRIDAY 2 9:30 Grocery Orders 10:00 Friday Fitness Walking Group, CY 10:30 Game "Trivial Pursuit," AR 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch "MSNBC," AR	10:00 Individual Word Search Puzzles, AR 11:00 Snack Cart 1:30 Movie (Residents' Choice), AR
EASTER 4 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents' Choice), AR	9:30 Grocery Orders w/Amy 10:30 Hand Massages, AR 11:00 Card Club, AR 1:30 Popcorn & a Movie "Penguin Bloom," AR 4:00 MSNBC News Hour, AR	10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Prize Bingo (Sign Up), AR 2:30 Ten Pin Bowling, AR 3:30 Exercise w/Amy, AR 4:00 "Classical Music Hour," AR	9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Thurman, AR 10:30 Fresh Fruit Basket 1:30 Game "Codenames," AR 3:00 Exercise w/Amy, AR 4:00 Golden Oldies Music Hour	10:30 Exercise w/Legacy, AR 11:00 Country Store 1:30 Jackpot Bingo (Sign up.), AR 2:00 Menu Chat w/Sarah, DR 2:30 Craft Hour "Spring Time Colored Pencil Coloring," AR 4:00 "Easy Listening Music Hour"	9:30 Grocery Orders 10:00 Friday Fitness Walking Group, CY 10:30 Game "Finish Lines," AR 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch "MSNBC," AR	10:00 Individual Word Search Puzzles, AR 11:00 Snack Cart 1:30 Movie (Residents' Choice), AR
National Pet Day 11 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents' Choice), AR	9:30 Grocery Orders w/Amy 10:30 Chair Yoga, AR 11:00 Card Club, AR 1:30 Popcorn & a Movie "Paul Blart Mall Cop" 4:00 MSNBC News Hour, AR	10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Prize Bingo (Sign Up), AR 2:30 Talk w/the Virginia Peninsula Food Bank, AR 3:30 Exercise w/Amy, AR 4:00 "Classical Music Hour," AR	9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Thurman, AR 10:30 Fresh Fruit Basket 1:30 Ice Cream Sundaes, AR 3:00 Exercise w/Amy, AR 4:00 Golden Oldies Music Hour	11:00 Country Store 1:30 Jackpot Bingo (Sign up.), AR 2:00 Menu Chat w/Sarah, DR 3:00 Ball Park Cookout!, CY 4:00 "Easy Listening Music Hour"	9:30 Grocery Orders 10:00 Friday Fitness Walking Group, CY 10:30 Health Talk w/Legacy, AR 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch "MSNBC," AR	10:00 Individual Word Search Puzzles, AR 11:00 Snack Cart 1:30 Movie (Residents' Choice), AR
9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents' Choice), AR	9:30 Grocery Orders w/Amy 10:30 Hot Cocoa & Conversation 11:00 Card Club, AR 1:30 Popcorn & a Movie "Enola Holmes" 4:00 MSNBC News Hour, AR	10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Prize Bingo (Sign Up), AR 2:30 Tabletop Ping Pong, AR 3:30 Exercise w/Amy, AR 4:00 "Classical Music Hour," AR	9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Thurman, AR 10:30 Fresh Fruit Basket 1:30 Pokeno 3:00 Exercise w/Amy, AR 4:00 Golden Oldies Music Hour	EARTH DAY 22 10:30 Exercise w/Legacy, AR 11:00 Country Store 1:30 Jackpot Bingo (Sign up.), AR 2:00 Entertainment w/Jon Durfee 2:00 Menu Chat w/Sarah, DR 4:00 "Easy Listening Music Hour"	9:30 Grocery Orders 10:00 Friday Fitness Walking Group, CY 10:30 Tabletop Checkers, AR 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch "MSNBC," AR	10:00 Individual Word Search Puzzles, AR 11:00 Snack Cart 1:30 Movie (Residents' Choice), AR
9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents' Choice), AR	National Pretzel Day 26 9:30 Grocery Orders w/Amy 10:30 Show & Tell, AR 11:00 Card Club, AR 1:30 Pretzels & a Movie "Instant Family" 4:00 MSNBC News Hour, AR	10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Prize Bingo (Sign Up), AR 2:30 Game "Finish Lines," AR 3:30 Exercise w/Amy, AR 4:00 "Classical Music Hour," AR	9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Thurman, AR 10:30 Fresh Fruit Basket 1:30 Cookies & Conversation, AR 3:00 Exercise w/Amy, AR 4:00 Golden Oldies Music Hour	11:00 Country Store 1:30 Jackpot Bingo (Sign up.), AR 2:00 Menu Chat w/Sarah, DR 2:30 Book Club Meeting, AR 4:00 "Easy Listening Music Hour"	9:30 Grocery Orders 10:00 Friday Fitness Walking Group, CY 10:30 Wii Game "Wheel of Fortune," AR 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch "MSNBC," AR	