

The Devonshire *Lifestyle*



THE
DEVONSHIRE
A RETIREMENT COMMUNITY

Like Us!



Independent Living Community

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

MAY 2024

A Note From Our Executive Director

We're glad you're here. Our management staff is dedicated to serving you. We would like to take this opportunity to thank all of our current residents who have decided to continue making this community their home, and we extend a special warm



welcome to our new neighbors. When you see a new face, say hello! We have a lot of wonderful events planned this month. A couple highlights are a Mother's Day Tea Party and a Groovin' '60s themed event. Please take a look at the calendar to see more fun events and activities.

Sincerely,
Sherreek Malone
Executive Director



Memorial Day

A day to remember the sacrifice of the country's fallen service members has been observed since the Civil War. Known as Decoration Day for a century, the holiday was renamed Memorial Day by federal law in 1967.

Sweet and Simple Mother's Day Greetings

A handmade card will warm the hearts of moms, grandmas and other important ladies in your life. Say something special with one of these fun ideas:

For the tea-riffic mom. Pour out your heart in this tea-themed card. Cut one of the corner cups out of a cardboard egg carton, then cut the cup in half so it can be glued flat against a blank card. Color the cardboard cup with watercolor paints or markers. Attach a pipe cleaner handle and glue the teacup to the card. Then stick a teabag of Mom's favorite blend inside the cup.

Let your love grow. Out of brown paper, cut out a simple flowerpot shape, then cut another to match. Glue one flowerpot on a blank card and write your message on it. Then place the other pot on top, only gluing at the top so you can lift the first layer to read the message. Add paper or fabric flowers coming out of the pot.

Pocket-sized greeting. Holding a blank card vertically, cut off the top two corners at a curve, so the resulting card shape resembles an apron. Cut a paper doily in half and glue it to the apron, round side down. Then attach a square of decorative paper on top of the doily, gluing around the sides and bottom edge only. Slide a gift card or small treat inside the apron pocket. Complete the look with a loop of ribbon at the top of the apron.

MAY 2024

May Birthdays

- 5-10 Estelle Milsap
- 5-12 Elizabeth Meine
- 5-13 Diane Cummings
- 5-21 Sherray White
- 5-26 Sandra Stevens
- 5-31 Russell Swan

Locations

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

Country Store

- Tuesday 11 a.m.-Noon
- Thursday 11 a.m.-Noon

Famous Faces Born in May

- May 1, 1996: William Nylander
- May 3, 1986: Pom Klementieff
- May 12, 1983: Domhnall Gleeson
- May 16, 1977: Melanie Lynskey
- May 21, 1952: Mr. T
- May 23, 1974: Ken Jennings
- May 26, 1964: Lenny Kravitz
- May 30, 1971: Idina Menzel

