

The Devonshire *Lifestyle*



Like Us!



Independent Living Community

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

NOVEMBER 2023

A Note From Our Executive Director

Hello, everyone, and welcome to November! There's excitement in the air as we begin preparing for the holidays. Our community will be hosting a bounty of festivities in the next couple of months, and we hope everyone can join us for the activities we have planned. As always, we are thankful for our residents and their families.

Sincerely,
Walmeka Williams
Executive Director



Happy Thanksgiving

As we celebrate Thanksgiving with our families and friends this month, we'll be thinking how grateful we are to have such wonderful neighbors. Thanks for making our community so pleasant, and have a terrific holiday.

Fine Feathers

Among the many supplies carried by arts and crafts stores are bags of feathers, occasionally dyed bright colors. Some of these feathers actually come from turkeys! You can recognize a turkey feather by the square tip. Another fun fact: Feathers are formed of keratin, the same as our fingernails!



Laugh Lines: Turkey Teasing

It was early November when the turkey turned to the other barnyard animals and worriedly said, "I have a bad feeling something's up." When they asked why, the turkey answered, "The farmer just unfriended me on Facebook." A woman was searching through the frozen turkeys at a grocery store. She couldn't find one large enough for her dinner, so she asked a clerk, "Do these turkeys get any bigger?" The clerk replied, "No, ma'am. They're all dead." On Thanksgiving, the four basic food groups are: more, a little more, a lot more and too much.

Q: How many chefs does it take to stuff a turkey?

A: One, and it's a very tight squeeze.

Q: What side of a turkey has the most feathers?

A: The outside.

Q: What's a turkey's favorite dessert?

A: Cherry gobbler.

Q: What happened when the turkey got into a fight?

A: It got the stuffing knocked out of it.

Q: Why did the police arrest the turkey?

A: They suspected fowl play.

Q: What do you call a turkey on the day after Thanksgiving?

A: Lucky.

NOVEMBER

2023

Birthdays

James Whetzel	11-1
Ronald Jancek	11-6
Judy Seay	11-10
Keren Cabell	11-16
Patricia Dixon	11-27
Amy Billingsley	11-29

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.

The Glee of Giving

“The happiest people are those who do the most for others,” said leader and educator Booker T. Washington. That joyful feeling you often get from giving is apparently part of our biology. Neuroscientists studying the human impulse to help others used detailed brain scans and saw that acts of generosity lit up parts of the brain connected to pleasure. They say it’s proof of why doing good can make you feel good.

“Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others.”

