

## Here Are a Few Highlights of the End of Summer ...



We loved these cakes!



## Robotic Pet Therapy

A cute and cuddly animal can be a comfort at any age. That's one reason why robotic pets are gaining popularity with seniors.

Also known as therapy robots or companion robots, robotic pets are stuffed animals, usually dogs and cats, with sensors and internal mechanisms that allow them to respond with movements and sounds. Designed to look, feel and act like real pets, without the worries of maintaining a real animal, the robots can provide companionship, happiness and purpose to those who interact with them.

Some senior living communities use robotic pets as a tool to ease loneliness and encourage socialization. Many residents enjoy them and experience an emotional connection, especially when the pets react to touch by blinking, purring, barking or rolling over. Holding and stroking the pets can calm anxiety, and acting as a caregiver for the robots helps promote independence.

Supporters of robotic pets emphasize that the animals are not intended to replace human companionship or care, but they can be a fulfilling supplemental therapy.



# The Devonshire Lifestyle



Independent Living Community  
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NOVEMBER 2019

## Hello, Residents of The Devonshire

What a wonderful month we are entering to reflect on everything we have to be thankful for. Thanksgiving is one of my favorite holidays! As Ralph Waldo Emerson said, "Cultivate the habit of being grateful for every good thing that comes to you and to give thanks continuously." Personally, I am thankful for all of our wonderful residents and staff members who help make The Devonshire an amazing place to live.

I look forward to our Thanksgiving Luncheon we will have here at The Devonshire on Nov. 23. Please be sure to have your guests sign up in advance so we are well prepared to serve you. What a wonderful time to gather as a community!

Also, Daylight Saving Time ends on Nov. 3; remember to "Fall Back" and set your clock back an hour.

I want to thank all the residents here for all your support and I wish each and every one of you a wonderful Thanksgiving! The holiday months are upon us and we cannot wait to celebrate with you!

Sincerely,  
Natalie Fox  
Executive Director



Executive Director,  
Natalie Fox

## There Is Nothing Like Dancing to Live Music With Friends!

We love to see our neighbors smiling and dancing. The joy is contagious!



Dance, dance, dance!

## Here Are Some of Our Late Summer Highlights ...

Summer has ended and as we enjoy fall, let us reflect on all the outdoor concerts, Happy Hours, cake walks, and fitness classes. We also continued to keep the party going through a major renovation and grand reopening! You have to admit, our new Activities Clubhouse is amazing. Please continue to make more and more great memories there!





NOVEMBER 2019

Locations

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

Birthdays

Karen Cabell, 6th  
Jane Ozmer, 8th  
Gwendolyn Ricks, 23rd  
Patricia Dixon, 27th

Transportation Schedule

Monday, 9:30 a.m.  
Bank Runs  
  
Tuesday, 8:30-11:30 a.m.  
Newport News Medical Runs  
Tuesday, 1-3 p.m. (Hampton)  
Dr. Runs  
  
Tuesday, 3 p.m.  
Walmart Lover's  
  
Wednesday, 8:30-11:30 a.m.  
Newport News Medical Runs  
Wednesday, 1-3 p.m. (Hampton)  
Dr. Runs  
  
Thursday, 11:10 a.m.  
Lunch Outings  
Thursday, 2-4 p.m.  
Scenic Ride  
Friday, 9:45 a.m.  
Shopping and Other Outings  
Saturday, 10 a.m.  
Various Shopping Destinations  
Sunday, 9 a.m.-1 p.m.  
Church Runs

“Friends are those rare people who ask how we are and then wait to hear the answer.”  
—Ed Cunningham

