

# 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)

## JULY 2023

### Looking Back in June at the Village

Last month was nothing but sweet memories and challenges. To start the month, we did a staff, unscramble-the-word game and the residents had a blast laughing and witnessing the staff communicate to get the correct answers. I must say the residents had already completed the unscramble sheet prior to the staff so they knew the correct answers. We had a winner, Sarah (Activity Assistant in MC), who was able to unscramble the most words. Every day, the Activity Director would put up a phrase on the whiteboard in the living room to give the residents, family and staff a chance to make the most words using the phrase that was posted. Ms. Margaret made the most words each day. She would sit there and come up with words daily, but you better not put any words under her list: she was not having that. She tells you, "Make your own list; you get the credit for it, not me." It was such a great month. Next was our Father's Day fishing outing to Falls River Dam. It was a pleasure to see the men fish and have a great time. The guys had their hats, rods and chairs, just enjoying the time at the lake: Time that will not be forgotten. June, we held our first Alzheimer's awareness fundraiser plate sale, and it was a great success. We look forward to our event this month. Bye-Bye, June, and hello, July. So be on the lookout for our next event. We look forward to seeing you there.



### Sun Tea Inside

Brewing a jug of tea on a sunny porch is a nostalgic summertime activity. You can capture this old-fashioned feeling by making sun tea indoors. Simply place four black tea bags in a quart of cold water, cover, and let sit for 2 to 3 hours. If you want sweet tea, add honey, agave syrup or simple syrup, since liquids will dissolve better in cold water than granulated sugar. Food editors say this cold-brewing method results in a better-tasting tea that's ready for serving over ice.

### Cornhole Competition

Wind up your throwing arm and get ready to join us for a game of cornhole! This lawn game is easy to learn and a fun way to bond with your friends and neighbors. See calendar for location and times.

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## Here's to Our Independence

If your Fourth of July plans include gatherings of friends and family for barbecues and fireworks, don't forget to take a moment to remember those who fought for our country's independence so long ago.

The revolutionaries of 1776 couldn't have imagined how far we would come. The great strides we've made in science, technology, medicine and social justice are only more amazing when you consider where we started. So while you're enjoying the all-American foods and breathtaking sights of Independence Day, take some time to thank those first Americans who took a leap into the unknown in the hopes of a better tomorrow. Our office will be closed on July 4 so that our team can observe this holiday as well.

## Positive Thought

"Some of the best memories are made in flip-flops." — Kellie Elmore

**"I don't need a fancy party to be happy. Just good friends, good food and good laughs. I'm happy. I'm satisfied. I'm content."**  
 —Maria Sharapova

