

THE Falls River Village Lifestyle



FALLS RIVER
ASSISTED LIVING & MEMORY CARE

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ASSISTED LIVING COMMUNITY

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DECEMBER 2023

Frosty Facts About Chilly Critters

While winter weather makes some of us shudder, to these animals, the coldest season is "snow" big deal! *Snowshoe hare*. This astonishing little hare, residing within North America, changes color for the seasons, wearing a white coat in the winter and a brown coat in spring and summer. Snowshoe hares are identifiable by the very tips of their ears, which always stay black, and large hind legs that keep the critters from sinking in the snow.

Snowy owl. This striking bird is always on the move. As Arctic summers are full of extreme daylight, these owls have learned to hunt during the day, as well as at night. They travel far, too; one snowy owl, tracked in 2012, made a 7,000-mile round trip through Massachusetts and the Arctic.

Snow monkey. Also known as the Japanese macaque, these monkeys live on three of the four main Japanese islands. The primates located in the colder areas often bathe in thermal springs heated by volcanoes. They also make snowballs, just for fun!

Snow leopard. At home in the Himalayas and other mountain ranges of Asia, snow leopards are solitary and elusive, earning them the nickname "ghosts of the mountains." The cat stays cozy by wrapping its long tail around its body like a blanket.

Arctic ground squirrel. This is the only ground squirrel that dwells in the northernmost regions of Russia and North America. These mammals hibernate for seven to eight months and have a rare way of doing it: Their body temperature drops below freezing, and they can spend 12 to 15 hours shivering in their sleep to stay warm.



Brain teaser

Question: I beam, shine and sparkle white. I brighten the day with a single light. I charm and enchant one and all, lifting you up when spirits fall. What am I?

Answer: A smile.

**DECEMBER
2023**

**The Joy of
Simple Things**

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

Treats. Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration. *Decorations.* Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

Crafts. Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work. *Music.* Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.

**"Bells are music's
laughter."
—Thomas Hood**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|---|---|
| | | | | | 1 | 2 |
| | | | | | 9:45 Encouraging Words for the Day! 10:30 30-minute Workout 1:30 BINGO 2:30 HAPPY HOUR!! | 9:45 Encouraging Words for the Day! 10:30 Move It! Move It! 1:30 Activity with a Friend |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 9:45 Encouraging Words for the Day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison | 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 | 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 | 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 | 9:45 Encouraging Words for the Day! 10:30 30-minute Workout 11:30 Bowling/Sing Along 1:30 Diamond Art Club 2:00 Chef Chat | 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 | 9:45 Encouraging Words for the Day! 10:30 Move It! Move It! 1:30 Activity with a Friend |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 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 | 9:45 Encouraging Words for the Day! 10:30 Zumba w/ Linda 1:00 Pet Therapy w/ Catherine 1:30 BINGO | 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 | 9:45 Encouraging Words for the Day! 10:30 Exercise with Friends 11:00 Making Words w/ Dice 1:00 BINGO 2:00 Music w/ John | 9:45 Encouraging Words for the Day! 10:30 30-minute Workout 11:00 Bible Study w/ TCOR 1:30 Diamond Art Club 2:00 Movie Day w/ Popcorn | 9:45 Encouraging Words for the Day! 10:30 30-minute Workout 1:30 BINGO 2:30 HAPPY HOUR!! | 9:45 Encouraging Words for the Day! 10:30 Move It! Move It! 1:30 Activity with a Friend |
| 17 | Holiday Spirit Week! 18 | 19 | 20 | 21 | 22 | 23 |
| 9:45 Encouraging Words for the Day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison | 7:00 Hat Day 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 | 7:00 Holiday Sock Day! 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 | 7:00 Wear Red Shirt Day! 9:45 Encouraging Words for the Day! 10:30 Exercise with Friends 10:30 Move It! Move It! 11:00 Making Words w/ Dice 1:00 BINGO 2:00 Music w/ John | Sleigh Ride 3:00-4:00 At Village 7:00 Holiday PJ Day! 9:45 Encouraging Words for the Day! 10:30 30-minute Workout 11:30 Bowling/Sing Along 1:30 Diamond Art Club 2:00 Movie Day w/ Popcorn 4:15 Movercize w/ Rich | 7:00 Ugly Sweater Day! 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!! | 9:45 Encouraging Words for the Day! 10:30 Move It! Move It! 1:30 Activity with a Friend |
| 24 | Christmas 25 | 26 | 27 | 28 | 29 | 30 |
| 9:45 Encouraging Words for the Day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison | 9:45 Encouraging Words for the Day! 10:30 Zumba w/ Linda 1:00 Pet Therapy w/ Catherine 1:30 BINGO | 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 | 9:45 Encouraging Words for the Day! 10:30 Exercise with Friends 11:00 Making Words w/ Dice 1:00 BINGO 2:00 Music w/ John | 9:45 Encouraging Words for the Day! 10:30 30-minute Workout 11:00 Bible Study w/ TCOR 1:30 Diamond Art Club 2:00 Movie Day w/ Popcorn | 9:45 Encouraging Words for the Day! 10:30 30-minute Workout 1:30 BINGO 2:30 HAPPY HOUR!! | 9:45 Encouraging Words for the Day! 10:30 Move It! Move It! 1:30 Activity with a Friend |
| 31 | | | | | | |
| 9:45 Encouraging Words for the Day! 11:00 Hayes Barton Baptist Church 2:30 December Birthdays/HAPPY HOUR!! 3:00 Music by Harrison | | | | | | |



