

Thanksgiving by the Numbers (Continued)

each November and December from people needing cooking advice.

- Three-quarters of those surveyed said they enjoyed Thanksgiving leftovers more than the actual meal.
- The first Macy's Thanksgiving Day Parade took place in New York City in 1924. Today, the parade attracts 3.5 million spectators along its 2.5-mile route, and another 50 million people watch it on television.

Tips To Prevent Falls

The cooler months provide a refreshing break to get out and about, but fallen leaves, wet surfaces and other hazards can raise the risk of falling. These tips can help you stay safe.

Wear appropriate shoes — Properly fitting, sturdy footwear with nonskid soles will provide good traction in all types of weather.

Dress warmly — When you are cold, your muscles tense up, which can affect your balance. Wearing warm layers during cool weather can relax your muscles, keeping you steady.

Pay attention — When walking, focus on the path ahead and look for any obstacles or slippery surfaces. Scan the surroundings using your eyes only; moving your head to look down or around may throw off your balance.

Use assistive devices — Handrails, walkers and canes are designed to keep you safe, so use them whenever possible.

Keep your hands free — Carrying bags or packages can cause unsteadiness. Try to keep your load light, or ask for assistance.

Take care around vehicles — When getting in and out of a car or bus, take it slow and make sure your footing is secure before moving.

Wipe your feet — Leaves, mud, ice and snow can stick to the bottoms of your shoes and get tracked indoors. Wipe your feet at the door to clean the soles and prevent slipping inside your home.

Breaking Bread Together

Bread is one of the oldest and most widespread foods, with countless varieties across world cultures.

Focaccia: This thick, rustic Italian bread is seasoned with salt and olive oil and often topped with zesty ingredients such as herbs, cheese, olives and tomatoes.

Injera: In Ethiopia, food is served family-style atop this spongy flatbread made with teff, a native grain. Instead of utensils, pieces of injera are used to scoop up bites of meat and vegetables.

Lefse: Potatoes are the main ingredient of this thin flatbread from Norway. Similar to a tortilla, it's often enjoyed with butter and sugar or as a wrap with savory or sweet fillings.

Mantou: White and fluffy, these slightly sweet steamed buns are a staple in northern China and resemble miniature clouds.

Marraqueta: These rolls are served at nearly every meal in Chile, where they are a symbol of national pride. A traditional loaf has four lobes and is crusty on the outside yet fluffy on the inside.

Naan: A hallmark of Indian cuisine, this soft flatbread is usually served hot and brushed with butter. Naan can be used as a dipper or scoop for curry dishes.

Soda bread: With a recipe of only four ingredients, this simple quick bread is an emblem of Ireland and features a distinctive "X" cut into the top of the loaf.

The Devonshire Lifestyle



Like Us!



Assisted Living Community

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NOVEMBER 2019

Hello, Residents of The Devonshire

What a wonderful month we are entering to reflect on everything we have to be thankful for. Thanksgiving is one of my favorite holidays! As Ralph Waldo Emerson said, "Cultivate the habit of being grateful for every good thing that comes to you and to give thanks continuously." Personally, I am thankful for all of our wonderful residents and staff members who help make The Devonshire an amazing place to live.

I look forward to our Thanksgiving Luncheon we will have here at The Devonshire on Nov. 23. Please be sure to have your guests sign up in advance so we are well prepared to serve you. What a wonderful time to gather as a community!

Also, Daylight Saving Time ends on Nov. 3; remember to "Fall Back" and set your clock back an hour.

I want to thank all the residents here for all your support and I wish each and every one of you a wonderful Thanksgiving! The holiday months are upon us and we cannot wait to celebrate with you!

Sincerely,

Natalie Fox

Executive Director



Executive Director, Natalie Fox

Thanksgiving by the Numbers

The first Thanksgiving festivities took place over three days in the autumn of 1621 and included 50 Pilgrims and 90 members of the Wampanoag tribe. Here are some more holiday facts to share over your feast.

- About 95% of American households say they celebrate Thanksgiving.
- A majority of those people spend the day with family. "Friendsgiving," which is sharing a Thanksgiving meal with friends, is also popular.
- The American Automobile Association predicts an estimated 50 million people will travel at least 50 miles to reach their holiday destination.
- Nearly 90% of those celebrating Thanksgiving eat turkey, whether roasted or deep-fried, according to the National Turkey Federation. The average weight of a bird bought for the meal is 16 pounds.
- The Butterball Turkey Talk-Line answers more than 100,000 calls

(Continued on back.)



NOVEMBER 2019

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Court Yard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR

Birthdays

- Jacqueline McIntyre, 10th
- Nancy Walls, 30th

Transportation Schedule

- Thursday, 11:10 a.m.
Lunch Outings
- Thursday, 2 p.m.
Trip: Scenic Ride

“Friends are those rare people who ask how we are and then wait to hear the answer.”