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div><div>9:00</div><div>Lobby Lounging and Chats, AR</div><div>10:00</div><div>Shopping: Goodwill</div><div>10:30</div><div>Balance Exercise Class, AR</div><div>1:00</div><div>Shopping: Kmart Going Out of Business Sale</div><div>2:00</div><div>Winter Cookie Bake w/Friends, AR</div><div>3:00</div><div>Happy Hour, DR</div><div>5:30</div><div>News Updates, AR</div></div> <div>1</div> <div>2</div>
<div>DAYLIGHT SAVING TIME ENDS</div> <div>9:00 Church Runs</div> <div>9:30 Big Screen Gospel and Bible Word Puzzles, AR</div> <div>10:30 Open Table Games, AR</div> <div>1:00 Scrabble w/ Friends, AR</div> <div>6:00 Evening News, AR</div> <div>3</div>	<div>8:30 Just for the Guys Dunkin' Donuts Restaurant</div> <div>9:30 Bank Runs</div> <div>10:00 Morning Paper &amp; Talk, AR</div> <div>10:00 Liberty Baptist Church Choir, DR</div> <div>10:30 Monday Morning Fitness, AR</div> <div>1:00 Holiday Glee Club Rehearsals, AR</div> <div>2:00 Penny Pitchin', AR</div> <div>3:00 Country Store Inventory Meeting, AR</div> <div>8:00 Monday Night Football Gathering, WR</div> <div>4</div>	<div>ELECTION DAY</div> <div>9:00 Medical Runs, 48 Hour Notice</div> <div>9:00 Election Day, Shuttle to Polls Begin, AR</div> <div>10:00 Coffee Hour and Chat, AR</div> <div>1:00 Prize Bingo, AR</div> <div>2:00 Snack Session w/ Chef Don, AR</div> <div>2:00 Wal Mart Shoppers Monopoly Fun, AR</div> <div>3:00 Cake Walk, AR</div> <div>6:00 What's on the News?, AR</div> <div>5</div>	<div>9:00 Medical Runs, Request in Advance!</div> <div>10:00 Lounge w/Classical Music, AR</div> <div>1:00 Bible Study (1 Hour), AR</div> <div>1:00 Barnes and Noble Group Outing</div> <div>2:00 Continuous Crafts Jewelry, AR</div> <div>2:30 Nachos Day Social, AR</div> <div>3:30 Trivia and Jokes, AR</div> <div>6</div>	<div>9:00 Classical Music and Morning Paper, AR</div> <div>10:00 Conversation w/ Tea Time, AR</div> <div>10:00 Scrabble w/Friends, WR</div> <div>10:30 Hampton Public Library: Book Mobile, AR</div> <div>11:15 Lunch Outing: Grey Goose</div> <div>1:00 Jigsaw Fun, AR</div> <div>3:00 Jackpot Bingo, AR</div> <div>3:00 Card Games Challenge a Peer, WR</div> <div>7</div>	<div>9:00 Lobby Lounging and Chats, AR</div> <div>10:00 Shopping: Gabe's</div> <div>10:30 Balance Exercise Class, AR</div> <div>1:00 Shopping: Ross</div> <div>2:00 Winter Cookie Bake w/Friends, AR</div> <div>3:00 Happy Hour, AR</div> <div>5:30 News Updates, AR</div> <div>8</div>	<div>9:00 Saturday Paper w/Friends, AR</div> <div>10:00 Shopping: Dollar Tree</div> <div>11:00 Holiday Word Puzzles Pick Up, AR</div> <div>1:00 Bridge and Scrabble, AR</div> <div>2:00 Netflix Pick — Residents' Choice, WR</div> <div>3:00 Lounging w/Friends, WR</div> <div>5:30 Evening News, AR</div> <div>9</div>
