# **Recent Highlights (Continued)**



# **Aromatherapy and Memory**

Have you ever caught a whiff of perfume that reminded you of a loved one? Or smelled vanilla and recalled eating freshly baked cookies as a child? Smell is one of the most powerful of the five senses and closely tied to memory. Breathing in scents to tap into pleasant memories is a form of aromatherapy.

Ancient cultures in China, India, Egypt and Greece added aromatic plants to balms and oils, believing they had physical and psychological benefits. In the early 1900s, a French chemist coined the term "aromatherapy" and wrote a book on the medical use of natural essential oils and extracts from plants.

Aromatherapy often involves breathing in essential oils or applying them to your skin, but it can also be as simple as smelling favorite foods or flowers, as well as using scented lotions, soaps or sprays. Odors activate areas of the brain that control emotions, which is why scents can stir such vivid memories. When a fragrance evokes happy memories, it can have a calming effect and boost mood.

Peppermint, vanilla, lavender, lemon, and eucalyptus are some of the scents used in aromatherapy.

# **Indulging in Eggnog**

Rich, creamy, sweet and spicy, eggnog is a favorite holiday treat.

Before evolving into the drink we know today, eggnog began as a medieval English punch called posset, which was served hot. Since its ingredients of milk, eggs, some type of alcohol, and spices were expensive, posset was reserved for special occasions and used when toasting to prosperity and good fortune.

In the 1700s, settlers brought their posset recipes with them to Colonial America. Historians believe the name "eggnog" emerged around this time and may derive from the word "noggin," the term for a wooden cup used to serve drinks like posset, or "grog," an alcoholic beverage.

Before the days of refrigeration, eggnog was more likely to be whipped up during the winter months. This led to it becoming a staple beverage served at holiday parties.

Along with homemade versions, more than 15 million gallons of commercially made eggnog are sold in the U.S. each year. The drink's popularity has inspired a range of eggnog-flavored products, such as coffee, ice cream and baked goods. Dairy-free varieties of eggnog are also available.

# The Ap-peal of Handbells

The merry music of handbell choirs is a festive sound that rings in the holiday season.

Early forms of handbells were part of ceremonies in many ancient cultures. Later, street vendors, town criers and night watchmen used them to attract attention.

Sets of handbells tuned to a musical scale first appeared in 17th-century England, where the art of ringing large tower bells was popular. But rehearsals could be noisy and disruptive, so small bells were designed to allow the ringers to practice their melodies indoors. Handbell groups soon formed across Europe.

In the 1840s, showman P.T. Barnum introduced the tradition to the U.S. when he brought a group of English bell ringers on a nationwide tour, but it wasn't until the early 20th century that the first handbell choirs were established in America. The ensembles have become a tradition at church services, but community choirs are increasingly popular, and some schools and universities teach handbells in their music curriculum.





# The Devonshire



**Independent Living Community** 

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

**DECEMBER 2019** 

# **Recent Highlights**

Enjoy these recent highlights that include our Pink and Purple Walks that celebrated the courageous people who have fought Alzheimer's Disease and Breast Cancer. Look at how much food we collected for the Food Bank!







(Continued on back)

# Greetings, **Devonshire Residents**

November was all about kindness and giving back. We were able to collect over

100 pounds of non-perishable food items for the food bank; thanks for your help! We will keep the donation box near the

Independent Living Activity Room through the holidays if vou would like to continue to contribute.



It was wonderful to see your families at the Thanksgiving Luncheon last month. We had a wonderful time.

We also enjoyed celebrating our veterans at our Veterans Day Ceremony. We continue to thank you for sacrifices you made for our country.

I look forward to a prosperous New Year with you here at The Devonshire. 2020 has great things in store for us!

