

Historic Moments for Old Glory

Each year on June 14, the U.S. commemorates the adoption of the nation's flag. Since it was first sewn, the Stars and Stripes has been part of many defining moments in history.

Fort McHenry — After a daylong bombardment by British forces during the War of 1812, Francis Scott Key saw “by the dawn’s early light” that the “flag was still there,” flying over Baltimore Harbor’s Fort McHenry. Inspired to write about the moment, his words later became the national anthem, “The Star-Spangled Banner.”

Iwo Jima — The iconic World War II image of Marines raising a U.S. flag during the Battle of Iwo Jima in 1945 won a Pulitzer Prize for photography.

Moon landing — After the crew of the Apollo 11 mission made the first moon landing on July 20, 1969, astronauts Neil Armstrong and Buzz Aldrin planted a flag on the lunar surface.

9/11 — On Sept. 11, 2001, terrorist attacks reduced New York City’s World Trade Center to rubble. Three firefighters hoisted a flag above the ruins, serving as a symbol of hope and unity.

June Employee of The Month

Travius Denson is our employee of the month for June. He is friendly, polite and always professional. He is always going out of his way to help our residents.

Travius loves working with seniors. He grew up with his grandmother. He enjoys hiking, bike riding and listening to '60s, '70s and '80s music. One of his favorite foods is scrambled eggs with cheese.



Entertainment with Jon Durfee

Last month, we were thrilled to have entertainment back in the building. Jon Durfee sang, played keyboard and even played the banjo. He was great with the residents and even let them sing a few songs with him.



The Devonshire Lifestyle

Independent Living Community

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



Like Us!



JUNE 2021

A Note From Our Executive Director

Dear Residents,

First, I hope all of the mothers had a wonderful Mother's Day! You are so special to your families, and we are happy you live here with us and we were able to celebrate you!

Summer is upon us, and I want to remind all of our residents to please stay properly hydrated, as the outside temperature will continue to rise. We look forward to continue sitting outside in our courtyards and enjoying upcoming outside entertainment! Check our Activity Calendar for the fun-filled events and activities.

June 20 is Father's Day, and we want to thank all the wonderful fathers for all of their love, dedication, sacrifices and hard work. Our wonderful Activities Directors, Amy and Vivian, have planned nice ways to honor the dads on this very special day.

We are still seeking good neighbors to live at The Devonshire. If you have friends, family or anyone else interested in moving to our beautiful senior living community, please have them contact our Sales Office. Remember, you will receive \$500 if they become a long-term resident.

I hope you have a wonderful month!

Sincerely,
Natalie Fox
Executive Director



Walk This Way

You probably know that walking is one of the best things you can do for your physical health and fitness. It's the most popular exercise in the U.S. Making a point to hit the ground walking can provide major mental health benefits.

Walking outdoors in the sunshine and fresh air of a park, nature trail or any green space has been shown to activate parts of the brain that can calm worries and relax the body. Taking a walk in a blue space—that's a place near a body of water such as a pond, river or beach—can also shift your mood to a positive mode.

Trying to figure out a solution to a problem or needing inspiration for an idea? The act of walking allows your mind to refocus and wander, which may produce that aha! moment.

If traditional meditation isn't for you, get the same peaceful perks with a walking version by concentrating on your steps and breathing. Or make it an exercise in mindfulness by focusing on your senses. Search for things you can see, hear, touch and smell.

When is the last time you felt a sense of wonder? Go for a 15-minute walk someplace new. Researchers say observing even the small details of different surroundings can spark feelings of happiness and awe.



JUNE 2021

Locations

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

Birthdays

Jean Almeleh, 10th
Joseph Berube, 12th
Margaret Rand, 20th
Martha Ammerman, 23rd


Country Store

Tuesday & Thursday
11 a.m.-Noon

“The sky is the ultimate
art gallery just above us.”

