

November Word Find

- Word Bank:
- November

Thanksgiving

Election

Veterans Day

Daylight Saving

Turkey

Family

Give Thanks

Black Friday

Pumpkin Pie

Sweet Potato Pie
- Dressing

Gourds

Diabetes Month

Native Americans

Amaryllis

Carnation

Coxcomb

Cornflower

Cosmos

Daffodil

Dutch Tulip

N	O	I	T	A	N	R	A	C	G	O	U	R	D	S	S
O	A	H	A	M	P	U	M	P	K	I	N	P	I	E	S
V	A	T	H	T	N	O	M	S	E	T	E	B	A	I	D
E	Y	H	I	Y	A	C	O	X	C	O	M	B	M	P	U
M	R	A	D	V	A	O	C	R	A	N	O	L	A	O	T
B	E	N	A	N	E	C	B	E	R	R	Y	A	R	T	C
E	W	K	F	O	N	A	I	G	I	N	A	C	Y	A	H
R	O	S	F	I	Y	I	M	N	A	M	M	K	L	T	T
C	L	G	O	T	E	R	S	E	T	E	S	F	L	O	U
O	F	I	D	C	K	M	I	S	R	H	A	R	I	P	L
S	N	V	I	E	R	E	S	T	E	I	S	I	S	T	I
M	R	I	L	L	U	N	O	W	S	R	C	D	E	E	P
O	O	N	V	E	T	E	R	A	N	S	D	A	Y	E	S
S	C	G	A	G	N	I	S	S	E	R	D	Y	N	W	O
D	A	Y	L	I	G	H	T	S	A	V	I	N	G	S	L
S	K	N	A	H	T	E	V	I	G	F	A	M	I	L	Y

Viva Italia!



Cin cin! Everyone had a lovely time — viva Italia!

Oktoberfest



Oktoberfest was so much fun. These ladies are great! Make sure you come out to our next event.



Welcome Our New Residents!

Please take the time to introduce yourself to our new residents. Mrs. Ellen Coyne in apartment 138, Margaret and Jimmie Smith in apartment 322 and Pat Dupe in apartment 120.

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



The Devonshire Lifestyle

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

Like Us!

November 2017

November Is American Diabetes Month

The vision of the American Diabetes Association is a life free of diabetes and all of its burdens. Raising awareness of this ever-growing disease is one of the main efforts behind the mission of the association. American Diabetes Month (ADM) is an important element in this effort, with programs designed to focus the nation’s attention on the issues surrounding diabetes and the many people who are impacted by the disease.

Here are just a few of the recent statistics on diabetes:

Nearly 30 million children and adults in the United States have diabetes.

Another 86 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.

The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.

American Diabetes Month takes place each November and is a time to come together as a community to Stop Diabetes (www.diabetes.org)!



November Birthstone: Citrine

November’s gemstone, Citrine comes from an old French word, “citrin”, meaning lemon. One of the more rare forms of quartz, this gemstone ranges in color from the palest yellow to a dark amber named Madeira because of its resemblance to the red wine.

Perhaps because of its scarcity, there is little mention of Citrine used as a gemstone prior to the first century B.C. The Romans were thought to be the first to wear the yellow quartz, crafting it into cabochon, or highly polished but unfaceted cuts of stone set into jewelry. Citrine became more popular during the Romantic Period, when artisans often favored these warm colored gems to enhance gold jewelry.

Citrine, like all forms of quartz, was believed to have magical powers and was worn as a talisman against evil thoughts and snake venom. It was also considered to have medicinal properties and was commonly used as a remedy for urinary and kidney ailments.

Alternate Birthstone:

Yellow topaz is an alternate gemstone for those born in November. It’s golden color was believed by the Egyptians to be the glow cast by the sun god Ra. Yellow topaz ranges in color from a peachy blush to a deep cognac. A gift of this gemstone is said to symbolize friendship and to strengthen one’s capacity to give and receive love (www.about-birthstones.com).



INDEPENDENT LIVING

NOVEMBER 2017

Locations

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

Transportation Schedule

Monday
9:30 a.m.
Bank Runs

Tuesday & Wednesday
8:30-11 a.m. (Hampton Only)
Dr. Runs

Tuesday & Wednesday
1-4 p.m. (Newport News Only)
Dr. Runs

Thursday
11:10 a.m.
Lunch Outings

Friday
9:45 a.m.
Farm Fresh & Aldi


Saturday
10 a.m.
Food Lion

Birthdays

Claudine Rose, 19th
Gwendolyn Ricks, 23rd

“I find that it’s the simple things that remind you of family around the holidays.”
—Amy Adams

