

# THE Falls River Court Lifestyle



FALLS RIVER  
ASSISTED LIVING & MEMORY CARE

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MEMORY CARE COMMUNITY

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## FEBRUARY 2023

### Looking Back on School Lunches

Whether we ate hot lunch in the school cafeteria, brown bagged it or went home at noontime, we all have favorite school lunchtime memories. From *FoodMuseum.com*, here are some highlights of school lunch's history in the U.S.:

*Early 1900s.* During the first half of the 20th century, most children who lived close enough to school went home for lunch. Others brought food in makeshift lunch pails. In some large cities, schools served lunch to students.

*1930s-'40s:* In the Depression era, school lunch programs were launched in urban areas to feed undernourished children. During World War II, the federal government helped communities start school lunch programs.

*1950s:* By the second half of the 20th century, most children had the option of buying hot lunch in the school cafeteria. Those who brought food from home could choose from a variety of colorful metal lunch boxes, many featuring characters such as Hopalong Cassidy, the Lone Ranger and Mickey Mouse. Milk was the standard beverage.

*Late 1900s:* In the 1980s, many schools allowed burger and pizza chains to sell food at lunchtime, and sugary sodas became the beverage of choice. By the 1990s, childhood obesity was prevalent, and parents and educators pushed for schools to stick to federal nutrition guidelines.

*Present:* With a renewed emphasis on health, many schools offer fresh fruits, salads, smoothies and vegetarian options.



### Popcorn Pick: 'Jurassic Park'

The "Jurassic Park" franchise hit it big 30 years ago when Michael Crichton's popular sci-fi novel was made into a movie featuring groundbreaking computer-generated imagery and iconic performances. A theme park full of dinosaur clones revived from extinction sure sounds like a fun idea, but when things go infinitely wrong and the dangerous creatures start escaping, then what? Luckily, paleontologist Alan Grant (Sam Neill), botanist Ellie Sattler (Laura Dern) and chaos theorist Ian Malcolm (Jeff Goldblum) are there to save the day. The original 1993 film was followed by five more movies, comprising two full trilogies—sounds like it's time for a movie-marathon weekend!

### Hugs and Kisses

Etched on candy hearts and signed at the bottom of love letters, the letters "xoxo" symbolize a sweet sentiment of "hugs and kisses." Substituting the letter X for a smooch dates back to the Middle Ages. People who could not read or write would sign documents with an X, then kiss the mark to pledge their sincerity. The letter O joined the X much later, in the mid-1900s, to pair the kiss with a hug.

**FEBRUARY  
2023**

**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.

**Love Is All  
Around**

"When you put love out in the world, it travels, and it can touch people and reach people in ways that we never even expected." —Laverne Cox

**"True friends are like diamonds—bright, beautiful, valuable and always in style."  
—Nicole Richie**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:00 Table Games 1:00 Spa Day 2:00 February Drawing 3:00 Music w/John	2 11:00 Music Time 1:00 Sports Ring 2:00 Bean Bag Toss 3:00 Puzzle Time	3 11:00 Ball Toss 1:00 Craft Day 2:00 Happy Hour 3:00 Name That Tune	4 1:00 BIG PUZZLE DAY
5 11:00 Hayes Barton Baptist Church	6 11:30 Boston Market 1:00 Puzzle Time 2:00 Painting 3:00 BINGO	7 11:00 Picture Day 1:00 Making Jewelry 2:00 Baking Cookies 3:00 Game Show	8 11:15 Master Gardeners 1:00 Spa Day 2:00 Coloring Hearts 3:00 Music w/John	9 11:00 Music Time 1:00 Painting Courtney 2:00 Golf 3:00 Wood Puzzle	10 11:00 Volleyball 1:00 Crafting Courtney 2:00 Happy Hour 3:00 Sing Along	11 1:00 Movie Day
12 11:00 Hayes Barton Baptist Church	13 11:30 Kanki Restaurant 1:00 Guessing Game 2:00 Magazine Search 3:00 BINGO	14 11:00 Reading with Friends 1:00 Valentine's Day Craft 2:00 Baking Goodies 3:30 Bible Study w/ Darlene	15 11:00 Ball Toss 1:00 Spa Day 2:00 Music Time 3:00 Music w/John <b>5:00 Valentine's Day Ball</b>	16 11:00 Music Time 1:00 Reminiscing 2:00 Horseshoe 3:00 Drawing	17 11:00 Decorating 1:00 Craft Day 2:00 Happy Hour 3:00 I Spy	18 1:00 Graham Crackers & Hot Chocolate
19 11:00 Hayes Barton Baptist Church	<b>Presidents Day</b> 20 11:00 Touring Raleigh 1:00 Golf 2:00 Kickball 3:00 BINGO	21 11:00 Laundry Time 1:00 Kickball 2:00 Baking Treats 3:00 Game Show	22 11:00 Connect 4 1:00 Spa Day 2:00 Reading 3:00 Music w/John	23 11:00 Music Time 1:00 Game Show 2:00 Air Hockey 3:00 Coloring w/music	24 11:00 Creating Memories 1:00 Crafting in February 2:00 Happy Hour 3:00 Reading	25 12:00 FAMILY DAY!
26 11:00 Hayes Barton Baptist Church	27 11:30 Bojangles Outing 1:00 Reminiscing 2:00 Volleyball 3:00 BINGO	28 2:00 Celebrating February Birthdays		<b>Everyday Activities</b> 9:00 Devotion 10:00 Morning Exercise 4:00 Evening Exercise		

# Pineapple Button Necklace

Look cute as a button wearing this tropical jewelry!

## Materials:

- Scissors
- Twine, any color
- About 40 yellow buttons, various shapes and sizes
- Green felt
- Craft glue

## Directions:

Cut a piece of twine to the length of a necklace that will fit over your head. Thread a few buttons onto the twine, stacking them to create your first "pineapple." Use 6 to 8 buttons per pineapple, and arrange them with larger buttons in the middle and smaller ones on the ends to mimic the fruit's shape. Each pineapple can be different.

Position the first stack of buttons so that it sits in the center of the twine. Tie a knot at each end of the stack to keep it from sliding along the necklace.

On each side of the first pineapple, add two more button stacks. Space them about 2 inches apart from each other, and remember to tie knots at both ends of each stack. When you have five pineapple button stacks on the twine, tie the ends together to complete the necklace.

From the green felt, cut spiky pineapple tops. Start by cutting out 10 mini triangles, then snip out pieces from each triangle to create pointy spikes or a small crown shape.

Glue 2 crown tops to each pineapple, with the twine sandwiched between the felt. Let dry.



## February Birthdays

Arlene H. ....	2/18
John L. ....	2/19
John Q. ....	2/21

## Four Chaplains Day

Four military heroes are honored every year on Feb. 3, Four Chaplains Day. On that date in 1943, four Army chaplains of varying religious backgrounds were aboard the SS Dorchester when a German U-boat torpedoed the ship. Amidst the aftermath of the attack, the chaplains helped the frightened passengers stay calm, handed out life jackets—including the ones they were wearing—and assisted men into lifeboats. Linking arms as they recited prayers, the chaplains went down with the ship. Numerous memorials, along with ceremonies on Four Chaplains Day, ensure that the men's courage and sacrifice are never forgotten.

## Get Up and Get Going!

Falling, literally and figuratively, is a hurdle that is hard to get over. The Get Up Campaign was launched by the U.S. Figure Skating organization in 2017 to identify the courage, passion and determination that is needed to get back up, not only in the rink, but also in life. Celebrate National Get Up Day on Feb. 1 by starting a new project, going back to one that you may have given up on, or inspiring others to keep going.