

The Devonshire *Lifestyle*



Like Us!



Independent Living Community

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

Remember When: Hand-Cranked Ice Cream

Modern machines do all the work for you, but once upon a time, homemade ice cream meant turning a crank by hand for as long as an hour until the cool treat was ready to eat. Based on an 1843 invention by Nancy Johnson, early ice cream makers consisted of a wooden bucket with an inner metal canister. Inside the canister was a paddle, attached to an outer crank handle; the ice cream mixture went into the canister, and remaining space in the wooden bucket was filled with layers of ice and salt. Then it was time to crank! Since the ice slowly melted during the churning process, this was usually done on the front porch, as kids and adults alike took turns cranking. For many, the eager anticipation of the finished dessert made the ice cream even sweeter.



Enjoy Your Own Scoop

"Don't let your ice cream melt while you're counting somebody else's sprinkles." —Akilah Hughes

JUNE 2023

A Note From Our Executive Director

Dear Residents,
I hope you are all enjoying the beautiful weather that we have been having. This is the perfect time to go on a scenic ride or outing. Make sure to check out our calendar to see dates and times. We have a Sock Hop scheduled on June 15th. Astro DJ's will be playing some of your favorite songs. We are looking forward to seeing you all out on the dance floor!
Sincerely,
Natalie Fox
Executive Director



Thank You, Dads

We'd like to say Happy Father's Day to all the dads in our community. We appreciate all you do.



JUNE 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

- 6-10

Jean Almeleh
- 6-12

Joseph Berube
- 6-13

Harold Parkhurst
- 6-17

Theodore Mason
- 6-22

Merle Dewey
- 6-23

Marty Ammerman
- 6-26

Dorothy Powe
- 6-28

Carolyn Hobson

It's Strawberry Season

The first fruit to ripen in spring, fresh strawberries are a sweet favorite. The average person in America eats more than 3 pounds of them each year. But it only takes a few to get a taste of their benefits. One serving, about eight strawberries, packs more vitamin C than an orange.

“The lemon is the symbol of tart refreshment; its color and fragrance lift our spirits before we even taste it.”
—Lori Longbotham

