

THE Falls River Village Lifestyle



FALLS RIVER
ASSISTED LIVING & MEMORY CARE

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ASSISTED LIVING COMMUNITY

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JUNE 2024

Construction of the Toolbelt

Similar to wearing a workshop around your waist, the toolbelt is a wardrobe staple for carpenters, electricians and other trade workers, as well as devoted DIYers. Can you believe this handy essential has only been commonplace since the early 20th century?

Before the 19th century, laborers probably fashioned their own versions of the modern toolbelt. The workwear industry officially emerged in the late 1800s, when still-prominent companies Carhartt and Dickies were founded. These businesses, among others, produced protective clothing for factory workers, miners and the armed forces.

A popular predecessor to toolbelts was the carpenter's apron, similar to a pair of overalls. The apron's loops and pockets made it easy to reach for tools in the middle of a project, but the heavy-duty fabric could be cumbersome. Some workers switched back to wearing lightweight aprons, but a better solution awaited them. Between 1930 and 1950, the first leather toolbelts were custom-made in saddle and shoe repair shops. Durable and comfortable, these belts nailed the user's most essential needs of portability and accessibility.

By the 1970s, leather toolbelts were the go-to accessory for skilled laborers. Suspenders, metal clips and multiple sizes of pouches and pockets made the belts even safer and easier to use. Nowadays, belts can be customized for a variety of trades. Leather remains popular, but suede, nylon and canvas are other top toolbelt materials.



The Woman Behind Father's Day

It took a mother to bring equity to fathers.

As she sat in church more than 100 years ago in Spokane, Wash., Sonora Smart Dodd listened to a sermon about Mother's Day. It made her wonder why there was no Father's Day. Dodd, one of six children, was determined to find a way to honor her father, who raised the family after Dodd's mother died. That year, 1909, Dodd took her concerns to the Spokane Ministerial Alliance and suggested that fathers have their day. On June 19, 1910, Spokane recognized the first Father's Day on record. Dodd, who had a son of her own, must have appreciated it when President Calvin Coolidge approved a nationwide celebration of Father's Day in 1924.

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Citrus Watermelonade
Summertime is sweet when you’re sipping on this fruity beverage.
Ingredients:
• 1 cup water
• 2 cups sugar
• 6 cups cubed watermelon, seeds and rind removed
• 2 cups orange juice
• 1 cup grapefruit juice
• 3/4 cup lemon juice
• 3/4 cup lime juice
• 2 to 3 medium oranges, peeled and diced
• 1/2 cup fresh mint leaves
Directions:
Combine water and sugar in a small saucepan and heat on low until sugar is dissolved. Refrigerate until chilled. In a blender, puree 4 cups of the cubed watermelon until smooth. Pour into a larger pitcher. Add the chilled sugar syrup, orange juice, grapefruit juice, lemon juice and lime juice. Stir until well combined. Add remaining 2 cups of cubed watermelon, diced oranges and mint leaves to pitcher. Refrigerate for 2 hours. Serve over ice and garnish with an orange slice and fresh mint.
Find more recipes at FloridaCitrus.org.

“When the sun is shining
I can do anything; no
mountain is too high, no
trouble too difficult.”
—Wilma Rudolph