—Ed Cunningham

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>DAYLIGHT SAVING TIME ENDS 3</p> <p>9:00 Sunday School, IA</p> <p>9:30 Bible Scripture Reading, AR</p> <p>10:30 Gospel Sounds, AR</p> <p>2:00 <i>Sunday Matinee, AR</i></p> <p>6:45 Individual Art for the Heart, AR</p>	<p>10:00 Fitness & Moves, AR</p> <p>10:30 Liberty Baptist Church Choir, IL</p> <p>11:00 Iced Tea & Outside Trivia, AR</p> <p>2:00 Bingo w/Prizes, AR</p> <p>4:00 Table Games and Puzzles, AR</p>	<p>ELECTION DAY 5</p> <p>10:30 Second Chance and Name 10, AR</p> <p>11:00 Trip: Election Voting to the Polls, AR</p> <p>2:00 Nail Care (Satin Hands), AR</p> <p>3:00 Table Game (Monopoly), AR</p> <p>6:00 Abundant Life Tabernacle Church, AR</p>	<p>10:00 Chair Exercise, AR 6</p> <p>10:30 Health Talk and Hot Cocoa, AR</p> <p>2:00 <i>Bingo Bucks, AR</i></p> <p>3:00 Snack Time Social Nachos, AR</p> <p>3:15 <i>Adult Coloring (Flowers), AR</i></p> <p>4:00 Table Games and Puzzles, AR</p>	<p>10:00 Outside Sitting w/Juice, CY 7</p> <p>10:30 Reminiscing in November, AR</p> <p>10:45 Penny Pinch, AR</p> <p>1:30 Trip: Fall Scenic Ride for Selfie Day, O</p> <p>2:45 <i>Ladies' Card Games, AR</i></p> <p>3:30 <i>Musical Singalong, AR</i></p>	<p>10:00 Jazzy Exercise, AR 1</p> <p>10:30 Book Club & Chat, AR</p> <p>11:00 <i>Art and Crafts (Painting), AR</i></p> <p>1:30 Friday Bingo, AR</p> <p>3:00 Jersey Football Social, AR</p> <p>6:00 Friday at the Movies, AR</p>	<p>10:00 Coupons Picking, AR 2</p> <p>10:30 Outside Sitting w/Juice, CY</p> <p>11:00 Individual Adult Coloring</p> <p>2:00 <i>Trip: Scenic Ride, AR</i></p> <p>3:00 Table Games Checkers/Board Game, AR</p>
<p>10</p> <p>9:00 Sunday School, IA</p> <p>9:30 Bible Scripture Reading, AR</p> <p>10:30 Gospel Sounds, AR</p> <p>2:00 <i>Sunday Matinee, AR</i></p> <p>6:45 Individual Art for the Heart, AR</p>	<p>VETERANS DAY 11</p> <p>10:00 Fitness & Moves, AR</p> <p>10:30 What's Up America?, AR</p> <p>11:00 Iced Tea & Outside Trivia, AR</p> <p>2:00 Veterans Day Celebration, IL</p> <p>3:30 Nature Video (Puppies and Kitties), AR</p> <p>4:00 Table Games and Puzzles, AR</p>	<p>10:00 Lemonade & Outside Social, AR 12</p> <p>10:00 <i>Physical Games (Balloon Volleyball), AR</i></p> <p>11:00 Health Talk Facts (Fruit Tasting), AR</p> <p>2:00 Nail Care (Satin Hands), AR</p> <p>3:00 Traveling USA</p>	<p>10:00 Chair Exercise, AR 13</p> <p>11:00 <i>Bible Books and Trivia, AR</i></p> <p>2:00 <i>Bingo Bucks, AR</i></p> <p>2:00 Town Hall Meeting, IA</p> <p>3:15 Nature Crafts, AR</p> <p>4:00 Table Games and Puzzles, AR</p>	<p>10:00 Outside Walking, CY 14</p> <p>10:30 Physical Games (Golf), CY</p> <p>11:15 Trip: Lunch Outing (Pierce BBQ), O</p> <p>1:30 Trip: Fall Scenic Ride for Selfie Day, O</p> <p>2:45 <i>Ladies' Card Games, AR</i></p> <p>3:30 <i>Musical Singalong, AR</i></p>	<p>10:00 Jazzy Exercise, AR 15</p> <p>10:30 Book Club & Chat, AR</p> <p>11:15 Faces and Places, AR</p> <p>1:30 Friday Bingo, AR</p> <p>3:00 Guinness World Records Facts, AR</p> <p>6:00 Friday at the Movies, AR</p>	<p>10:00 Coupons Picking, AR 16</p> <p>10:30 Fun w/Guinness World Record, AR</p> <p>11:00 Individual Adult Coloring</p> <p>2:00 <i>Trip: Scenic Ride, AR</i></p> <p>3:00 Table Games Checkers/Board Game, AR</p>