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
2 9:30 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	3 9:30 Encouraging Words for the day! 10:30 Zumba w/ Linda 11:00 July Trivia 1:00 Pet Therapy w/Catherine 1:30 BINGO 2:00 Music w/ Luke 2:30 Baking Cupcakes	4 <b>Independence Day</b> 9:30 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Word Search <b>1:30 4th of July Party</b> 3:00 Pet Therapy w/ Denise	5 9:30 Encouraging Words for the day! 10:30 Move it! Move it! 11:00 Puzzles at the table 1:30 BINGO 2:00 Music w/John	6 9:30 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Basketball/Unscramble 1:30 Diamond Art Club 1:30 Reading With your Buddy	7 9:30 Encouraging Words for the day! 10:30 Move it! Move it! 11:00 Word Search 1:30 BINGO 2:30 Visit From the Ice Cream Truck 3:00 HAPPY HOUR!!	8 9:30 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
9 9:30 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 2:00 Music w/Renee 3:00 Music by Harrison	10 9:30 Encouraging Words for the day! 10:30 Zumba w/ Linda 11:00 Worksheet Packet w/ Friends 1:00 Pet Therapy w/Catherine 1:30 BINGO	11 9:30 Encouraging Words for the day! 10:30 Aerobics 11:00 Basketball/Unscramble 11:00 Word Search 1:30 Baking w/Freddie 1:30 Music w/ Roseanne	12 9:30 Encouraging Words for the day! 10:00 Master Gardeners 11:00 Reading w/Friends 1:30 BINGO 2:00 Music w/John	13 9:30 Encouraging Words for the day! 10:30 Aerobics 11:00 Meditation in the Gallery 1:30 Diamond Art Club	14 9:30 Encouraging Words for the day! 10:00 Pet Therapy w/ Brenda 11:00 Word Search 1:30 BINGO 2:30 HAPPY HOUR!! 3:30 Music w/ Christian	15 9:30 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
16 9:30 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	17 9:30 Encouraging Words for the day! 10:30 Zumba w/ Linda 11:00 Worksheet Packet w/ Friends 1:00 Pet Therapy w/Catherine 1:30 BINGO	18 9:30 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Pet Therapy w/ Denise 11:00 Word Search 1:30 Baking w/Freddie	19 9:30 Encouraging Words for the day! 10:30 Move it! Move it! 11:00 Reading w/Friends 1:30 BINGO 2:00 Music w/John	20 9:30 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Basketball/Unscramble 1:30 Diamond Art Club	21 9:30 Encouraging Words for the day! 10:30 Move it! Move it! 11:00 Word Search 1:30 BINGO 2:30 HAPPY HOUR!!	22 9:30 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
23 9:30 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	24 9:30 Encouraging Words for the day! 10:30 Zumba w/ Linda 11:00 Worksheet Packet w/ Friends 1:00 Pet Therapy w/Catherine 1:30 BINGO	25 9:30 Encouraging Words for the day! 10:30 Aerobics 11:00 Basketball/Unscramble 11:00 Word Search 1:30 Baking w/Freddie	26 9:30 Encouraging Words for the day! 11:00 Reading w/Friends 1:30 BINGO 2:00 Music w/John	27 9:30 Encouraging Words for the day! 10:30 Aerobics 11:00 Painting with Friends 1:30 Diamond Art Club	28 9:30 Encouraging Words for the day! 10:00 Pet Therapy w/ Brenda 11:00 Word Search 1:30 BINGO 2:30 HAPPY HOUR!!	29 9:30 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
30 9:30 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	31 9:30 Encouraging Words for the day! 10:30 Zumba w/ Linda 11:00 Worksheet Packet w/ Friends 1:00 Pet Therapy w/Catherine 1:30 BINGO 2:30 July Birthdays/HAPPY HOUR!!					

## Employee of the Month for June!

Falls River nominated Mr. Jerry (housekeeper) for his hard work and dedication. Mr. Jerry was a custodian at our Memory Care community. He then moved to our Assisted Living community, where he has made a difference. He is always willing to lend a helping hand to others. He ensures that our community is spotless. He greets you with a wave and keeps right on working. He is always on time and goes over and beyond. Mr. Jerry will make sure that the staff office is clean and make sure there is no trash before he ends his shift. Mr. Jerry will make sure he asks, "Is there anything I can help you with or can I take your trash out?" The day we presented Mr. Jerry with the gift, it was a great feeling to see the smile on his face. It's great when you can give a person a gift and their emotions tell it all. We present to you the Employee of the Month, Mr. Jerry. So, if you see Mr. Jerry, tell him, "Job well done!"



## Waffle Wit

Q: What do you call a waffle on a California beach?  
A: A sandy Eggo.



## How To Make Sun Prints

This simple project combines science and art to create a cool design.

### Materials:

- Small, flat objects such as leaves, flower petals, feathers, buttons, keys, etc.
- Construction paper (dark colors are best)
- Clear tape

### Directions:

Arrange the objects on the construction paper. Flat objects with lots of details, like the veins in a leaf, will make better prints. Use small pieces of tape to secure the items to the paper. Place the sheet of paper outside in direct sunlight. You can also tape the sheet of paper to a window indoors, with the side holding the objects facing outside.

After at least 4 hours, carefully remove the taped objects from the paper to reveal the sun prints left behind. You can frame the designed paper, place it in a journal or cut it into squares to make greeting cards.