

The Devonshire *Lifestyle*



Like Us!



Independent Living Community

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Classic Christmas Poem

'Twas two centuries ago when the poem "A Visit From St. Nicholas" was published anonymously in a New York newspaper. Better known as "The Night Before Christmas," the poem's vivid descriptions shaped many characteristics of the modern Santa Claus—a "jolly old elf" whose belly "shook when he laughed, like a bowl full of jelly." The names of Santa's "eight tiny reindeer" were also established in the verses. Credit is given to Clement Clarke Moore, who claimed authorship when he republished the piece in his collection "Poems," but some scholars say Henry Livingston is the real writer.

Have a Cozy Night In

Why go out when you can stay in and have an evening all to yourself? If you find yourself feeling guilty for saying no to activities and relaxing instead, focus on making your night at home a special one. Dress in your coziest socks and sweats, warm up a soothing beverage, dim the lights, and settle in with a book or feel-good movie for some ultimate me time.



DECEMBER 2023

A Note From Our Executive Director



Walmeka Williams
Executive Director

Hello, and welcome to the busiest month of the year! We have lots of activities planned such as a "White Elephant Gift Exchange", a trip to see "Celebration In Lights" at Newport News Park, and our Special Event "Christmas Tree Forest". I would like to wish our residents and their families a joyous season full of peace and love. Happy Holidays! Sincerely,

Winter Walks for the Win

Whether it's the busy holidays, chilly weather or winter blues, don't let anything get in the way of your well-being. Take steps to a healthier life with winter walks! Need some convincing? The cold weather can (1) help you burn more calories, (2) clear your mind and reduce stress, (3) enhance your immune system and (4) improve skin health by reducing swelling and tightening pores.



DECEMBER

2023

Dec. Birthdays

Robert Avery	2nd
Charles Harrison	4th
LaJean Boyce	5th
Carmen Bottjer	7th
Maggie “Rae” Lawrence	7th
Gil Groat	8th
Patty Avery	10th
Donald Edson	16th
Susanne Rice	31st

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.

Happy
Holly-days

Haul out the holly! For thousands of years, people from different cultures have used branches of holly, full of glossy green leaves, to decorate their homes in wintertime. Birds like to feast on the foliage’s bright red berries. Of the 400-plus varieties, English holly and American holly are most commonly associated with the holiday season.

“Bells are music’s
laughter.”
—Thomas Hood

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games	9:30 Grocery Orders with Amy 10:30 Bank Runs 1:30 Christmas Tree Decorating AR 3:30 Exercise with Amy 4:00 MSNBC Evening News	8:30 Dr. Appointments 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	8:30 Dr. Appointments 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 2:00 Holiday Musical Performance & Sing Along DR 3:00 Game: Finish Lines 5:00 Dominos	10:00 Exercise With Legacy 10:30 Country Store 11:00 Country Store 1:30 Jackpot Bingo\$ 3:00 Holiday Trivia & Treats 4:00 Easy Listening Music Hour	9:30 Walking In the Courtyard 10:00 Grocery Shopping at Games Farmers Market 1:00 Shopping Trip to Bass Pro Shop 3:00 Happy Hour 4:00 MSNBC Evening News	9:00 Word Search Puzzles 5:00 Evening News 5:30 Scrabble Club
9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games	Holiday Spirit Week 9:30 Grocery Orders with Amy 10:30 Bank Runs 1:30 Trip to Barnes & Noble 3:30 Exercise with Amy 4:00 MSNBC Evening News	8:30 Dr. Appointments 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	8:30 Dr. Appointments 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Jackpot Bingo 2:30 Christmas Decoration Event with Legacy 5:00 Holiday Lights at Newport News Park	10:00 Exercise With Legacy 11:00 Lunch Outing to El Azteca 2:00 Employee Christmas Party 4:00 Easy Listening Music Hour	9:30 Walking In the Courtyard 10:00 Grocery Shopping at Food Lion 1:00 Shopping Trip to Dollar Tree 3:00 Happy Hour 4:00 MSNBC Evening News	9:00 Word Search Puzzles 11:00 Lunch Outing to Bojangles 5:00 Evening News 5:30 Scrabble Club
9:30 Jigsaw Puzzles 10:00 Dominos 1:00 Sunday Worship Service with Pastor Davis 2:00 Popcorn & A Movie “A Christmas Story” 5:30 Tabletop Games	9:30 Grocery Orders with Amy 10:30 Bank Runs 1:30 Manicures & Music 3:30 Exercise with Amy 4:00 MSNBC Evening News 6:00 Bingo with Northampton Women’s Club, AR	8:30 Dr. Appointments 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 2:30 Worship with Canaan Baptist Church 3:30 Exercise with Amy 5:30 Scrabble Club	8:30 Dr. Appointments 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:00 Town Hall Meeting 2:00 The Polar Express Game 5:00 Dominos	10:00 Exercise With Legacy 11:00 Country Store 1:30 Jackpot Bingo\$ 4:00 Easy Listening Music Hour 6:00 Special Event “Christmas Tree Forest”	9:30 Walking In the Courtyard 10:00 Grocery Shopping at Lidl 1:00 Shopping Trip to Roses 3:00 Happy Hour 4:00 MSNBC Evening News	9:00 Word Search Puzzles 10:00 Candy Bingo 5:00 Evening News 5:30 Scrabble Club
9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games	Christmas 9:30 Word Search Puzzles 1:30 Movie: Residents’ Choice 4:00 MSNBC Evening News 5:30 Tabletop Games	8:30 Dr. Appointments 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	8:30 Dr. Appointments 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Craft Hour: Painting On Canvas 5:00 Dominos	10:00 Exercise With Legacy 11:00 Country Store 1:30 Jackpot Bingo\$ 2:30 Menu Chat with Tom DR 4:00 Easy Listening Music Hour	9:30 Walking In the Courtyard 10:00 Hand Massages 1:00 Grocery Shopping at Kroger 3:00 December Birthday & New Year’s Celebration 4:00 MSNBC Evening News	9:00 Word Search Puzzles 1:00 Scenic Ride 5:00 Evening News 5:30 Scrabble Club
9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games						

