

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

SEPTEMBER 2023

Age With Confidence

September is Healthy Aging Month, a time dedicated to helping people become aware of their physical and mental health, diet, and social relationships, which are factors that contribute to growing older the best way possible.

Health professionals say these lifestyle choices are key to aging well:

- Exercise regularly to maintain a healthy body and brain. Take a daily walk with a friend or neighbor; the conversation can give you a mental workout.
- Eat a nutrient-dense diet. Include a variety of fruits and vegetables, whole-grain foods, lean meats and healthy fats.
- Be positive in what you say and do. Surround yourself with happy people and you'll be happier, too.
- Find various ways to socialize. Volunteer, play games, and make an effort to develop new friendships and stay in touch with old pals.
- Encourage your inner artist. If you've always wanted to play a musical instrument or learn to knit or paint, seek out a class and follow your passion.

Check Your Cholesterol

September is National Cholesterol Education Month. Adults over the age of 20 should have their levels tested every four to six years. Assess your knowledge on this subject:

1. What year was the first statin, a cholesterol-lowering medicine, approved in the U.S.?
2. True or False: Eating healthy, fiber-rich foods can lower cholesterol.
3. High cholesterol is connected to what leading cause of death?

(Answers: 1. 1987; 2. True; 3. heart disease)



Memorable Melody: 'The September of My Years'

"One day you turn around and it's summer; next day you turn around and it's fall." For many folks, that's a relatable sentiment. The words are the opening lyrics of the title track on one of Frank Sinatra's most famous albums, which won the Grammy Award for best album of 1965. An example of life imitating art, the popular crooner was turning 50 that year, and music critics say the ballad's wistful tone echoed Sinatra's outlook as he entered the "golden, warm September" season of his life.



SEPTEMBER 2023

Celebrate Labor Day

"The fruit derived from labor is the sweetest of all pleasures."

—Luc de Clapiers

Enjoy the fruits of your labor at our Labor Day open house in the clubhouse. It's hard-working people like you who make our community and country great! So take a little time to celebrate with your neighbors and make the most of this last official holiday of the summer season. Snacks and refreshments will be served, so make sure you stop by! (See the office for details.)

Word for September: Rest

This month, we take time to "rest" and honor America's workforce on Labor Day. This "freedom from activity or labor," as described by Merriam-Webster's dictionary, also clocks in at an appropriate time when summer is winding down. Use the day to relax and recharge after a season of fun activities.

