

Branch Out With These Facts About Trees

Many of us have spent time sitting in the shade of a tree, climbing its branches or simply admiring its beauty. Did you know these tremendous facts about trees?

- The world is home to around 3 trillion trees. Each year, about 5 billion new trees are either planted or sprout naturally.
- A lush, green tree is a symbol of a healthy environment. Trees help the Earth by filtering the air, releasing oxygen, improving water quality, cooling the planet, and providing shelter and food for wildlife.
- Determining a tree's age by counting the rings in the trunk is called dendrochronology. The rings can also indicate years when natural disasters, like a volcano, occurred.
- Besides many fruits and nuts, other foods that come from trees include chocolate, cinnamon, coffee and tea.
- If you're lost, trees can point you in the right direction. Moss typically grows on the north side of a tree. Peeling bark is more often found on the south side.
- This year is the 150th anniversary of the first Arbor Day, which was held in Nebraska on April 10, 1872. Over 1 million trees were planted on that day.

April Employee of the Month

DeVonne Holloway is our April employee of the month. She is our Driver and Activity Assistant and has been with us for five months. DeVonne is a pleasure to work with. She is committed to performing her job well and passionate about her work.

When asked what she likes most about working at The Devonshire, she said, "I enjoy listening to seniors, helping them with a service that they truly need and seeing them happy."

In her time off, she enjoys spending time with her family, walking, jazz and gospel music, shopping, Church and fellowship, and taking pictures. She loves seafood and homemade macaroni and cheese. She enjoys going to the beach and would love to vacation in Japan one day.



Meditation in Motion

Developed hundreds of years ago as a Chinese martial art, tai chi is now recognized as one of the most beneficial exercises for older adults.

Many styles and variations of tai chi exist, but the basic concept involves the combination of slow, gentle movements with deep, regulated breathing. Focusing on the set pattern of moves improves mental concentration and awareness, and controlled breathing helps the body relax. These characteristics have prompted some to describe the exercise as "meditation in motion."

Stress relief is one of the biggest benefits of tai chi. Research also shows that the exercise may provide immune system support and boost cardiovascular health by lowering cholesterol and blood pressure.

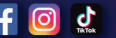
Tai chi can improve range of motion, flexibility and balance, making activities such as walking or climbing stairs easier and more comfortable. People who practice tai chi can also reduce their risk of falling.



The Devonshire *Lifestyle*



Like Us!



Independent Living Community

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

APRIL 2022

A Note From Our Executive Director

Happy spring! We are looking forward to some warmer weather and more sunshine!

We have some wonderful activities planned for this month including crafts, a nacho bar, Brain Games with Legacy, lunch outings and a trip and picnic at Saude Creek Winery for our IL residents. We are also excited for our Spring Fling this month. We have some great entertainers scheduled. Please check the activity calendar to make sure you don't miss out on anything. We love to see you all enjoying your time here!

Sincerely,
Natalie Fox
Executive Director



From Bulbs to Blooms

A cheerful sign of spring, the tulip has been dazzling humans for thousands of years.

Though they bloom from mid-April through May, tulip bulbs are planted in autumn because they need cold weather during their dormant stage to grow properly. There are more than 3,000 cultivated varieties of tulips, representing nearly every color of the rainbow. Common hues include red, yellow and pink.

Native to central Asia, the flower gained popularity throughout the Ottoman Empire and was cultivated as early as A.D. 1000. The word "tulip" comes from a Persian word meaning "turban." Sultans would wear the flower on their turbans as a symbol of life.

Although tulips are often associated with the Netherlands, they didn't reach that country until 1593, when botanist Carolus Clusius planted bulbs in Leiden University's garden. The flowers' appeal grew, and the Netherlands experienced a "tulip mania" in the 1630s. The price of tulip bulbs soared so high, some varieties cost as much as a house.

Today, most of the world's tulips are cultivated in and exported from the Netherlands. Visitors flock to the country every spring to see millions of tulips in bloom.



APRIL 2022

Locations

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

Birthdays

Diane Coates, 1st
Jackeline Goninan, 5th
Estelle Milsap, 10th
Lisa Wanderer, 28th

Country Store

Tuesday
11 a.m.-Noon

Thursday
10-11 a.m.

“A heart of gold is where
the rainbow begins.”

