

Your Guide to the Games

Every four years, athletes from all over the world go for the gold at the Summer Olympics.

- This year's competition will be the 32nd Summer Games.
- They are set to begin July 23. Closing ceremonies are scheduled for Aug. 8.
- Tokyo is hosting the games. Japan's capital city hosted the Olympics once before, in 1964.
- Athletes representing about 200 countries will compete in over 30 sports.
- Four new sports will make their debut at these games: karate, surfing, skateboarding and sport climbing.
- Many fans are excited about two returning sports, baseball and softball. And there will be new events for some existing sports, including the popular 3-on-3 basketball.
- The medals awarded at the Tokyo Games will be made of metals recycled from electronic devices, such as cellphones, that were donated by people across Japan.
- Team USA will wear eco-friendly competition uniforms designed by Nike. The company says it used recycled materials to make the red, white and blue gear.
- As is tradition, the Paralympic Games will follow the Olympics and run Aug. 24—Sept. 5.
- The competition will travel to Paris for the 2024 Games.

Little Berries, Big Benefits

Called nature's candy, blueberries are proof of the saying, "A little goes a long way." A lot of health benefits are packed into these small fruits.

Blueberries have grown to be a top food pick over the past decade for two main reasons: their sweet taste and nutrition. On their own, they're an easy-to-eat, fresh snack, and when added to yogurt, cereal, pancakes and salads, they deliver a punch of color, flavor and nutrients.

The superfood is a low-calorie, high-fiber fruit. But this berry gets its biggest health boost from its deep-blue color. That comes from anthocyanin, a powerful antioxidant that research suggests may provide protection from heart disease, cancer and cognitive decline.

Blueberries are a good source of vitamin C, which supports healthy immunity; vitamin K, essential for bone health; and manganese, a mineral needed for metabolism.

If you've bitten into a blueberry, you know that it's a juicy fruit. Since the berries contain mostly water, they fill you up fast and are hydrating.

Now is the prime time for fresh blueberries, but the fruits are available year-round. Dietitians say their potential benefits make eating them a habit you can feel good about.

The Path to Liberty

The 13 Colonies' fight for independence began in Boston over two centuries ago. Today, visitors can step into history by walking the Freedom Trail through the city.

The 2.5-mile red brick path links 16 historic sites, famous for their role in the American Revolution and the nation's early days. Here are some notable stops:

Boston Common — The south end of the trail starts here, at America's oldest public park, founded in 1634. Hundreds of Redcoats camped on its 45 acres during the British occupation.

Faneuil Hall — Called the Cradle of Liberty, this building was the site for town meetings and public protests of royal decrees. The structure was named for Peter Faneuil, a merchant who built it as the city marketplace.

Old South Meeting House — Over 5,000 Colonists packed Boston's largest public building at the time to rally against the tea tax, a protest that led to the Boston Tea Party.

Bunker Hill Monument — A 221-foot-tall granite pillar commemorates the 1775 Battle of Bunker Hill, which was the Revolution's first major clash.

The USS Constitution warship, Massachusetts State House, Paul Revere House, the Old North Church and other churches and cemeteries are included on the trail. For a virtual tour, go to TheFreedomTrail.org.

The Devonshire

Lifestyle

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A RETIREMENT COMMUNITY

JULY 2021

A Note From Our Executive Director

Happy July!

What an awesome month to celebrate our independence here in America! We look forward to celebrating with you at a fun party we have planned with our Activity Department.

I want to say thank you to everyone who has followed the guidelines that have made us successful in keeping Covid-19 out of The Devonshire. It's so exciting to be on our way to getting back to normal and out of the Pandemic I believe all of us will remember for the rest of our lives! Just a reminder, if you haven't gotten your Covid-19 Vaccine and would like to, we can help you set up an appointment at a local pharmacy.

Please watch out for our memos and Activity Calendar for new updates as we transition out of some of the restrictions that were in place.

I look forward to continuing a fun summer with you!

Sincerely,
Natalie Fox, LALA
Executive Director

August Employee of the Month

Our August Employee of the Month is Seequana (See) Smith. She is a very dedicated and well-loved CNA.

She loves being able to bring joy to the seniors. She loves listening to the residents' stories and hearing them share memories.

She loves Caribbean food and barbecue.

In her spare time she enjoys listening to music, spending time with her family, and visiting her hometown in New York.