December Employee of the Month



Our December employee of the month is Alex Perez-Monge. She works part time as a Med Tech in our assisted living community. She has been working here for about 4 years. Alex is a hard worker and really loves our residents. She enjoys spending time with her kids, going to the park, baking, and enjoying movie nights with popcorn and candy. She enjoys many types of foods, but one of her favorite restaurants is Texas Roadhouse. One day she would like to visit Paris and Dubai.

Journal Prompt: Resolution Reflection

Did you set any resolutions at the beginning of this year? Did you complete them? Research shows that only 9% of people accomplish their New Year's resolutions. Reflect on your forgotten goals and decide if you should begin anew this coming year.



Popcorn Pick: 'Frozen'

A worldwide phenomenon began with the release of this 2013 Disney blockbuster, now the biggest animated hit of all time. The musical adventure is based on Hans Christian Andersen's fairy tale "The Snow Queen." This retelling follows fearless Princess Anna, who teams up with a mountain man, his trusty reindeer and a wisecracking snowman to track down her sister, Snow Queen Elsa, whose supernatural powers to control snow and ice have accidentally put their kingdom in an eternal winter. The heartwarming story, visual effects and music earned "Frozen" the Oscar for best animated feature and best original song, "Let It Go."

A Year Gone By

"How did it get so late so soon? It's night before it's afternoon. December is here before it's June. My goodness how the time has flown. How did it get so late so soon?" —Dr. Seuss

Safety Tips for Shopping Online

'Tis the season for buying gifts and giving back to charities, which can both be conveniently done online. Keep your finances safe by following a few tips. In general, stick to companies, brands and organizations you are familiar with. If an online store has a physical address and a phone number, even better! If you get an email or see an ad promising deep discounts, use caution. If a deal seems too good to be true, it probably is. Instead of clicking an email link or an ad on a website, open a new tab or window to research the brand in question.

Customer reviews are a valuable resource. Browse through the feedback of products you're shopping for, and take note of how many ratings and reviews an item has. To check the legitimacy of a charitable organization, search their name on CharityNavigator.org or CharityWatch.org.

When you are ready to make a purchase, first make sure that the website is secure. Look at the URL at the top of the page and confirm that it has "https" or a lock symbol before the web address. If possible, pay with a credit card, which typically offers more fraud protection than a debit card.

Folks who are tech-savvy are usually happy to share their expertise. Ask a trusted friend or relative for advice if you get stuck or have concerns about an online experience.

