

Traditional Holiday Treats

All across the world, traditional desserts are a tasty way to celebrate the season. Sample these holiday treats:

Linzer cookies: Austria’s classic cake, the linzer torte, is made miniature by sandwiching jam between two almond-flavored cookies. A festive shape cut out from the top cookie shows off the filling.

Bibingka: Traditionally baked in a clay pot lined with a banana leaf, this Filipino sponge cake is made with rice flour and coconut milk.

Natilla: Similar to custard, this Colombian dessert is flavored with a dark brown sugar, called panela, and often topped with coconut, raisins and nuts.

Lebkuchen: Germany’s gingerbread cookies are typically glazed with sugar or covered in chocolate. Heart-shaped versions with iced-on messages are particularly popular.

Pavlova: December brings summer to Australia and New Zealand, where meringue, whipped cream and fresh fruit combine to form a light, elegant dessert.

Bunuelos: These crispy fritters are sold on street corners at holiday time in Mexico. Dough is shaped like a tortilla, fried, then topped with sugar, cinnamon and syrup.

Panettone: This Italian sweet bread resembles a giant muffin and tastes like a fluffy fruitcake studded with raisins and candied citrus peel.

The Legacy of Lincoln Logs

Invented over a century ago, Lincoln Logs are a classic symbol of childhood play and continue to delight youngsters today.

The toy construction set was created in 1916 by John Lloyd Wright, the son of celebrated architect Frank Lloyd Wright. The younger Wright, also an architect, was inspired by one of his father’s building projects, a hotel in Japan that was constructed with interlocking timber beams.

To evoke the nostalgia of America’s pioneer spirit, Wright is said to have named the toy after President Abraham Lincoln and his fabled boyhood log cabin. Lincoln Logs encouraged kids to create their own structures with miniature notched redwood logs.

Lincoln Logs were an instant success, and continued to thrive during World War II, since the redwood used to make the original log pieces was not among the many materials that were rationed. In the 1950s, commercials for the toy aired during the frontier-themed TV shows “Davy Crockett” and “Pioneer Playhouse,” further bolstering sales.

More than 100 million sets of Lincoln Logs have been sold since their invention.

Nothin’ but Net

Invented in December 1891, the game of basketball has bounced its way through history to become one of the world’s most popular sports. Make a fast break for some hoops trivia:

- The first basketball hoops were peach baskets, and balls had to be retrieved after every “basket,” or scored point.
- Dribbling was not part of the game’s original rules. Players could only throw the ball to each other.
- Basketball became an Olympic event at the 1936 Summer Games in Berlin.
- The National Basketball Association was created in 1946 when the Basketball Association of America merged with the National Basketball League.
- The bumps on a basketball are called pebbles. An NBA official game ball has more than 31,000 of them.
- A warm basketball bounces higher than a cold basketball.
- The three-point shot wasn’t adopted until the 1979-1980 NBA season.
- The player in the NBA logo is based on Jerry West, who had a 14-year career with the Los Angeles Lakers.
- During a pro game, a player may run as much as 3 miles.
- The highest-scoring game in NBA history took place Dec. 13, 1983, when the Detroit Pistons beat the Denver Nuggets 186-184 in triple overtime.

The Devonshire Lifestyle

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



THE DEVONSHIRE
A RETIREMENT COMMUNITY

Like Us!


DECEMBER 2018

Donating Toys and Joy

U.S. Marines take on an annual mission of collecting donated toys so that children in need can experience the joy of the holidays through its Toys for Tots program.

The charity was founded in 1947 by Bill Hendricks, a major in the Marine Corps Reserve. His wife, Diane, handcrafted a Raggedy Ann doll and wanted to donate it to a needy child in their hometown of Los Angeles, but the couple couldn’t find an agency to donate it to. So Hendricks and his fellow reservists organized a toy drive, collecting over 5,000 toys for local children.

The idea’s success prompted the U.S. Marine Corps to adopt Toys for Tots as a nationwide project beginning in 1948. Hendricks’ close friend Walt Disney designed the first national Toys for Tots poster, featuring the familiar train logo still in use today.

In communities across the country, toy drives and collection boxes encourage people to donate new, unwrapped toys, which are then given to area families. Since the program began, more than 500 million toys have been distributed to 250 million children.

Bingo Has a Jackpot of Benefits

Prized for its fun, ease and excitement, bingo is a go-to game. And every player comes out a winner, since this amusement has several health benefits:

It can enhance coordination — Bingo can be a fast-paced game, requiring players to search for a number, mark their card and keep up with the caller. This repetitive action exercises hand-eye coordination and quick reflexes. Keeping track of several cards at once intensifies the action.

It engages the brain — Staying alert, listening for information, remembering it and identifying a match on a card are skills that engage cognitive functions and short-term memory. A study found that bingo players performed better on tests of mental speed and accuracy.