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>National Nail Polish Day 1</div> <div>10:00 Exercise With Legacy</div> <div>10:00 Trip to Air Power Park🚗</div> <div>1:00 Country Store</div> <div>1:30 Jackpot Bingo\$</div> <div>2:30 Manicures with Amy</div> <div>7:00 Fort Monroe Summer Concert🚗</div>	<div>9:30 Walking In the Courtyard 2</div> <div>10:00 Grocery Shopping at Kroger🚗</div> <div>1:00 Shopping Trip to Big Lots🚗</div> <div>3:00 Happy Hour</div> <div>4:00 MSNBC Evening News</div>	<div>9:00 Word Search Puzzles 3</div> <div>1:00 Scenic Ride🚗</div> <div>1:30 Movie: Residents' Choice</div> <div>5:00 Evening News</div> <div>5:30 Scrabble Club</div>
<div>9:30 Jigsaw Puzzles 4</div> <div>10:00 Tabletop Games</div> <div>2:00 Movie: Residents' Choice</div> <div>5:30 Tabletop Games</div>	<div>9:30 Grocery Orders with Amy 5</div> <div>10:30 Bank Runs🚗</div> <div>1:00 Penny Auction with Generations Health</div> <div>2:00 Manicures & Music</div> <div>3:30 Exercise with Amy</div> <div>4:00 MSNBC Evening News</div>	<div>National YoYo Day 6</div> <div>10:00 Coffee & Pastries, AR</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo</div> <div>2:00 YoYo Contest</div> <div>3:30 Exercise with Amy</div> <div>5:30 Scrabble Club</div>	<div>9:30 Grocery Orders with Amy 7</div> <div>10:00 Worship with Pastor Davis</div> <div>1:30 Ping Pong</div> <div>2:30 Lemonade Tasting</div> <div>3:00 Game: Codenames</div> <div>5:00 Dominos</div>	<div>10:00 Exercise With Legacy 8</div> <div>11:00 Lunch Outing to Plaza Azteca\$</div> <div>1:30 Jackpot Bingo\$</div> <div>2:30 Country Store</div> <div>4:00 Easy Listening Music Hour</div>	<div>9:30 Walking In the Courtyard 9</div> <div>10:00 Grocery Shopping at Food Lion🚗</div> <div>1:00 Shopping at Dollar Tree🚗</div> <div>3:00 Happy Hour</div> <div>4:00 MSNBC Evening News</div>	<div>9:00 Word Search Puzzles 10</div> <div>10:00 Tie Dye Craft (Sign-Up)</div> <div>2:00 Movie: Residents' Choice</div> <div>5:00 Evening News</div> <div>5:30 Scrabble Club</div>
<div>9:30 Jigsaw Puzzles 11</div> <div>10:00 Candy Bingo</div> <div>2:00 Movie: Residents' Choice</div> <div>5:30 Tabletop Games</div>	<div>9:30 Grocery Orders with Amy 12</div> <div>10:30 Bank Runs🚗</div> <div>1:00 Trip to Barnes & Noble🚗</div> <div>3:30 Exercise with Amy</div> <div>4:00 MSNBC Evening News</div>	<div>10:00 Coffee & Pastries, AR 13</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo</div> <div>2:30 Game: Finish Lines</div> <div>3:30 Exercise with Amy</div> <div>5:30 Scrabble Club</div>	<div>9:30 Grocery Orders with Amy 14</div> <div>10:00 Worship with Pastor Davis</div> <div>1:30 Wine Tasting</div> <div>2:30 Scavenger Hunt Event w/ Legacy</div> <div>3:30 Jeopardy</div>	<div>10:00 Exercise With Legacy 15</div> <div>10:30 Country Store</div> <div>1:30 Jackpot Bingo\$</div> <div>4:00 Easy Listening Music Hour</div> <div>6:00 Entertainment By Astro DJs🎵</div> <div>6:00 Special Event “Sock Hop”</div>	<div>9:30 Walking In the Courtyard 16</div> <div>10:00 Grocery Shopping at Harris Teeter🚗</div> <div>1:00 Shopping Trip to Target🚗</div> <div>3:00 Happy Hour</div> <div>4:00 MSNBC Evening News</div>	<div>9:00 Word Search Puzzles 17</div> <div>1:00 Trip to Donuts on a Stick🚗</div> <div>1:30 Movie: Residents' Choice</div> <div>5:00 Evening News</div> <div>5:30 Scrabble Club</div>
<div>Father's Day 18</div> <div>9:30 Jigsaw Puzzles</div> <div>10:00 Dominos</div> <div>2:00 Movie: Residents' Choice</div> <div>5:30 Tabletop Games</div>	<div>Juneteenth 19</div> <div>9:30 Grocery Orders with Amy</div> <div>10:30 Bank Runs🚗</div> <div>1:30 Floats with Fathers</div> <div>3:30 Exercise with Amy</div> <div>6:00 Bingo with Northampton Women's Club, AR</div>	<div>10:00 Coffee & Pastries, AR 20</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo</div> <div>3:30 Exercise with Amy</div> <div>5:30 Scrabble Club</div>	<div>World Music Day 21</div> <div>9:30 Grocery Orders with Amy</div> <div>10:00 Worship with Pastor Davis</div> <div>1:00 Town Hall Meeting</div> <div>2:00 Manicures & Music</div> <div>5:00 Dominos</div>	<div>World Rainforest Day 22</div> <div>10:00 Exercise With Legacy</div> <div>10:30 Country Store</div> <div>1:00 Step Into TLC Therapy Horses (Buddy & JJ)</div> <div>2:00 Jackpot Bingo\$</div> <div>3:00 Rainforest Documentary</div>	<div>9:30 Walking In the Courtyard 23</div> <div>10:00 Grocery Shopping at Lidl🚗</div> <div>1:00 Shopping trip to DAV Thrift Store🚗</div> <div>3:00 Happy Hour</div> <div>4:00 MSNBC Evening News</div>	<div>9:00 Word Search Puzzles 24</div> <div>10:00 Scenic Ride🚗</div> <div>1:30 Movie: Residents' Choice</div> <div>5:00 Evening News</div> <div>5:30 Scrabble Club</div>
<div>9:30 Jigsaw Puzzles 25</div> <div>10:00 Dominos</div> <div>2:00 Movie: Residents' Choice</div> <div>5:30 Tabletop Games</div>	<div>9:30 Crossword Puzzles 26</div> <div>10:30 Bank Runs🚗</div> <div>1:30 Tabletop Games</div> <div>4:00 MSNBC Evening News</div> <div>5:30 Tabletop Games</div>	<div>National Sunglasses Day 27</div> <div>10:00 Coffee & Pastries, AR</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo</div> <div>2:30 Movie: Residents' Choice</div> <div>5:30 Scrabble Club</div>	<div>9:30 Grocery Orders with Amy 28</div> <div>10:00 Worship with Pastor Davis</div> <div>1:30 Rummy</div> <div>4:00 Golden Oldies Music</div> <div>5:00 Dominos</div>	<div>10:00 Exercise With Legacy 29</div> <div>10:30 Country Store\$</div> <div>1:30 Jackpot Bingo</div> <div>2:30 Menu Chat with Tom</div> <div>3:00 Shopping trip to Gabes🚗</div> <div>4:00 Easy Listening Music Hour</div>	<div>9:30 Walking In the Courtyard 30</div> <div>10:00 Jigsaw Puzzles</div> <div>1:00 Shopping at Food Lion🚗</div> <div>3:00 Happy Hour</div> <div>4:00 MSNBC Evening News</div>	

