

The Devonshire *Lifestyle*



Like Us!



Independent Living Community

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

APRIL 2023

Time for Tulips

A signal of spring's arrival is the annual appearance of tulips, one of the most popular flowers. After bulbs are planted in the fall and spend the winter being dormant, their perfectly shaped petals, atop long green stems, emerge as showstopping blooms.



Indoor Spring Décor

You don't need a green thumb to bring the benefits of nature inside your home. Botanical-themed décor can have the same energizing effect as live greenery. Start with something simple for the season: Frame a springy print or an empty seed packet for some instant art. Choosing a larger frame with a mat can elevate the look even more.

Brainteaser

Question: A pitcher in a baseball game faced only 27 batters, and he struck out every batter. He allowed no hits and no runs, yet his team lost by a score of 3-0. Can you explain how this could happen?

Answer: The pitcher came in as a relief pitcher.

A Note From Our Executive Director

Happy April! The season is in full bloom, and so are our best wishes for all of our residents. Here's to a happy spring full of smiles, laughter and beautiful weather! We are looking forward to start going on more trips where we can take advantage of the nicer weather and sunshine. We also have our Spring Fling coming up on April 20th. We will have entertainment with Lyle and Linda Dowling. Hope to see you there!

Sincerely,
Natalie Fox
Executive Director



A Bunch of Bunnies

The many terms for a group of rabbits include colony, herd, nest and fluffle.



APRIL 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

Bessie Owens

Bernice Edmundsen

Gil Groat

Geanelle Wells

Betty Heath

Jaqueline Kushner

Paul Peters

April 1

April 7

April 10

April 11

April 18

April 21

April 28

Recycle for the Earth

This month we celebrate Earth Day, a time to raise awareness about the importance of helping the environment. We make saving the planet easy every day thanks to our recycling bins throughout the community. We encourage you to use these bins whenever you can; every small action makes a big difference!

“The sky is always beautiful. Even when it’s dark or rainy or cloudy, it’s still beautiful to look at ... and it’ll be there no matter what.”
—Colleen Hoover

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>2</div>	 <div>3</div>	 <div>4</div>	 <div>5</div>	 <div>6</div>	 <div>7</div>	 <div>1</div>
9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games	9:30 Grocery Orders with Amy 10:30 Bank Runs🚗 1:30 Manicures & Music 3:30 Exercise with Amy 4:00 MSNBC Evening News	10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	National Walking Day 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Easter Themed Craft (sign-up) 3:30 Wii Jeopardy 5:00 Dominos	10:00 Exercise With Legacy 10:30 Country Store\$ 1:30 Jackpot Bingo\$ 2:30 Pampering with Mary Kay Cosmetics (sign-up) 4:00 Easy Listening Music Hour	9:30 Indoor Walking 10:00 Table Games🚗 10:30 Easter Egg Hunt 1:00 Grocery Shopping at Lidl🚗 3:00 Happy Hour 4:00 MSNBC Evening News	9:00 Word Search Puzzles 9:30 Breakfast at Burger King🚗 1:30 Movie: Residents’ Choice 5:00 Evening News 5:30 Scrabble Club
Easter 9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games	9:30 Grocery Orders with Amy 10:30 Bank Runs🚗 1:30 Ideal Organizing & Design + Tips to Maximize Your Living Space 3:30 Exercise with Amy 4:00 MSNBC Evening News	10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 2:30 Cakewalk 3:30 Exercise with Amy 5:30 Scrabble Club	9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 2:30 Energy Conservation Health Talk w/ Legacy 3:30 Game: Finish Lines 5:00 Dominos	10:00 Exercise With Legacy 10:30 Country Store\$ 11:00 Lunch Outing to Anna’s Italian Pizza🚗 1:30 Jackpot Bingo\$ 3:00 Wheel of Fortune 4:00 Easy Listening Music Hour	9:30 Indoor Walking 10:00 Grocery Shopping at Food Lion🚗 1:00 Shopping Trip to Five Below🚗 3:00 Happy Hour 4:00 MSNBC Evening News	9:00 Word Search Puzzles 1:00 Veterans Benefits Briefing with DAV Chapter 6 5:00 Evening News 5:30 Scrabble Club
9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games	National Haiku Poetry Day 9:30 Grocery Orders with Amy 10:30 Bank Runs🚗 1:30 Haiku Poetry Reading & Writing 3:30 Exercise with Amy 6:00 Bingo with Northampton Women’s Club, AR	10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo with JenCare 2:30 Manicures & Music 3:30 Exercise with Amy 5:30 Scrabble Club	9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:00 Town Hall Meeting 1:30 Game: Codenames 5:00 Dominos	10:00 Exercise With Legacy 10:30 Country Store\$ 1:30 Jackpot Bingo\$ 4:00 Easy Listening Music Hour 5:30 Entertainment with Lyle & Linda Dowling🎵 5:30 Special Event “Spring Fling”	9:30 Indoor Walking 10:00 Grocery Shopping at Lidl🚗 1:00 Shopping Trip to Dollar Tree🚗 3:00 Happy Hour 4:00 MSNBC Evening News	Earth Day 9:00 Word Search Puzzles 2:00 Movie: Residents’ Choice 5:00 Evening News 5:30 Scrabble Club
9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games	9:30 Grocery Orders with Amy 10:30 Bank Runs🚗 1:30 Community Health Program with the Peninsula Agency on Aging 3:30 Exercise with Amy 4:00 MSNBC Evening News	10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	National Pretzel Day 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Social with Pretzels 2:30 Game: Five Second Rule 5:00 Dominos	10:00 Exercise With Legacy 1:30 Jackpot Bingo\$ 2:30 Menu Chat with Tom 2:30 Trip to Bluebird Gap Farm🚗 4:00 Easy Listening Music Hour	9:30 Indoor Walking 10:00 Grocery Shopping at Walmart Neighborhood Market🚗 1:00 Shopping Trip to Goodwill Thrift Store🚗 3:00 April Birthday Celebration 4:00 MSNBC Evening News	9:00 Word Search Puzzles 1:00 Candy Bingo 2:00 Movie: Residents’ Choice 5:00 Evening News 5:30 Scrabble Club
9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games						

