

The Devonshire *Lifestyle*



Like Us!



Independent Living Community

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

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 of Boston.

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.



JULY 2023

A Note From Our Executive Director

Greetings to all our residents!

We are so happy you have made your home in our community. If you have any questions or concerns, or simply want to say "hello," please stop by my office! My door is always open, and I would love to hear from you.

Our special event this month is a "'60s Theme." Beth & Ellen from "Sentimental Journeys"

will be providing our entertainment. So please join us on July 20th for a groovy evening!



'You Sunk My Battleship!'

Before it became a board game, Battleship was played with pen and paper! The plastic board, miniature ships and colored pegs—red for "Hit!" and white for "Miss!"—debuted in 1967. Still, some players prefer the challenge of playing Battleship the old-fashioned way by drawing on a grid. Here's another challenge: Can you name the classic five ships used in the game?

(Answer: Battleship, Carrier, Cruiser, Destroyer, Submarine)

Sunshiny Day

"A little bit of summer is what the whole year's all about." —John Mayer

JULY 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

7-5

Marsha Davis

7-7

Angela Harvey

7-9

Shirley Lee

7-11

Lenny Yarrington

7-17

Vivian Williams

7-18

Eleanor Moultrie

7-22

Margy Yando

7-26

Louise Kelly

7-27

Cutee Bradshaw

Help Berries
Stay Fresh

Summer is peak season for blueberries, blackberries and raspberries. The best way to store fresh berries is in a breathable container on the middle shelf of the refrigerator. Placing them on the top shelf or in the crisper can trap moisture, making the fruit spoil more quickly.

“I don’t need a fancy party to be happy. Just good friends, good food and good laughs. I’m happy. I’m satisfied. I’m content.”
—Maria Sharapova

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<div>1</div> <div>9:00 Word Search Puzzles 10:00 Breakfast at Burger King🚗 1:30 Movie: Residents’ Choice 5:00 Evening News 5:30 Scrabble Club</div>
<div>2</div> <div>9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games</div>	<div>3</div> <div>9:30 Grocery Orders with Amy 10:30 Bank Runs🚗 1:30 Manicures & Music 3:30 Exercise with Amy 4:00 MSNBC Evening News</div>	<div>4</div> <div>Independence Day 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club</div>	<div>5</div> <div>9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Baking Club “Dump Cake” WR 3:00 Ping Pong 5:00 Dominos</div>	<div>6</div> <div>10:00 Exercise With Legacy 10:30 Country Store 11:00 Lunch Outing to Cracker Barrel 1:30 Jackpot Bingo\$ 3:00 Game: Finish Lines 6:30 Fort Monroe Outdoor Concert🚗</div>	<div>7</div> <div>9:30 Walking In the Courtyard 11:30 Cookout 1:00 Grocery Shopping at Walmart Neighborhood Market🚗 3:00 Happy Hour 4:00 MSNBC Evening News</div>	<div>8</div> <div>9:00 Word Search Puzzles 10:00 Buckroe Farmers’ Market🚗 1:30 Movie: Residents’ Choice 5:00 Evening News 5:30 Scrabble Club</div>
<div>9</div> <div>9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games</div>	<div>10</div> <div>9:30 Grocery Orders with Amy 10:30 Bank Runs🚗 1:00 Movie at AMC Theatre 4:00 MSNBC Evening News 5:30 Tabletop Games</div>	<div>11</div> <div>National Sundae Day 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 2:30 Ice Cream Social 3:30 Exercise with Amy 5:30 Scrabble Club</div>	<div>12</div> <div>9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:00 Hot Dog Bar AR\$ 2:30 Energy Conservation Health Talk w/ Legacy 3:30 Exercise with Amy 5:00 Dominos</div>	<div>13</div> <div>10:00 Exercise With Legacy 10:30 Country Store 1:30 Jackpot Bingo\$ 3:00 Wheel of Fortune on Wii 4:00 Easy Listening Music Hour</div>	<div>14</div> <div>9:30 Walking In the Courtyard 10:00 Grocery Shopping at Food Lion🚗 1:00 Grocery Shopping at Ollies Bargain Outlet🚗 3:00 Happy Hour 4:00 MSNBC Evening News</div>	<div>15</div> <div>9:00 Word Search Puzzles 1:00 Scenic Ride 1:30 Movie: Residents’ Choice 5:00 Evening News 5:30 Scrabble Club</div>
<div>16</div> <div>9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games</div>	<div>17</div> <div>9:30 Grocery Orders with Amy 10:30 Bank Runs🚗 1:30 Manicures & Music 3:30 Exercise with Amy 6:00 Bingo with Northampton Women’s Club, AR</div>	<div>18</div> <div>10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club</div>	<div>19</div> <div>9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:00 Town Hall Meeting 1:30 Game “Codenames” 3:30 Exercise with Amy 5:00 Dominos</div>	<div>20</div> <div>10:00 Exercise With Legacy 10:30 Country Store 1:30 Jackpot Bingo\$ 4:00 Easy Listening Music Hour 6:00 Special Event "’60s Theme” with Entertainment by Sentimental Journeys</div>	<div>21</div> <div>9:30 Walking In the Courtyard 10:00 Grocery Shopping at Lidl🚗 1:00 Grocery Shopping at JCPenney🚗 3:00 Happy Hour 4:00 MSNBC Evening News</div>	<div>22</div> <div>9:00 Word Search Puzzles 10:00 Candy Bingo 1:30 Movie: Residents’ Choice 5:00 Evening News 5:30 Scrabble Club</div>
<div>23</div> <div>9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games</div>	<div>24</div> <div>9:30 Grocery Orders with Amy 10:30 Bank Runs🚗 1:30 Shopping Trip to Burlington Department Store🚗 3:30 Exercise with Amy 4:00 MSNBC Evening News</div>	<div>25</div> <div>National Wine & Cheese Day 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:00 Wine & Cheese Tasting 3:30 Exercise with Amy 5:30 Scrabble Club</div>	<div>26</div> <div>9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Jackpot Bingo 2:30 Painting on Canvas (sign up) 5:00 Dominos</div>	<div>27</div> <div>10:00 Exercise With Legacy 10:00 Trip to the Norfolk Botanical Gardens 2:30 Menu Chat with Tom DR 3:30 Country Store 4:00 Easy Listening Music Hour</div>	<div>28</div> <div>9:30 Walking In the Courtyard 10:00 Grocery Shopping at Kroger🚗 1:00 Grocery Shopping at Dollar Tree🚗 3:00 July Birthday Celebration 4:00 MSNBC Evening News</div>	<div>29</div> <div>9:00 Word Search Puzzles 11:00 Lunch Outing to Arby’s🚗 1:30 Movie: Residents’ Choice 5:00 Evening News 5:30 Scrabble Club</div>
<div>30</div> <div>9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games</div>	<div>31</div> <div>9:30 Grocery Orders with Amy 10:30 Bank Runs🚗 1:30 Manicures & Music 3:30 Exercise with Amy 4:00 MSNBC Evening News</div>					