A Fruitful New Year

To fill up on good luck, some revelers welcome the New Year by gobbling up grapes. The Spanish tradition of eating 12 grapes, one for each month of the year ahead, dates to around the 1900s and increasingly has become part of holiday celebrations around the world.

December Celebrations

During December, there are three major holidays celebrated around the world: Christmas, Hanukkah and Kwanzaa.

Christmas. Observed on Dec. 25, Christmas celebrates the birth of Jesus Christ, the central figure in Christianity. According to Christian tradition, the infant Jesus was born to the Virgin Mary, placed in a manger, and visited by shepherds and wise men. Nativity scenes depicting these figures in a stable setting are popular holiday decorations. Other common Christmas symbols, such as evergreen trees and Yule logs, originate from ancient celebrations of the winter solstice. Those who celebrate Christmas often exchange gifts with loved ones, and children look forward to receiving gifts from Santa Claus.

Hanukkah. An eight-day Jewish celebration, Hanukkah occurs in late November or December, beginning on the 25th day of Kislev on the Hebrew calendar. The holiday focuses on the miraculous oil that the Jews used to light the menorah in the newly reclaimed Jerusalem Temple. Although there was only enough oil to last one night, the menorah candles burned for eight nights. Families celebrate Hanukkah by preparing traditional foods and lighting the menorah, adding one candle on each night.

Kwanzaa. Observed from Dec. 26 through Jan. 1, Kwanzaa is a celebration of African-American culture and heritage. Based on traditional harvest celebrations, Kwanzaa highlights the seven principles of African heritage: unity; self-determination; collective work and responsibility; cooperative economics; purpose; creativity; and faith. Many Kwanzaa celebrations include candle lighting, discussion, music, feasting and gift-giving.



Brain Bender: Snow Day Scramble

Unscramble each of the wintry words below, then rearrange the bolded letters in each set of answers to reveal another related word.

- E I M N T S T**: _____
L O P W: _____
G B A O T G N O: _____
A C F R S: _____
 Secret word: _____
- E E E F R Z**: _____
L C I E C I: _____
O M S R T: _____
F A U S R E F M: _____
 Secret word: _____
- R O M B O**: _____
L K I S A T H: _____
F E I L: _____
L Y O L J: _____
 Secret word: _____
 (Answers: 1. mittens, plow, toboggan, scarf, snowman; 2. freeze, icicle, storm, earmuffs, flurries; 3. broom, silk hat, life, jolly, Frosty)