—Charlotte Rae

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>5</div>	 <div>6</div>	 <div>7</div>	<div>1</div> <div>8:30 Dr. Appointments</div> <div>9:30 Grocery Orders with Amy</div> <div>10:00 Worship with Pastor Davis</div> <div>1:30 Game: Finish Lines</div> <div>3:30 Exercise with Amy</div> <div>5:00 Dominos</div>	<div>2</div> <div>10:00 Exercise With Legacy</div> <div>11:00 Country Store</div> <div>11:00 Lunch Outing to Olive Garden</div> <div>1:30 Jackpot Bingo\$</div> <div>4:00 Easy Listening Music Hour</div>	<div>3</div> <div>9:30 Walking In the Courtyard</div> <div>10:00 Grocery Shopping at Lidl🚗</div> <div>1:00 Shopping Trip to Design & Consign🚗</div> <div>3:00 Happy Hour</div> <div>4:00 MSNBC Evening News</div>	<div>4</div> <div>9:00 Word Search Puzzles</div> <div>10:00 Scenic Ride🚗</div> <div>1:30 Movie: Residents’ Choice</div> <div>5:00 Evening News</div> <div>5:30 Scrabble Club</div>
<div>9:30 Jigsaw Puzzles</div> <div>10:00 Dominos</div> <div>2:00 Movie: Residents’ Choice</div> <div>5:30 Tabletop Games</div> <div>5</div>	<div>9:30 Grocery Orders with Amy</div> <div>10:30 Bank Runs🚗</div> <div>1:30 Shopping Trip to JC Penney</div> <div>3:30 Exercise with Amy</div> <div>4:00 MSNBC Evening News</div> <div>6</div>	<div>8:30 Dr. Appointments</div> <div>10:00 Coffee & Pastries, AR</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo</div> <div>3:30 Exercise with Amy</div> <div>5:30 Scrabble Club</div> <div>6:00 Residents Council Meeting AR</div> <div>7</div>	<div>8</div> <div>8:30 Dr. Appointments</div> <div>9:30 Grocery Orders with Amy</div> <div>10:00 Worship with Pastor Davis</div> <div>1:00 Wheel of Fortune on Wii</div> <div>2:30 Medication Management Health Talk w/ Legacy</div> <div>5:00 Dominos</div>	<div>9</div> <div>10:00 Exercise With Legacy</div> <div>10:00 Trip to Hampton University Museum</div> <div>1:30 Jackpot Bingo\$</div> <div>3:00 Country Store</div> <div>4:00 Easy Listening Music Hour</div>	<div>10</div> <div>Veterans Day (Observed)</div> <div>9:30 Walking In the Courtyard</div> <div>10:00 Grocery Shopping at Walmart Neighborhood Market🚗</div> <div>2:00 Veterans Day Celebration with Entertainment DR</div> <div>4:00 MSNBC Evening News</div>	<div>11</div> <div>Veterans Day</div> <div>9:00 Word Search Puzzles</div> <div>10:00 Candy Bingo</div> <div>2:30 Worship with Canaan Baptist Church</div> <div>5:00 Evening News</div> <div>5:30 Scrabble Club</div>
<div>9:30 Jigsaw Puzzles</div> <div>10:00 Dominos</div> <div>2:00 Movie: Residents’ Choice</div> <div>5:30 Tabletop Games</div> <div>12</div>	<div>9:30 Grocery Orders with Amy</div> <div>10:30 Bank Runs🚗</div> <div>1:30 Manicures & Music</div> <div>3:30 Exercise with Amy</div> <div>4:00 MSNBC Evening News</div> <div>13</div>	<div>8:30 Dr. Appointments</div> <div>10:00 Coffee & Pastries, AR</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo</div> <div>3:30 Exercise with Amy</div> <div>5:30 Scrabble Club</div> <div>14</div>	<div>15</div> <div>8:30 Dr. Appointments</div> <div>9:30 Grocery Orders with Amy</div> <div>10:00 Worship with Pastor Davis</div> <div>1:00 Town Hall Meeting</div> <div>2:30 Game: Left Right Center</div> <div>5:00 Dominos</div>	<div>16</div> <div>10:00 Exercise With Legacy</div> <div>11:00 Country Store</div> <div>1:30 Jackpot Bingo\$</div> <div>3:00 Fall Craft: Mason Jar Potpourri (sign-up)</div> <div>4:00 Easy Listening Music Hour</div>	<div>17</div> <div>9:30 Walking In the Courtyard</div> <div>10:00 Grocery Shopping at Food Lion🚗</div> <div>1:00 Shopping Trip to Dollar Tree🚗</div> <div>3:00 Happy Hour</div> <div>4:00 MSNBC Evening News</div>	<div>18</div> <div>9:00 Word Search Puzzles</div> <div>11:30 Thanksgiving Feast for Residents & Family🍴</div> <div>1:30 Movie: Residents’ Choice</div> <div>5:00 Evening News</div> <div>5:30 Scrabble Club</div>
<div>9:30 Jigsaw Puzzles</div> <div>10:00 Dominos</div> <div>1:30 Popcorn & A Movie “A Man Called Otto”</div> <div>5:30 Tabletop Games</div> <div>19</div>	<div>9:30 Grocery Orders with Amy</div> <div>10:30 Bank Runs🚗</div> <div>1:00 Trip to AMC Movie Theatre</div> <div>4:00 MSNBC Evening News</div> <div>6:00 Bingo with Northampton Women’s Club, AR</div> <div>20</div>	<div>8:30 Dr. Appointments</div> <div>10:00 Coffee & Pastries, AR</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo</div> <div>2:30 Thankful Chat & Cocoa</div> <div>3:30 Exercise with Amy</div> <div>5:30 Scrabble Club</div> <div>21</div>	<div>22</div> <div>8:30 Dr. Appointments</div> <div>9:30 Grocery Orders with Amy</div> <div>10:00 Worship with Pastor Davis</div> <div>1:00 Jackpot Bingo</div> <div>2:30 Holiday Movie</div> <div>5:00 Dominos</div>	<div>23</div> <div>Thanksgiving</div> <div>10:00 Word Search Puzzles</div> <div>1:30 Movie: Residents’ Choice</div> <div>4:00 Easy Listening Music Hour</div> <div>5:30 Tabletop Games</div>	<div>24</div> <div>9:30 Walking In the Courtyard</div> <div>10:00 Grocery Shopping at Kroger🚗</div> <div>1:00 Shopping Trip to Goodwill Thrift Store🚗</div> <div>3:00 November Birthday Celebration</div> <div>4:00 MSNBC Evening News</div>	<div>25</div> <div>9:00 Word Search Puzzles</div> <div>1:00 Scenic Ride🚗</div> <div>5:00 Evening News</div> <div>5:30 Scrabble Club</div>
<div>9:30 Jigsaw Puzzles</div> <div>10:00 Dominos</div> <div>2:00 Movie: Residents’ Choice</div> <div>5:30 Tabletop Games</div> <div>26</div>	<div>9:30 Grocery Orders with Amy</div> <div>10:30 Bank Runs🚗</div> <div>1:30 Manicures & Music</div> <div>3:30 Exercise with Amy</div> <div>4:00 MSNBC Evening News</div> <div>27</div>	<div>8:30 Dr. Appointments</div> <div>10:00 Coffee & Pastries, AR</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo</div> <div>3:30 Exercise with Amy</div> <div>5:30 Scrabble Club</div> <div>28</div>	<div>29</div> <div>8:30 Dr. Appointments</div> <div>9:30 Grocery Orders with Amy</div> <div>10:00 Worship with Pastor Davis</div> <div>1:30 Fresh Baked Chocolate Chip Cookies</div> <div>2:30 Game: Codenames</div> <div>5:00 Dominos</div>	<div>30</div> <div>10:00 Exercise With Legacy</div> <div>11:00 Country Store</div> <div>1:30 Jackpot Bingo\$</div> <div>2:30 Menu Chat with Tom DR</div> <div>2:30 Worship with Canaan Baptist Church</div> <div>4:00 Easy Listening Music Hour</div>		