<div>9:00 Church Runs</div> <div>9:30 Big Screen Gospel and Bible Word Puzzles, AR</div> <div>10:30 Open Table Games, AR</div> <div>1:00 Scrabble w/ Friends, AR</div> <div>6:00 Evening News, AR</div> <div>10</div>	<div>VETERANS DAY</div> <div>8:30 Just for the Guys: McDonald's</div> <div>9:30 Bank Runs</div> <div>10:00 Morning Paper &amp; Talk, AR</div> <div>10:30 Monday Morning Fitness, AR</div> <div>1:00 Holiday Glee Club Rehearsals, AR</div> <div>2:00 Veterans Day Program, AR</div> <div>3:00 Country Store Inventory Meeting, AR</div> <div>8:00 Monday Night Football Gathering, WR</div> <div>11</div>	<div>9:00 Medical Runs, 48 Hour Notice</div> <div>10:00 Coffee Hour and Chat, AR</div> <div>10:00 Let's Play Bridge, WR</div> <div>1:00 Prize Bingo, AR</div> <div>2:00 Wal Mart Shoppers Dining Meeting w/ Chef Don, AR</div> <div>3:00 You Be the Judge &amp; Trivia, AR</div> <div>4:00 Cake Walk, AR</div> <div>6:00 What's on the News?, AR</div> <div>12</div>	<div>9:00 Medical Runs, Request in Advance!</div> <div>10:30 Flex and Stretch Exercise Class, AR</div> <div>1:00 Bible Study (1 Hour), AR</div> <div>1:00 Barnes and Noble Group Outing</div> <div>2:30 Town Hall Meeting, AR</div> <div>3:30 Christmas Folded Fabric Ornament, AR</div> <div>13</div>	<div>9:00 Classical Music and Morning Paper, AR</div> <div>10:00 Conversation w/Tea Time, AR</div> <div>10:00 Scrabble w/Friends, WR</div> <div>10:30 Book Mobile Public Library, AR</div> <div>11:15 Lunch Outing: Pierce BBQ</div> <div>1:00 Jigsaw Fun, AR</div> <div>3:00 Jackpot Bingo, AR</div> <div>3:00 Card Games Challenge a Peer, WR</div> <div>5:00 Cinema Cafe Dinner Movie</div> <div>14</div>	<div>9:00 Lobby Lounging and Chats, AR</div> <div>10:00 Shopping: Roses</div> <div>10:30 Balance Exercise Class, AR</div> <div>11:00 World Kindness Day Kind Gesture Outing</div> <div>1:00 Shopping: Food Lion</div> <div>2:00 Winter Cookie Bake w/Friends, AR</div> <div>5:30 News Updates, AR</div> <div>15</div>	<div>9:00 Saturday Paper w/Friends, AR</div> <div>10:00 Shopping: Kroger</div> <div>10:30 Bring Back Bridge Club, AR</div> <div>11:00 Holiday Word Puzzles Pick Up, AR</div> <div>1:30 Trip: Scenic Ride</div> <div>2:00 Netflix Pick — Residents' Choice, WR</div> <div>3:00 Lounging w/Friends, WR</div> <div>5:30 Evening News, AR</div> <div>16</div>
<div>9:00 Church Runs</div> <div>9:30 Big Screen Gospel and Bible Word Puzzles, AR</div> <div>10:30 Open Table Games, AR</div> <div>1:00 Scrabble w/ Friends, AR</div> <div>6:00 Evening News, AR</div> <div>17</div>	<div>8:30 Just for the Guys: Hardee's</div> <div>9:30 Bank Runs</div> <div>10:00 Morning Paper &amp; Talk, AR</div> <div>10:30 Monday Fitness: Strong Legs</div> <div>1:00 Holiday Glee Club Rehearsals, AR</div> <div>2:00 Hot Apple Cider Social w/ Gin Rummy 5000, AR</div> <div>2:00 Penny Pitchin', AR</div> <div>3:00 Country Store Inventory Meeting, AR</div> <div>6:00 South Hampton Women's Bingo, AR</div> <div>8:00 Monday Night Football Gathering, WR</div> <div>18</div>	<div>9:00 Medical Runs, 48 Hour Notice</div> <div>10:00 Coffee Hour and Chat, AR</div> <div>10:00 Let's Play Bridge, WR</div> <div>1:00 Prize Bingo, AR</div> <div>1:15 Bethel Christian School, AR</div> <div>3:00 You Be the Judge &amp; Trivia, AR</div> <div>4:00 Cake Walk, AR</div> <div>6:00 What's on the News?, AR</div> <div>19</div>	<div>9:00 Medical Runs, Request in Advance!