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<div>1</div> 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
<div>2</div> 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	<div>3</div> 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 Creative Art (GAL)	<div>4</div> 9:45 Words of Encouragement (GAL) 10:30 Music and Movement 11:00 Family Feud (LR) 1:30 Music w/ Roseanne (LR) 2:30 Ice Cream & Cookie Social 3:00 Pet Therapy w/ Denise	<div>5</div> 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)	<div>6</div> 9:45 Words of Encouragement (GAL) 10:30 B- Fit (LR) 2:00 Chef Chat (GAL) 3:00 Word Search (GAL)	<div>7</div> 9:45 Words of Encouragement (GAL) 10:30 Body Stretches (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 6:00 Matinee w/ Popcorn & Drink (LR) Western	<div>8</div> 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
<div>9</div> 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	<div>10</div> 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 1:00 Pet Therapy w/ Catherine 1:30 BINGO (GAL) 3:00 Creative Art (GAL)	<div>11</div> 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:00 June Trivia (LR) 11:30 Balloon Tennis LR) 2:30 Root Beer & Chip Social	<div>12</div> 9:45 Words of Encouragement (GAL) 10:00 Master Gardeners 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	<div>13</div> 9:45 Words of Encouragement (GAL) 10:30 B- Fit (LR) 11:00 Bible Study w/TCOR 3:00 Word Search (GAL)	<div>14</div> 9:45 Words of Encouragement (GAL) 10:00 Pet Therapy w/ Brenda 12:00 Father’s Day Luncheon 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 3:30 Music w/ Christian (LR) 6:00 Movie Matinee w/ Popcorn & Drink (LR) Musical	<div>15</div> 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
<div>16</div> Happy Father's Day 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	<div>17</div> 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 Creative Art (GAL)	<div>18</div> 9:45 Words of Encouragement (GAL) 10:30 Music and Movement (LR) 11:00 Pet Therapy w/ Denise 11:00 Sports Trivia (LR) 2:30 Cheese & Cracker Social	<div>19</div> Juneteenth 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 11:00 Juneteenth Documentary (LR) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	<div>20</div> 9:45 Words of Encouragement (GAL) 10:30 B- Fit (LR) 3:00 Word Search (GAL) 4:15 Movercize w /Rich	<div>21</div> 9:45 Words of Encouragement (GAL) 10:30 Body Stretches (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 6:00 Movie Matinee w/ Popcorn & Drink (LR) Comedy	<div>22</div> 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
<div>23</div> 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	<div>24</div> 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 1:00 Pet Therapy w/ Catherine 1:30 BINGO (GAL) 3:00 Creative Art (GAL)	<div>25</div> 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:00 June Trivia (LR) 11:30 “Thrift” Shopping and Lunch 3:00 Soft Pretzel & Drink Social	<div>26</div> 9:45 Words of Encouragement (GAL) 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	<div>27</div> 9:45 Words of Encouragement (GAL) 10:30 B- Fit (LR) 11:00 Bible Study w/TCOR 2:00 Chef’s Corner (GAL) 3:00 Word Search (GAL)	<div>28</div> 9:45 Words of Encouragement (GAL) 10:00 Pet Therapy w/ Brenda 1:30 BINGO (GAL) 2:30 BIRTHDAY PARTY (GAL) 6:00 Movie Matinee w/ Popcorn & Drink (LR) Action	<div>29</div> 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
<div>30</div> 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison						

Welcome, Summer!

Different cultures have celebrated the longest day of the year, known as the summer solstice or midsummer, for centuries. Imagine soaking up the sun at some of the world's most buzzed about summer parties:

Sweden. Midsummer is a major holiday in Sweden, whose solstice celebrations are famous. Families and friends often spend the day in the countryside, marking the occasion by dancing around a maypole, making flower crowns and feasting on pickled herring.

Wiltshire, England. Visitors to Stonehenge can normally only walk around the towering stone circle, but they are allowed inside of it twice a year—on the summer and winter solstices. That's because on each solstice, the ancient stones are positioned perfectly with the movement of the sun. On the first day of summer, the view from inside shows a spectacular sunrise over the large Heel Stone, which stands outside the circle.

Ottawa, Canada. Canada's capital is also the original territory of the Algonquin people, and the Summer Solstice Indigenous Festival honors Native chiefs and artisans; traditional attire, music and dancing; and other cultural experiences.

Alaska. Experiencing almost 24 hours of sunlight on the summer solstice, most of Alaska parties well into the night. The city of Fairbanks greets the season with a Midnight Sun Baseball game, while Anchorage tests the bravery of their first responders with the Hero Games.

Spain. A few days after the solstice, Spain welcomes summer on June 23, the Night of San Juan. Beaches are lit up with bonfires, which represent good luck and a new start, and it's tradition to jump over the flames or write wishes on paper before burning them.

Roses for Dad

People often think to give flowers to the women in their lives, but studies show that men appreciate floral gifts just as much—yet they're less likely to get them. You can change that oversight this month by honoring a special guy in your life with a red rose, the traditional flower for Father's Day. The custom dates back to the very first Father's Day celebration, held in 1910.



'Step' Is One

How many words can you come up with using the letters in "outer space"?

Fun With Summer Reading

You may have fond memories of summer reading programs, which awarded prizes for finishing a reading goal. But you don't have to be a kid to benefit from summer reading challenges. Reading not only promotes lifelong learning, but it can also provide an escape from stress and anxiety. Your goal can be as simple as reading a certain number of books over the summer, exploring a new genre or author, or reading for a set amount of time every day.

Find motivation for your reading goals by starting a journal and reviewing every book read; you can also post your reviews to social media. If you're crafty, make miniature versions of your finished books and add them to a jar for a physical representation of your completed goals. Kid-friendly ideas include tracking books read with a coloring page, giving small treats for every goal met, or quirky challenges like reading with a flashlight or to a stuffed animal. For added excitement, compete with friends or family members to see who can reach their goal first.

Many libraries offer summer reading challenges for all ages, and you can find lots of suggested book lists online. Bookstore and publisher websites are good places to look, too. Seek out the possibilities and settle in for a summer of reading adventures!