

THE Falls River Village Lifestyle



FALLS RIVER
ASSISTED LIVING & MEMORY CARE

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ASSISTED LIVING COMMUNITY

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FEBRUARY 2023

Say It With Heart

With Valentine's Day and American Heart Month, February is focused on the heart. The universal symbol of love is also found in many common expressions.

Home is where the heart is. This means that your home is the place where you are the happiest, whether it's an actual location or simply being with people you love. The saying has been attributed to the ancient Roman author Pliny the Elder.

Young at heart. An older adult who has a youthful outlook and a zest for life is said to be young at heart, no matter his or her real age.

Follow your heart. Someone who makes a decision based on emotions or intuition follows his or her heart.

Absence makes the heart grow fonder. Being apart from someone special can strengthen your feelings for that person. The idiom is centuries old and was made popular by an 1800s ballad.

Wear your heart on your sleeve. People who express their emotions freely and openly are said to wear their heart on their sleeve. The first written use of the phrase was in William Shakespeare's "Othello."

Heart of gold. Just as gold is valuable, a person who is kind and generous is valued and is described as having a heart of gold.

Have a heart-to-heart. A conversation in which two people talk frankly or reveal their deepest feelings is called a heart-to-heart.

Super Bowl LVII

Scheduled for Feb. 12 in Glendale, Ariz., Super Bowl Sunday is sure to be loads of fun this year! Prepare your favorite snacks, clear your schedule and safely enjoy the big game.



Popcorn Pick: 'Jurassic Park'

The "Jurassic Park" franchise hit it big 30 years ago when Michael Crichton's popular sci-fi novel was made into a movie featuring groundbreaking computer-generated imagery and iconic performances. A theme park full of dinosaur clones revived from extinction sure sounds like a fun idea, but when things go infinitely wrong and the dangerous creatures start escaping, then what? Luckily, paleontologist Alan Grant (Sam Neill), botanist Ellie Sattler (Laura Dern) and chaos theorist Ian Malcolm (Jeff Goldblum) are there to save the day. The original 1993 film was followed by five more movies, comprising two full trilogies—sounds like it's time for a movie-marathon weekend!

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Blood Pressure Prescription Tips

February is American Heart Month, and blood pressure is an important aspect of heart health. Prescription medication is a common treatment for high blood pressure, a condition that affects nearly half of the adults in the U.S. These tips can help the medicine be most effective:

- Have a routine; taking the medication around the same time each day will decrease the chances of forgetting a dose.
- Follow prescription directions, including duration of medication. Feeling better? Blood pressure reading normal? The medicine is doing its job; make sure to continue taking it as directed.
- Check and record blood pressure often. Taking your pulse rate is never a bad idea, either.
- Refill prescriptions before they run out; this way, you'll be prepared for unexpected situations.

**"True friends are like diamonds—bright, beautiful, valuable and always in style."
—Nicole Richie**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 Sit & Stretch 11:00 Men's Day Outing 1:30 BINGO 2:00 Music w/John	2 10:30 Move 2 the Beat 11:00 Horseshoes 1:30 Pokeno 2:30 Movie & Popcorn	3 10:30 30-Minute Workout 11:00 Ladies' Day @ Spa 11:00 Pet Therapy w/Denise 1:30 BINGO	4
5 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	Spirit Week! 6 7:00 Pink & Red Day! 10:30 Zumba w/ Linda 1:00 Pet Therapy Catherine 1:30 BINGO 2:00 Music w/ Luke	7 7:00 Wacky Tacky Day! 10:30 Move and Groove 11:00 Target Outing 1:30 Uno 3:30 Bible Study w/ Darlene	8 7:00 Hat Day! 10:30 Master Gardeners 1:30 BINGO 2:00 Music w/John	9 7:00 Heart Day! 10:30 Sit & Stretch 11:30 Red Lobster Outing 1:30 Pokeno 3:15 Music w/Christian	10 7:00 Favorite Football Team Day! 11:00 Heart Craft 1:30 BINGO 2:30 Super Bowl LVII Blast	11 10:30 30-Minute Workout 11:00 Puzzles with a friend or family 1:30 Board Games
12 11:00 Hayes Barton Baptist Church 12:00 Faithful Friends 3:00 Music by Harrison	13 10:30 Zumba w/ Linda 11:00 Library Outing 1:00 Pet Therapy Catherine 1:30 BINGO	14 10:30 Move to the Beat 11:00 Resident Council 1:00 Heart Collage 2:00 Valentine's Tea Party	15 10:30 Walking Club/Exercise 11:30 Mayflower Outing 1:30 BINGO 2:00 Music w/John 3:00 Milkshake Madness	16 10:30 30-Minute Workout 11:00 Football Toss 5:00 Sweetheart Ball	17 11:00 Making Heart Cookies 11:00 Pet Therapy w/Denise 1:30 BINGO 2:30 Happy Hour	18 10:30 30-Minute Workout 1:30 Card Games
19 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	Presidents Day 20 10:30 Zumba w/ Linda 11:00 Horse Race 1:00 Pet Therapy Catherine 1:30 BINGO 3:00 Chef Chat	21 10:30 Bowling Outing 1:30 Pokeno 3:30 Bible Study w/ Darlene	22 10:30 Aerobics 11:00 Name that Logo 1:30 BINGO 2:00 Music w/John	23 10:30 Bust A Move 11:00 Anagrams 1:00 Sip and Paint 2:00 Making Pizza	24 10:30 Shake It Off 11:30 Mexican Restaurant Outing 1:30 BINGO 2:30 Happy Hour	25 10:30 30-Minute Workout 1:30 Read with a Friend
26 11:00 Hayes Barton Baptist Church 3:00 Faithful Friends 3:00 Music by Harrison	27 10:30 Zumba w/ Linda 1:00 Pet Therapy Catherine 1:30 BINGO 2:30 Root Beer Float	28 11:00 Basketball 12:00 30-Minute Workout 1:30 Uno 2:00 February Birthday Celebration				

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.

Love Is All Around

"When you put love out in the world, it travels, and it can touch people and reach people in ways that we never even expected." —Laverne Cox



Brainteaser

Question: I have a body of stone and a fiery heart. Sooner or later, my head and I will part. What am I?

Answer: A volcano.

February Birthdays

Mary A.	2/3
Maggie F.	2/5
Calvin H.	2/16
Barbara C.	2/19
Barbara H.	2/23

February Outings

2/1	Men's Day
2/3	Ladies' Day
2/7	Target
2/9	Red Lobster
2/13	Library
2/15	Mayflower
2/21	Bowling
2/24	Mexican Restaurant

Floating Lantern Festivals

Like small hot air balloons, paper lanterns have an opening at the bottom where a heat source is suspended, allowing the lantern to drift across the sky. These bright, floating marvels originated in China and were used as a military signal during the Eastern Han Dynasty (A.D. 25–220). Now, they are used mostly for celebration or in remembrance ceremonies. This tradition doesn't only occur in China; many cultures hold festivals with floating lanterns, including areas in North America, India, Vietnam, Thailand and Poland. Often, a wish, riddle or message to a loved one is written on the lantern before it's released into the sky.