</div> <div>10:00 Holiday Shopping Williamsburg w/Lunch</div> <div>1:00 Bible Study (1 Hour), AR</div> <div>1:00 Barnes and Noble Group Outing</div> <div>2:30 Scrabble Club, AR</div> <div>3:30 Trivia and Jokes, AR</div> <div>20</div>	<div>9:00 Classical Music and Morning Paper, AR</div> <div>10:00 Conversation w/Tea Time, AR</div> <div>10:00 Scrabble w/Friends, WR</div> <div>10:30 Hampton Public Library: Book Mobile, AR</div> <div>11:15 Lunch Outing: Olive Garden</div> <div>1:00 Jigsaw Fun, AR</div> <div>3:00 Jackpot Bingo, AR</div> <div>3:00 Card Games Challenge a Peer, WR</div> <div>4:00 Easy Listening Music &amp; Holiday Adult Coloring, AR</div> <div>21</div>	<div>9:00 Lobby Lounging and Chats, AR</div> <div>10:00 Shopping: Save-A-Lot</div> <div>10:30 Balance Exercise Class, AR</div> <div>2:00 Winter Cookie Bake w/Friends, AR</div> <div>3:00 Happy Hour w/ Eddie Sal, AR</div> <div>4:00 Jigsaw Puzzles to Mellow Music, AR</div> <div>5:30 News Updates, AR</div> <div>22</div>	<div>9:00 Saturday Paper w/Friends, AR</div> <div>11:00 Holiday Word Puzzles Pick Up, AR</div> <div>12:30 Thanksgiving Feast!, DR</div> <div>2:00 Netflix Pick — Residents' Choice, WR</div> <div>3:00 Lounging w/ Friends, WR</div> <div>5:30 Evening News, AR</div> <div>23</div>
<div>9:00 Church Runs</div> <div>9:30 Big Screen Gospel and Bible Word Puzzles, AR</div> <div>10:30 Open Table Games, AR</div> <div>1:00 Scrabble w/ Friends, AR</div> <div>6:00 Evening News, AR</div> <div>24</div>	<div>8:30 Just for the Guys: Chick-fil-A</div> <div>9:30 Bank Runs</div> <div>10:00 Morning Paper &amp; Talk, AR</div> <div>10:30 Sit and Be Fit Exercise Class, AR</div> <div>10:30 Monday Morning Fitness, AR</div> <div>1:00 Holiday Glee Club Rehearsals, AR</div> <div>1:30 Crossword Puzzles and Word Games, AR</div> <div>2:00 Penny Pitchin', AR</div> <div>3:00 Country Store Inventory Meeting, AR</div> <div>8:00 Monday Night Football Gathering, WR</div> <div>25</div>	<div>9:00 Medical Runs, 48 Hour Notice</div> <div>10:00 Coffee Hour and Chat, AR</div> <div>10:00 Let's Play Bridge, WR</div> <div>1:00 Prize Bingo, AR</div> <div>2:00 Wal Mart Shoppers Birthday Party, AR</div> <div>3:30 Lima Bean Auction, AR</div> <div>4:00 Cake Walk, AR</div> <div>6:00 What's on the News?, AR</div> <div>26</div>	<div>9:00 Medical Runs, Request in Advance!</div> <div>10:30 Flex and Stretch Exercise Class, AR</div> <div>11:00 Inspirational Reading, AR</div> <div>1:00 Bible Study (1 Hour), AR</div> <div>1:00 Barnes and Noble Group Outing</div> <div>2:00 Continuous Crafts Jewelry, AR</div> <div>3:30 Trivia and Jokes, AR</div> <div>27</div>	<div>THANKSGIVING DAY</div> <div>9:00 Classical Music and Morning Paper, AR</div> <div>9:00 Macy's Day Parade Watch, AR</div> <div>10:00 Scrabble w/Friends, WR</div> <div>12:30 Football: Bears vs. Lions, AR</div> <div>1:00 Jigsaw Fun, AR</div> <div>3:00 Card Games Challenge a Peer, WR</div> <div>4:30 Football: Bills vs. Cowboys, AR</div> <div>28</div>	<div>9:00 Lobby Lounging and Chats, AR</div> <div>10:30 Balance Exercise Class, AR</div> <div>11:30 Black Friday Shoppers Bazaar till 4 p.m., AR</div> <div>5:30 News Updates, AR</div> <div>6:00 Evening News and Lounging, AR</div> <div>29</div>	<div>9:00 Saturday Paper w/Friends, AR</div> <div>11:00 Holiday Word Puzzles Pick Up, AR</div> <div>2:00 Netflix Pick — Residents' Choice, WR</div> <div>3:00 Lounging w/ Friends, WR</div> <div>5:30 Evening News, AR</div> <div>30</div>