<p>17</p> <p>9:00 Sunday School, IA</p> <p>9:30 Bible Scripture Reading, AR</p> <p>10:30 Gospel Sounds, AR</p> <p>2:00 <i>Sunday Matinee, AR</i></p> <p>6:45 Individual Art for the Heart, AR</p>	<p>18</p> <p>10:00 Fitness & Moves, AR</p> <p>10:30 What's Up America?, AR</p> <p>11:00 Iced Tea & Outside Trivia, AR</p> <p>2:00 Bingo w/Prizes, AR</p> <p>3:00 Apple Cider Social, AR</p> <p>4:00 Table Games and Puzzles, AR</p>	<p>19</p> <p>10:30 Second Chance and Name 10, AR</p> <p>11:00 Jiggle All the Way, AR</p> <p>2:00 Nail Care (Satin Hands), AR</p> <p>3:00 Traveling USA</p>	<p>20</p> <p>10:00 Chair Exercise, AR</p> <p>10:30 Holiday Art (Pine Cones), AR</p> <p>11:00 Men's Groups, AR</p> <p>2:00 <i>Bingo Bucks, AR</i></p> <p>4:00 Table Games and Puzzles, AR</p>	<p>21</p> <p>10:00 Physical Games (Ring Toss), AR</p> <p>10:45 Penny Pinch, AR</p> <p>11:15 Trip: Lunch Outing (Olive Garden), O</p> <p>2:00 Yoga w/Tina, AR</p> <p>2:45 <i>Ladies' Card Games, AR</i></p> <p>3:30 <i>Musical Singalong, AR</i></p>	<p>22</p> <p>10:00 Jazzy Exercise, AR</p> <p>10:30 Book Club & Chat, AR</p> <p>11:15 Faces and Places, AR</p> <p>1:30 Friday Bingo, AR</p> <p>6:00 Friday at the Movies, AR</p>	<p>23</p> <p>10:00 Coupons Picking, AR</p> <p>10:30 Outside Sitting w/Juice, CY</p> <p>2:00 <i>Trip: Scenic Ride, AR</i></p> <p>3:00 Table Games Checkers/Board Game, AR</p>
<p>24</p> <p>9:00 Sunday School, IA</p> <p>9:30 Bible Scripture Reading, AR</p> <p>10:30 Gospel Sounds, AR</p> <p>2:00 <i>Sunday Matinee, AR</i></p> <p>6:45 Individual Art for the Heart, AR</p>	<p>25</p> <p>10:00 Fitness & Moves, AR</p> <p>10:30 What's Up America?, AR</p> <p>11:00 Iced Tea & Outside Trivia, AR</p> <p>2:00 Bingo w/Prizes, AR</p> <p>3:00 Card Games: Blackjack (Men's Group), WR</p> <p>4:00 Table Games and Puzzles, AR</p>	<p>26</p> <p>10:30 Second Chance and Name 10, AR</p> <p>11:00 Jiggle All the Way, AR</p> <p>12:45 Resident Council Meeting, AR</p> <p>2:00 Nail Care (Satin Hands), AR</p> <p>3:00 Traveling USA</p> <p>7:00 North Hampton Church of Christ, DR</p>	<p>27</p> <p>10:00 Chair Exercise, AR</p> <p>11:00 <i>Bible Books and Trivia, AR</i></p> <p>1:30 <i>Musical Video Singalong, AR</i></p> <p>2:00 <i>Bingo Bucks, AR</i></p> <p>3:15 Nature Crafts, AR</p> <p>4:00 Table Games and Puzzles, AR</p>	<p>THANKSGIVING DAY 28</p> <p>10:00 Macy's Thanksgiving Day Parade, AR</p> <p>10:15 Pastry & Coffee, AR</p> <p>11:00 Individual Art (Coloring), AR</p> <p>2:00 Thanksgiving Movie, AR</p> <p>2:30 Popcorn & Sodas Snacks, AR</p> <p>3:30 Puzzles and Dominoes, AR</p>	<p>29</p> <p>10:00 Jazzy Exercise, AR</p> <p>10:30 Book Club & Chat, AR</p> <p>11:15 Faces and Places, AR</p> <p>1:30 Friday Bingo, AR</p> <p>3:30 TGIF Social Hour, AR</p> <p>6:00 Friday at the Movies, AR</p>	<p>30</p> <p>10:00 Coupons Picking, AR</p> <p>10:30 Outside Sitting w/Juice, CY</p> <p>11:00 Individual Adult Coloring</p> <p>2:00 <i>Trip: Scenic Ride, AR</i></p> <p>3:00 Table Games Checkers/Board Game, AR</p>