

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

OCTOBER 2025



Influenza Season

'Tis the season again, **flu season**. Did you know that adults aged 65 and older account for the highest rates of influenza related hospitalizations, complications, and mortalities? In the 2023-2024 flu season of 27,965 deaths, 19,038 were among those 65 and older. Proper hand hygiene and respiratory etiquette reduce transmission. Annual influenza vaccinations are always the first line of defense and recommended. Depending on a person's age a higher dose may be required. Remember if you're not feeling well it is essential to not visit those in healthcare settings. To locate nearby flu shot providers use the CDC Vaccine Finder tool.



Thank You

We want to Thank you for being a part of our Ageless Adventure, Assisted Living Week at Falls River Assisted Living and Memory Care. We had a blast during the week from twin day on Monday to our family fun day on Friday. We have plenty of pictures from the week posted on our Facebook page. Please visit our Facebook page, don't forget to like and comment @FallsRiverAssistedLivingandMemoryCare You can see what an amazing week we had together. We thank everyone for making this event a huge success. We appreciate you!



OCTOBER 2025

Transportation Information
Read All about It!

Mondays and Fridays—Are Reserved for Emergency appointments only

Tuesday and Wednesdays—Available for doctors’ visits for Falls River Village and Court Residents

Thursdays—Reserved for Falls River Village and Court outings

NOTE: There is a 15-mile radius on all appointments one way.

Game Days

The last two to three weeks in October are the only time of the year when all four of America’s major professional sports leagues schedule games: the National Basketball Association begins its preseason; the National Hockey League and National Football League are playing regular season games; and Major League Baseball is in its postseason. There have been more than 30 occasions when all four leagues played games on the same day, an occurrence known as a “sports equinox.”

“To me, every hour of the day and night is an unspeakably perfect miracle.”
—Walt Whitman

