

Guess Who?

This month, we received a photo of one of our very own residents and one of our staff. Do you recognize them? Submit your guess to Activities to win a prize! Duplicate winners will be placed in a drawing for the winning prize! Shh! Keep it a secret until you know who has won!

Here are some additional photos of some of the things that have been going on this past spring!



Can you guess who the lovely lady is in this photo?



Can you guess who this employee is?



Ruby Tuesdays!



We take this very serious!



Beginner Quilting Class



The Devonshire Lifestyle



THE DEVONSHIRE
A RETIREMENT COMMUNITY

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JULY 2019

Benefits of Stretching

Stretching your muscles on a regular basis can provide a number of health benefits. Be sure to consult your doctor to find out what types of exercises are best for you.

Lowers the risk of falls — Muscles in the legs, hips and lower back help stabilize us when we stand and walk. Doing frequent stretching exercises to engage these muscles can improve balance and coordination and reduce the risk of falls.

Boosts energy — Dynamic stretching consists of low-intensity movements such as arm swings and leg raises. These exercises increase blood flow throughout the body, raising energy levels.

Reduces arthritis pain — Joint stiffness is a common symptom of arthritis. Gentle stretches can improve elasticity and range of motion and help manage pain.

Increases flexibility — Muscles shorten and become less flexible as we age. Stretching will aid in staying limber, making it easier to perform everyday activities such as bending to tie your shoes.

Improves posture — Many of us catch ourselves slouching, often a result of tight muscles and ligaments in the shoulders and chest. Regularly stretching to loosen these muscles may help correct poor posture.

Icy Treats to Beat the Heat

Savoring an icy treat is a perfect way to cool off on a hot day. Tempt your taste buds with these frozen favorites:

Snow cone — Coarsely crushed ice gives snow cones their crunchy texture, and fruity syrup drizzled on top lends sweetness and eye-popping color. The treat is usually served in a cone-shaped paper cup and eaten like an ice cream cone or with a spoon. Snow cones became an instant hit when they debuted at the Texas state fair in 1919, and today they are commonly served at fairs, carnivals and ballparks.

Shaved ice — Blocks of ice are shaved into fine pieces to create a powdery, fluffy mixture with a consistency similar to snow. A hefty amount of flavored syrup is poured on top and blends throughout the soft ice. Shaved ice is typically served in a cup with a spoon and goes by many names, including Hawaiian shaved ice, shave ice and snowballs.

Italian ice — This frozen novelty is made much like ice cream, with the flavoring mixed in as the ice is made rather than poured on top of it. The result is a soft, dense dessert similar to sorbet. Italian ice is called water ice in some regions.



JULY 2019

Locations

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

Birthdays

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

Transportation Schedule

Monday, 9:30 a.m.
Bank Runs
Tuesday & Wednesday, 8:30-11 a.m.
(Hampton Only)
Doctor Runs
Tuesday & Wednesday, 1-3 p.m.
(Newport News Only)
Doctor Runs
Thursday, 11:10 a.m.
Lunch Outings
Thursday, 2-4 p.m.
Scenic Ride
Friday, 9:45 a.m.
Shopping and Other Outings
Saturday, 10 a.m.
Various Shopping Destinations
Sunday, 9 a.m.-1 p.m.
Church Runs
Sunday, 2-4 p.m.
Scenic Ride

“One flag, one land, one heart, one hand, one nation forevermore!”
— Oliver Wendell Holmes

