

The Devonshire *Lifestyle*



Like Us!



Assisted Living Community

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

An Official Fourth

With the adoption of the Declaration of Independence, America's identity as a free nation famously began on July 4, 1776. But Independence Day didn't actually become a federal holiday until nearly 100 years later, by an act of Congress in June 1870. Celebrating Independence Day with fanfare, food and friends remains a cherished tradition.



Sit Back and Relax

Recognized for their reclined back and wide armrests, Adirondack chairs invite you to lean back and lounge awhile. This popular design has been copied since it was first created in 1903 by Thomas Lee. He used wood from local evergreen trees to build a comfortable yet sturdy outdoor chair for his home in New York's Adirondack Mountains, giving the chair its name.



JULY 2024

A Note From Our Executive Director

Hello, and welcome to July! We have plenty of fun activities planned this month. The highlight this month is our summer Luau. Please let me know if you have any questions, or ideas to share! Sincerely,
Sherreek Malone
Executive Director



Ice Cream Additions

Long summer days provide plenty of chances to enjoy the season's classic refreshing treat, ice cream. When it comes to adding a final flourish to a dish or cone, about half of Americans favor hot fudge, according to poll results. Nuts, whipped cream, chocolate syrup, caramel sauce and fruit also ranked high.



Be Free

"May we think of freedom not as the right to do as we please, but as the opportunity to do what is right." —Peter Marshall

JULY 2024

Locations

- Activities Room AR
- Courtyard CY
- Dining Room DR
- Windsor Room WR
- Activities Dining Room DR
- Independent Dining Room IDR
- Outing O
- Activities Room Hallway ARH

Country Store

Tuesday 11am-Noon
Thursday 10am-11am

Birthdays

Leonard Yarrington 07/07

Summer's Symphony

"Listen to nature—to the music of the rustling leaves, the chirping birds, the humming, droning insects. Let them play for you their summer-long symphony of peace and strength and hope." —H. Addington Bruce

Sunshiny Day

"A little bit of summer is what the whole year's all about." — John Mayer

"Even the smallest victory is never to be taken for granted. Each victory must be applauded."
—Audre Lorde

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:30 Chair Exercise 10:30 Brain Exercise with Legacy 11:00 Things in July 1:30 Individual inside Walking 2:00 Bingo with Prizes 5:00 News at 5:00pm	9:30 Wake Up to Music 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Outside with Nature 2:30 Nail Care Satin Hands 3:30 Puzzle and Table Games	10:00 Individual Walking 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Library Hour 4:00 Dominoes Club and Puzzles	Independence Day 10:00 Individual Walking In the Courtyard 11:00 Morning News 1:30 4th of July Movie 3:00 Table Games (UNO or Cards)	9:30 Exercise and Weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 TGIF SOCIAL HOUR 6:00 Friday at the Movies (Residents' Choice)	9:30 Word Search Puzzles 10:00 Cowboy Shows 11:00 Saturday News (CNN) 1:30 Scrabble Club 3:00 Sports Hour Time (Baseball)
7	8	9	10	11	12	13
9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (basketball) 5:30 Adult Coloring	SPIRIT WEEK 9:30 Chair Exercise 10:30 Brain Exercise with Legacy 11:00 Things in July 1:30 Individual inside Walking 2:00 Bingo with Prizes 5:00 News at 5:00pm	9:30 Therapy Chickens with Legacy Hospice 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Outside with Nature 2:30 Nail Care Satin Hands 3:30 Puzzle and Table Games	10:00 Individual Walking 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Library Hour 4:00 Dominoes Club and Puzzles	10:00 Individual Walking In the Courtyard 11:00 Morning News 1:30 Music Videos 3:00 Table Games (UNO or Cards) 5:00 Special Event (Blue Hawaii - Summer Luau)	9:30 Chair Exercise 10:00 Trip: Dollar Tree 11:00 Health Notes 1:30 Bingo with Prizes 3:00 TGIF SOCIAL HOUR 6:00 Friday at the Movies (Residents' Choice)	9:30 Word Search Puzzles 10:00 Cowboy Shows 10:00 Morning Bingo with DeVonne 11:00 Saturday News (CNN) 1:30 Saturday Western Movie 3:00 Sports Hour Time (Baseball)
14	15	16	17	18	19	20
9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (basketball) 5:30 Adult Coloring	9:30 Chair Exercise 10:30 Brain Exercise with Legacy 11:00 Things in July 1:30 Individual inside Walking 2:00 Bingo with Prizes 5:00 News at 5:00pm	9:30 Wake Up to Music 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Outside with Nature 2:30 Nail Care Satin Hands 3:30 Puzzle and Table Games	10:00 Individual Walking 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Library Hour 4:00 Dominoes Club and Puzzles	10:00 Individual Walking In the Courtyard 11:00 Morning News 11:00 Trip: Lunch Outing (Piccadilly's) 2:00 Manicures and Movie 3:00 Table Games (UNO or Cards)	9:30 Exercise and Weights 10:00 Morning Bingo 11:00 Health Notes 2:00 Inside Casino & games 3:00 Refreshment with drinks 6:00 Friday at the Movies (Residents' Choice)	9:30 Word Search Puzzles 10:00 Cowboy Shows 11:00 Saturday News (CNN) 1:30 Trip: Scenic Ride 3:00 Sports Hour Time (Baseball)
21	22	23	24	25	26	27
9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (basketball) 5:30 Adult Coloring	9:30 Chair Exercise 10:30 Brain Exercise with Legacy 11:00 Things in July 1:30 Individual inside Walking 2:00 Bingo with Prizes 5:00 News at 5:00pm	9:30 Wake Up to Music 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Outside with Nature 2:30 Nail Care Satin Hands 3:30 Puzzle and Table Games 6:00 Hampton Christian Church	10:00 Individual Walking 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Library Hour 4:00 Dominoes Club and Puzzles 5:00 Trip: Concert at Port Warwick	10:00 Trip: Aldi 11:00 Morning News 1:30 Music Videos 2:00 At the Movies (residents' choice) 2:30 Popcorn and Drinks 3:00 Table Games (UNO or Cards)	9:30 Exercise and Weights 11:00 Health Notes 1:30 Bingo with Prizes 3:00 TGIF SOCIAL HOUR and Birthday Celebration of the month 6:00 Friday at the Movies (Residents' Choice)	9:30 Word Search Puzzles 10:00 Cowboy Shows 11:00 Saturday News (CNN) 1:30 Trip: Scenic Ride 3:00 Sports Hour Time (Baseball)
28	29	30	31			
9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (basketball) 5:30 Adult Coloring	9:30 Chair Exercise 10:30 Brain Exercise with Legacy 11:00 Things in July 1:30 Individual inside Walking 2:00 Bingo with Prizes 5:00 News at 5:00pm	9:30 Wake Up to Music 10:30 Coffee, Tea and Pastries 11:00 Fun with Price is Right 2:00 Residents' Council Meeting and Menu Chat 3:00 Nail Care 4:00 Puzzle and Table Games	10:00 Individual Walking 10:30 Spiritual Reading and Bible Trivia 1:30 Bingo with Prizes 2:30 Library Hour 4:00 Dominoes Club and Puzzles			

