

Little-Known Holidays in the Month of August

August is ... National Catfish Month, National Golf Month, National Eye Exam Month, National Water Quality Month, Romance Awareness Month, Peach Month and Foot Health Month.

Aug. 1 is ... Friendship Day

Aug. 2 is ... National Ice Cream Sandwich Day

Aug. 3 is ... National Watermelon Day

Aug. 6 is ... Wiggle Your Toes Day

Aug. 8 is ... Sneak Some Zucchini Onto Your Neighbor's Porch Night

Aug. 10 is ... Lazy Day

Aug. 12 is ... Middle Child's Day

Aug. 13 is ... Blame Someone Else Day

Aug. 15 is ... National Relaxation Day

Aug. 17 is ... National Thrift Shop Day

Aug. 19 is ... Potato Day

Aug. 22 is ... Be An Angel Day

Aug. 25 is ... Kiss-And-Make-Up Day

Aug. 26 is ... National Cherry Popsicle Day

Aug. 30 is ... National Toasted Marshmallow Day

Aug. 31 is ... National Trail Mix Day

(www.library.thinkquest.org)

Leo the Lion

In Greek mythology, the constellation of Leo is explained through the tale of Hercules and the Nemean lion. More than a lion, this beast was the sibling of the infamous Sphinx whom Oedipus encounters. The creature had terrorized the countryside for years and all weapons were useless against it. Hercules was sent to kill the beast by Hera; as an illegitimate son of Zeus, the goddess hated him and hoped for his failure. Hercules, however, proved successful in defeating the Nemean lion, literally wearing his victory by making a cloak and helmet from the monster's hide. In honor of this great feat, Zeus set the form of the fearsome Lion in the night sky.

(www.wikipedia.org)

August Birth Flower

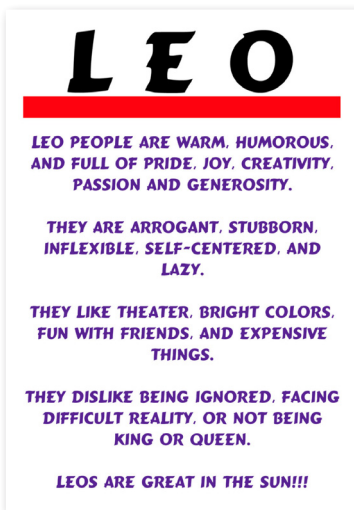
Gladiolus

One birth month flower of August is the gladiolus, flower of the gladiators. Strength of character, sincerity and generosity are traits symbolized in the gladiolus.

Gladiolus (from Latin, the diminutive of gladius, a sword), sometimes called the sword lily, is a genus of flowering plants, iris family (Iridaceae).

The genus gladiolus contains about 260 species, of which 250 are native to sub-Saharan Africa, mostly South Africa. About 10 species are native to Eurasia. There are 160 species of gladiolus endemic in southern Africa and 76 in tropical Africa. The species vary from very small to the spectacular giant flower spikes in commerce. These flowers are variously colored, pink to reddish or light purple with white, contrasting markings, or white to cream or orange to red.

The poppy is the other traditional August birthday month flower. The poppy of wartime remembrance is the red corn poppy. This poppy is a common weed in Europe and is found in many locations, including Flanders Field. Artificial, paper versions of this poppy are in many countries worn to commemorate those killed in World War I. In Canada, they are worn in remembrance of dead soldiers in general.



The Devonshire Lifestyle



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August 2017

Let's Welcome Our New Residents!

We have two new residents who moved in last month. If you haven't introduced yourself to Mrs. Betty Riffin in Apartment 330 and Mrs. Ruth Saunders in Apt. 125, please do. Show them how wonderful it is to be here at The Devonshire.

Photo of the Month



I hope you all came out to enjoy the Matinee Idlers Barbershop Chorus. Such a treat when they stop by.

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

Helping a Loved One With Cancer

It can be difficult to know what to do for a family member or friend who is battling cancer. Often, small gifts and kind gestures can brighten their day, as well as provide practical support. Here are some ideas:

Books, magazines and more — Reading material, puzzle books, audiobooks, CDs and DVDs can keep your loved one occupied during long treatments and recuperation.