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>9:00 Medical Runs</div> <div>10:00 Coffee Hour and Chat, AR</div> <div>1:00 Prize Bingo, AR</div> <div>2:00 Beginner Hand Quilting, AR</div> <div>3:00 USA Wheelchair & Walker Decorating</div> <div>4:00 News Update, AR</div>	<div>2</div> <div>9:00 Medical Runs</div> <div>10:00 Indoor/Outdoor 4th of July Parade, AR</div> <div>10:30 Independence Day Reception, AR</div> <div>1:30 Continuous Crafts Dresden Plate Pillow, AR</div>	<div>3</div> <div>9:00 Medical Runs</div> <div>10:00 Indoor/Outdoor 4th of July Parade, AR</div> <div>10:30 Independence Day Reception, AR</div> <div>1:30 Continuous Crafts Dresden Plate Pillow, AR</div>	<div>4</div> <div>INDEPENDENCE DAY</div> <div>10:00 Independence Day Puzzles, AR</div> <div>2:00 4th of July Make and Take Craft Kit, AR</div> <div>3:00 Card and Table Games</div>	<div>5</div> <div>10:00 Farmer's Market</div> <div>10:30 Balance Exercise Class, AR</div> <div>1:00 Shopping: Piggly Wiggly</div> <div>3:00 Happy Hour, DR</div>	<div>6</div> <div>10:00 Shopping: Target</div> <div>10:30 Adult Coloring, WR</div> <div>1:00 Puzzles and Table Games, AR</div> <div>3:00 Individual Card Games and Puzzles, AR</div>
<div>7</div> <div>9:00 Church Runs</div> <div>9:15 Sunday School, WR</div> <div>1:00 Resident Card/ Board Games, AR</div> <div>6:30 Bible Study Life Group, AR</div>	<div>8</div> <div>9:30 Bank Runs</div> <div>1:30 Just for the Guys, GR</div> <div>3:30 Billiards, GR</div>	<div>9</div> <div>9:00 Medical Runs</div> <div>10:00 Coffee Hour and Chat, AR</div> <div>1:00 Prize Bingo, AR</div> <div>2:00 Beginner Hand Quilting, AR</div> <div>2:00 Continuous Crafts, WR</div> <div>4:00 News Update, AR</div>	<div>10</div> <div>9:00 Medical Runs</div> <div>10:30 Flex and Stretch Exercise Class, AR</div> <div>11:00 Inspirational Reading, AR</div> <div>1:15 Piña Colada Day, AR</div> <div>1:30 Continuous Crafts Dresden Plate Pillow, AR</div>	<div>11</div> <div>10:00 Conversation w/ Tea Time, AR</div> <div>11:15 Surf Rider Lunch Outing, AR</div> <div>2:00 Music w/Connie</div> <div>3:00 Jackpot Bingo, AR</div> <div>4:35 At the Movies, AR</div>	<div>12</div> <div>10:00 Shopping: Walmart</div> <div>10:30 Balance Exercise Class, AR</div> <div>1:00 Shopping: J.C. Penney</div> <div>3:00 Happy Hour, DR</div>	<div>13</div> <div>10:00 Shopping: Target</div> <div>1:00 Bridge and Scrabble, AR</div> <div>3:00 Individual Card Games and Puzzles, AR</div>
<div>14</div> <div>9:00 Church Runs</div> <div>9:15 Sunday School, WR</div> <div>1:00 Resident Card/ Board Games, AR</div> <div>6:30 Bible Study Life Group, AR</div>	<div>15</div> <div>9:30 Bank Runs</div> <div>10:30 Sit and Be Fit Exercise, AR</div> <div>1:30 Just for the Guys, GR</div> <div>3:30 Billiards, GR</div>	<div>16</div> <div>9:00 Medical Runs</div> <div>10:00 Coffee Hour and Chat, AR</div> <div>1:00 Prize Bingo, AR</div> <div>2:00 Beginner Hand Quilting, AR</div> <div>2:00 Continuous Crafts, WR</div> <div>4:00 News Update, AR</div>	<div>17</div> <div>9:00 Medical Runs</div> <div>10:30 Flex and Stretch Exercise, AR</div> <div>1:30 Continuous Crafts Dresden Plate Pillow, AR</div> <div>2:30 Scrabble Club, AR</div>	<div>18</div> <div>10:00 Conversation w/ Tea Time, AR</div> <div>10:30 Bookmobile</div> <div>11:15 Lunch Outing: Long Horn Steak House</div> <div>3:00 Jackpot Bingo, AR</div> <div>4:35 At the Movies, AR</div>	<div>19</div> <div>10:00 Shopping: Roses</div> <div>10:30 Balance Exercise Class, AR</div> <div>1:00 Shopping: Krogers</div> <div>2:00 Vinnie Knight, DR</div> <div>3:00 Happy Hour</div>	<div>20</div> <div>10:00 Shopping: Goodwill Store</div> <div>10:30 Monopoly or Bridge</div> <div>1:30 Trip: Scenic Ride</div> <div>3:00 Individual Card Games and Puzzles, AR</div>
<div>21</div> <div>9:00 Church Runs</div> <div>9:15 Sunday School, WR</div> <div>1:00 Resident Card/ Board Games, AR</div> <div>6:30 Bible Study Life Group, AR</div>	<div>22</div> <div>9:30 Bank Runs</div> <div>10:30 Sit and Be Fit Exercise Class, AR</div> <div>1:30 Just for the Guys, GR</div> <div>3:30 Billiards, GR</div>	<div>23</div> <div>9:00 Medical Runs</div> <div>10:00 Coffee Hour and Chat, AR</div> <div>1:00 Prize Bingo, AR</div> <div>2:00 Continuous Crafts, WR</div> <div>4:00 News Update, AR</div>	<div>24</div> <div>9:00 Medical Runs</div> <div>9:45 Day Trip New Kent Rosie's Gaming Emporium</div> <div>10:30 Flex and Stretch Exercise Class, AR</div> <div>11:00 Inspirational Reading, AR</div> <div>4:00 Day Trip Approximate Return, AR</div>	<div>25</div> <div>10:00 Conversation w/ Tea Time, AR</div> <div>11:15 Lunch Outing: Hot Dog King</div> <div>4:35 At the Movies, AR</div>	<div>26</div> <div>10:00 Shopping: Save a Lot</div> <div>10:30 Balance Exercise Class, AR</div> <div>1:00 Shopping: Food Lion</div> <div>3:00 Happy Hour & Popsicles</div>	<div>27</div> <div>10:00 Shopping: Ross</div> <div>1:30 Scrabble Club, AR</div> <div>2:00 Scenic Ride</div> <div>3:00 Individual Card Games and Puzzles, AR</div>
<div>28</div> <div>9:00 Church Runs</div> <div>9:15 Sunday School, WR</div> <div>1:00 Resident Card/ Board Games, AR</div> <div>6:30 Bible Study Life Group, AR</div>	<div>29</div> <div>9:30 Bank Runs</div> <div>1:30 Crossword Puzzles and Word Games, AR</div> <div>1:30 Just for the Guys, GR</div> <div>2:00 Baskin Robbins Outing</div> <div>3:30 Billiards, GR</div>	<div>30</div> <div>9:00 Medical Runs</div> <div>10:00 Coffee Hour and Chat, AR</div> <div>1:00 Prize Bingo, AR</div> <div>2:00 Beginner Hand Quilting, AR</div> <div>2:00 Continuous Crafts, WR</div> <div>4:00 News Update, AR</div>	<div>31</div> <div>9:00 Medical Runs</div> <div>10:30 Flex and Stretch Fitness, AR</div> <div>1:30 Continuous Crafts Dresden Plate Pillow, AR</div>			