

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

MAY 2023

Amazing April!

I tell you, we had a great month of April and look forward to a better May.

Last month we helped Mary celebrate her 104th birthday. She is the oldest resident at Falls River Village. We were able to surprise her with a special banner and cake with her photo on it. The staff gave her roses that light up so she could remember to keep on shining like a light. It was a pleasure to see the smile and happiness on her face as she entered the dining room with her family.

The Activity Director and staff put on a great Easter Celebration for the residents and families. Due to the weather the egg hunt was canceled. Instead, the Activity Director put together an Easter program. The residents read poems and Easter speeches that put smiles on everyone's face. After that it turned into a disco room. The residents, families and staff took the floor with moves you've never seen before. The residents and families are looking forward to the next family and friend event.

The outings last month went great! We tried some new places and are looking forward to next month. Bye Bye April and Hello May!!



Appreciating America's Military

May is a month to appreciate warmer days, sunshine and all that comes with spring. And since 1999, it's also designated as Military Appreciation Month, a time to formally and publicly thank and support the men and women who have served or currently serve to protect our freedom and liberty.

Created from the simple idea of gathering America around its armed forces to show gratitude and solidarity, the month of May was chosen because it already includes the most military-related commemoration days: Loyalty Day, Victory in Europe (VE) Day, Armed Forces Day, Military Spouse Appreciation Day and, most well-known, Memorial Day.

The congressional resolution for Military Appreciation Month calls for a proclamation from the president regarding the important role these men and women fill, but you can celebrate in your own community any way you choose. One of the easiest, yet most meaningful, is to offer a heartfelt thank-you to all service members, past and present.

MAY 2023

Remember When: Potholder Looms

At one time, your kitchen drawer may have been stocked with colorful handwoven potholders and hot pads, lovingly made by a child in your life—or even yourself! The type of loom used to craft these squares is called a pin loom, invented during the Great Depression as a way to use scraps of fabric, particularly from socks and stockings. Housewives in the '30s used the looms to make all kinds of housewares, and potholders emerged as a favorite project, especially for children who easily grasped the looping technique. By the 1950s, the looms were primarily sold in craft kits along with “rainbow looms” of colorful, stretchy fabric bands.

Stay Laughing

“If you’re going to be able to look back on something and laugh about it, you might as well laugh about it now.” — Marie Osmond

“Keep a green tree in your heart and perhaps the singing bird will come.”
—Chinese proverb

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:30 Zumba w/ Linda 1:00 Pet Therapy w/Catherine 1:30 BINGO	2 10:30 Move to the Beat 11:00 Baking Cookies 1:30 Music w/ Roseanne 3:00 Pet Therapy w/ Denise	3 10:30 Walking Club 11:00 May Flowers Outing 1:30 BINGO 2:00 Music w/John 3:30 Bible Study w/Darlene	4 10:30 Aerobics 11:00 May Trivia/Basketball 1:30 Pokeno 3:00 Game Show with Friends	5 11:00 Picnic at Pullen Park 1:30 BINGO 3:30 HAPPY HOUR!!	6 10:30 30-minute workout (LR) 11:00 Name that Tune 2:00 Color w/ Friend
7 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	8 10:30 Zumba w/ Linda 1:00 Pet Therapy w/Catherine 1:30 BINGO	9 10:30 Move it Move it! 11:00 Horse Race 1:30 Pokeno 2:30 Mother’s Day Craft!	10 10:00 Master Gardeners 1:30 BINGO 2:00 Music w/John 3:30 Bible Study w/Darlene	11 10:30 A walk in the park 11:00 Baking/Decorating Cupcakes 1:30 Uno/Blackjack/Spades 3:30 Music w/ Christian	12 10:00 Ladies’ Spa Day Outing 10:00 Pet Therapy w/ Brenda 1:30 BINGO 3:30 HAPPY HOUR!! 3:30 Music w/ Christian	Mother’s Day Tea Celebration! 13 10:30 Mother’s Day Tea Celebration! 11:30 Puzzles at the table 3:00 Sing-Along
14 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	15 10:30 Zumba w/ Linda 1:00 Pet Therapy w/Catherine 1:30 BINGO 2:30 Monthly Social	16 10:30 Exercise with friends 11:00 Baking Treats 11:00 Pet Therapy w/ Denise 1:30 Bowling 2:00 Month of May Anagrams	17 10:30 Dance to the beat 1:30 BINGO 2:00 Music w/John 3:30 Bible Study w/Darlene	18 10:30 Get up and Move! 11:00 Knightdale Station Park Outing 1:30 Pokeno 2:30 Trivia 4:15 Movercize W/Rich	19 10:30 Grab A Friend and Walk 12:00 Making Picture Frames 1:30 BINGO 3:30 HAPPY HOUR!!	20 10:30 30-minute Exercise 11:00 Name that Logo 2:00 Movie w/friends
21 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	22 10:30 Zumba w/ Linda 1:00 Pet Therapy w/Catherine 1:30 BINGO 2:30 Resident Council	23 10:30 Chaircise 11:00 Men’s Outing 1:30 Big Puzzles 2:30 Tic Tac Toe	24 10:30 Groove to the music 1:30 BINGO 2:00 Music w/John 3:30 Bible Study w/Darlene	25 10:30 30- Minute Workout 1:30 Scrabble 2:00 Making Smoothies	26 10:00 Pet Therapy w/ Brenda 10:00 Target Outing 1:30 BINGO 3:30 HAPPY HOUR!!	27 10:30 Exercise on T.V. 11:00 Art with friends 2:00 Reading with your Buddy
28 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	Memorial Day 29 10:30 Zumba w/ Linda 1:00 Pet Therapy w/Catherine 1:30 BINGO	30 10:30 Workout 1:30 Name that Logo 3:00 Chef Chat	31 10:30 Balloon Volley 1:30 BINGO 2:00 Music w/John 3:00 May Birthdays Celebration! 3:30 Bible Study w/Darlene			