It’s social — Games are usually played with a group of people who have a common interest. The setting provides opportunities to talk with others and meet new friends. Such social interactions have been shown to be essential in maintaining a happy, healthy life and increasing longevity.

It’s fun! — It’s been said that laughter is the best medicine, and laughing is often part of the game’s fun and easygoing nature. There’s also the anticipation of hearing your winning number and the excitement of shouting out “Bingo!”

DECEMBER 2018

Locations

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

Birthdays

Charles Harrison, 4th
Suzanne Anderson, 12th
Adrian Harris, 22nd
Sophia Carter, 24th

Transportation Schedule

Monday, 9:30 a.m.
Bank Runs

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

Tuesday & Wednesday
1-3 p.m. (Newport News Only)
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

Sunday, 2-4 p.m.
Scenic Ride

“Giving is not just about making a donation. It is about making a difference.”
—Kathy Calvin

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>1</div> <div>10:00 Shopping: J.C. Penney</div> <div>1:00 Puzzles and Table Games, AR</div> <div>2:00 Scenic Drive</div> <div>3:00 Cinema Saturday, AR</div>
<div>FIRST NIGHT OF HANUKKAH</div> <div>2</div> <div>9:00 Church Runs</div> <div>9:15 Sunday School, AR</div> <div>1:30 Resident Led Table Games, AR</div> <div>3:00 Cinema Sunday, AR</div> <div>6:30 Bible Study Life Group, WR</div>	<div>3</div> <div>9:30 Bank Runs</div> <div>10:30 Exercise Class,, AR</div> <div>1:30 Horse Racing Game, AR</div> <div>2:30 Armchair Travel, AR</div> <div>3:30 Billiards, GR</div> <div>6:00 Wine and Create a Painting, AR</div>	<div>4</div> <div>9:00 Medical Runs</div> <div>9:10 Swimmers at Sentara</div> <div>10:00 Coffee Hour, AR</div> <div>1:00 Bingo, AR</div> <div>2:30 Arts and Crafts, AR</div> <div>4:00 News Update, AR</div>	<div>5</div> <div>9:00 Medical Runs</div> <div>10:30 Exercise Class, AR</div> <div>1:15 Nail Care, AR</div> <div>2:30 Balloon Volleyball, AR</div> <div>3:30 December Trivia, AR</div> <div>4:00 World News, AR</div>	<div>6</div> <div>9:10 Swimming at Sentara</div> <div>10:00 St. Mary's School Children's Choir, AL DR</div> <div>10:15 Bookmobile, AR</div> <div>11:15 Lunch Outing: AMC Bowling Alley</div> <div>1:00 Scrabble, AR</div> <div>2:00 Scenic Drive</div> <div>3:30 Jackpot Bingo, AR</div>	<div>7</div> <div>10:00 Shopping: Act II Consignment</div> <div>10:30 Exercise Class, AR</div> <div>1:00 Shopping: Walmart</div> <div>2:00 5 Second Rule Game, AR</div> <div>3:30 Happy Hour, AR</div>	<div>8</div> <div>10:00 Dollar Tree</div> <div>1:00 Scenic Drive</div> <div>2:00 Bridge, AR</div> <div>3:00 Cinema Saturday, AR</div>
<div>9</div> <div>9:00 Church Runs</div> <div>9:15 Sunday School, AR</div> <div>1:00 Resident Led Table Games, AR</div> <div>2:30 Cinema Sunday, AR</div> <div>6:30 Bible Study Life Group, WR</div>	<div>10</div> <div>9:30 Bank Runs</div> <div>10:30 Exercise Class, AR</div> <div>1:30 Crossword Puzzle, AR</div> <div>3:30 Billiards, GR</div> <div>6:00 Wine and Create a Painting, AR</div>	<div>11</div> <div>9:00 Medical Runs</div> <div>9:10 Swimmers at Sentara</div> <div>10:00 Coffee Hour, AR</div> <div>1:00 Bingo, AR</div> <div>2:00 Resident Christmas Party/w/DJ Buzz, DR</div> <div>2:30 Children From TLC and visit From Santa, DR</div> <div>4:00 News Update, AR</div> <div>6:00 Christmas Lights at Newport News Park</div>	<div>12</div> <div>9:00 Medical Runs</div> <div>10:30 Exercise Class, AR</div> <div>1:00 Movie: "White Christmas," AR</div> <div>3:30 Resident Led Table Games, AR</div> <div>4:00 World News, AR</div>	<div>13</div> <div>9:10 Swimming at Sentara</div> <div>11:15 Lunch Outing: Chili's</div> <div>3:30 Jackpot Bingo, AR</div> <div>6:00 Special Event: Forest of the Trees, DR</div>	<div>14</div> <div>10:00 Farmer's Market</div> <div>10:30 Exercise Class,, AR</div> <div>1:00 Shopping: Dollar Store</div> <div>2:00 Dominoes, AR</div> <div>3:30 Happy Hour, AR</div>	<div>15</div> <div>10:00 Aldi Grocery Store</div> <div>1:00 Adult Coloring, AR</div> <div>2:00 Scenic Drive</div> <div>3:00 Scrabble, AR</div>