Happy Holidays,

Natalie Fox **Executive Director** 







### INDEPENDENT LIVING

## **DECEMBER 2019**

### **Locations**

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

### **Birthdays**

Burnette Peters, 2nd Charles Harrison, 4th Adrian Harris, 22nd

### **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

### **Additional Services**

Monday, Wednesday & Saturday 11 a.m.-Noon: Country Store

Activities Subject to Change

### **TUESDAY** WEDNESDAY **THURSDAY SATURDAY SUNDAY MONDAY FRIDAY** 2 3 8:30 Just for the Guys 9:00 Medical Runs. 6 9:00 Classical Music and 9:00 Lobby Lounging 9:00 Church Runs 9:00 Saturday Paper 9:00 Medical Runs, 48 Dunkin' Donuts Request in Advance! and Chats, AR Morning Paper, AR w/Friends, AR 9:30 Big Screen Gospel **Hour Notice** Restaurant 10:00 Lounge w/Classical 10:00 Shopping: DAV Thrift Store 10:00 Conversation w/ 10:00 Shopping: Dollar General 9:30 Wal Mart Shoppers and Bible Word 9:30 Bank Runs Music, AR 10:30 Balance Exercise Class, AR Tea Time, AR 11:00 Holiday Word Puzzles (am this week) 10:00 Morning Paper & Talk, AR 1:00 Bible Study (1 Hour), AR Puzzles, AR 1:00 Shopping: Kmart Going 10:00 Scrabble w/Friends, WR Pick Up, AR 10:00 Coffee Hour and 10:30 Monday Morning 1:00 Holiday Fun Photo Out of Business Sale 10:30 Open Table 11:15 Lunch Outing: 1:00 Jigsaw Puzzles and Chat, AR Shoot: 1 to 4 p.m., WR 2:00 Winter Cookie Bake Fitness, AR Table Games, AR Tommy's Restaurant Games, AR w/Friends, AR 1:00 Holiday Glee Club 10:00 Let's Play Bridge, WR 3:00 Christmas Socks 2:00 Netflix Pick: Residents' 1:00 Jigsaw Fun, AR 1:00 Scrabble w/ Rehearsals, AR 1:00 Monthly Prize Bingo, AR Fashion Show, AR 2:00 Pearl Harbor Choice, WR 3:00 Jackpot Bingo, AR Presentation, AR Hot Apple Cider w/ 1:30 3:30 Trivia and Jokes, AR 2:00 Wal Mart Shoppers Friends, AR 3:00 Lounging w/Friends, WR 3:00 Happy Hour, DR 3:00 Card Games Challenge Christmas Caroling, AR 3:30 Christmas Ornament 6:00 What's on the News?, AR 6:00 Evening News, AR 5:30 Evening News, AR a Peer, WR 5:30 News Updates, AR 5:15 Holiday Lights Viewing Craft, AR 9:00 Medical Runs, 48 10 11 14 13 9:00 Classical Music and 12 9:00 Lobby Lounging 9:00 Saturday Paper 9:00 Church Runs 8:30 Just for the Guys: 9:00 Medical Runs, **Hour Notice** Morning Paper, AR and Chats, AR w/Friends, AR McDonald's Request in Advance! 9:30 Big Screen Gospel 9:30 Wal Mart Shoppers 10:00 Conversation w/ 10:00 Shopping: Gabe's 10:00 Shopping: Dollar Tree 9:30 Bank Runs 10:30 Flex and Stretch and Bible Word (am this week) Tea Time, AR 10:30 Balance Exercise 11:00 Holiday Word Puzzles 10:00 Morning Paper & Talk, AR 10:00 Coffee Hour and Chat, AR Exercise Class, AR Puzzles, AR 10:00 Scrabble w/Friends, WR Class, AR 10:30 Monday Morning Pick Up, AR 11:00 Inspirational 10:00 Let's Play Bridge, WR 10:30 Open Table Fitness, AR 1:00 Jigsaw Fun, AR 1:00 Shopping: Game's 1:00 Bridge and 1:00 Jackpot Bingo, AR Reading, AR Holiday Glee Club **Farmers Market** Scrabble, AR 3:00 Jackpot Bingo, AR Games, AR 2:00 Wal Mart Shoppers 1:00 Bible Study (1 Rehearsals, AR 2:00 Netflix Pick: Residents' 3:00 Card Games Challenge 2:00 Winter Cookie Bake 1:00 Scrabble w/ 3:00 You Be the Judge Hour), AR 2:00 Penny Pitchin', AR Choice, WR w/Friends, AR a Peer, WR & Trivia, AR 2:30 Town Hall Meeting, AR Friends, AR 3:00 Paper Holiday 3:00 Lounging w/Friends, WR 3:00 Happy Hour, AR 4:30 Forest of the Trees Cake Walk, AR 3:30 Trivia and Jokes, AR 6:00 Evening News, AR Ornament, AR 5:30 Evening News, AR Celebration 5:30 News Updates, AR 6:00 What's on the News?, AR 20 WINTER BEGINS 21 8:30 Just for the Guvs: 16 17 18 9:00 Classical Music and 19 15 9:00 Medical Runs, 9:00 Church Runs 9:00 Lobby Lounging 9:00 Medical Runs, Request 9:00 Saturday Paper w/ Hardee's Morning Paper, AR 48 Hour Notice and Chats, AR 9:30 Big Screen Gospel Friends, AR 9:30 Bank Runs in Advance! 