November Employee of the Month



We would like to congratulate our employee of the month Stephen Brown. Stephen is our Maintenance Assistant. He has been working here for 3 months. Stephen has been very helpful and has a very positive attitude. He likes working with the residents knowing that every day he has a chance to make a difference in someone's life. He has a Bachelor's Degree from Norfolk State University in mass communication with an emphasis on broadcasting and photojournalism. His work experience includes residential maintenance, hotel maintenance, city housing maintenance, and community service board state maintenance. His hobbies include going to outdoor concerts, walking trails, going to the beach, watching action movies and photography. His favorite food is lobster. He would like to travel to Hawaii and Brazil. Stephen also has a birthday this month!

Mums Say So Much

The traditional flower for the month of November, the chrysanthemum is believed to represent happiness and longevity. Because mums typically bloom in the fall, they also symbolize beauty in the face of the coming winter.



Remember When: Pie Safes

You may have seen a pie safe in an antique store or even an older relative's home while you were growing up. Also called a pie cabinet, cupboard or chest, this piece of furniture originated in the 1700s with Pennsylvania Dutch communities and soon spread to other regions in the U.S. Long before the days of built-in cabinetry and refrigeration, freestanding furniture was used for kitchen storage. A pie safe was used to protect pies, breads and other baked goods from pests, and the doors were made from wooden slats or perforated tin, providing ventilation to keep food cool and safe to eat. Nowadays, pie safes are popular collectors' items, often repurposed to hold linens or dishware.



Our Nation's Veterans

Veterans Day on Nov. 11 is your chance to recognize and thank those who have served our country. Veterans live all over the U.S., but Alaska, Virginia and Wyoming are the states with the highest percentage of veterans within their borders.

Famous Faces Born in November

Nov. 1, 1972: Jenny McCarthy
Nov. 6, 1955: Maria Shriver
Nov. 10, 1983: Miranda Lambert
Nov. 14, 1948: Prince Charles
Nov. 19, 1933: Larry King
Nov. 20, 1927: Estelle Parsons
Nov. 25, 1965: Cris Carter
Nov. 29, 1964: Don Cheadle

Thanksgiving Walk

Feeling stuffed after the feast is part of what Thanksgiving is all about! But before you settle on the couch to watch football or take a nap, go for a quick walk. Even a stroll as short as 15 minutes will regulate blood sugar levels and help you digest that heavy meal. And the healthy group activity provides more opportunities to bond—it could be your new holiday tradition!

