

THE Falls River Village Lifestyle



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ASSISTED LIVING COMMUNITY

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JANUARY 2024

Celebrating Martin Luther King Jr.

Each January, Americans honor the life and legacy of civil rights leader Martin Luther King Jr., who was born Jan. 15, 1929.

A Baptist minister with degrees in sociology and theology, King and his family were living in Montgomery, Ala., in the 1950s as the civil rights movement was gaining momentum. Following the 1955 arrest of Rosa Parks for refusing to give up her bus seat to a white man, King was chosen by fellow activists to be their spokesman and lead the Montgomery bus boycott.

Inspired by Mohandas Gandhi's method of nonviolent resistance, King co-founded the Southern Christian Leadership Conference in 1957. King traveled the world to give lectures and meet with leaders and activists, spreading the SCLC's mission of achieving full equality for African Americans through peaceful protests.

In 1963, King helped organize the March on Washington for Jobs and Freedom, a rally attended by more than 200,000 people. It was at this event that King gave his famous "I Have a Dream" speech on the steps of the Lincoln Memorial. Many credit this key moment in civil rights history with influencing the passage of the Civil Rights Act of 1964.

King's other accomplishments include being named Time magazine's Man of the Year in 1963, winning the Nobel Peace Prize in 1964, and leading a peaceful march from Selma, Ala., to Montgomery in 1965.

Toward the end of his life, King used his influence and nonviolent methods to address issues such as poverty and the Vietnam War. King was assassinated April 4, 1968, while standing on a motel balcony in Memphis, Tenn.



Check the Weather

Know the forecast before leaving your house to ensure you stay warm and healthy this winter. Confirm there is no ice on the walkways; if you must get out in the snow or ice, then bundle up, wear shoes with good traction and go slow!



JANUARY 2024

Weather Wonders

January is known for walloping a blast of wintry weather into many parts of the country, but no matter where you live, there are occasional weather extremes to deal with. Use the questions below to start a discussion about your extreme weather memories, as well as those of your friends and neighbors.

- What was the most extreme form of weather—snow, floods, hurricanes, heat—where you grew up? Do you have any memories of particularly severe occurrences? How did you survive them?
- When you were younger, did the weather in your hometown ever cause school to close? If so, what did you do on those days?
- Have you personally lived through a large-scale weather catastrophe such as a tornado, flood or hurricane? What do you remember most about it?
- What is your favorite type of weather, and why? Would you prefer it year-round, or just seasonally?

“And now let us believe in a long year that is given to us, new, untouched, full of things that have never been.”
 —Rainer Maria Rilke

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year's Day 1 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 11:00 Bowling w/Staff (400-Hall) 1:00 Pet Therapy w/Catherine 1:30 BINGO (GAL) 2:00 Music w/ Luke (LR) 3:00 Craft with Friends (GAL) 4:00 Basketball w/Staff (GAL)	2 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:00 Matching (LR) 1:30 Music w/ Roseanne 2:30 Ice Cream Social 3:00 Pet Therapy w/ Denise 4:00 Unscramble w/friends (GAL)	3 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR) 3:00 Bean Bag Toss (400- Hall) 4:00 I Spy (LR)	4 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:30 Tic Tac Toe (LR) 2:00 Chef Chat 3:00 Word Search (GAL) 4:00 Meditation (GAL)	5 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 11:00 Trivia (LR) 11:30 Sing Along (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 6:00 Movie Day w/ Popcorn (LR)	6 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
7 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	8 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 11:00 Bean Bag Toss (400- Hall) 1:00 Pet Therapy w/Catherine 1:30 BINGO (GAL) 3:00 Craft with Friends (GAL) 4:00 Reading With your Buddy (GAL)	9 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 Matching (LR) 1:30 Name that Tune/Logo (LR) 2:30 Ice Cream Social 3:30 Craft with Friends (GAL)	10 9:45 Words of Encouragement (GAL) 10:00 Master Gardeners 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR) 3:30 Balloon Volleyball (LR) 4:00 January Trivia (LR)	11 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 Bible Study w/TCOR 11:00 Trivia (LR) 1:30 Basketball/Unscramble (GAL) 2:30 Magazine Search (LR) 3:00 Word Search (GAL) 4:00 Bowling w/Staff (400-Hall)	12 9:45 Words of Encouragement (GAL) 10:00 Pet Therapy w/ Brenda 10:30 30-minute workout (LR) 11:00 Bean Bag Toss (400- Hall) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 3:30 Music w/ Christian (LR) 6:00 Movie Day w/ Popcorn (LR)	13 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
14 9:45 Words of Encouragement (GAL) 10:00 Sunday Service Pastor Dawn 11:00 Hayes Barton Baptist Church 2:00 Music w/Renee 3:00 Music by Harrison	Martin Luther King Jr. Day 15 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 11:00 Resident Council Meeting 1:00 Pet Therapy w/Catherine 1:30 BINGO (GAL) 3:00 Craft with Friends (GAL) 4:00 Volleyball (GAL)	16 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:00 Matching (LR) 11:00 Pet Therapy w/ Denise 1:30 Pokeno (GAL) 2:30 Ice Cream Social 3:30 Uno/Blackjack/Spades (GAL) 4:30 Magazine Search (LR)	17 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR) 3:30 Cornhole (LR) 4:30 Name that Tune/Logo (LR)	18 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:30 Tic Tac Toe (LR) 1:30 Hi and Low (GAL) 3:00 Word Search (GAL) 4:15 Movercize W/Rich	19 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 11:00 Kickball 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 4:00 Parachute (LR) 6:00 Movie Day w/ Popcorn (LR)	20 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
21 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	22 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 11:00 Balloon Volleyball (LR) 1:00 Pet Therapy w/Catherine 1:30 BINGO (GAL) 3:00 Craft with Friends (GAL) 4:00 I Spy (LR)	23 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 Matching (LR) 11:30 Tic Tac Toe (LR) 1:30 Paint what you see (GAL) 2:30 Ice Cream Social 3:00 Meditation (GAL) 4:00 Nail Care (GAL)	24 9:45 Words of Encouragement (GAL) 10:30 Exercise to the music (LR) 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR) 4:00 Cup Stacking (GAL)	25 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 Bible Study w/TCOR 11:00 Making words (GAL) 1:30 Tennis (LR) 3:00 Word Search (GAL) 4:00 Making Cards (GAL)	26 9:45 Words of Encouragement (GAL) 10:00 Pet Therapy w/ Brenda 10:30 Move to the music (LR) 11:00 Parachute (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 3:30 Painting what you see (GAL) 6:00 Movie Day w/ Popcorn (LR)	27 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
28 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	29 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 11:00 Sing Along (LR) 1:00 Pet Therapy w/Catherine 1:30 BINGO (GAL) 3:00 Craft with Friends (GAL) 4:00 Ball Toss (LR)	30 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:00 Matching (LR) 1:30 Reading w/friends (GAL) 2:30 Ice Cream Social 3:30 Cornhole (GAL)	31 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR) 2:30 January Birthdays/HAPPY HOUR!!			

