

July Word Find

Word Bank:	Hamburgers	Coleslaw	Campfire
July	United	Family	Stars and Stripes
Blueberry	Patriotic	Hot Dog	Roast
Month	Baked Beans	Vacation	Marshmallows
Reunion	Liberty	Red	Flag
Grilling	Sunshine	Ruby	Camping
Fireworks	Ribs	White	Watermelon
Larkspur	Fun	Beer	Road Trip
Fourth	Humid	Blue	

L	Y	T	R	E	B	I	L	F	O	U	R	T	H	P	I	Y
Y	H	E	R	O	A	R	I	S	E	E	H	U	T	A	T	D
W	A	T	E	R	M	E	L	O	N	S	M	O	N	T	E	B
R	M	Y	U	O	U	W	F	A	M	I	L	Y	O	R	Y	E
O	B	I	N	T	O	O	T	Y	D	U	N	E	M	I	N	E
A	U	Y	I	L	A	R	K	S	P	U	R	O	Y	O	O	R
D	R	U	O	I	N	K	S	R	F	U	F	Y	R	T	I	D
T	G	O	N	E	N	S	G	N	I	L	L	I	R	I	T	S
R	E	C	A	M	P	I	N	G	A	B	A	S	E	C	A	P
I	R	U	N	I	T	E	D	G	O	E	S	O	B	O	C	U
P	S	F	O	R	G	O	S	N	A	E	B	D	E	K	A	B
O	V	E	S	U	N	S	H	I	N	E	N	U	U	H	V	U
R	O	A	S	T	M	A	R	S	H	M	A	L	L	O	W	S
H	O	T	D	O	G	M	O	N	T	H	D	A	B	N	E	Y

Photo of the Month

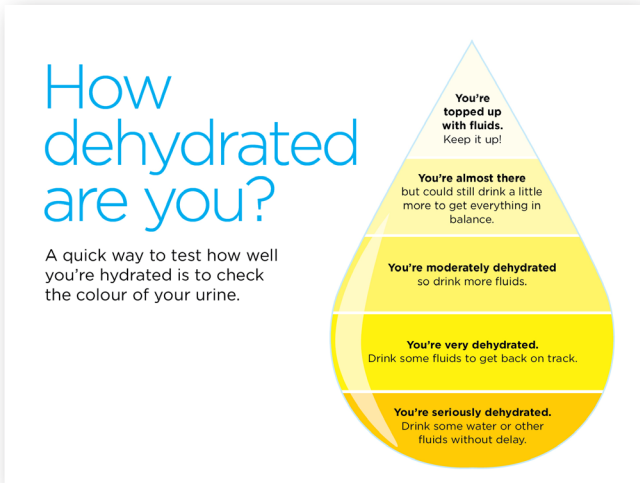


We had a wonderful time at the Wine and Cheese Tasting. Be sure to join us at the next one.

“Americans are getting stronger. Twenty years ago, it took two people to carry ten dollars’ worth of groceries. Today, a five-year-old can do it.”  
— Healing Through Humor

Hydrate! Hydrate! Hydrate!

Staying hydrated during the summer months is very important. Please remember to drink plenty of liquids throughout the day. If you plan on sitting outside on the benches, try not to be out during the heat of the day. The sun will be at its highest point at noon but the temperature will continue to increase up until 4:30 p.m. Remember to take breaks and come inside for some cool air. If you do drive, remember to leave a slight crack in your window during the day.



Fun Facts About July

- 1. The birth flower for July is the water lily.
- 2. On July 5, 1971 Amendment 26 was proclaimed which set the voting age at 18 in the United States.
- 3. July is National Blueberry Month.
- 4. July is one of the hottest months in the Northern Hemisphere and one of the winter months in the Southern Hemisphere.
- 5. Although six months have passed, July 1 is not the midpoint of the year. The exact halfway point comes at 1 p.m. BST on July 3 in a non-leap year.
- 6. Seven United States presidents have died in July, which is more than any other month.
- 7. July starts on the same weekday as April every year.

# The Devonshire Lifestyle

Independent Living Community  
2220 Executive Drive • Hampton, VA 23666 • (757) 827-7100 • [www.devonshireseniorliving.com](http://www.devonshireseniorliving.com)

THE DEVONSHIRE  
A RETIREMENT COMMUNITY

Like Us!

July 2017

The Devonshire News, July 2017



Don't forget to join us every Tuesday for Prize Bingo at 1 p.m.



July is National Ice Cream Month! Did you know in 1984 President Ronald Reagan designated July to be National Ice Cream Month?

### New Resident!

Please welcome our new resident Angela Harvey in apartment 334. We are so glad to have her here with us at The Devonshire.

Remember, for every new resident referred by a current resident, there is a \$250 resident referral bonus good off one month's rent.

Stay Healthy by Staying Connected

Research shows that having strong social connections can boost your health. Staying active within your community has been proven to strengthen the immune system, speed recovery from illness, and reduce anxiety and depression.