April Employee of the Month



Our April employee is Virginia Graham. She is one of our Housekeepers and has been employed at The Devonshire for 6 months. She enjoys talking to our residents and gets along well with her coworkers. In her spare time, she enjoys spending time with her family and taking care of the house. She spends time volunteering at her church by serving lunch and helping the homeless. She also enjoys bowling and going on cruises. Her favorite meal is fried chicken, cabbage, candied yams and sweet potato pie.

Alert for Allergy Weather

It's the season for allergies. Local weather forecasts often include pollen counts. But if you miss those numbers, you can still be prepared with a do-it-yourself weather check. Expect symptoms to flare up when it's windy, warm and dry. During rainy weather and breeze-free days, the pollen level will likely be lower.

Bunny Basics

Rabbits can be found living in city parks, suburban yards and country meadows. These cute critters are often seen as a symbol of spring. As the weather warms and the grass turns green, hop on in to these fun facts about rabbits.

- Although baby rabbits are called bunnies, they are actually kits or kittens. A female rabbit is a doe and a male rabbit is a buck.
- Carrot-crunching rabbits are often shown in cartoons, but the herbivores mainly eat grass, weeds, clover and other plants.
- When rabbits are happy, they jump in the air, twist and kick, an athletic leap known as a binky.
- Strong hind legs give rabbits their speed and jumping ability. Eastern cottontails, the most common rabbit in North America, can run up to 18 mph.
- Like cats, rabbits groom themselves by licking their fur and paws. They also purr when they are content and relaxed.
- Some types of rabbits dig underground burrows called warrens; others make nests above ground under dense cover.
- A rabbit can see behind, above and to the sides without turning its head.
- Their long, sensitive ears can detect sounds up to 2 miles away. The large surface area of the ears releases body heat, helping the animals stay cool.
- The largest rabbit is the Flemish giant, a domesticated breed that weighs up to 20 pounds and grows 2.5 feet long.

Laugh for Health

Go ahead and engage in a funny, friendly prank on April Fools' Day. A good belly laugh has been proven to elevate mood, reduce pain and boost immunity.

Right as Rain

Don't let April showers dampen your enthusiasm to learn all about rain!

- Each minute, 1 billion tons of rain falls on the Earth.
- Nimbostratus and cumulonimbus are the two most common types of rain clouds. The nimbostratus is a flat, gray cloud that hangs low in the sky. The cumulonimbus is a tall, puffy cloud that looks flat at the top and has a dark gray base.
- Falling at an average speed of 14 mph and from an average cloud height of 2,500 feet, a raindrop takes about two minutes to hit the ground.
- Grass looks greener after a shower because rain contains nitrogen, which is a natural fertilizer.
- Scientists say rain is not actually shaped like a teardrop. Raindrops start out in a spherical shape, and as they fall, they encounter air pressure that flattens the bottom of the drops, so they actually look like the top half of a hamburger bun.
- Petrichor is the word that describes the scent of rain. When raindrops fall on clay or dusty soils, they trap small air bubbles on the surface, which then rise and burst out of the droplets, producing the fresh, familiar fragrance.
- Scientists have studied fossilized raindrop imprints in 2.7 billion-year-old rock formed from volcanic ash.
- In hot, dry regions, rain sometimes evaporates before it hits the ground. The scientific term for this is virga, but it is also commonly called "phantom rain."