—Ralph Waldo Emerson

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		10:00 Coffee Shop & Fresh Pastries, AR ¹ 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Wii Game “Jeopardy,” AR 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR	9:30 Grocery Orders w/Amy ² 10:00 Bible Study Group, AR 10:30 Fresh Fruit Basket 1:30 10 Pin Bowling, AR 2:30 Game “5 Second Rule,” AR 3:30 Exercise w/Amy, AR	10:30 Exercise w/ Legacy, AR ³ 11:00 Country Store 1:30 Jackpot Bingo, AR 2:00 Menu Chat w/ Sarah, DR 2:30 Craft “Painted Drink Coasters,” AR 4:00 “Easy Listening Music Hour”	9:30 Grocery Orders ⁴ 10:00 Friday Fitness Walking Group, CY 10:30 Colored Pencil Art 1:30 Ping Pong, AR 2:30 Happy Hour, AR 4:00 News Watch “MSNBC,” AR	9:00 Individual Word Search Puzzles, AR ⁵ 10:00 Card Club, AR 11:00 Snack Cart, AR 1:30 Movie (Residents’ Choice), AR	
	6 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents’ Choice), AR	7 9:30 Grocery Orders w/Amy, AR 10:30 Hand Massages, AR 11:00 Card Club, AR 1:30 Popcorn & a Movie “The Zookeepers Wife,” AR 4:00 MSNBC News Hour, AR	8 10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Craft Hour “Peace & Love” Themed Bags, AR 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR	9 9:30 Grocery Orders w/Amy 10:00 Bible Study Group, AR 10:30 Fresh Fruit Basket 1:30 Workshop “Cell Phone Photography,” AR 3:30 Exercise w/Amy, AR 4:00 Golden Oldies Music Hour	10 10:30 Exercise w/ Legacy, AR 11:00 Country Store 1:30 Jackpot Bingo, AR 2:00 Menu Chat w/ Sarah, DR 3:00 Peace & Love in the ‘60s Event, AR 4:00 “Easy Listening Music Hour”	11 9:30 Grocery Orders 10:00 Friday Fitness Walking Group, CY 10:30 June Trivia, AR 1:30 Karaoke w/Kia, AR 2:30 Happy Hour, AR 4:00 News Watch “MSNBC,” AR	12 9:00 Individual Word Search Puzzles, AR 10:00 Card Club, AR 11:00 Snack Cart, AR 1:30 Movie (Residents’ Choice), AR
	13 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents’ Choice), AR	FLAG DAY 14 9:30 Grocery Orders w/Amy, AR 10:30 Game “5 Second Rule,” AR 11:00 Card Club, AR 1:30 Popcorn & a Movie “Julie & Julia,” AR 4:00 MSNBC News Hour, AR	15 10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Scrabble Club, AR 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR	16 9:30 Grocery Orders w/Amy 10:00 Bible Study Group, AR 10:30 Fresh Fruit Basket 2:00 Cara Isadora McKinney (Vocalist), DR 3:30 Exercise w/Amy, AR 4:00 Golden Oldies Music Hour	17 10:30 Exercise w/Legacy, AR 11:00 Country Store 1:30 Jackpot Bingo, AR 2:00 Menu Chat w/Sarah, DR 2:30 Father’s Day Event “Root Beer Floats,” AR 4:00 “Easy Listening Music Hour”	18 9:30 Friday Fitness Walking Group, CY 10:00 Thrift Store Shop, AR 11:00 Thrift Store Shop, AR 12:00 Thrift Store Shop, AR 2:30 Happy Hour, AR 4:00 News Watch “MSNBC,” AR	19 9:00 Individual Word Search Puzzles, AR 10:00 Card Club, AR 11:00 Snack Cart, AR 1:30 Movie (Residents’ Choice), AR
	FATHER’S DAY SUMMER BEGINS 20 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents’ Choice), AR	21 9:30 Grocery Orders w/Amy, AR 10:30 Ball Toss, AR 11:00 Card Club, AR 1:30 Popcorn & a Movie “Searching for Bobby Fischer,” AR 4:00 MSNBC News Hour, AR	22 10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 11:00 Health Talk w/ Legacy, AR 1:30 Prize Bingo, AR 2:30 Poetry Reading & Tea Tasting, AR 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR	23 9:30 Grocery Orders w/Amy 10:00 Bible Study Group, AR 10:30 Fresh Fruit Basket 1:30 Game “Trivial Pursuit,” AR 3:30 Exercise w/Amy, AR 4:00 Golden Oldies Music Hour	24 10:30 Exercise w/ Legacy, AR 11:00 Country Store 1:30 Jackpot Bingo, AR 2:00 Menu Chat w/ Sarah, DR 2:30 Craft Hour “Patriotic Wreaths,” AR 4:00 “Easy Listening Music Hour”	25 9:30 Grocery Orders 10:00 Friday Fitness Walking Group, CY 10:30 Wii Game “Wheel of Fortune,” AR 1:30 Karaoke w/Kia, AR 2:30 June Birthday Celebration!, AR 4:00 News Watch “MSNBC,” AR	26 9:00 Individual Word Search Puzzles, AR 10:00 Card Club, AR 11:00 Snack Cart, AR 1:30 Movie (Residents’ Choice), AR
	27 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents’ Choice), AR	28 9:30 Grocery Orders w/Amy, AR 11:00 Card Club, AR 1:30 Popcorn & a Movie “Titanic,” AR 4:00 MSNBC News Hour, AR	29 10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Manicures & Music, AR 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR	30 9:30 Grocery Orders w/Amy 10:00 Bible Study Group, AR 10:30 Fresh Fruit Basket 1:30 Book Club Meeting, AR 3:30 Exercise w/Amy, AR 4:00 Golden Oldies Music Hour	