JULY 2021

Locations

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

Birthdays

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

Transportation
Schedule

Country Store

Tuesday & Thursday
11 a.m.-Noon

“To be a champion you
must act like one.”
—Lou Ferrigno

Activities Subject to Change

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|---|--|
|  |  | | | | | |
| INDEPENDENCE DAY 4 | 5 | 6 | 7 | 1 | 2 | 3 |
| 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents' Choice), AR | 9:30 Grocery Orders w/Amy, AR 10:00 Bank Runs 10:30 Hand Massages, AR 1:30 Popcorn & a Movie "The Money Pit", AR 4:00 MSNBC News Hour, AR | 10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Game "Codenames," AR 3:30 Exercise w/Amy, AR 4:00 "Classical Music Hour," AR | National Chocolate Day! 9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Thurman, AR 1:30 Fresh Baked Cookies, AR 2:30 Craft Hour "Crepe Paper Flowers," AR 3:30 Exercise w/Amy, AR 4:00 Golden Oldies Music Hour | Exercise w/ Legacy, AR 11:00 Country Store 1:30 Jackpot Bingo, AR 2:00 Menu Chat w/Sarah, DR 2:30 Trip to the Mariners Museum 4:00 "Easy Listening Music Hour" | 9:30 Friday Fitness Walking Group, CY 10:00 Grocery Shopping 10:30 July Trivia, AR 1:30 Happy Hour, AR 2:30 Karaoke w/Kia, AR 4:00 News Watch "MSNBC," AR | 9:00 Individual Word Search Puzzles, AR 10:00 Board Games, AR 11:00 Fresh Fruit Cart 1:30 Movie (Residents' Choice), AR |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents' Choice), AR | 9:30 Colored Pencil Art, AR 10:00 Bank Runs 10:30 Card Club, AR 1:30 Movie "Residents' Choice," AR 4:00 MSNBC News Hour, AR | 10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Watercolor Painting w/Pam Taylor, DR 4:00 "Classical Music Hour," AR | 9:30 Morning Walk in the Courtyard, CY 10:00 Worship w/Pastor Thurman, AR 1:30 Wii Game "Wheel of Fortune," AR 2:30 Game "Ping Pong," AR 4:00 Golden Oldies Music Hour | Exercise w/ Legacy, AR 11:00 Country Store 1:30 Jackpot Bingo, AR 2:00 Menu Chat w/Sarah, DR 2:30 Scenic Ride 4:00 "Easy Listening Music Hour" | 9:30 Dr. Prak Podiatrist 10:00 Grocery Shopping 1:30 Happy Hour, AR 2:30 Karaoke w/Kia, AR 3:30 Game "Uno," AR 4:00 News Watch "MSNBC," AR | 9:00 Individual Word Search Puzzles, AR 10:00 Board Games, AR 11:00 Fresh Fruit Cart 1:30 Movie (Residents' Choice), AR |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents' Choice), AR | 9:30 Grocery Orders w/Amy, AR 10:00 Bank Runs 10:30 Card Club, AR 1:30 Popcorn & a Movie "After The Wedding", AR 4:00 MSNBC News Hour, AR | 10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Craft Hour "Magic Bags," AR 3:30 Exercise w/Amy, AR 4:00 "Classical Music Hour," AR | National Hot Dog Day! 9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Thurman, AR 1:30 Town Hall Meeting, AR 2:30 Game "Balderdash," AR 3:30 Exercise w/Amy, AR 4:00 Golden Oldies Music Hour | Exercise w/ Legacy, AR 11:00 Country Store 1:30 Jackpot Bingo, AR 2:00 Menu Chat w/Sarah, DR 2:30 Choir Club w/Judy, AR 4:00 "Easy Listening Music Hour" 6:00 Special Event "Hawaiian Luau," AR | 9:30 Friday Fitness Walking Group, CY 10:00 Grocery Shopping 10:00 Yard Games w/ Legacy, AR 1:30 Happy Hour, AR 3:30 Card Games, AR 4:00 News Watch "MSNBC," AR | 9:00 Individual Word Search Puzzles, AR 10:00 Board Games, AR 11:00 Fresh Fruit Cart 1:30 Movie (Residents' Choice), AR |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents' Choice), AR | 9:30 Grocery Orders w/Amy, AR 10:00 Bank Runs 10:30 Card Club, AR 1:30 Popcorn & a Movie "The Pelican Brief", AR 4:00 MSNBC News Hour, AR | 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 | 9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Thurman, AR 1:30 Ice Cream Social, AR 2:30 Book Club Meeting, AR 3:30 Exercise w/Amy, AR 4:00 Golden Oldies Music Hour | 10:00 Game "Trivial Pursuit," AR 10:30 Exercise w/ Legacy, AR 11:00 Country Store 1:30 Jackpot Bingo, AR 2:00 Live Music w/ Phil Poteat 4:00 "Easy Listening Music Hour" | 9:30 Friday Fitness Walking Group, CY 10:00 Grocery Shopping 1:30 July Birthday Celebration!, AR 2:30 Karaoke w/Kia, AR 4:00 News Watch "MSNBC," AR | 9:00 Individual Word Search Puzzles, AR 10:00 Board Games, AR 11:00 Fresh Fruit Cart 1:30 Movie (Residents' Choice), AR |