

# A Healthy Start to the Day

It's called the most important meal of the day, so fill up on these tips for a better breakfast. A good breakfast kick-starts your day, providing energy and keeping your body fueled until lunchtime. The main nutrients needed to make this possible are protein and fiber. Complex carbohydrates and healthy fats round out a complete breakfast.

Eggs, cheese, yogurt, and nuts are smart protein sources for breakfast time. For fiber and carbs, turn to fruits and vegetables, as well as whole grains, which take longer to digest and help you stay full. Whole-grain options include whole-wheat bread and English muffins, oatmeal, and some cereals. Dairy products and nuts or nut butters will provide you with beneficial fats.

For a balanced breakfast, combine foods from each nutrient type. Try whole-wheat toast or an English muffin with peanut butter and sliced fruit; an omelet or scrambled eggs with cheese and veggies; oatmeal topped with fresh fruit, nuts and seeds; or a parfait or smoothie made with fruit and yogurt.

If you have a small appetite in the morning, dietitians say it's fine to split your breakfast into snack-sized portions. For example, start with a cup of yogurt, then later, have a piece of fruit with some nuts.

## Hawaiian Luau Event

Last month we had a Hawaiian Luau-themed event. We had great food and we had entertainment with Buzz. Many of our staff members also joined in to have fun with our residents. A wonderful time was had by all.



# The Devonshire Lifestyle



Independent Living Community  
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SEPTEMBER 2021

## In Remembrance of 9/11

Described as “a tribute to the past and a place of hope for the future,” the 9/11 Memorial in New York City honors all who lost their lives on Sept. 11, 2001.

Built on the site of the former World Trade Center complex, the memorial’s focal points are two reflecting pools that sit where the north and south towers once stood. Water cascades 30 feet over the pools’ black granite walls, creating massive waterfalls. Inscribed on the bronze railings surrounding each pool are the names of the 2,983 victims of the 9/11 terror attacks and the Feb. 26, 1993, bombing of the World Trade Center.

A park with over 400 trees surrounds the memorial and includes a special symbol of resilience, the Survivor Tree. The damaged pear tree was found during the cleanup at ground zero and rehabilitated.

The memorial was dedicated in 2011, on the 10th anniversary of 9/11. In 2014, the underground 9/11 Memorial Museum opened and displays thousands of artifacts and multimedia exhibits.

## September Employee of the Month

This September our Employee of the Month is James Wiggins III. He is one of our housekeepers. He has been with us for seven months. He really likes cleaning and has been doing it for about 14 years. He is a very hard worker and is always friendly and polite. In his spare time he likes to sleep, watch movies, shoot pool and bowl. He recently visited Connecticut for the first time and really enjoyed it there. His dream vacation would be to visit Paris, France. In life he strives to be the best that he can be.





## SEPTEMBER 2021

### Locations

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

### Birthdays

Frank Steinbach, 7th  
Ann Stovall, 9th  
James Hunsucker Sr., 11th  
Bill Layton, 28th

### Country Store

Tuesday  
11 a.m.-Noon

Thursday  
10-11 a.m.

“The beautiful thing  
about learning is that  
nobody can take it  
away from you.”