Sweet Tweets

"My favorite weather is bird-chirping weather." — Terri Guillemets

"Wherever you go, no matter what the weather, always bring your own sunshine." —Anthony J. D'Angelo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			8:30 Dr. Appointments 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 May Trivia & Treats 3:00 10-Pin Bowling 5:00 Dominos	10:00 Exercise With Legacy 10:00 Grocery Shopping at Lidl 1:30 Jackpot Bingo\$ 3:00 Happy Hour/Pre Cinco De Mayo Celebration 4:00 Easy Listening Music Hour	9:30 Walking In the Courtyard 10:00 Tabletop Games 1:30 Movie: Residents' Choice 4:00 MSNBC Evening News	9:00 Word Search Puzzles 10:00 Tabletop Games 2:30 Movie: Residents' Choice 5:30 Scrabble Club
Cinco De Mayo 5	6	7	8	9	10	11
9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Movie: Residents' Choice 5:30 Tabletop Games	9:30 Crossword Puzzles 10:30 Bank Runs 1:30 Movie: Residents Choice♪ 3:30 Tabletop Games 4:00 MSNBC Evening News	8:30 Dr. Appointments 9:45 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Life Insurance Information Session & Jewelry Making 5:30 Scrabble Club 6:00 Resident Council Meeting AR	8:30 Dr. Appointments 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Fresh Baked Chocolate Chip Cookies 2:00 Game "Blank Slate" 3:30 Exercise with Amy	10:00 Exercise With Legacy 10:30 Country Store 11:00 Chat with Our ED 1:30 Jackpot Bingo\$ 2:30 Wii Game: Jeopardy 4:00 Easy Listening Music Hour	9:30 Walking In the Courtyard 10:00 Grocery Shopping at Food Lion 1:00 Shopping Trip to Gabe's 3:00 Happy Hour 4:00 MSNBC Evening News	9:00 Word Search Puzzles 10:30 Candy Bingo 2:30 Movie: Residents' Choice 5:30 Scrabble Club
Mother's Day 12	13	14	15	16	17	18
9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Movie: Residents' Choice 5:30 Tabletop Games	9:30 Grocery Orders with Amy 10:30 Bank Runs 1:30 Mother's Day Tea Party ♪ 3:30 Exercise with Amy 4:00 MSNBC Evening News	8:30 Dr. Appointments 9:45 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 2:30 Worship with Canaan Baptist Church 3:30 Exercise with Amy 5:30 Scrabble Club	8:30 Dr. Appointments 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:00 Town Hall Meeting 2:30 Walker & Wheelchair Cleaning Event w/ Legacy 5:00 Dominos	10:00 Exercise With Legacy 1:30 Jackpot Bingo\$ 2:30 Men's Group 6:00 Entertainment with Lyle & Linda Dowling ♪ 6:00 Special Event "Groovin '60s"	9:30 Walking In the Courtyard 10:00 Grocery Shopping at Harris Teeter 1:00 Shopping Trip to Family Dollar 3:00 Happy Hour 4:00 MSNBC Evening News	9:00 Word Search Puzzles 10:00 Breakfast at Burger King 2:30 Movie: Residents' Choice 5:30 Scrabble Club
19	20	21	22	23	24	25
9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Popcorn & A Movie "Hidden Figures" 5:30 Tabletop Games	9:30 Grocery Orders with Amy 10:30 Bank Runs 1:30 Manicures & Music♪ 3:30 Exercise with Amy 5:30 Visit with Therapy Dogs "Copper & Hattie" 6:00 Bingo with Northampton Women's Club, AR	8:30 Dr. Appointments 9:45 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	8:30 Dr. Appointments 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Jackpot Bingo 5:00 Dominos 5:00 Port Warwick Summer Concert ♪	9:45 Trip to Norfolk Zoo 10:00 Exercise With Legacy 1:30 Movie: Residents' Choice 3:00 Easy Listening Music Hour 4:00 Country Store 5:30 Tabletop Games	9:30 Walking In the Courtyard 10:00 Grocery Shopping at Kroger 1:00 Shopping Trip to Goodwill Thrift Store 3:00 Happy Hour 4:00 MSNBC Evening News	9:00 Word Search Puzzles 10:30 Scenic Ride 2:30 Worship with Canaan Baptist Church 3:00 Movie: Residents' Choice 5:30 Scrabble Club
26	Memorial Day 27	28	29	30	31	
9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Movie: Residents' Choice 5:30 Tabletop Games	9:30 Word Search Puzzles 10:00 Tabletop Games 1:30 Movie: Residents' Choice 4:00 MSNBC Evening News	8:30 Dr. Appointments 9:45 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	8:30 Dr. Appointments 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Jackpot Bingo\$ 3:30 Exercise with Amy 5:00 Dominos	10:00 Exercise With Legacy 1:30 Craft Hour: Leather Earrings 2:30 Menu Chat with Tom DR 3:00 Game: Left Right Center 4:00 Easy Listening Music Hour	9:30 Walking In the Courtyard 10:00 Grocery Shopping at Neighborhood Walmart 1:00 Shopping Trip to Five Below 3:00 May Birthday Celebration 4:00 MSNBC Evening News	

May Employee of the Month

Our employee of the month is Shaudai Brown. Shaudai is a server for our Independent Living Community. She has been working here for a year. Shaudai enjoys getting to know our residents and laughing with them. In her free time, she enjoys swimming, spending time on social media, watching funny videos, and shopping. One of her favorite types of food is seafood. She enjoys clams, scallops, and crab legs. Shaudai is from upstate New York. She enjoys going home to visit family during vacations. Shaudai would love to travel the world one day. Some of the places she plans to visit are Africa, Dubai, and China.



Simple Pleasures

"Some old-fashioned things like fresh air and sunshine are hard to beat." —Laura Ingalls Wilder

Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration to work out by reviewing the top benefits of exercise:

Helps prevent illness. High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

Boosts energy. The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

Lifts mood. Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.

Improves sleep. A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest. Just avoid working out close to bedtime, since the energy boost may keep you awake.

Reduces fall risk. Exercise strengthens muscles and bones, increases flexibility, and improves balance—all benefits that are key to preventing falls and broken bones.

Enhances social life. Walking with a friend, taking a group fitness class or participating in a team sport or game offers the opportunity to have fun and connect with others.

Reasons To Reminisce

Recalling your past achievements can boost your confidence, researchers say. Looking back and remembering how you overcame an obstacle or learned a new skill builds self-esteem and helps you tackle new challenges.



Celebrate Cinco de Mayo

Cinco de Mayo is celebrated in many areas of the United States with colorful parties, but do you know the history behind the holiday? Frequently confused with Mexico's Independence Day (Sept. 16), it's actually a celebration of the Mexican victory over the French in the Battle of Puebla on May 5, 1862. An underdog Mexican force, led by Gen. Ignacio Zaragoza, defeated the well-trained forces of Napoleon III's French Army. The victory symbolized Mexico's resistance to foreign occupation, its patriotism and unity. Happy Cinco de Mayo to all residents who are celebrating this year!



It's Taco Time!

For Cinco de Mayo, Taco Tuesday, breakfast, lunch and dinner, this Mexican staple has become a mealtime favorite in America, where people eat more than 4.5 billion tacos each year.

'Gal' Is One

How many words can you come up with using the letters in "sunglasses"?