Lotion — Chemotherapy can cause dry skin and brittle nails, so treat your friend to a bottle of unscented, moisturizing lotion or hand cream.

Blankets and socks — Cancer treatments may make a person feel colder than usual. A cozy blanket or pair of socks can help them feel warm and loved.

Faux flowers — Many well-wishers want to send flowers to those who are ill, but fresh bouquets and live plants can be an infection risk for patients with weakened immune systems. A silk bouquet or faux flowers crafted from fabric or buttons can also bring a smile, and they will last longer.

Your friendship — From cards and phone calls to visits and hugs, friendship is the best thing you can offer to a person living with cancer.



INDEPENDENT LIVING

AUGUST 2017

Locations

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

Transportation Schedule

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

Birthdays

Rosalie Stillwell, 3rd
Mark Smith, 29th
Mary Duval, 29th
Ella Stewart, 31st

“It ain’t the heat,
it’s the humility.”

—Yogi Berra

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Arts & Crafts, CR	9:00 Morning Walk 10:15 Forever Fit 12:30 Nail Care, AR 3:00 Scrabble, AR	9:10 Swimmers 11:00 Lunch Outing Jason's Deli 3:00 Happy Hour, AR 6:00 Ft. Monore Concert Series	9:00 Farm Fresh 10:15 Forever Fit 1:00 Burlington 2:30 Watermelon Social, AR	10:00 Food Lion 1:00 Resident Canasta, AR 2:00 Kmart
6	7	8	9	10	11	12
9:20 Sunday School, WR 3:00 Root Beer Float Social, AR	9:00 Banks 10:15 Forever Fit 1:00 Affordable Thrift Store 2:00 Bridge 3:15 Happy Hour, AR	9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Spades, AR	9:00 Morning Walk 10:15 Forever Fit 1:00 Name That Landmark, AR 2:30 Jackpot Bingo, AR	9:10 Swimmers 10:15 Bookmobile, AR 11:00 Lunch Outing Fortune Garden 2:00 S'mores Day Social, CY 6:00 Ft. Monore Concert Series	9:00 Farm Fresh 9:00 Dr. Prak (Podiatrist), AR 10:15 Forever Fit 12:45 Walmart 2:00 Entertainment by Vinnie Knight, AR	10:00 Food Lion 1:00 Resident Canasta, AR 2:00 Sears
13	14	15	16	17	18	19
9:20 Sunday School, WR	9:00 Banks 10:15 Forever Fit 1:00 Dollar Tree 2:00 Bridge	9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Arts & Crafts, CR	10:15 Forever Fit 1:00 Nail Care 3:30 Happy Hour, AR	9:10 Swimmers 11:00 Lunch Outing Applebees 6:00 Ft. Monore Concert Series	9:00 Farm Fresh 10:15 Forever Fit 1:00 Dav Thrift Store 2:30 Jackpot Bingo, AR	10:00 Food Lion 1:00 Resident Canasta, AR 2:00 JCPenny
20	21	22	23	24	25	26
9:20 Sunday School, WR	9:00 Banks 10:15 Forever Fit 2:00 Bridge 2:00 Senior Citizens Day Social	9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Pictionary, AR	10:15 Forever Fit 1:00 Trivia Hour, AR 2:00 Tea & Crumpets, AR	9:10 Swimmers 10:15 Bookmobile, AR 11:00 Lunch Outing Harpoon Larry's 1:30 Blood Pressure Checks, AR 6:00 Ft. Monore Concert Series	9:00 Farm Fresh 10:15 Forever Fit 12:45 Walmart 2:00 Birthday Party w/ Elmo Lawrence, DR	10:00 Food Lion 1:00 Resident Canasta, AR 2:00 Ross Dress for Less
27	28	29	30	31		
9:20 Sunday School, WR 2:00 Sharon Baptist Church, A/L Dining	9:00 Banks 10:15 Forever Fit 1:00 Dollar Tree 2:00 Bridge	9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 3:00 Happy Hour, AR	10:15 Forever Fit 1:00 Nail Care, AR 1:30 Info Session on Medication Safety, AR	9:10 Swimmers 11:00 Lunch Outing Mama Rosa's 6:00 Ft. Monore Concert Series		