

Bid Hello to Bridge

A descendant of the early card game whist, bridge is enjoyed by enthusiasts around the world.

Bridge is a game of skill played with randomly dealt cards. It progresses through four phases: dealing the cards, the auction (or bidding), playing the hand and scoring the results. Two teams of two take part in the game, with partners seated across from one another. The duos must communicate in code to successfully make the contract they set during the bidding phase.

Although whist has been played since at least the 17th century, today's version of bridge began gaining popularity in the United States in the late 1800s. The game skyrocketed in the first half of the 20th century, resulting in the development of bridge clubs for both married couples and groups of ladies.

President Dwight D. Eisenhower played bridge regularly and was considered an excellent competitor. In 1958, Time magazine declared bridge the country's No. 1 card game.

Millions of people around the world still play bridge, with over 165,000 members in the American Contract Bridge League, an organization that oversees more than 1,000 tournaments a year and sponsors three major championships. Though the game's basic rules can be picked up quickly, the complex strategies involved are built over years of playing, leading some to call bridge "the game for a lifetime."

December Employee of the Month

Chris West is our Employee of the Month for December. He is one of our cooks. He really adds an artistic flare to the presentation of entrees and party trays. He enjoys cooking and hearing our residents' responses, then satisfying their culinary needs. He also enjoys the people he works with.

In his spare time, he likes to play golf and video games. His favorite dish is Chicken Francese. His favorite vacation spot is New Orleans.



Christmas Ornament Crafts

One of the activities our residents look forward to is craft time. We decorated clear bulb ornaments last month using a variety of items such as glitter, mod podge, stickers, colorful pipe cleaners and bows.



The Devonshire Lifestyle



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

DECEMBER 2021

A Merry Mint

Sweetening candies, cookies and coffee, while adding a cool, fresh scent to soaps, scrubs and lotions, peppermint is an iconic flavor of the holiday season.

The peppermint plant is a natural hybrid of water mint and spearmint. It blooms in July and August, sprouting tiny purple and white flowers. Mint plants usually grow to be 2 to 3 feet tall.

Due to its calming and numbing effect, peppermint has been used to treat several conditions. When applied to the skin, peppermint oil can treat headaches and skin irritations.

Peppermint has also been known to relieve digestive problems and nausea, as well as congestion and other cold symptoms. Eating a peppermint candy or sipping on peppermint tea are tasty ways to enjoy these benefits.

The herb is a good source of manganese, vitamins A and C, fiber, folate, iron, magnesium and calcium. Fresh or dried leaves can be added to salads, soups and beverages for a refreshing and nutritional boost.

Spread Cheer Throughout the Year

Kind words and deeds can warm the hearts of others—and they're good for the giver, too. Research shows that being helpful and generous can boost both physical and mental health, in addition to having a positive effect on the recipient.

Cultivating kind habits just takes a little extra attention in your daily life. For example, if you see something that reminds you of someone, take a moment to reach out to them. Send a quick message letting them know they crossed your mind and it made you smile. This simple gesture may just make their day.

Sincere compliments can also have a huge impact on a person's mood. If you like somebody's clothes, shoes, car, a joke they told, anything—tell them! Whether a stranger or someone close to you, your words will hold meaning.

Creative types may enjoy making notes to leave around the community. Design bookmarks with a positive message to tuck into library books or leave on car windshields, or paint "kindness rocks" to place in parks and public areas.



DECEMBER 2021

Locations

Activities Room, AR
Courtyard, CY
Dining Room, DR
Windsor Room, WR

Birthdays

Charles Harrison, 4th
Lajean Boyce, 5th
Carmen Bottjer, 7th

Country Store

Tuesday
11 a.m.-Noon

Thursday
10-11 a.m.

“A good way to remedy
a cold morning is to
have a warm heart.”

