

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 2024

Remember, Honor, Celebrate

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes.

Explore their stories. Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at StoryCorps.org.

Tune in to a TV tradition. On the night before Memorial Day, PBS stations broadcast the National Memorial Day Concert, an annual event that honors the fallen and their families with musical performances and personal stories.

Learn about your family's military heritage. Talk to family members who were in the military about their experiences. Ask about stories of past relatives who served.

Post a tribute. If you have a loved one who is a fallen hero, post a photo and story about them on social media.

Send a letter. Express your thanks in a note to currently deployed troops. Search online for one of many nonprofit groups that gather and distribute letters to men and women serving overseas.

Visit a memorial. Spend time at a local military monument or museum, or pay your respects at a veterans cemetery. You can also make virtual visits to many war memorials.

Pause at 3 p.m. Stop and reflect during the National Moment of Remembrance, a one-minute pause observed at 3 p.m. local time on Memorial Day.



Mother's Day Celebration

Join us as we celebrate our Moms.

Mother's Day Luncheon

Friday, May 10th

12:00 pm

More detailed information to follow



MAY 2024

Memorable Melody: 'I Can See Clearly Now'

If you're not already in a good mood, you'll soon be in one after hearing this upbeat song, which has been spreading sunshine since Johnny Nash recorded it in 1972. For several years, the Texas-born singer had been living in Jamaica, writing and performing with local artists, including the legendary Bob Marley. Those influences can be heard in "I Can See Clearly Now," which helped bring reggae music to a mainstream audience after quickly reaching No. 1 on the Billboard Hot 100. Both Nash's original version and a successful cover by reggae artist Jimmy Cliff have remained popular for decades, appearing in many films, TV shows and commercials.

Sweet Tweets

"My favorite weather is bird-chirping weather."
 —Terri Guillemets

"Wherever you go, no matter what the weather, always bring your own sunshine."
 —Anthony J. D'Angelo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:45 Words of Encouragement (GAL) 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	2 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 Bible Study w/TCOR 2:00 Chef Chat (GAL) 3:00 Word Search (GAL)	3 9:45 Words of Encouragement (GAL) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 6:00 Movie Day w/ Popcorn (LR)	4 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
CINCO DE MAYO - TACO DAY 5 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	6 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)	7 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:00 May Trivia (LR) 1:30 Music w/ Roseanne 2:30 Ice Cream Social 3:00 Pet Therapy w/ Denise	8 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)	9 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:30 Balloon Volley (LR) 3:00 Word Search (GAL)	10 9:45 Words of Encouragement (GAL) 10:00 Pet Therapy w/ Brenda 10:30 Move it! Move it! (LR) 12:00 MOTHER'S DAY LUNCHEON 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 3:30 Music w/ Christian (LR) 6:00 Movie Day w/ Popcorn (LR)	11 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
HAPPY MOTHER'S DAY 12 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	13 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)	14 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 May Trivia (LR) 11:30 Balloon Volley (LR) 2:30 Ice Cream Social	CHOCOLATE CHIP DAY 15 9:45 Words of Encouragement (GAL) 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	16 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	17 9:45 Words of Encouragement (GAL) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 6:00 Movie Day w/ Popcorn (LR)	18 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
19 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	20 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) 2:00 OUTING - STRAWBERRY PICKING 3:00 Craft with Friends (GAL)	21 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:00 May Trivia (LR) 11:00 Pet Therapy w/ Denise 2:30 Ice Cream Social	22 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)	23 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:30 Balloon Volley (LR) 3:00 Word Search (GAL)	MEMORIAL DAY CELEBRATION 24 9:45 Words of Encouragement (GAL) 10:00 Pet Therapy w/ Brenda 10:30 Move it! Move it! (LR) 12:00 MEMORIAL COOKOUT 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 6:00 Movie Day w/ Popcorn (LR)	25 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
26 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	Memorial Day 27 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)	28 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 May Trivia (LR) 11:30 Balloon Volley (LR) 2:30 Ice Cream Social	29 9:45 Words of Encouragement (GAL) 11:00 Making words w/Dice (GAL) 12:00 LUNCH OUTING - TBD 1:00 BINGO (GAL) 2:00 Music w/John (LR)	30 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 Bible Study w/TCOR 2:00 Chef's Corner (GAL) 3:00 Word Search (GAL)	31 9:45 Words of Encouragement (GAL) 1:30 BINGO (GAL) 2:30 MAY Birthday Party 6:00 Movie Day w/ Popcorn (LR)	



Did You Know?

On May 8, 2010, actress Betty White, 88 at the time, became the oldest person to host "Saturday Night Live." Hundreds of thousands of people had joined a Facebook campaign rallying for White to host the comedy sketch show. She won the seventh Emmy Award of her career for her "SNL" appearance. Born in Oak Park, Ill., in 1922, Betty Marion White attended high school in Beverly Hills, Calif., before launching her career as an actress, host and producer in radio and television. White played "happy homemaker" Sue Ann Nivens on "The Mary Tyler Moore Show," and later co-starred on "The Golden Girls" as the sweet and naïve Rose Nylund from St. Olaf, Minn. After the series ended, White continued to display her comedic talent in a long list of films and TV shows.

Sweet Little Butterfly

Bring on spring with this cheerful DIY butterfly ring.

Materials:

- 2 12-inch pipe cleaners, any color(s)
- 1 6-inch pipe cleaner, black
- Scissors

Directions:

Align the two longer pipe cleaners and twist them several times in the middle. Place the twisted section of the pipe cleaners behind one of your fingers, making sure the ends sticking out are of equal length. Twist cleaners together at your finger to create a ring shape. Slide it off your finger.

Holding the loop, separate the four ends and spread them out evenly to make a large X. Trim 1 inch from two of the ends; these will be the butterfly's bottom wings.

Pinch the end of one of the pipe cleaners, and roll it in a tight spiral toward the middle of the X. Repeat with the remaining wings. Pinch the edge of each wing to reshape them, if needed.

To make the butterfly's body, slide the black pipe cleaner through the loop behind the butterfly. Leaving some extra at the top, wrap it around the butterfly, between the wings, a couple of times. Twist the black pipe cleaner ends together at the top to secure. Curl the extra length downward to resemble antenna.

Wear your finished butterfly as a ring, slide it over a pen or paintbrush, wrap it around a button or simply place it somewhere to make you smile.

Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration to work out by reviewing the top benefits of exercise:

Helps prevent illness. High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

Boosts energy. The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

Lifts mood. Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.

Improves sleep. A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest. Just avoid working out close to bedtime, since the energy boost may keep you awake.

Reduces fall risk. Exercise strengthens muscles and bones, increases flexibility, and improves balance—all benefits that are key to preventing falls and broken bones.

Enhances social life. Walking with a friend, taking a group fitness class or participating in a team sport or game offers the opportunity to have fun and connect with others.