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div>1</div> <div>9:45 Morning Walk 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Name That Occupation, AR 3:00 Devonshire Wheel of Fortune, AR</div>	<div>2</div> <div>9:10 Swimmers 11:10 Lunch Outing 2:00 Jackpot Bingo, AR 3:30 Trivia Hour, AR</div>	<div>3</div> <div>9:45 Farm Fresh 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 12:45 Walmart 3:30 Happy Hour, AR</div>	<div>4</div> <div>10:00 Food Lion 1:00 Resident Canasta, AR 2:00 Big Lots 6:00 Chosen Generation Ministries Bible Study, WR</div>
<div>5</div> <div>DAYLIGHT SAVING ENDS 9:20 Sunday School, WR 6:00 Cinema Sunday, AR 6:00 Bible Study Life Group, WR</div>	<div>6</div> <div>9:30 Banks 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Dollar Tree 2:00 Bridge 3:30 Billiards in Game Room, GR</div>	<div>7</div> <div>ELECTION DAY 9:10 Swimmers 10:00 Coffee Klatch, AR 10:45 Voting 1:00 Prize Bingo, AR 2:30 Arts & Crafts, CR 4:00 Word Find Contest, AR</div>	<div>8</div> <div>9:45 Morning Walk 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 12:00 Holiday Craft Show</div>	<div>9</div> <div>9:10 Swimmers 10:15 Bookmobile, AR 11:10 Lunch Outing 1:00 Nail Care, AR 3:15 Jackpot Bingo, AR</div>	<div>10</div> <div>9:30 Dr. Prak, AR 9:45 Aldi Grocery Store 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Stein Mart 3:30 Happy Hour, AR</div>	<div>11</div> <div>VETERANS DAY 10:00 Food Lion 1:00 Resident Canasta, AR 2:00 Trader Joe’s 6:00 Cinema Saturday w/Popcorn, AR</div>
<div>12</div> <div>9:20 Sunday School, WR 6:00 Cinema Sunday, AR 6:00 Bible Study Life Group, WR</div>	<div>13</div> <div>9:30 Banks 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Games Farmers Market 2:00 Bridge 3:30 Scrabble, AR</div>	<div>14</div> <div>9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Arts & Crafts, CR 4:00 Spelling Bee Contest, AR</div>	<div>15</div> <div>9:45 Morning Walk 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Faces & Places Memory Game, WR 2:30 Fall Pictionary, AR 4:00 Art for the Heart, CR</div>	<div>16</div> <div>9:10 Swimmers 11:10 Lunch Outing 2:00 Entertainment w/ Rose Schlater, DR 3:30 Trivia Hour</div>	<div>17</div> <div>9:45 Farm Fresh 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 12:45 Walmart 3:30 Happy Hour, AR</div>	<div>18</div> <div>10:00 Food Lion 12:30 Thanksgiving Family Feast, DR 1:00 Resident Canasta, AR 2:00 Roses</div>
<div>19</div> <div>9:20 Sunday School, WR 6:00 Cinema Sunday, AR 6:00 Bible Study Life Group, WR</div>	<div>20</div> <div>9:30 Banks 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Dollar Tree 2:00 Bridge 3:30 Billiards in Game Room, GR</div>	<div>21</div> <div>9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Arts & Crafts, CR 4:00 Find the Pumpkin Contest, AR</div>	<div>22</div> <div>9:45 Morning Walk 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Nail Care, AR 3:30 Trivia Hour</div>	<div>23</div> <div>THANKSGIVING DAY 1:30 Matinee Movie: “An Old-Fashioned Thanksgiving,” AR 6:00 Spades Card Game, AR</div>	<div>24</div> <div>9:45 Aldi Grocery Store 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:30 Gingerbread & Tea Social, AR 3:30 Happy Hour, AR</div>	<div>25</div> <div>10:00 Food Lion 1:00 Resident Canasta, AR 2:00 Macy’s 6:00 Cinema Saturday w/Popcorn, AR</div>
<div>26</div> <div>9:20 Sunday School, WR 2:00 Sharon Baptist Church, A/L Dining 6:00 Cinema Sunday, AR 6:00 Bible Study Life Group, WR</div>	<div>27</div> <div>9:30 Banks 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 CHKD Thrift Store 2:00 Bridge 3:30 Scrabble, AR</div>	<div>28</div> <div>9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Arts & Crafts, CR 4:00 Mystery Person Contest, AR</div>	<div>29</div> <div>9:45 Morning Walk 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Wii Bowling, GR 2:30 5 Second Rule, AR 4:00 Art for the Heart, CR</div>	<div>30</div> <div>9:10 Swimmers 11:10 Lunch Outing 2:00 Birthday Party w/Roberto Henriquez, DR 3:30 Spades Card Game, AR</div>	