10:00 Conversation w/ 10:00 Coffee Hour and 10:00 Shopping: Goodwill 9:30 Breakfast w/Santa: 10:00 Morning Paper & Talk, AR and Bible Word 10:00 Christmas Shopping: Tea Time, AR Chat, AR Balance Exercise Class, AR 9:30-11:30 a.m. 10:30 Monday Morning Patrick Henry Mall, 10:00 Scrabble w/Friends, WR Puzzles, AR 10:00 Let's Play Bridge, WR 1:00 Shopping: Food Lion 10:30 Bring Back Bridge Club, AR Fitness, AR 10 am-2 pm 11:15 Bubba & Frank's BBQ 10:30 Open Table 1:00 Jackpot Bingo, AR 2:00 Winter Cookie Bake 11:00 Holiday Word Puzzles 10:30 Monday Fitness: 1:00 Bible Study (1 Hour), AR 1:00 Jigsaw Fun, AR Pick Up, AR Strong Legs w/Friends, AR 3:00 You Be the Judge Games, AR 2:30 Scrabble Club, AR 2:00 Resident Christmas 1:30 Trip: Scenic Ride Holiday Glee Club Christmas Sweater Day, AR & Trivia, AR 1:00 Scrabble w/ 3:30 Trivia and Jokes, AR Party, AR 2:00 Netflix Pick: Residents' Rehearsals, AR **Resident Christmas** 4:00 Cake Walk, AR 3:00 Jackpot Bingo, AR 3:30 Christmas Ornament Choice, WR Friends, AR 2:00 Penny Pitchin', AR Celebration, DR 6:00 What's on the 3:00 Card Games Challenge 3:00 Lounging w/Friends, WR South Hampton Craft, AR 5:30 News Updates, AR 6:00 Evening News, AR News?, AR Women's Bingo, AR a Peer, WR 5:30 Evening News, AR HANUKKAH BEGINS AT SUNSET 22 23 24 CHRISTMAS DAY 25 8:30 Just for the Guys: 26 27 9:00 Saturday Paper 9:00 Medical Runs, 9:00 Lobby Lounging Chick-fil-A 9:00 Church Runs 9:00 Medical Runs, Request 9:00 Classical Music and w/Friends, AR 48 Hour Notice and Chats, AR 9:30 Bank Runs 9:30 Big Screen Gospel Morning Paper, AR in Advance! 9:30 Wal Mart Shoppers 11:00 Holiday Word 10:00 Morning Paper & Talk, AR 10:00 Shopping: Save-A-Lot 10:30 Flex and Stretch 10:00 Conversation w/ (am this week) and Bible Word 10:30 Sit and Be Fit Puzzles Pick Up, AR 10:30 Balance Exercise Exercise Class, AR Tea Time, AR 10:00 Coffee Hour and Chat, AR Exercise Class, AR Puzzles, AR 2:00 Netflix Pick: Class, AR 11:00 Inspirational 10:30 Monday Morning 10:00 Let's Play Bridge, WR 10:00 Scrabble w/Friends, WR 10:30 Open Table 1:00 Shopping: J.C. Penney Residents' Fitness, AR 1:00 Jackpot Bingo, AR Reading, AR 1:00 Jigsaw Fun, AR Games, AR 2:00 Winter Cookie Bake Choice, WR Holiday Glee Club 2:00 Wal Mart Shoppers 1:00 Bible Study (1 Hour), AR 3:00 Jackpot Bingo, AR w/Friends, AR Rehearsals, AR 1:00 Scrabble w/ 3:00 Lounging w/ 3:30 Trivia and Jokes, AR 3:00 You Be the Judge 3:00 Card Games Challenge 2:00 Penny Pitchin', AR 3:00 Happy Hour, AR & Trivia, AR Friends, AR 3:30 Christmas Ornament Friends, WR a Peer, WR 3:00 Last Minute Holiday 5:30 News Updates, AR 6:00 What's on the News?, AR Craft, AR 6:00 Evening News, AR 5:30 Evening News, AR Shopping: Target 30 NEW YEAR'S EVE 31 9:30 Bank Runs 9:00 Church Runs 10:00 Morning Paper 9:00 Medical Runs, 48 9:30 Big Screen Gospel **Hour Notice** & Talk, AR and Bible Word Coffee Hour and Chat, AR 10:30 Monday Morning Puzzles, AR 10:00 Let's Play Bridge, WR Fitness, AR 1:00 Jackpot Bingo, AR 10:30 Open Table 1:00 Holiday Glee Club 2:00 Birthday Party, DR Games, AR Rehearsals, AR 2:00 Wal Mart Shoppers 1:00 Scrabble w/ 1:30 Crossword Puzzles 3:00 New Year's Eve Friends, AR Celebration, DR and Word Games, AR 6:00 What's on the News?, AR 6:00 Evening News, AR 2:00 Penny Pitchin', AR