<div>16</div> <div>9:00 Church Runs</div> <div>9:15 Sunday School, AR</div> <div>1:00 Resident Led Table Games, AR</div> <div>6:00 Christmas Lights at Newport News Park</div> <div>6:30 Bible Study Life Group, WR</div>	<div>17</div> <div>9:30 Bank Runs</div> <div>10:30 Exercise Class, AR</div> <div>1:30 Horse Racing Game, AR</div> <div>3:30 Billiards, GR</div> <div>6:00 Bingo w/North Hampton Women's Group, AR</div>	<div>18</div> <div>9:00 Medical Runs</div> <div>9:10 Swimmers at Sentara</div> <div>10:00 Coffee Hour, AR</div> <div>10:45 Cookie Decorating, AR</div> <div>1:00 Bingo</div> <div>2:30 Arts and Crafts, AR</div> <div>4:00 News Update, AR</div>	<div>19</div> <div>9:00 Medical Runs</div> <div>10:30 Exercise Class, AR</div> <div>1:15 Nail Care, AR</div> <div>1:45 Bonnie and Friends Choral Group, AL DR</div> <div>2:00 Scrabble, AR</div> <div>2:30 Jewelry Making, CR</div> <div>4:00 World News, AR</div>	<div>20</div> <div>9:10 Swimming at Sentara</div> <div>10:15 Bookmobile, AR</div> <div>11:15 Lunch Outing: Cracker Barrel</div> <div>2:00 Scenic Ride</div> <div>3:30 Jackpot Bingo, AR</div>	<div>21</div> <div>WINTER BEGINS</div> <div>10:00 Shopping: Ollie's</div> <div>10:30 Exercise Class, AR</div> <div>1:00 Shopping: Goodwill</div> <div>3:30 Happy Hour, AR</div>	<div>22</div> <div>10:00 Big Lots</div> <div>11:30 Lunch and Movie at the Cinema Theater</div> <div>1:00 Canasta</div> <div>3:00 Cinema Saturday</div>
<div>23</div> <div>9:00 Church Runs</div> <div>9:15 Sunday School, AR</div> <div>1:00 Resident Led Games, AR</div> <div>6:30 Bible Study Life Group, WR</div>	<div>24</div> <div>9:30 Bank Runs</div> <div>10:30 Exercise Class, AR</div> <div>1:30 Crossword Puzzle, AR</div> <div>2:00 Sound of Christmas From Jon Durfee, DR</div> <div>3:30 Billiards, GR</div>	<div>25</div> <div>CHRISTMAS</div> <div>9:00 Medical Runs</div> <div>9:10 Swimmers at Sentara</div> <div>10:30 Coffee Hour, AR</div> <div>1:00 Bingo, AR</div> <div>4:00 News Update, AR</div>	<div>26</div> <div>9:00 Medical Runs</div> <div>10:30 Exercise Class, AR</div> <div>1:15 5 Second Rule Game, AR</div> <div>2:30 Balloon Volleyball, AR</div> <div>4:00 World News, AR</div>	<div>27</div> <div>9:10 Swimming at Sentara</div> <div>11:15 Lunch Outing: Jason's Deli</div> <div>1:00 Cinema Thursday, AR</div> <div>2:00 Scenic Ride</div> <div>3:30 Jackpot Bingo</div>	<div>28</div> <div>10:00 Shopping: Kroger</div> <div>10:30 Exercise Class, AR</div> <div>1:00 Shopping: Burlington Factory</div> <div>2:00 Birthday Party</div> <div>3:30 Happy Hour, AR</div>	<div>29</div> <div>10:00 Shopping: Ross</div> <div>1:00 Bridge, AR</div> <div>1:30 Scenic Drive</div> <div>3:00 Cinema Saturday, AR</div>
<div>30</div> <div>9:00 Church Runs</div> <div>9:15 Sunday School, AR</div> <div>1:00 Resident Led Table Games, AR</div> <div>2:30 Cinema Sunday, AR</div> <div>3:00 Progressive Church, DR</div> <div>6:30 Bible Study Life Group, WR</div>	<div>31</div> <div>NEW YEAR'S EVE</div> <div>9:30 Bank Runs</div> <div>10:30 Exercise Class, AR</div> <div>1:00 Word Games, AR</div> <div>2:00 New Year's Eve Day Entertainment/ Jack Gorman, DR</div> <div>3:30 Billiards, GR</div>					