

THE Falls River Village Lifestyle



FALLS RIVER
ASSISTED LIVING & MEMORY CARE

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ASSISTED LIVING COMMUNITY

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NOVEMBER 2023

Apple Scent-sation

Make the fragrance of fall last with some dried apples and a few spices. You can combine the ingredients to create aromatic wreaths and potpourri for your own home or to give as gifts.

For dried apples, any variety of red apple is a good choice. You'll want fruit that's firm and not bruised. Begin by slicing several apples lengthwise, from the stem through the core, into 1/4-inch thick pieces. To keep the slices from turning brown, soak them in a bowl of lemon juice, then pat dry.

Next, place the slices in a single layer on a baking sheet and sprinkle with a mixture of ground cloves, cinnamon and nutmeg. Bake at 200° F for about 4 hours. After removing them from the oven, let the slices sit for up to 24 hours to ensure they are completely dry.

String slices together on a length of wire to form a wreath or garland, or attach them to a store-bought wreath using wire or glue. For an extra spicy scent, add whole cinnamon sticks to the wreath or poke whole cloves into the apple slices.

For potpourri, simply place dried apple slices, cloves and cinnamon sticks in a bowl, or add a portion of the mix to a pot of water on your stovetop. Simmer on low, then turn off the heat and let the fragrance fill your home.



National Diabetes Month

November is National Diabetes Month, and doctors say that in addition to eating a balanced diet and exercising regularly, getting enough sleep and managing stress are key factors in controlling blood sugar levels.



NOVEMBER 2023

Tiny Turkey

This little turkey will be a cute addition to your Thanksgiving décor.

Materials:

- Large clothespin
- Craft glue
- Wiggle eyes
- Scissors
- Orange or yellow construction paper
- Fall leaves (real or fake)

Directions:

Create the turkey's body from the clothespin. The clasp end will be the top of the turkey's head. Glue the wiggle eyes onto one of the flat sides of the pin. Then, cut out a small triangle from the construction paper to make the turkey's beak. Glue the beak in place beneath the eyes.

Stack two or three leaves together to make the turkey's feathers. Try a smaller, rounder leaf on top of larger, pointed leaves. Glue the stack of leaves together, then place a line of glue on the back of the clothespin and attach it to the center of the leaf stack. Stand the turkey up on the "feet" of the clothespin. If desired, use the clasp to hold a small photo or a place card for your holiday table.

"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."
—Charlotte Rae

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:45 Encouraging Words for the day! 10:30 30-minute Exercise 11:00 Making words w/Dice 1:00 BINGO 2:00 Music w/John	2 9:45 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Cornhole 1:30 Diamond Art Club 2:00 Chef Chat	3 9:45 Encouraging Words for the day! 11:00 Meditation in the Gallery/Table Games 1:30 BINGO 2:30 HAPPY HOUR!!	4 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
5 9:45 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	6 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	7 9:45 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Pokeno 2:30 Ice Cream Social 3:00 Pet Therapy w/ Denise	8 10:00 Master Gardeners 10:30 Move it! Move it! 11:00 Word of encouragement 1:00 BINGO 2:00 Music w/John	9 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 5:00 Thanksgiving Dinner	10 Veterans Day (Observed) 9:45 Encouraging Words for the day! 10:00 Pet Therapy w/ Brenda 10:30 Move it! Move it! 1:30 BINGO 2:30 HAPPY HOUR!! 3:30 Music w/ Christian	11 Veterans Day 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
12 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	13 9:45 Encouraging Words for the day! 10:30 Zumba w/ Linda 1:00 Pet Therapy w/Catherine 1:30 BINGO	14 9:45 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Pokeno 11:30 Bowling/Sing Along 2:30 Ice Cream Social	15 9:45 Encouraging Words for the day! 11:00 Making words w/Dice 1:00 BINGO 2:00 Music w/John	16 9:45 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Cornhole 1:30 Diamond Art Club 4:15 Movercize W/Rich	17 9:45 Encouraging Words for the day! 1:30 BINGO 2:30 HAPPY HOUR!!	18 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
19 9:45 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	20 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	21 9:45 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Pet Therapy w/ Denise 11:00 Pokeno 2:30 Ice Cream Social	22 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 11:00 Making words w/Dice 1:00 BINGO 2:00 Music w/John	23 Thanksgiving 9:45 Encouraging Words for the day! 10:30 30-minute Workout 11:30 Bowling/Sing Along 1:30 Diamond Art Club	24 9:45 Encouraging Words for the day! 10:00 Pet Therapy w/ Brenda 10:30 Move it! Move it! 1:30 BINGO 2:30 HAPPY HOUR!!	25 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
26 9:45 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	27 9:45 Encouraging Words for the day! 10:30 Zumba w/ Linda 1:00 Pet Therapy w/Catherine 1:30 BINGO	28 9:45 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Pokeno 11:30 Bowling/Sing Along 2:30 Ice Cream Social	29 9:45 Encouraging Words for the day! 11:00 Making words w/Dice 1:00 BINGO 2:00 Music w/John	30 9:45 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Cornhole 1:30 Diamond Art Club		

Green Bean and Corn Casserole

Switch up a few ingredients, and this update to a classic holiday side dish may become a new favorite!

Ingredients:

- 1 bag frozen French-style green beans
- 1 cup chopped celery
- 1/2 cup sour cream
- 1 can cream of celery soup
- 1 can of corn, drained
- 1 green bell pepper, chopped
- 1/2 cup grated cheddar cheese
- 1 sleeve butter crackers, finely crushed
- 3 tablespoons melted butter

Directions:

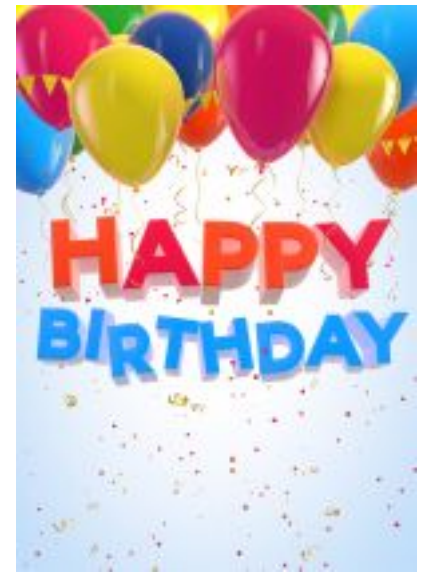
Heat oven to 350° F. In a large mixing bowl, combine the first 7 ingredients and pour into a prepared 9-by-13-inch baking dish.

Stir together the crushed crackers and melted butter; spread the mixture over the top of the casserole.

Bake for 45 minutes or until hot and bubbly.

Tip: To make this recipe a main dish, mix in 1 cup of diced ham and 1 cup of shredded cooked chicken.

For more recipes, go to Smithfield.com.



NOVEMBER 2023

BIRTHDAY

Boyd

11/24

Popular Pages: 'Dune'

One of the best sci-fi works of all time, "Dune" by Frank Herbert was published in 1965. The lengthy novel is set on the desert planet Arrakis, ruled by the Atreides family, which is home to a highly coveted resource that extends life, enhances mental abilities and allows for space navigation. Unfortunately, many factions want to take control of Arrakis and its valuable lands. In 1966, the novel tied for the Hugo Award and won the Nebula Award for Best Novel, two prestigious science fiction literary prizes. Among the many film and television adaptations are 2021's "Dune" and the upcoming "Dune: Part Two" (2024), starring Timothée Chalamet and Zendaya.

