

THE Falls River Village Lifestyle



FALLS RIVER
ASSISTED LIVING & MEMORY CARE

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ASSISTED LIVING COMMUNITY

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FEBRUARY 2024

Love and Laughter Go Together

When two people join in marriage, they usually promise “to have and to hold, for better and for worse, in sickness and in health.” But what about fun? Society seems to demand that the only time married couples can enjoy themselves is as newlyweds on their honeymoons. After that, being married becomes serious business, juggling work, raising families and handling growing responsibilities.

Even those solemn aspects, however, shouldn't keep couples from experiencing wedded bliss. Many marriages end in “happily ever after” due to couples being friends and enjoying time together. Time for giggles is essential to keeping the fun in marriage. Couples that play together stay together, so follow these tips for a lifetime of joy:

- Snuggle on the couch for a Saturday of cartoon shows.
- Share a thrilling activity like skydiving.
- Head to the nearest beach and build a sand castle.
- If you have young children at home (or visiting grandchildren), play dress up and have a tea party.
- Call your spouse at work and sing them “your song.”
- Sneak a kiss in public.
- Pack a handwritten love note in your wife's or husband's lunch.
- Book a couples-only spa day and experience side-by-side massages.
- Head outdoors for a scenic drive. Stop along the way and take photos of each other.
- Say “I love you” often.



Counting Birds for a Cause

Every February, nature lovers across the globe have the chance to help out scientists by participating in the Great Backyard Bird Count.

Created in 1998 by the Cornell Lab of Ornithology and the National Audubon Society, the project collects real-time data on wild bird species over four days. You don't have to be a bird-watching expert to take part—in fact, Audubon scientists recommend the project as a fun and worthwhile way to introduce yourself or someone else to birding. After creating a free account at GBBC.BirdCount.org, simply tally the numbers and kinds of birds you see for at least 15 minutes on one or more days of the count and submit the results. Experts suggest familiarizing yourself with the key bird identification categories—size and shape, color pattern, behavior, and habitat—and consulting a field guide specific to birds in your region.

In addition to tallying species, the bird count also helps researchers study climate change, avian diseases and other factors that can affect bird populations and migration patterns.

In the past, more than 160,000 people from over 130 countries have participated and identified nearly 5,700 kinds of birds.

**FEBRUARY
2024**
**Remember
When: The
M.A.S.H.
Game**

Played with just a pencil, paper and a friend or two, this fortune-telling game is a classic boredom buster for kids and teens. The name comes from the letters "M.A.S.H."—short for mansion, apartment, shack or house—written at the top of the page. A player then chooses a few more categories, such as "spouse," "job," "car" or "number of kids," and comes up with options for each. The wackier—like being married to a celebrity or having 100 kids—the better! Next, the player makes tally marks until another player yells "Stop!" This number is used to count through the categories and cross off options until only one option is left in each category. "M.A.S.H." was most popular in the 1980s and '90s, but historians have traced its origin to similar games, including "Tinker, Tailor," a fortune-telling nursery rhyme that was published in 1695.

**"Connecting our hearts
through love yields a
nectar so sweet we are
forever full."
—Amy Leigh Mercree**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 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)	2 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 6:00 Movie Day w/ Popcorn (LR)	3 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
4 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	5 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 1:00 Pet Therapy w/Catherine 1:30 BINGO (GAL) 2:00 Music w/ Luke (LR) 3:00 Craft with Friends (GAL)	6 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 Matching (LR) 11:30 Tic Tac Toe (LR) 1:30 Music w/ Roseanne 2:30 Ice Cream Social 3:00 Pet Therapy w/ Denise	7 Mayflower's Outing 9:45 Words of Encouragement (GAL) 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	8 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 Bible Study w/TCOR 3:00 Word Search (GAL)	9 Ride Along! 9:45 Words of Encouragement (GAL) 10:00 Pet Therapy w/ Brenda 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 3:30 Music w/ Christian (LR) 6:00 Movie Day w/ Popcorn (LR)	10 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
11 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	12 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 1:00 Pet Therapy w/Catherine 1:30 BINGO (GAL) 3:00 Craft with Friends (GAL)	13 Olive Garden Outing! 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:00 Matching (LR) 2:30 Ice Cream Social	14 SWEETHEART DANCE 9:45 Words of Encouragement (GAL) 10:00 Master Gardeners 10:30 Move it! Move it! (LR) 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	15 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:30 Tic Tac Toe (LR) 3:00 Word Search (GAL) 4:15 Movercize W/Rich	16 Library Outing! 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 6:00 Movie Day w/ Popcorn (LR)	17 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend 1:30 Bingo w/Friends
18 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	19 Presidents Day 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)	20 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 Matching (LR) 11:00 Pet Therapy w/ Denise 11:30 Tic Tac Toe (LR) 2:30 Ice Cream Social	21 9:45 Words of Encouragement (GAL) 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	22 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 Bible Study w/TCOR 3:00 Word Search (GAL)	23 9:45 Words of Encouragement (GAL) 10:00 Pet Therapy w/ Brenda 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 6:00 Movie Day w/ Popcorn (LR)	24 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
25 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	26 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 1:00 Pet Therapy w/Catherine 1:30 BINGO (GAL) 3:00 Craft with Friends (GAL)	27 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:00 Matching (LR) 2:30 Ice Cream Social	28 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)	29 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:30 Tic Tac Toe (LR) 3:00 Word Search (GAL)		



Flapjack Facts

Piled high on a plate, a stack of pancakes is a classic meal served up on Mardi Gras, aka Fat Tuesday, which is also Pancake Day. You'll flip for these fun facts about the dish.

- Flapjacks, slapjacks, hotcakes and griddlecakes are other names for pancakes.
- The first printed recipes for them were published in English cookbooks in the 16th century.
- Cooks in Colonial America made pancakes with buckwheat or cornmeal. They were a staple meal and called hoecakes, johnnycakes or journeycakes.
- Pancakes are often topped with a drizzle of maple syrup. Canada is the world's top producer of the sweet stuff.
- IHOP, the International House of Pancakes, sells more than 700 million of its buttermilk pancakes each year. They're the restaurant chain's most popular menu item.
- Two pancakes with butter and syrup have about 520 calories.
- The first ready-made pancake mix product was created in 1889.
- Have you ever described something as "flat as a pancake"? People have been saying that phrase since the 1600s.
- The record for largest pancake made and flipped measured 49 feet across and weighed over 6,000 pounds! The highest toss for a pancake? More than 31 feet!
- Nearly every country has its own version of pancakes. There are sweet and savory crepes from France. In Russia, they eat blinis, and Australians serve pikelets, both of which are similar to small silver dollar pancakes.

Memorable Melody: 'You've Got a Friend'

This beloved folk ballad was written and recorded by Carole King in 1971, but her close friend and collaborator James Taylor was the one who took it to the top of the charts that same year. Though King didn't write the tune specifically for Taylor, she was inspired by a line in his hit song "Fire and Rain"—"I've seen lonely times when I could not find a friend"—and penned a heartfelt response, reassuring the listener that "All you have to do is call, and I'll be there." Both artists earned Grammys for "You've Got a Friend"—song of the year for King and best male pop vocal for Taylor—and it's a signature song for each that they've often performed together.



Love Stories

Many readers go head over heels for romance novels. The genre attracts about \$1 billion in national book sales each year.