Welcome Our New Administrative Assistant



We would like to give a warm welcome to our new administrative assistant, Tiffany. She joined our family the beginning of June. Tiffany has an extensive background in healthcare. She has worked as a nurse aide, staff coordinator, community liaison and community manager. Tiffany is dedicated to serve and has a passion to help others. She likes to keep a positive vibe and wants to do her best to assist our residents. She loves seeing people happy and making them smile. Tiffany is a military spouse widow. She has 5 children. Tiffany also loves to sing, cook, socialize with friends & family and go to church. Her favorite food entrée is lasagna. She enjoys vacationing in California and would like to visit the Virgin Islands & Dubai one day.

Inside a Thunderstorm

Some find thunderstorms soothing, while others think they're scary. Around 100,000 storms take place in the U.S. every year, mostly in the spring and summer. Storms often happen on hot, humid days, as warm air rises and collides with cold air, creating tension in the atmosphere. Ice particles inside of clouds swirl and crash together, resulting in static electricity that's released in the form of lightning. And did you know that thunder is simply the noise that lightning makes? We just see lightning first since light travels faster than sound.



Light Up the Sky

Fireworks have been a Fourth of July tradition since the early days of our nation's independence. The American Pyrotechnics Association estimates that over 14,000 fireworks shows take place on July 4 across the country, from small towns to major cities.

Hot Diggity Dog!

Americans love hot dogs, eating about 20 billion of them a year. Back in the 1890s, college students began using "Hot dog!" as an exclamation of surprise, which evolved into "Hot diggity dog!" in the Roaring '20s. The sausages are also linked to Disney history: The first words spoken on screen by Mickey Mouse, playing a concession cart owner in the 1929 short "The Karnival Kid," were "Hot dogs! Hot dogs!"



Beach Ball Blitz

Now an iconic symbol of summer, beach balls were invented in the late 1930s and were only about the size of a person's hand. The inflatable plastic toys, usually featuring a pattern of brightly colored stripes, floated to fame during the "beach party" film craze of the '60s. Now, beach balls come in all kinds of designs and sizes, with extra-large versions a popular sight at special events and photo shoots.



Cannonball!

July 11 is National Swimming Pool Day!