June Employee of the Month

Vernon Trusdale is our employee of the month for June. He is an Assisted Living Attendant. He has been working with us for 5 months. He enjoys the family type environment and the comradery between the staff and residents. In his free time, he enjoys writing R&B style music, playing piano, spending time with his daughter, cooking, reading, and going to the gym. His favorite foods are Thai cuisine and sushi. He is also planning a trip in the near future to visit Tokyo.



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.

Movie Magic

The first movie ever, "The Horse in Motion," began as a series of photographs and was turned into animation in 1880. The first recorded motion picture was a two-second silent short called "Roundhay Garden Scene," filmed in 1888. Many technological improvements have impacted the art of cinema—adding sound, color and visual effects—but the wonderful feeling of enjoying a good movie hasn't changed.

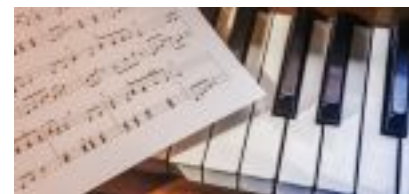
Inside a Thunderstorm

Some find thunderstorms soothing, while others think they're scary. Around 100,000 storms take place in the U.S. every year, mostly in the spring and summer. Storms often happen on hot, humid days, as warm air rises and collides with cold air, creating tension in the atmosphere. Ice particles inside of clouds swirl and crash together, resulting in static electricity that's released in the form of lightning. And did you know that thunder is simply the noise that lightning makes? We just see lightning first since light travels faster than sound.



Memorable Melody: 'Brand New Key'

Do you remember the metal roller skates that you could strap to your shoes and tighten with a small wrench, known as a key? That's exactly the key referred to in this 1971 hit by folk singer Melanie, who was directly inspired by childhood nostalgia when penning the quirky tune. After indulging a craving for a fast-food hamburger, Melanie was struck by memories of roller skating and learning to ride a bike as a kid. She quickly composed a lighthearted love song about a girl skating by the home of her crush. Reaching No. 1 on the Billboard Hot 100, "Brand New Key" is Melanie's most famous song and is often featured in movies, television and other media.



Beautiful Life

Make time to reflect on all that makes your life and the world beautiful. Surround yourself with art, family or friends, and celebrate National Making Life Beautiful Day on June 11.

A Sunny Outlook

"Compliment people wherever you go. Praise every single thing you see. Be a ray of sunshine to everyone you meet." —Rhonda Byrne