**"Be curious always!
For knowledge will not acquire you;
you must acquire it."
—Sudie Back**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Ladies Spa Day Outing! 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 11:00 Word Search 1:30 BINGO 2:30 HAPPY HOUR!!	
3 9:45 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	4 Labor Day Picnic! 9:45 Encouraging Words for the day! 10:30 Zumba w/ Linda 1:00 Pet Therapy w/Catherine 1:30 BINGO 2:00 Music w/ Luke 2:30 Baking w/Freddie	5 Museum Outing! 9:45 Encouraging Words for the day! 10:30 Aerobics 11:00 Word Search 2:30 Ice Cream Social 3:00 Pet Therapy w/ Denise	6 9:45 Encouraging Words for the day! 10:30 Exercise 11:00 Magazine Search/Basketball 1:00 BINGO 2:00 Music w/John	7 9:45 Encouraging Words for the day! 10:30 Aerobics 11:00 Horseshoes 1:30 Diamond Art Club 2:00 Chef Chat	8 Olive Garden Outing! 9:45 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	9 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
10 9:45 Encouraging Words for the day! 10:00 Sunday Service Pastor Dawn 11:00 Hayes Barton Baptist Church 2:00 Music w/Renee 3:00 Music by Harrison	11 9:45 Encouraging Words for the day! 10:30 Zumba w/ Linda 1:00 Pet Therapy w/Catherine 1:30 BINGO 2:30 Baking w/Freddie	12 Men's Day Outing! 9:45 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Word Search 11:30 Bean Bag Toss 2:30 Ice Cream Social	13 Ride Along! 9:45 Encouraging Words for the day! 10:00 Master Gardeners 11:00 Magazine Search/Basketball 1:00 BINGO 2:00 Music w/John	14 9:45 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Meditation in the Gallery 11:30 Bowling/Sing Along 1:30 Diamond Art Club 2:30 Board Games	15 Bowling Outing! 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 11:00 Word Search 2:30 HAPPY HOUR!! 6:30 Family Bingo Night	16 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
17 9:45 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	18 9:45 Encouraging Words for the day! 10:30 Zumba w/ Linda 11:00 Resident Council Meeting 1:00 Pet Therapy w/Catherine 1:30 BINGO 2:30 Baking w/Freddie	19 Torero's Mexican Rest. Outing! 9:45 Encouraging Words for the day! 10:30 Aerobics 11:00 Pet Therapy w/ Denise 11:00 Word Search 11:30 Bowling/Sing Along 2:30 Ice Cream Social	20 9:45 Encouraging Words for the day! 11:00 Magazine Search/Basketball 1:00 BINGO 2:00 Music w/John	21 9:45 Encouraging Words for the day! 10:30 Aerobics 11:00 Horseshoes 1:30 Diamond Art Club 4:15 Movercize W/Rich	22 Library Outing! 9:45 Encouraging Words for the day! 10:00 Pet Therapy w/ Brenda 11:00 Word Search 1:30 BINGO 2:30 HAPPY HOUR!!	23 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
24 9:45 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	25 9:45 Encouraging Words for the day! 10:30 Zumba w/ Linda 1:00 Pet Therapy w/Catherine 1:30 BINGO 2:30 Baking w/Freddie	26 Kemp's Seafood Outing! 9:45 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Word Search 2:30 Ice Cream Social	27 Shopping Outing! 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 11:00 Magazine Search/Basketball 1:00 BINGO 2:00 Music w/John	28 9:45 Encouraging Words for the day! 10:30 30-minute Workout 11:30 Bowling/Sing Along 1:30 Diamond Art Club	29 September Birthday Celebration! 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 11:00 Word Search 1:30 BINGO 2:30 HAPPY HOUR!!	30 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend

Historic Events in September

Focus on American Labor

1794: The first American labor union—the Federal Society of Journeymen Cordwainers (shoemakers)—forms in Philadelphia.

1854: A secret militant organization of Irish miners working in the Pennsylvania coal industry forms the Molly Maguires to fight the mine operators.

1867: The first eight-hour day is instituted by the Illinois state legislature.

1886: Samuel Gompers, a former cigar maker, founds the American Federation of Labor (AFL).

1894: A U.S. congressional resolution makes Labor Day a legal holiday.

1926: Henry Ford adopts the eight-hour day and five-day work week to alleviate a depression in the auto industry.

1936: The practice of ceasing to work but occupying the workplace first occurs on a mass scale in the rubber factories of Akron, Ohio.

1939: The Supreme Court rules that sit-down strikes are illegal.

1948: Cost-of-living raises, based on the U.S. cost-of-living index, are first negotiated into General Motors-United Auto Workers Union contracts.

1955: The AFL and CIO labor unions become the AFL-CIO on Dec. 5. Estimated membership: 15 million.

1981: President Reagan fires 11,600 air traffic controllers after they refuse to obey a court order.

'Rescue' Is One

How many words can you come up with using the letters in "crunching leaves"?



September Birthdays

Margaret	9/10
Robert	9/15
Bill	9/23
Jennifer	9/30



Sept. 11: We Remember

Sept. 11 is designated as Patriot Day in memory of the nearly 3,000 who died in the Sept. 11, 2001, terrorist attacks. To honor those who died, the American flag is displayed prominently and flown at half-staff; Americans are also asked to observe a moment of silence beginning at 8:46 a.m., marking the first plane crash. We honor the memory of those we've lost and hope you'll take some time on the 11th to remember the many who died on this tragic day.

I love
my
Family