


# THE Falls River Village Lifestyle



FALLS RIVER  
ASSISTED LIVING & MEMORY CARE

Like Us!  

ASSISTED LIVING COMMUNITY

1110 Falls River Avenue · Raleigh, NC 27614 · (919) 805-3113 · [www.fallsriverseniorliving.com](http://www.fallsriverseniorliving.com)

## MARCH 2023

### Looking Back at the Village in February

Whether we ate, danced, sang, or played bingo, we all have favorite memories. Early in the month we had a big kickoff for the upcoming Super Bowl game night. We had Spirit Week, which went so well, to end our week with a Super Bowl Blast on that Friday. We laughed and danced so much. The residents here at the Village have some of the best moves we have ever seen. The Valentine's Day Ball is the second major event this month. Listening to the males asking the females to be their date, was the most precious moment. We ended the month with a Birthday Celebration for all the February birthdays.

### Fanny Pack Day

A fashion fad from the past, fanny packs are back in style. The fabric pouches worn around the waist are convenient for carrying items hands-free, and now they're also being used to help others. In an effort to battle world hunger, International Fanny Pack Day, the second Saturday in March, encourages volunteers to wear fanny packs full of snacks to hand out to people in need.

### Eat Green on March 17

This year on St. Patrick's Day, add in a dose of fun by challenging yourself to eat mostly green foods for the day. Some examples of dishes or drinks to try are green smoothies, green tea, broccoli nuggets, guacamole, spinach or zucchini noodles; make popcorn or green velvet cupcakes. The possibilities are truly endless and probably yummier than you expect.



### Slow Cooker Corned Beef and Cabbage

#### Ingredients:

- 8 small red potatoes
- 2 cups baby carrots
- 1 small onion, quartered
- 1 corned beef brisket (4 pounds), rinsed and trimmed
- 2 tablespoons mixed pickling spice
- 1 teaspoon minced garlic
- 1/2 head cabbage, cored and cut into wedges

#### Directions:

Place potatoes, carrots and onion in slow cooker.

Place corned beef brisket over vegetables. Sprinkle with pickling spice and minced garlic.

Add enough water (about 8 cups) to just cover meat.

Cover and cook on high 7 hours.

Add cabbage. Cover and cook on high 1 to 2 hours or until cabbage is tender-crisp.

Remove corned beef brisket to serving platter. Slice thinly across grain. Serve with vegetables.

*Find more recipes at [www.McCormick.com](http://www.McCormick.com).*

## MARCH 2023

### To Your Health: You Need a Hug

Studies indicate hugs can reduce stress, lower blood pressure and improve attitude. Regular hugging can also relieve anxiety and boost the immune system. If you don't have a friend or family member handy, then give yourself a hug.

### The Winds of March

The month of March brings many changes, winds, weather and rain. Jesus is with us through it all. He wants us to depend on him fully no matter the cost and make a difference in someone's life. Take a chance, break out of your shell, God is with us all the time. Don't let the winds of March blow your faith away. Instead, let it strengthen each day.  
Joy G.

### 'Snail' Is One

How many words can you come up with using the letters in "spring clean"?

