

The Devonshire

Lifestyle



Like Us!



Assisted Living Community

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

Give Yourself a Break

Even if you're past your college years, there's plenty of spring break fun to be had! Hang that "Gone Fishin'" sign on your door and take a hint from these vacation tips:

Hometown hunt. Explore your hometown in a new way. Check out local museums, historic buildings or a nearby theme park or zoo. Fill your mini-hometown tour with restaurant stops you've never visited and city tours.

The great outdoors. No matter where you live, there's bound to be something to do outside. Visit a national park, go tubing down a river, relax by the shore or explore a hiking trail.



Immunization Awareness

August is Immunization Awareness Month and a good time to check with your physician to make sure you are up to date on all of your vaccinations. Remember, flu season is approaching, and it's important to get your flu shot when it becomes available.

Self-Care Corner: Chill Out

Using a skin care sheet mask is a popular way to relax and pamper yourself. During warm months, store a few masks in the fridge so you can pop one on your face at the end of a hot day. The chilled moisturizing mask will soothe flushed skin and quickly cool down your whole body.

AUGUST 2024

A Note From Our Executive Director

Hello everyone! Please remember to stay hydrated and drink plenty of fluids during this heat. We always have water with fruit in the lobby area. We have some cool activities this month as well. We have a lunch outing to Surf Rider on August 22nd. We will also have a Family Night/Special Event "Mystic Greece" with Entertainment on August 8th. Looking forward to seeing everyone there.



V-J Day

On the evening of Aug. 14, 1945, President Harry S. Truman announced the news that Japan had surrendered to the Allies in World War II. The six-year war formally ended on Sept. 2. Both dates have come to be known as Victory Over Japan Day, or V-J Day.



Make 'em Laugh

LOL! Aug. 16 is Tell a Joke Day!

AUGUST 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

- Sharon Lue 8/05
- Ernestine Barnes 8/29

Double the Hydration

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H2O can help you stay better hydrated.

Raise a Glass

It's the sweet, refreshing taste of summer. Drink to National Sweet Tea Day on Aug. 21.

"It's never too late in life to have a genuine adventure."
—Robert Kurson

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (basketball) 5:30 Adult Coloring	5 9:30 Chair Exercise 10:30 Brain Exercise with Legacy 11:00 Things in August 1:30 Individual inside Walking 2:00 Bingo with Prizes 5:00 News at 5:00pm	6 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	7 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	8 10:00 Individual Walking In the Courtyard 11:00 Morning News 12:00 Family Night with Entertainment 1:30 Music Videos 3:00 Table Games (UNO or Cards)	9 9:30 Exercise and Weights 11:00 Health Notes 1:30 Bingo with DeVonne 3:00 TGIF SOCIAL HOUR 6:00 Friday at the Movies (Residents' Choice)	10 9:30 Word Search Puzzles 10:00 Cowboy Shows 10:15 Trip: Scenic Ride 11:00 Saturday News (CNN) 3:00 Sports Hour Time (Baseball)
11 9:30 Hampton Christian Church 10:30 Gospel Sounds Activity Room 1:30 Sunday Matinee 3:30 Sports Hour (basketball) 5:30 Adult Coloring	12 9:30 Chair Exercise 10:30 Brain Exercise with Legacy 11:00 Things in August 1:30 Individual inside Walking 2:00 Bingo with Prizes 5:00 News at 5:00pm	13 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	14 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	15 10:00 Individual Walking In the Courtyard 10:30 Trip: Scenic Ride Plus Dairy Queen 11:00 Morning News 1:30 Music Videos 3:00 Table Games (UNO or Cards)	16 9:30 Exercise and Weights 11:00 Health Notes 1:30 Bingo with DeVonne 3:00 TGIF SOCIAL HOUR 6:00 Friday at the Movies (Residents' Choice)	17 9:30 Word Search Puzzles 10:00 Cowboy Shows 11:00 Saturday News (CNN) 1:30 Bingo with DeVonne 3:00 Sports Hour Time (Baseball)
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MLK's Momentous Words

This month marks the anniversary of the March on Washington for Jobs and Freedom, which occurred on Aug. 28, 1963. Labor activist A. Philip Randolph and NAACP leader Roy Wilkins originally organized the event, but it soon became a collaboration with major civil rights groups and icons of the time, including Martin Luther King Jr.

The march's goal was to bring awareness to the inequalities that the African American community still faced, even 100 years after President Abraham Lincoln signed the Emancipation Proclamation—granting freedom to over 3.5 million enslaved people. The crowd goal for the march from the Washington Monument to the Lincoln Memorial was 100,000, but the event drew double that, with an estimated 250,000 supporters in attendance.

Many people spoke or sang tributes, but the most memorable was King's "I Have a Dream" speech. Originally meant to be only four minutes and titled "Normalcy, Never Again," the speech turned into a 16-minute impassioned oration. King partially improvised the most famous portion of his speech when prompted by singer Mahalia Jackson, who said "Tell 'em about the dream, Martin, tell 'em about the dream!"

"I Have a Dream" is now hailed as the top American speech of the 20th century.



Citrus Watermelonade

Summertime is sweet when you're sipping on this fruity beverage.

Ingredients:

- 1 cup water
- 2 cups sugar
- 6 cups cubed watermelon, seeds and rind removed
- 2 cups orange juice
- 1 cup grapefruit juice
- 3/4 cup lemon juice
- 3/4 cup lime juice
- 2 to 3 medium oranges, peeled and diced
- 1/2 cup fresh mint leaves

Directions:

Combine water and sugar in a small saucepan and heat on low until sugar is dissolved. Refrigerate until chilled.

In a blender, puree 4 cups of the cubed watermelon until smooth. Pour into a larger pitcher. Add the chilled sugar syrup, orange juice, grapefruit juice, lemon juice and lime juice. Stir until well combined.

Add remaining 2 cups of cubed watermelon, diced oranges and mint leaves to pitcher. Refrigerate for 2 hours. Serve over ice and garnish with an orange slice and fresh mint.

Find more recipes at
FloridaCitrus.org.

A Cool Combination

A cousin of the Popsicle, the classic Creamsicle has been a refreshing summertime delight since it debuted in the 1930s. Recognized by its outer shell of tangy orange sherbet that surrounds a mellow vanilla ice cream center, the cool and creamy treat has been adapted as a flavor for a variety of desserts and sweets.



Summer Break Is Over

It's time to pull out pencils, notebooks and backpacks and hit the books again. We wish all the students in our community a successful fall semester and ask everyone to drive carefully and watch for kids going to and from school.



School Visits

School will be back in session soon, and we'll be welcoming visits from local schoolchildren into our community. It's always a joy to have these youngsters perform, play games and just chat with us! We'll announce upcoming visits in our newsletter and calendar, so be on the lookout.