

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

APRIL 2024

Branch Out With These Facts About Trees

Many of us have spent time sitting in the shade of a tree, climbing its branches or simply admiring its beauty. Did you know these tremendous facts about trees?

- The world is home to around 3 trillion trees. Each year, about 5 billion new trees are either planted or sprout naturally.
- A lush, green tree is a symbol of a healthy environment. Trees help the Earth by filtering the air, releasing oxygen, improving water quality, cooling the planet, and providing shelter and food for wildlife.
- Determining a tree's age by counting the rings in the trunk is called dendrochronology. The rings can also indicate years when natural disasters, like a volcano, occurred.
- Besides many fruits and nuts, other foods that come from trees include chocolate, cinnamon, coffee and tea.
- If you're lost, trees can point you in the right direction. Moss typically grows on the north side of a tree. Peeling bark is more often found on the south side.
- Scientists have discovered that trees of different species can communicate and share nutrients with each other, mostly through an underground network of fungi and bacteria nicknamed "the wood wide web."
- The first Arbor Day was held in Nebraska on April 10, 1872. Over 1 million trees were planted on that day.



Popular Pages: 'The Enchanted April'

This 1922 novel by Elizabeth von Arnim follows four unhappy women struggling with their everyday lives. A newspaper ad for a beautiful Italian castle, inviting visitors "who appreciate wisteria and sunshine," sounds like just the vacation they need. Add in a sprinkle of miscommunication and a heaping tablespoon of tension, and these ladies might just learn something new about themselves and find unexpected joy. The lighthearted tale has been adapted several times for stage and screen, including a 1991 Oscar-nominated film and a musical production that premiered in 2016.

APRIL 2024

Turn Spoons Into Spring Blossoms

These cheerful flowers will never fade!

Materials:

- Scissors or wire cutters
- Plastic spoons, various colors
- Paper doilies
- Hot glue gun and glue
- Pompoms, various colors
- Magnet (optional)

Directions:

Use scissors or wire cutters to cut the handles off the spoons. You will need five or six spoons for each flower you make. Discard the handles and use the tops of the spoons for the flower petals.

Create a flower by arranging five or six of the plastic petals on a paper doily. Glue the petals in place. Finally, glue a pompom in the center of the blossom.

Glue a magnet to the back of the doily to hang the flower, or make several flowers for a springtime centerpiece.

“Tomorrow morning, when the sun shines through your window, choose to make it a happy day.”
 —Lynda Resnick

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 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)	2 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 March Trivia (LR) 11:30 Balloon Volley (LR) 1:30 Music w/ Roseanne 2:30 Ice Cream Social 3:00 Pet Therapy w/ Denise	3 9:45 Words of Encouragement (GAL) 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	4 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 Bible Study w/TCOR 2:00 Chef Chat 3:00 Word Search (GAL)	5 9:45 Words of Encouragement (GAL) 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) 1:00 Pet Therapy w/Catherine 1:30 BINGO (GAL) 3:00 Craft with Friends (GAL)	9 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:00 March Trivia (LR) 2:30 Ice Cream Social	10 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)	11 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:30 Balloon Volley (LR) 3:00 Word Search (GAL)	12 9:45 Words of Encouragement (GAL) 10:00 Pet Therapy w/ Brenda 10:30 Move it! Move it! (LR) 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	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)	16 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 March Trivia (LR) 11:00 Pet Therapy w/ Denise 11:30 Balloon Volley (LR) 2:30 Ice Cream Social	17 9:45 Words of Encouragement (GAL) 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	18 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 Bible Study w/TCOR 3:00 Word Search (GAL) 4:15 Movercize W/Rich	19 9:45 Words of Encouragement (GAL) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 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) 1:00 Pet Therapy w/Catherine 1:30 BINGO (GAL) 3:00 Craft with Friends (GAL)	23 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:00 March Trivia (LR) 2:30 Ice Cream Social	24 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)	25 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:30 Balloon Volley (LR) 3:00 Word Search (GAL)	26 9:45 Words of Encouragement (GAL) 10:00 Pet Therapy w/ Brenda 10:30 Move it! Move it! (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (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) 1:00 Pet Therapy w/Catherine 1:30 BINGO (GAL) 3:00 Craft with Friends (GAL)	30 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 March Trivia (LR) 11:30 Balloon Volley (LR) 2:30 Ice Cream Social				



Laugh Lines: Springtime Silliness

Q: What is the best appetizer to enjoy in spring?

A: A bloomin' onion.

Q: Why did the bird go to the hospital?

A: It needed tweet-ment.

Q: How do you make a waterbed bouncer?

A: Fill it with spring water.

Q: Why is Yoda so good at gardening?

A: He has a green thumb!

Q: What do you call a bear that gets caught in the rain?

A: A drizzly bear.

Q: After a long winter, what did the tree say when spring began?

A: "What a re-leaf!"

What if April Fools' Day is actually on April 2 and we've all been fooled into thinking it's April 1?

A and C were going to prank their friend ... but they just letter B.

I decided to start an aerobics class. I bent, twisted, jumped up and down, and perspired for an hour, but by the time I got my leotard on, the class was already over.

When it starts raining ducks and chickens, that's some fowl weather.

There are some friends you know who will never pull an April Fools' Day prank because they think it's still March.

'Ring' Is One

How many words can you come up with using the letters in "robin eggs"?



From To-Do to Done

Managing day-to-day life means managing a running to-do list. Sometimes that list is easy to tackle, but other days, there's simply no time to finish every task.

Enter timeboxing, a method that grew out of the software development world. Its defining feature is setting a specific timeframe in which you're going to get your work accomplished. Depending on the goal you're working toward, that timeframe can be of any duration—from 15 minutes to 15 weeks.

Timeboxing is designed to overcome what many see as the pitfalls of traditional to-do lists: avoiding unpleasant tasks, perfectionism getting in the way of work completion, and spending too much time on certain items.

If you're staring down a list of daunting deadlines, or even if you just want to take better advantage of the time available to you, give timeboxing a try.

You can find numerous resources online that detail how to effectively set your timeboxes, as well as download apps to help manage the load.

Groovy, Baby!

Rock some flares with flair!
April 5 is Bell Bottoms Day.