A World of Comfort Foods

Warm and filling, comfort foods make us happy and often remind us of home. Enjoy a taste of some go-to favorites from around the globe:

Pierogies. These Polish dumplings can have different savory fillings, including potatoes, cheese, sauerkraut or ground meat, and are typically served with sour cream and fried onions.

Soupe a l'oignon. A bowl of French onion soup features caramelized onions in a rich beef stock, covered with a blanket of toasted bread and melted cheese.

Cha siu bao. A dish from southern China, these soft, doughy steamed buns are filled with slightly sweet barbecued pork.

Picadillo. This simple hash of ground beef and tomatoes is popular in Latin American cultures. The iconic Cuban version includes olives and raisins and is paired with rice and beans.

Irio. In Kenya, this mash of potatoes, corn and green peas is so essential that its name literally means "food." It's often eaten as a main dish or served as a side to roasted meat.

Khichdi. Often compared to risotto, this one-pot Indian recipe of rice and lentils is flavored with warm spices such as cumin and turmeric.

Moussaka. A classic casserole from Greece, moussaka is made of layers of sautéed eggplant, potatoes, ground meat, tomatoes and onions, all topped with cheese and a creamy white sauce.

Kare-kare. This slow-simmered Filipino stew, traditionally made with oxtail and other cuts of beef, gets its signature flavor from peanut sauce.

Man'oushe. Think of this dish as a Lebanese spin on pizza. Flatbread is spread with olive oil and za'atar, a Middle Eastern spice blend, and can be topped with chopped tomatoes and onions, pickled turnips, and mint leaves.



Classic TV Grouches

Comedian W.C. Fields once said, "Start every day off with a smile and get it over with." As a tribute to his cantankerous persona, National Curmudgeons Day is observed on Jan. 29, Fields' birthday. Mark the occasion with a look at some classic TV grumps.

Oscar the Grouch. This "Sesame Street" Muppet is so grouchy, it's in his name! Whether he's telling passersby to "Scram!" or singing about his love for trash, Oscar prides himself on his curmudgeonly qualities.

Archie Bunker. Stubborn and short-tempered, the "All in the Family" patriarch really is a good guy underneath his crusty exterior. Despite his knack for insults, Archie is so beloved that he was ranked No. 5 on TV Guide's list of the "50 Greatest TV Characters of All Time."

Fred Sanford. The "G" in Fred G. Sanford might as well stand for "Grumpy." The crabby namesake of the "Sanford and Son" junkyard spends much of his time trading barbs with son Lamont and sister-in-law Esther.

Sophia Petrillo. She's a sweet-looking senior with a taste for exaggeration and no filter for her wisecracking comments. Sophia guides her fellow roommates in "The Golden Girls," including daughter Dorothy, with tough love, advice and stories about growing up in Sicily.

Frank Barone. Ray's father in "Everybody Loves Raymond" is a classic grump who complains about everything. Although he'll rarely admit it, Frank has a soft side and is fiercely protective of his family.