—Keith Wynn

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
			National Pie Day! ¹ 9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Davis, AR 1:30 Craft Hour “Holiday Cards,” AR 2:30 Holiday Decorating & Cocoa, AR 5:30 Bridge Club, AR	² 10:00 Country Store 10:30 Exercise w/ Legacy, AR 11:15 Lunch Trip to Cracker Barrel 1:30 Jackpot Bingo, AR 2:30 Menu Chat w/Michael, DR 3:00 Hand Massages, AR	³ 10:00 Grocery Shopping Trip to Walmart 1:00 Shopping Trip to Dollar Tree 3:00 Happy Hour, AR 3:30 Karaoke, AR 4:00 Evening News, AR	⁴ National Cookie Day! 9:00 Individual Word Search Puzzles, AR 10:00 Scenic Ride 12:30 Board Games, AR 1:30 Movie (Residents’ Choice), AR 5:30 Scrabble Club, AR
	⁵ 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents’ Choice), AR	⁶ 9:30 Grocery Orders w/Amy, AR 9:30 Bank Runs 10:30 Exercise w/Amy, AR 1:30 Popcorn & Board Games, AR 4:00 Evening News, AR 5:30 Card Games, AR	⁷ 10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Monthly Book Club Meeting, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	⁸ National Brownie Day! 9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Davis, AR 1:30 December Trivia & Treats, AR 2:30 Holiday Cookie Decorating w/ Legacy, AR 5:30 Fleece Tie Blankets (For Donation), AR	⁹ 10:00 Country Store 10:30 Exercise w/ Legacy, AR 1:30 Jackpot Bingo, AR 2:30 Menu Chat w/Michael, DR 6:00 Special Event “Forest of the Trees,” DR 6:00 Entertainment w/“Jack,” DR	¹⁰ 10:00 Grocery Shopping at Games Farmers Market 1:00 Shopping Trip to Michaels, AR 3:00 Happy Hour, AR 4:00 Evening News, AR
	¹² 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents’ Choice), AR	¹³ National Cocoa Day! 9:30 Grocery Orders w/Amy, AR 9:30 Bank Runs 10:30 Exercise w/Amy, AR 1:30 Manicures & Music, AR 3:00 Hot Cocoa & Marshmallows, AR 5:30 Card Games, AR	¹⁴ 10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Game “5 Second Rule,” AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	¹⁵ 9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Davis, AR 1:00 Town Hall Meeting, AR 2:00 Candy Bingo, AR 3:30 Tea & Christmas Trivia, AR 5:30 Bridge Club, AR	¹⁶ 10:00 Country Store 10:30 Exercise w/ Legacy, AR 1:30 Jackpot Bingo, AR 2:30 Menu Chat w/Michael, DR 3:00 December Birthday Celebration, AR 3:00 Flute Player “Jessica Julius,” AR	¹⁷ National Ugly Christmas Sweater Day! 9:45 Trip to Virginia Living Museum 10:00 Game “Dominoes,” AR 1:00 Movie “Operation Christmas Drop,” AR 4:00 Evening News, AR
¹⁹ 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents’ Choice), AR	²⁰ 9:30 Grocery Orders w/Amy, AR 9:30 Bank Runs 10:30 Exercise w/Amy, AR 1:30 Movie “Miracle on 34th Street” (1994), AR 4:00 Evening News, AR 6:00 Bingo w/ Northampton Women’s Club	²¹ WINTER BEGINS Crossword Puzzle Day! 10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	²² 9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Davis, AR 1:30 White Elephant Gift Exchange (Sign Up), AR 5:30 Bridge Club, AR 5:30 Trip to See Holiday Lights	²³ 10:00 Country Store 10:30 Exercise w/ Legacy, AR 1:30 Jackpot Bingo, AR 2:30 Menu Chat w/Michael, DR 4:00 “Easy Listening Music Hour” 5:30 Christmas Caroling in the Halls	²⁴ CHRISTMAS EVE National Egg Nog Day! 10:00 Grocery Shopping Trip to Food Lion 11:00 Holiday Crossword Puzzles, AR 2:00 Happy Hour, AR 4:00 Evening News, AR	²⁵ CHRISTMAS DAY 9:00 Individual Word Search Puzzles, AR 10:00 Board Games, AR 1:30 Movie (Residents’ Choice), AR 5:30 Scrabble Club, AR
²⁶ 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents’ Choice), AR	²⁷ 9:30 Grocery Orders w/Amy, AR 9:30 Bank Runs 10:30 Exercise w/Amy, AR 1:30 Wii Game “Wheel of Fortune,” AR 4:00 Evening News, AR 5:30 Card Games, AR	²⁸ 10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	²⁹ 9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Davis, AR 1:30 Game “Trivial Pursuit,” AR 3:30 Brews & Tattoos, AR 5:30 Bridge Club, AR	³⁰ 10:00 Country Store 10:30 Exercise w/ Legacy, AR 1:30 Jackpot Bingo, AR 2:30 Menu Chat w/Michael, DR 4:00 “Easy Listening Music Hour”	³¹ 9:30 Morning Exercise w/Amy, AR 10:00 Grocery Shopping Trip to Food Lion 1:30 Champagne Toast & New Year’s Eve Celebration, AR 2:30 Movie “The Age of Adeline,” AR 4:00 Evening News, AR	