

# 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)

## APRIL 2023

### Looking for April Showers

Looking for April showers to get ready for May flowers. March was a great month for us at Falls River Village. We danced the day away with Roseanne, Christian and Luke last month. We didn't attend many outings last month but for April we are on the road again. Last month we did Shamrocks with a spike of herb with the Master Gardeners. We water the lettuce and reddish that were planted in February. They also planted some onions in the raised beds on the outside in the courtyard. When you are here visiting your loved ones, be sure to stop by and check the growth of our vegetables. We are looking forward to seeing what April brings.



### Greetings!

Hello, and welcome to April! Warmer weather is on the way, and I hope all of you get a chance to enjoy the beauty of spring. And while you're at it, pop in and say hi—my door is always open!



**APRIL 2023**

**Remember  
When: Snake  
in a Can**

It's a harmless prank that's become cliché: A person opens a can, only to have a long fabric "snake" pop out to surprise them. Joke products containing these snakes emerged in the early 1900s, with the most famous version created by Samuel Sorensen Adams, an entrepreneur known for other novelty gags like the joy buzzer and sneezing powder. The story goes that Adams' wife often complained that he didn't close their jar of jam properly, causing it to become sticky. So, in a lighthearted act of revenge, Adams wrapped cloth around a large spring and stuffed it into the jar. The simple gag was a success, and pranksters soon could find spring snakes in a variety of containers disguised as real-life products, the most iconic being a can of nuts.

**"The sky is always beautiful. Even when it's dark or rainy or cloudy, it's still beautiful to look at ... and it'll be there no matter what."  
—Colleen Hoover**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>All Events Are Subject to Change</b></p>						<p><b>April Fools' Day</b> 1 10:30 30-Minute Workout 10:30 Mt. Vernon Baptist Church</p>	
	2 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	3 10:30 Zumba w/ Linda 11:00 Making Easter baskets 1:00 Pet Therapy w/Catherine 1:30 BINGO 3:00 Trivia	4 10:30 Move to the beat 11:00 Sip and Paint 1:30 Pokeno	5 11:00 Kanki Outing 1:30 BINGO 2:00 Music John 3:30 Bible Study w/Darlene	6 10:30 Walking Club 11:00 Balloon Volley/Sing along 1:30 Black Jack/uno 3:00 Wine Tasting	7 10:00 Ladies' Spa Day Outing 11:00 Pet Therapy w/ Denise 1:30 BINGO 3:30 HAPPY HOUR!!	8 10:30 30-Minute Workout 10:30 Mt. Vernon Baptist Church <b>11:30 Easter Celebration!</b>
	9 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	10 10:30 Zumba w/ Linda 1:00 Pet Therapy w/Catherine 1:30 BINGO 2:30 Baking /Decorating Cookies	11 10:30 A walk in the park 11:00 Making Easter jars 1:30 Music w/ Roseanne	12 10:00 Master Gardeners 11:00 Painting to the Music 1:30 BINGO 2:00 Music John 3:00 Nail Care 3:30 Bible Study w/Darlene	13 10:30 Kickball 11:00 Anagrams 1:30 Checkers/Connect 4 3:00 A day on the Porch	14 10:00 Pet Therapy w/ Brenda 1:30 BINGO 3:30 HAPPY HOUR!! 3:30 Music w/ Christian	15 10:30 30-Minute Workout
	16 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	17 10:30 Zumba w/ Linda 1:00 Pet Therapy w/Catherine 1:30 BINGO 2:30 Nail Care 3:00 Chef Chat	18 10:30 30-minute-Workout 11:00 Large Word Search 1:30 Sip and Paint 6:30 Late Night BINGO	19 10:30 Get the muscles flowing 1:30 BINGO 2:00 Music John 3:30 Bible Study w/Darlene	20 10:30 Aerobics 11:00 Basketball 1:30 Puzzles at the table 3:00 Word Search 4:15 Movercize W/Rich	21 11:00 Pet Therapy w/ Denise 1:30 BINGO 3:30 HAPPY HOUR!!	22 10:30 30-Minute Workout
	23 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	24 10:30 Zumba w/ Linda 1:00 Pet Therapy w/Catherine 1:30 BINGO	25 10:30 Move to the Beat 11:00 Resident Council 1:30 Bowling 2:30 Sing Along	26 10:30 Aerobics 1:30 BINGO 2:00 Music John 3:30 Bible Study w/Darlene	27 9:00 Mt. Vernon School 11:00 Kickball 1:30 Pokeno	28 10:00 Pet Therapy w/ Brenda 1:30 BINGO 3:30 HAPPY HOUR!!	29 10:30 30-Minute Workout
	30 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison						



## Spring Scents

From blooming flowers to fresh-cut grass, the scents of spring are in the air now. Studies show that getting a whiff of these aromas can make you feel calm and happy.



## Laugh for Health

Go ahead and engage in a funny, friendly prank on April Fools' Day. A good belly laugh has been proven to elevate mood, reduce pain and boost immunity.

## April Birthdays

Sue .....	4/29
Denise .....	4/11
Mary S. ....	4/8

## April Outings

Kanki .....	4/5
Ladies' Spa Day .....	4/7
Trip to the Park .....	4/14
Men's Day (Sports Bar) .....	4/12
Falls River Cafe .....	4/18
Target .....	4/20
Trip to Pullen Park .....	4/25
Bella Italia Raleigh .....	4/27

## A Day With a Twist

April 26 is National Pretzel Day, a time to celebrate pretzels of all shapes and sizes. If you can't decide which is your favorite, try mixing a variety of different types of pretzels in a big bowl. The best place to celebrate might be Freeport, Ill., which is known as Pretzel City, USA, home of the Billerbeck Bakery pretzel company, founded in 1869. The Freeport High School sports teams are called the Pretzels.

## Get Help From Master Gardeners

Plant pros ready with advice are just a phone call or email away. State universities train volunteers to serve as master gardeners and answer questions from folks in their communities. There's help available in all 50 states. Get information on connecting by phone or online from the American Horticultural Society's website, [AHSGardening.org](http://AHSGardening.org), and search for "master gardeners."