**"Magic is believing in yourself. If you can do that, you can make anything happen."**  
—Johann Wolfgang von Goethe

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Ladies' Spa Day Outing 10:30 Sit and Stretch 11:00 Basketball 1:30 BINGO 2:00 Music w/John	2 10:30 Aerobics 11:00 March Trivia 1:30 Pokeno 2:30 Baking Cookies 3:00 Reading With your Buddy	3 10:30 Exercise on TV 11:00 Bowling 11:00 Pet Therapy w/ Denise 1:30 BINGO 2:30 HAPPY HOUR!!	4 10:30 30-Minute Workout
5 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	6 10:30 Zumba w/ Linda 1:00 Pet Therapy Catherine 1:30 BINGO 2:00 Music w/ Luke 2:30 Game Show	7 10:30 Bust a Move 11:00 Word Search 1:30 Music w/ Roseanne 2:30 Resident Social Time 3:00 Bible Study w/Darlene	8 10:00 Master Gardeners 11:00 Workout/Trivia 11:30 Kanki's Outing 1:30 BINGO 2:00 Music w/John	9 10:30 Move to the beat 11:00 Laugh out Loud 1:30 Pokeno 2:30 Baking Pig n-Blankets	10 <b>Fanny Pack Day</b> 10:00 Pet Therapy w/ Brenda 10:30 Bounce to the Music 11:00 Men's Day Outing (Kickback) 1:30 BINGO 2:30 HAPPY HOUR!! 3:30 Music w/ Christian	11 10:30 30-Minute Workout
12 11:00 Hayes Barton Baptist Church 1:00 Faithful Friends 3:00 Music by Harrison	13 10:30 Zumba w/ Linda 11:00 Name that Tune 1:00 Pet Therapy Catherine 1:30 BINGO 2:30 Social Hour	14 10:00 30-minute Exercise 10:30 Library Outing 1:30 Pokeno 2:30 Matching Game 3:00 Bible Study w/Darlene	15 10:30 Sittercise w/ Freddie 11:00 Table Game 11:30 Making Shamrocks 1:30 BINGO 2:00 Music w/John	16 10:30 30-minute workout 11:00 Word Search 1:30 Table Game 4:15 Movercize w/Rich <b>5:00 Caregiver Appreciation Celebration</b>	17 <b>Wear Green Day!</b> 10:00 Aerobics 10:30 Bowling Outing 11:00 Pet Therapy w/ Denise 1:30 BINGO 2:30 HAPPY HOUR!! 2:30 Treble Makers	18 10:30 30-Minute Workout
19 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	20 10:30 Zumba w/ Linda 11:00 Basketball Tournament 1:00 Pet Therapy Catherine 1:30 BINGO 3:00 Chef Chat	21 10:30 Walking to Victory 11:00 Word Search w/Freddie 1:30 Wine Tasting Outing 3:00 Bible Study w/Darlene	22 <b>Hug a Friend Day</b> 10:30 Taking Laps 11:00 Balloon Volley 1:30 BINGO 2:00 Music w/John	23 10:30 Walking Club 11:00 Making Music 1:30 Card Games 2:30 Show 'n Tell	24 <b>March Madness</b> 10:00 Pet Therapy w/ Brenda 10:30 Aerobics 11:30 Mayflowers 1:30 BINGO 2:30 HAPPY HOUR!!	25 10:30 30-Minute Workout
26 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	27 10:30 Zumba w/ Linda 11:00 Making Memories 1:00 Pet Therapy Catherine 1:30 BINGO 2:30 Making Ice cream	28 10:30 Aerobics 11:00 Crafting W/ Freddie 2:00 Resident Council 3:00 Bible Study w/Darlene	29 10:30 Bust a Move 11:30 Outback 1:30 BINGO 2:00 Music w/John	30 10:30 Walk a mile 11:00 Laugh out Loud 1:30 Uno 2:30 Social Time	31 10:30 Aerobics 11:00 Target 1:30 BINGO 2:30 HAPPY HOUR!! 2:30 March Birthdays Celebration!	<b>All Events Are Subject to Change</b>



## It's That Time Again ...

Remember that daylight saving time begins on the second Sunday in March. So move those clocks ahead one hour before you go to bed so you won't be late! If you're grumpy about losing that hour of sleep, keep in mind that daylight saving time is a sign that spring arrives soon! So look forward to longer days filled with sunshine!



## Go, Fight, Win!

Give a shout for your favorite team—and the squad that supports them—during National Cheerleading Week, the first week of March.

## March Birthdays

Doug .....	3/9
Claudette .....	3/9
Anne .....	3/14

## March Outings

Ladies' Spa Day	3/1
Kanki's Restaurant	3/8
Men's Day	3/10
Library	3/14
Bowling	3/17
Wine Tasting	3/21
Mayflower's	3/24
Outback Steakhouse	3/29
Target Shopping Spree	3/31

## March Madness

It means office pools. Heartbreak. Buzzer beaters. Bragging rights. "March Madness" strikes this month each year. The goal is to crown a national champion in college basketball. But did you know "March Madness" originally was coined in relation to high school hoops?

In 1939, Henry V. Porter, an administrator with the Illinois High School Association, referred to "March Madness" in an article he wrote describing the hoopla surrounding the Illinois state tournament. When TV broadcaster Brent Musburger used the phrase "March Madness" during the 1982 NCAA tournament, it ignited an association with what has become a much-anticipated March staple.