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	2 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 2:00 -Dining Chat with Chelsea (GAL) 3:30 -Word Search (GAL)	3 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Community Trunk or Treat (Parking Lot)) 11:30 -Jammin’ with Christian (LR) 1:00 -BINGO (GAL) 2:30 -1st Friday Happy Hour (GAL)	4 9:00 -Enjoying Nature (Courtyard) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided) 3:00 -Walking for Wellness (Self-Guided)
5 9:00 -Enjoying Nature (Courtyard) 11:00 -Hayes Barton Baptist Church Livestream (LR) 1:00 -Faithful Friends Fellowship (LR) 2:30 -Walking for Wellness, Self-Guided 3:00 Board Games, Self-Guided (GAL)	6 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Zumba with Linda (LR) 1:00 -BINGO (GAL) 2:00 -Music with Luke (LR) 3:00 -Creative Art, Fall Painting (GAL)	7 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Resident Council Meeting (GAL) 2:00 -Sharing with Seniors (LR) 3:15 -Ice Cream Social (GAL)	8 9:15 -Walking for Wellness (Self-Guided) 9:30 -Forget Me Not Support Group (GAL) 9:30 -Forget Me Not Support Group (GAL) 9:45 -Sharing Words of Encouragement (Sunroom) 10:30 -Body Stretches (LR) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	9 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Sit N Stitch Interest Meeting (GAL) 12:45 -Resident Outing, Raleigh Little Theater Play ✓ 3:30 -Word Search (GAL)	10 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:00 -Pet Therapy w/ Brenda 10:30 -Body Stretches (LR) 10:30 -Community Trunk or Treat (Parking Lot)) 1:00 -BINGO (GAL)	11 9:00 -Enjoying Nature (Courtyard) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided) 3:00 -Walking for Wellness (Self-Guided)
12 9:00 -Enjoying Nature (Courtyard) 11:00 -Hayes Barton Baptist Church Livestream (LR) 2:30 -Walking for Wellness, Self-Guided	Columbus Day 13 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Zumba with Linda (LR) 1:00 -BINGO (GAL) 2:30 -Art Therapy Class (GAL)	14 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Select Rehab Workout (LR) 11:00 -Deal or No Deal (LR) 2:00 -Baking a Fall Dessert (GAL)	15 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	16 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Mindfulness & Meditation (LR) 12:00 -The Price is Right (LR) 3:30 -Word Search (GAL) 4:00 -Movercize with Rich	17 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Community Trunk or Treat (Parking Lot)) 1:00 -BINGO (GAL)	18 9:00 -Enjoying Nature (Courtyard) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided) 3:00 -Walking for Wellness (Self-Guided)
19 9:00 -Enjoying Nature (Courtyard) 11:00 -Hayes Barton Baptist Church Livestream (LR) 1:00 -Faithful Friends Fellowship (LR) 2:30 -Walking for Wellness, Self-Guided	20 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Zumba with Linda (LR) 1:00 -BINGO (GAL) 1:30 -Creative Jewelry Class (GAL)	21 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Select Rehab Workout (LR) 11:00 - A Talk with Tiff (GAL) 1:30 -Making Fall Crafts (GAL)	22 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Body Stretches (LR) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	23 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 1:00 -Resident Outing, Picking Pumpkins HuckleBug Farm ✓ 2:00 -Cook’s Corner w/ Chelsea 3:30 -Word Search (GAL)	24 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:00 -Pet Therapy with Brenda 10:30 -Body Stretches (LR) 10:30 -Community Trunk or Treat (Parking Lot)) 1:00 -BINGO (GAL) 2:30 -October Birthday Celebration (GAL)	25 9:00 -Enjoying Nature (Courtyard) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided) 3:00 -Walking for Wellness (Self-Guided)
26 9:00 -Enjoying Nature (Courtyard) 11:00 -Hayes Barton Baptist Church Livestream (LR) 2:30 -Walking for Wellness, Self-Guided	27 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Moving to Music (LR) 1:00 -BINGO (GAL) 2:00 -Teatime Social (GAL)	28 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Select Rehab Workout (LR) 1:30 -Making Apple Cider (GAL) 2:30 -Ice Cream Social (GAL)	29 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	30 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Making Halloween Decorations Cont... (GAL) 2:00 --Teatime Social (GAL) 3:30 -Word Search (GAL)	31 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Community Trunk or Treat (Parking Lot)) 1:00 -BINGO (GAL) 2:30 -Fall Festival Social (GAL)	



Dorothy Gaglione-----October 24
 Cassandra Piovoso-----October 24
 Eleanor Blackwell-----October 25
 Katie Davis-----October 28



Think Pink

October is Breast Cancer Awareness Month, and the National Football League shows its commitment to the cause through the campaign "A Crucial Catch," which focuses on the importance of regular breast cancer screenings. During October, NFL players, coaches and referees wear pink caps, shoes, socks and other apparel. Much of the game-worn apparel is auctioned off online, with proceeds benefiting American Cancer Society programs.



- **Executive Director**
Barbara Riexinger
 - **Assisted Living Director**
Tiffany Utley
 - **Business Office Director**
Caroline Mbithi
 - **Maintenance Director**
Joseph DeWeese
 - **Activities Director**
Adriana (Michelle) Moore
 - **Food Service Director**
Chelsea Jacobs
 - **Sales & Marketing Director**
Virginia (Ginger) Dawson
 - **Resident Care Coordinator**
Angel White
 - **Memory Care Coordinator**
Reshonda Alston
 - **Maintenance Assistant**
Eric Parson
 - **Activity Assistant**
Allanzandrea (Alex) Watkins
 - **Bus Driver**
Randolph (Randy) Fairconeture
- *****

If you would like to speak to one of these Team Members, please contact the front desk at 919-844-9747.

If you would like to email a manager, please use this format: first initial of first name, last name @ tarantinoseniorliving.com (example: briexinger@tarantinoseniorliving.com)