**All Events
Are Subject
to Change**

Forming New Friendships

Connecting with others makes our lives more meaningful and provides both mental and physical health benefits, but that doesn't mean it's always easy. These pointers can help you when searching for a new pal:

Explore your existing interests. By participating in activities that you like, you're bound to find people similar to you. Opportunities for friendship include book clubs, fitness or hobby-based classes, sports teams and volunteer groups.

Have an open mind. It's normal to feel nervous about meeting new people, but assume that others like you and want to hang out. Say yes to invitations, even those outside your usual circle, and give new friendships a chance.

Take advantage of apps. Mobile apps focused on friendship are nearly as popular as dating apps, connecting you with strangers who have similar interests. If you enjoy connecting with others online, give apps a go.

Stay in touch. All relationships take effort. Be consistent with scheduling friend dates and activities to strengthen bonds with friends, new and old.

Know you're not alone. Meeting new people as an adult is hard for pretty much everyone. Use this fact to boost your confidence when reaching out to a potential friend. They probably feel the same way you do and will be excited to spend time with you.

Seat Switch-Up

Sitting too long can cause discomfort and potentially lead to other health issues. Doctors recommend changing your position every 30 minutes. If possible, stand up and take a short walk, even if it's just across the room and back, to loosen your muscles and get your blood pumping.



May Birthdays

Doris	5/4
Ross	5/13
Terry	5/14
Ruth	5/25

Flights for Our Finest

In May 2005, six small planes flew a dozen World War II veterans from Springfield, Ohio, to visit the WWII Memorial in Washington, D.C. Since that time, Honor Flight has made that dream come true for more than 100,000 veterans.

The idea was the brainchild of Earl Morse, a physician assistant and retired Air Force captain.

Morse knew many veterans lacked the physical or financial ability to make the trip on their own, but he believed it was important they have that opportunity. Morse, himself a pilot, solicited the voluntary services of other pilots, and Honor Flight was born.

Due to the overwhelming response to the program, small, private aircraft have given way to commercial planes flying out of Honor Flight hubs from coast to coast.

A nonprofit organization funded by donations, Honor Flight's goal is that all U.S. veterans have the opportunity to visit their particular memorial. There is no cost to the veterans to make the trip. Currently, Honor Flight gives priority to WWII veterans and veterans with terminal illnesses. In the future, priority will shift to veterans of the Korean War and then the Vietnam War.

To learn more about the program, visit www.HonorFlight.org.