There are many ways to maintain beneficial social networks, such as staying in touch with former classmates and co-workers, taking part in family traditions, and making new memories with friends. Smiling at another person is one of the simplest ways to connect with them. Initiate conversations. Ask people about their lives, families and hobbies, and actively listen to what they have to say. Giving your full attention to the person you're with enhances the connection, and showing sincere interest in others' lives helps build relationships.

Create a list of friends and family members you want to stay in touch with and make a commitment to call, write, email or get together with those people on a regular basis. Skype and Facebook are handy web-based ways to connect.

Expand your social circle by participating in activities in your community, such as book clubs, classes, parties and game nights. Looking forward to special events will boost your spirits, too.



JULY 2017

Locations

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

Transportation Schedule

Monday  
9:00am  
Bank Runs  
Tuesday  
8:30am-11:00am (Hampton Only)  
Dr. Runs  
Tuesday  
1:00pm-4:00pm (Newport News Only)  
Dr. Runs  
Wednesday  
8:30am-11:00am (Hampton Only)  
Dr. Runs  
Wednesday  
1:00pm-4:00pm (Newport News Only)  
Dr. Runs  
Thursday  
11 a.m.  
Lunch Outings  
Friday  
9:00am  
Farm Fresh  
Saturday  
10:00am  
Food Lion

Birthdays

Melvin Neufled, 3rd  
Lenny Yarrington, 7th  
Jean Cook, 7th  
Eleanor Moultire, 18th  
Clara Bullock, 23rd

“Love is the most important thing in the world, but baseball is pretty good, too.”  
—Yogi Berra

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:00 Food Lion 1:00 Resident Canasta, AR 2:00 Sears 6:00 Bible Study w/ Chosen Generation Ministries, WR
2 9:20 Sunday School, WR	3 1:30 Matinee Movie w/Popcorn 2:00 Bridge	4 INDEPENDENCE DAY 2:00 Entertainment by the Lyrics, DR	5 10:15 Forever Fit 1:00 Prize Bingo, AR 3:00 Pool Game, GR	6 9:10 Swimmers 11:00 Lunch Outing 2:00 Entertainment by the Matinee Idlers, DR	7 9:00 Farm Fresh 10:15 Forever Fit 1:00 Target 2:00 Strawberry Sunday Social, DR	8 10:00 Food Lion 1:00 Resident Canasta, AR 2:00 Games Farmers Market 6:00 Movie Night
9 9:20 Sunday School, WR	10 9:00 Banks 10:15 Forever Fit 1:30 Matinee Movie w/Popcorn 2:00 Bridge	11 9:00 Dr. Prak (Podiatrist), CR 9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Spades, AR 3:30 National Mojito Day Happy Hour, AR	12 10:15 Forever Fit 1:00 Nail Care, AR 3:30 Happy Hour, AR	13 9:10 Swimmers 10:15 Bookmobile, AR 11:00 Lunch Outing 2:00 Entertainment by Eddie Sal, DR 6:00 Ft. Monore Concert Series	14 9:00 Farm Fresh 10:15 Forever Fit 12:45 Walmart 2:30 Jackpot Bingo, AR	15 10:00 Food Lion 1:00 Resident Canasta, AR 2:00 Trader Joe's 6:00 Movie Night
16 9:20 Sunday School, WR 3:00 Ice Cream Social	17 9:00 Banks 10:15 Forever Fit 1:00 Dollar Tree 2:00 Bridge	18 9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Arts & Crafts, CR	19 10:15 Forever Fit 1:00 Trivia Hour, AR 2:00 Corn Hole Game 3:00 Wine & Cheese Tasting, WR	20 9:10 Swimmers 11:00 Lunch Outing 2:00 Entertainment by James Curry 6:00 Ft. Monore Concert Series	21 9:00 Farm Fresh 10:15 Forever Fit 1:00 Act II Consignment 2:45 Jackpot Bingo, AR	22 10:00 Food Lion 1:00 Resident Canasta, AR 2:05 Kmart 6:00 Movie Night, AR
23 9:20 Sunday School, WR 2:00 Sharon Baptist Church A/L Dining	24 9:00 Banks 10:15 Forever Fit 1:00 Goodwill 2:00 Bridge	25 9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Scrabble, AR	26 10:15 Forever Fit 1:30 Info Session w/ Avada Hearing Care, AR 2:30 Devonshire Wheel of Fortune, AR	27 9:10 Swimmers 10:15 Bookmobile, AR 11:00 Lunch Outing 2:00 Tea & Crumpets, AR 6:00 Ft. Monore Concert Series	28 9:00 Farm Fresh 10:15 Forever Fit 12:45 Walmart 2:00 Birthday Party w/Roberto Henriquez, DR	29 10:00 Food Lion 1:00 Resident Canasta, AR 2:00 Wood's Orchard 6:00 Movie Night, AR
30 9:20 Sunday School, WR 2:30 Progressive Church of Christ, DR	31 9:00 Banks 10:15 Forever Fit 1:00 Dollar Tree 2:00 Bridge 3:00 Jelly Bean Taste Testing, AR					