—Tammy L. Kubasko

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>1</div> <div>April Fools’ Day 9:30 Walking in the Courtyard, CY 10:30 Exercise w/Amy, AR 1:00 Shopping Trip to Dollar Tree 3:00 Happy Hour, AR 4:00 Evening News, AR</div>	<div>2</div> <div>9:00 Individual Word Search Puzzles, AR 10:00 Shopping Trip to Food Lion 10:30 Board Games, AR 1:00 Movie: Residents Choice, AR 5:30 Scrabble Club, AR</div>
<div>3</div> <div>9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents’ Choice), AR</div>	<div>4</div> <div>9:30 Word Search Puzzles, AR 10:30 Bank Runs 1:30 Movie “Residents’ Choice,” AR 4:00 Evening News, AR 5:30 Card Games, AR</div>	<div>5</div> <div>10:00 Coffee & Fresh Pastries, AR 11:00 Country Store 1:30 Dominoes, AR 2:30 Crossword Puzzles, AR 5:30 Scrabble Club</div>	<div>6</div> <div>10:00 Worship w/ Pastor Davis, AR 1:30 Board Games, AR 2:30 Brain Games w/ Legacy, AR 4:00 Golden Oldies Music Hour, AR 5:30 Dominoes, AR</div>	<div>7</div> <div>9:15 Bus Trip to YMCA 10:00 Country Store 10:30 Exercise w/ Legacy, AR 1:30 Jackpot Bingo, AR 2:30 Menu Chat w/ Tom, DR 3:00 Pine Cone Bird Feeders, AR</div>	<div>8</div> <div>9:30 Walking in the Courtyard, CY 10:00 Grocery Shopping Trip to Lidl 1:00 Shopping Trip to Roses 3:00 Happy Hour, AR 4:00 Evening News, AR</div>	<div>9</div> <div>9:00 Individual Word Search Puzzles, AR 10:30 Board Games, AR 1:00 Movie: Residents Choice, AR 1:30 Prize Bingo, AR 5:30 Scrabble Club, AR</div>
<div>10</div> <div>PALM SUNDAY 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents’ Choice), AR</div>	<div>11</div> <div>9:30 Grocery Orders w/Amy, AR 10:30 Bank Runs 2:00 Elder Financial Fraud Seminar, AR 3:00 Manicures & Music, AR 4:00 Evening News, AR 5:30 Card Games, AR</div>	<div>12</div> <div>10:00 Coffee & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Finish Lines, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club</div>	<div>13</div> <div>National Scrabble Day! 9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Davis, AR 1:30 Soda & Scrabble Games, AR 2:30 Walker & Wheelchair Obstacle Course w/Legacy, AR 5:30 Dominoes, AR</div>	<div>14</div> <div>International Moment of Laughter Day 10:00 Country Store 10:30 Exercise w/ Legacy, AR 11:15 Lunch at Nawab Indian Cuisine 1:30 Jackpot Bingo, AR 2:30 Menu Chat w/Tom, DR 3:30 Comedy Hour, AR</div>	<div>15</div> <div>GOOD FRIDAY PASSOVER BEGINS AT SUNSET 9:30 Walking in the Courtyard, CY 10:00 Grocery Shopping at Game’s Farmers Market 1:00 Shopping Trip to Five Below 3:00 Happy Hour, AR 4:00 Evening News, AR</div>	<div>16</div> <div>9:00 Individual Word Search Puzzles, AR 10:30 Board Games, AR 1:00 Movie: Residents Choice, AR 1:30 Scenic Ride 5:30 Scrabble Club, AR</div>
<div>17</div> <div>EASTER 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents’ Choice), AR</div>	<div>18</div> <div>9:30 Grocery Orders w/Amy, AR 10:30 Bank Runs 1:30 Mad Libs Word Game 2:00 Spring Painting w/Marcella, AR 4:00 Evening News, AR 6:00 Bingo w/ Northampton Women’s Club</div>	<div>19</div> <div>10:00 Coffee & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Wii Game “Jeopardy,” AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club</div>	<div>20</div> <div>National Look Alike Day 9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Davis, AR 1:00 Town Hall Meeting, AR 2:30 Brain Games w/ Legacy, AR 5:30 Dominoes, AR</div>	<div>21</div> <div>9:15 Bus Trip to YMCA 10:00 Country Store 10:30 Exercise w/ Legacy, AR 1:30 Jackpot Bingo, AR 6:00 Special Event “Spring Fling,” DR 6:00 Entertainment w/ Jessica Julius, DR</div>	<div>22</div> <div>EARTH DAY 9:30 Walking in the Courtyard, CY 10:00 Grocery Shopping Trip to Food Lion 1:00 Big Lots 3:00 Happy Hour, AR 4:00 Evening News, AR</div>	<div>23</div> <div>9:00 Individual Word Search Puzzles, AR 10:00 Shopping Trip to Walgreens 10:30 Board Games, AR 1:00 Movie: Residents Choice, AR 5:30 Scrabble Club, AR</div>
<div>24</div> <div>9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents’ Choice), AR</div>	<div>25</div> <div>9:30 Grocery Orders w/Amy, AR 10:30 Bank Runs 1:30 Manicures & Music, AR 3:00 Game “Codenames,” AR 4:00 Evening News, AR 5:30 Card Games, AR</div>	<div>26</div> <div>National Pretzel Day! 10:00 Coffee & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Pretzels & Punch, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club</div>	<div>27</div> <div>9:30 Grocery Orders w/Amy 10:00 Worship w/ Pastor Davis, AR 1:00 Nacho Bar, AR 1:30 Jackpot Bingo, AR 2:30 Brain Games w/ Legacy, AR 5:30 Dominoes, AR</div>	<div>28</div> <div>10:00 Country Store 10:30 Exercise w/ Legacy, AR 11:00 Trip to Saude Creek Vineyards 2:30 Menu Chat w/ Tom, DR 3:30 Book Club Meeting 4:00 “Easy Listening Music Hour”</div>	<div>29</div> <div>9:30 Walking in the Courtyard, CY 10:00 Grocery Shopping at Kroger 1:00 Shopping Trip to Ollie’s Bargain Outlet 3:00 April Birthday Celebration!, AR 4:00 Evening News, AR</div>	<div>30</div> <div>9:00 Individual Word Search Puzzles, AR 10:00 Scenic Ride 10:30 Board Games, AR 1:00 Movie: Residents Choice, AR 5:30 Scrabble Club, AR</div>