—B.B. King

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
5	6	7	8	9	10	11
9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR <b>2:00 Movie (Residents' Choice), AR</b>	LABOR DAY ROSH HASHANAH BEGINS AT SUNSET <b>National Read a Book Day</b> 10:00 Board Games, AR 1:30 Movie "Residents Choice," AR 4:00 Evening News, AR 5:30 Card Games, AR	10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Trivial Pursuit, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	9:30 Grocery Orders w/Amy 10:00 Bible Study, AR <b>1:30 Baking Club: Chocolate Zucchini Bread, WR</b> 3:30 August Trivia, AR 5:30 Bridge Club, AR	10:00 Country Store <b>10:30 Exercise w/ Legacy, AR</b> 1:30 Jackpot Bingo, AR 2:00 Menu Chat w/ Butch, DR 2:30 Axe Throwing Game, AR 4:00 "Easy Listening Music Hour"	9:30 Walking in the Courtyard, CY <b>10:00 Grocery Trip to Lidl</b> 1:30 Poetry Reading, AR 3:00 Happy Hour, AR 4:00 Evening News, AR	PATRIOT DAY 9:00 Individual Word Search Puzzles, AR 10:00 Board Games, AR <b>1:00 Shopping Trip to Dollar Tree</b> 1:30 Movie (Residents' Choice), AR
12	13	14	15	16	17	18
9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR <b>2:00 Movie (Residents' Choice), AR</b>	<b>Bingo-a-Thon</b> 9:30 Grocery Orders w/Amy, AR 10:00 Bank Runs 10:00 Candy Bingo, AR 1:30 Prize Bingo, AR 2:30 Shapes Bingo, AR 3:30 Jackpot Bingo, AR	10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Hand Massages, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	YOM KIPPUR BEGINS AT SUNSET 9:30 Grocery Orders w/Amy 10:00 Bible Study, AR 1:30 Jackpot Bingo, AR 2:30 Craft Time: Polymer Clay Jewelry, AR 5:30 Bridge Club, AR	10:00 Country Store <b>10:30 Exercise w/ Legacy, AR</b> <b>10:45 Bus Trip to Norfolk Botanical Gardens</b> 2:00 Menu Chat w/ Butch, DR 4:00 "Easy Listening Music Hour"	9:30 Walking in the Courtyard, CY <b>10:00 Grocery Shopping Trip to Food Lion</b> <b>2:00 Entertainment w/ Billy Mitchell, DR</b> 3:00 Happy Hour, AR 4:00 Evening News, AR	9:00 Individual Word Search Puzzles, AR 10:00 Board Games, AR <b>1:00 Shopping Trip to Roses</b> 1:30 Movie (Residents' Choice), AR
19	20	21	22	23	24	25
9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR <b>2:00 Movie (Residents' Choice), AR</b>	<b>National Punch Day</b> 9:30 Grocery Orders w/Amy, AR 10:00 Bank Runs 1:30 Popcorn & Punch, AR 3:30 Exercise w/Amy, CY 4:00 Evening News, AR	10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Game "Jeopardy" on the Wii, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	AUTUMN BEGINS <b>National Ice Cream Cone Day</b> 9:30 Grocery Orders w/Amy 10:00 Bible Study, AR <b>1:00 Town Hall Meeting, AR</b> 2:30 Ice Cream Social, AR 5:30 Bridge Club, AR	10:00 Country Store <b>10:30 Exercise w/Legacy, AR</b> 1:30 Jackpot Bingo, AR 2:00 Menu Chat w/ Butch, DR 2:30 Game: Checkers, AR <b>6:00 Entertainment w/Elmo, DR</b> <b>6:00 Special Event: "Denim &amp; Diamonds," DR</b>	9:30 Walking in the Courtyard, CY <b>10:00 Grocery Trip to Walmart</b> <b>1:00 Scenic Ride</b> <b>3:00 September Birthday Celebration!, AR</b> 3:30 Karaoke w/Kia, AR 4:00 Evening News, AR	9:00 Individual Word Search Puzzles, AR 10:00 Board Games, AR <b>1:00 Veterans Pinning Ceremony w/ Kappa Lambda Chi, AR</b> 1:30 Movie (Residents' Choice), AR
26	27	28	29	30		
9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR <b>2:00 Movie (Residents' Choice), AR</b>	9:30 Grocery Orders w/Amy, AR 10:00 Bank Runs 1:30 Manicures & Music, AR 3:30 Exercise w/Amy, CY 4:00 Evening News, AR	10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Book Club Meeting, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	9:30 Grocery Orders w/Amy 10:00 Bible Study, AR 1:30 Jackpot Bingo, AR 2:30 Colored Pencil Art, AR 5:30 Bridge Club, AR	10:00 Country Store <b>10:30 Exercise w/ Legacy, AR</b> <b>10:45 Bus Trip to Ripley's Believe It or Not Museum</b> 2:00 Menu Chat w/ Butch, DR 4:00 "Easy Listening Music Hour"		