July Employee of the Month



Congratulations to our employee of the month, Cynthia Ford. Cynthia has been employed with us for 24 years. She works as a part time server in dining. Cynthia enjoys making our residents happy and seeing them smile. When she is not working, she enjoys going on motorcycle rides with her husband, putting together puzzles, and helping taking care of her grandchildren. One of her favorite foods is fried chicken. She enjoys going to Las Vegas for vacation. She plans to visit Jamaica sometime in the future.

First Kick of Coffee

It all started with dancing goats. According to legend, 9th-century Ethiopian herders noticed that their goats had more energy and seemed to “dance” after eating fruit from the *Coffea* plant. Curious, a local monk brewed a drink from the fruit—the first cup of coffee! Now, 2.25 billion cups of coffee are consumed every day.

America's Flowers

Beautiful and beloved, the rose is the national flower of the United States. Through the years, other contenders for the country's floral crown included the columbine, dogwood and marigold.



Popular Pages: 'Where the Crawdads Sing'

Immerse yourself in the marshes of North Carolina by reading this 2018 novel by Delia Owens. Kya has a less than ideal family life, and the townspeople of Barkley Cove taunt her with the nickname “Marsh Girl.” After she turns 19, she enters a secret relationship with popular Chase Andrews. When he's later found dead, Kya is the prime suspect. Following two timelines, the mystery of this novel slowly unravels in a thought-provoking story that weaves nature and human behavior in a fascinating way. A film adaptation was released in July of 2022.



Memorable Melody: 'Don't Be Cruel'

Elvis Presley released this bouncy, rockabilly song in July 1956. Legendary songwriter Otis Blackwell penned the lovelorn lyrics that include the catchy plea, “Don't be cruel to a heart that's true.” This single was the B-side to another tune you might recognize, “Hound Dog,” making the double-sided hit record one of the most famous in music history. “Don't Be Cruel” took the No. 1 spot on the pop, country and rhythm and blues charts, and later that fall, the future King of Rock 'n' Roll performed it for fans on “The Ed Sullivan Show.”

Scenic Drive Time

We're on the road again! Sit back, relax and leave the driving to us! We always have fun on our scenic drives, so make sure to check for the sign-up sheets by the activity room. Look for more details in the newsletter or the calendar.

