



THE Falls River Court Lifestyle



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JANUARY 2024

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.



Waking Up With 'Today'

Many folks start their day by drinking a cup of coffee while watching some feel-good morning news. "The Today Show" was the first TV series to offer this type of programming.

Airing live every weekday morning from New York City's Rockefeller Plaza, "Today" takes an upbeat, relaxed approach to broadcasting, mixing the latest news headlines with longer human-interest stories, as well as reporting the weather and featuring celebrity interviews and musical performances.

"The Today Show" debuted Jan. 14, 1952, with Dave Garroway as the lead anchor. Over the years, the series has launched the careers of journalists who became household names, including Barbara Walters, Hugh Downs, Tom Brokaw, Jane Pauley, Bryant Gumbel and Katie Couric. The show is also known for its popular weathermen. Willard Scott entertained viewers with his travel pieces, comedic props and segments wishing happy birthday to centenarians. The current forecaster on "Today," Al Roker, is beloved for his joyous energy and interviews with fans gathered outside the studio.

Currently at the helm of the morning broadcast are co-anchors Savannah Guthrie and Hoda Kotb.

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Floating Lantern Festivals

Like small hot air balloons, paper lanterns have an opening at the bottom where a heat source is suspended, allowing the lantern to drift across the sky. These bright, floating marvels originated in China and were used as a military signal during the Eastern Han Dynasty (A.D. 25–220). Now, they are used mostly for celebration or in remembrance ceremonies. This tradition doesn't only occur in China; many cultures hold festivals with floating lanterns, including areas in North America, India, Vietnam, Thailand and Poland. Often, a wish, riddle or message to a loved one is written on the lantern before it's released into the sky.

Remember the Good Times

"The next best thing to the enjoyment of a good time is the recollection of it." — James Lendall Basford

"And now let us believe in a long year that is given to us, new, untouched, full of things that have never been."
 —Rainer Maria Rilke

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year's Day 1 9:00 Current Events/News 9:30 Balloon Volley 10:00 Coloring w/Music 11:00 Basketball 11:30 I Spy 1:00 Game Show of their choice 1:30 Nail Care w/Friends 2:30 Music w/ Luke 3:00 Movie w/friends 4:00 Bowling w/Staff 4:30 Beanbag Toss	2 9:00 Current Events/News 9:30 Balloon Volley 10:00 Coloring w/Music 11:00 Basketball 11:30 I Spy 1:00 Game Show of their choice 1:30 Pokeno 2:30 Magazine Search 3:00 Coffee & Chat 3:00 Movie w/friends 4:00 Bowling w/Staff 4:30 Beanbag Toss	3 9:00 Current Events/News 9:30 Balloon Volley 10:00 Coloring w/Music 11:00 Basketball 11:30 I Spy 1:00 Game Show of their choice 1:30 Pokeno 2:30 Magazine Search 3:00 Music with John 4:00 Bowling w/Staff 4:30 Beanbag Toss	4 9:00 Current Events/News 9:30 Balloon Volley 10:00 Coloring w/Music 11:00 Basketball 11:30 I Spy 1:00 Game Show of their choice 1:30 Pokeno 2:30 Magazine Search 3:00 Movie w/friends 4:00 Bowling w/Staff 4:30 Beanbag Toss	5 9:00 Current Events/News 9:30 Balloon Volley 10:00 Coloring w/Music 11:00 Basketball 11:30 I Spy 1:00 Game Show of their choice 1:30 Pokeno 2:15 Happy Hour 2:30 Magazine Search 3:00 Movie w/friends 4:00 Bowling w/Staff 4:30 Beanbag Toss	6 9:00 Current Events/News 9:30 Balloon Volley 10:00 Coloring w/Music 11:00 Basketball 11:30 I Spy 1:00 Game Show of their choice 1:30 Pokeno 2:30 Magazine Search 3:00 Movie w/friends 4:00 Bowling w/Staff 4:00 Table Games 4:30 Beanbag Toss
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**All Events
Are Subject
to Change**



The Power of Music Can Invigorate and Soothe

Caregivers face daily obstacles the mere thought of which can make less robust persons exhausted. Whether pursuing physical tasks of moving a loved one or mental efforts of strained patience, these selfless individuals rely on a variety of strategies to relieve some of their burdens.

One scientifically proven, but less-relied-upon, tactic of which busy caregivers should take note is the power of music. Just as music impassions us, we can also rely on it to soften the edges of life.

For example, if you need to ease into your morning routine, turn up a tune by classical composer Johann Sebastian Bach. His melodies will get you through until that first cup of coffee has kicked in. Then, if your caffeine habit hasn't given you quite the zip you need, switch to Benny Goodman's jazzy version of "Sing, Sing, Sing."

During those days when you face a task that requires an extra surge of energy, prepare by listening to Wagner's "Ride of the Valkyries." This powerful and uplifting piece of music turns even the most mild-mannered reporter into a superhero.

Similarly, during those times when you and your loved one need to wind down and spend some time in quiet contemplation, rely on music to help you focus.

Specifically, science has proven that the brain retains more information while listening to music by Wolfgang Amadeus Mozart.

Finally, when the cares of the day won't seem to leave your thoughts, put on Johann Pachelbel's "Canon in D." Its restful notes will soothe your mind, heart and soul.

A Cook-Off of Regional Chili Recipes

Every cook has their own way of making chili, and so do many states and regions in America. Which is your favorite?

Texas chili. True Texas chili, called "bowl of red" or "Texas red," has no beans whatsoever, though some folks say tomatoes are OK. Stewed meat or ground beef is slow-simmered in a spicy sauce that's given its signature color by whole dried chili peppers.

Cincinnati chili. Seasoned with a spice blend that includes cinnamon and cumin, the signature chili of Ohio is a tomato-based meat sauce that's served over spaghetti and covered with shredded cheese. Add beans or onions to make it a "five-way."

Springfield "chilli." Illinois embraces the extra "L" in their style of stew, created in 1909 at the Dew Chilli Parlor in the state's capital city. The original recipe consisted of spiced ground meat in tomato sauce, with no beans or diced tomatoes.

Chili verde. Travel to New Mexico to taste-test the best version of this green chili, made with smoked Hatch chili peppers, tomatillos and stewed pork.

Hoosier chili. Key ingredients make Indiana's otherwise typical chili recipe stand out: brown sugar for extra sweetness and broken spaghetti or elbow macaroni for a hearty serving of comforting carbs.

