

THE Falls River Court Lifestyle



FALLS RIVER
ASSISTED LIVING & MEMORY CARE

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MEMORY CARE COMMUNITY

1130 Falls River Avenue · Raleigh, NC 27614 · (919) 805-3113 · www.fallsriverseniorliving.com

MARCH 2023

Signature Salads

Do you ever wonder where some foods get their names? Celebrate salad season by learning the answers to a few of those mysteries.

Caesar salad. This mix of romaine lettuce and croutons dressed with Parmesan cheese, lemon juice, olive oil, egg, Worcestershire sauce, garlic and black pepper is the creation of restaurateur Caesar Cardini, an Italian immigrant who operated eateries in Mexico and the United States. Legend goes that the salad was created at the Tijuana location on a busy Fourth of July weekend in 1924 when supplies were low.

Cobb salad. The story is that Robert Cobb, owner of the Brown Derby restaurant in Hollywood, put this concoction together as a late-night snack in 1937. The combination of chopped greens, avocado, tomatoes, hard-boiled egg, bacon, cheese and chicken was a big hit. Cobb's companion that evening was friend and Hollywood promoter Sid Grauman, who began asking for "Cobb's salad" whenever he visited the Brown Derby. It was soon put on the menu.

Waldorf salad. Although not a chef, Waldorf Hotel maitre d'hotel Oscar Tschirky often suggested menu ideas, and tradition says he created the Waldorf salad for the hotel's first banquet in 1896. The mix of chopped apples and celery dressed with mayonnaise—walnuts were added to later versions—was an instant success and became a signature dish. "Oscar of the Waldorf" included the recipe in a book he wrote titled simply "The Cook Book." Tschirky worked at the hotel until he retired in 1943.

Go, Fight, Win!

Give a shout for your favorite team—and the squad that supports them—during National Cheerleading Week, the first week of March.



With a Little Luck

In many cultures, good fortune can be gained with the help of a lucky charm.

There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.

Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish. Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants. Members of the insect world, including ladybugs, crickets and dragonflies, symbolize luck in many countries, as do aquatic creatures such as dolphins and goldfish.

MARCH 2023

Homemade Bird Feeder

With spring upon us, flowers begin to bloom and birds begin to tweet. Give those birds a delicious treat with a homemade bird feeder. Simply grab a box of unflavored gelatin and a bag of birdseed at your local grocery store. Mix 1/2 cup hot water and one packet gelatin; once the gelatin is dissolved, pour 1 cup birdseed into the liquid and mix to evenly coat. Next, fill a muffin tin or other fun-shaped molds with the concoction, and allow the mix to harden before "throwing" the snacks to the birds.

March by the Numbers

40. Pounds of dye used to turn the Chicago River green each St. Patrick's Day.
10,000. Approximate number of three-leaf clovers for every four-leaf clover.
50 million. Estimated number of Americans who fill out a bracket for March Madness, the NCAA men's basketball tournament.

**"Magic is believing in yourself. If you can do that, you can make anything happen."
—Johann Wolfgang von Goethe**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p style="text-align: center;">All Events Are Subject to Change</p>			<p>1 11:00 Volleyball 1:00 Spa Day 2:00 I Spy 3:00 Music w/John</p>	<p>2 11:00 Bean Bag Toss 1:30 Crafting W/ Courtney 2:30 Sing Along</p>	<p>3 11:00 Decorating Shamrock Cookies 1:00 Basketball in the LR 2:00 Happy Hour 3:00 Name that Tune</p>	<p>4 1:00 Game Show</p>	
	<p>5 11:00 Hayes Barton Baptist Church</p>	<p>6 10:30 Touring the City of Raleigh 1:00 Painting w/Friends 2:00 Air Hockey 3:00 BINGO</p>	<p>7 11:00 Ball Toss 1:00 Reminiscing 2:00 Decorating Ice Cream 3:00 Game Show with Friends</p>	<p>8 11:00 Master Gardeners 1:00 Spa Day 2:00 Magazine Search 3:00 Music w/John</p>	<p>9 11:00 Music w/ Sue 1:00 Kickball 2:00 Sip and Paint 3:00 Pokeno</p>	<p>10 Fanny Pack Day 11:00 Bowling 1:00 Family Feud 2:00 Happy Hour 4:15 Music w/ Christian</p>	<p>11 1:00 Board Games</p>
	<p>12 11:00 Hayes Barton Baptist Church</p>	<p>13 11:00 Hi and Low 1:00 Trip to the Ice Cream Shop 3:00 BINGO</p>	<p>14 11:00 Crafting in March 1:00 Golf 2:00 Pokeno 5:00 Caregiver Appreciation Celebration</p>	<p>15 11:00 Guessing Game 1:00 Spa Day 2:00 Tic Tac Toe 3:00 Music w/John</p>	<p>16 11:00 Making Shamrocks 1:00 Bowling 2:00 Move to the Beat 3:30 Movercize W/Rich</p>	<p>17 Wear Green Day! 11:00 Making a pot of Gold 1:00 Volleyball 2:00 Happy Hour</p>	<p>18 1:00 Color w/ Friend</p>
	<p>19 11:00 Hayes Barton Baptist Church</p>	<p>20 11:00 Making Music 1:00 Trip to the Library 3:00 BINGO</p>	<p>21 11:00 Making Pig-n-Blankets 1:00 Siting on the porch 2:00 Painting to the Music 3:00 Wheel of Fortune</p>	<p>22 Hug a Friend Day 11:00 Basketball 1:00 Spa Day 3:00 Music w/John</p>	<p>23 11:00 Walk Down Memory Lane 1:00 Connect 4 2:00 Hot Potato 3:00 Wood Puzzle</p>	<p>24 March Madness 11:00 Making a March Collage 1:00 Sing Along 2:00 Happy Hour 3:00 Free Throw Tournament</p>	<p>25 1:00 Rest Saturday</p>
	<p>26 11:00 Hayes Barton Baptist Church</p>	<p>27 11:30 Boston Market outing 1:00 Name that Tune 3:00 BINGO</p>	<p>28 11:00 Horseshoes 1:00 Matching Game 2:00 Price is Right 3:00 Draw What U See</p>	<p>29 11:00 Words in the Air 1:00 Spa Day 2:00 Catch the Balloon 3:00 Music w/John</p>	<p>30 11:00 Magazine Search 1:00 Connect 4 2:00 Play to the Beat 3:00 Parachute</p>	<p>31 11:00 Movie Day 2:00 Happy Hour 2:00 March Birthdays Celebration!</p>	<p>Everyday Activities 9:30 Devotion 10:00 Morning Exercise 4:00 Evening Exercise</p>



Prepare for Spring Weather

The arrival of spring means warmer weather is on its way, but there are plenty of cool days left as the seasons change. Be prepared for fluctuating temperatures by dressing in layers, which you can remove if you get warm and put back on if you get chilly. Also be sure to wear secure footwear and to grab an umbrella before leaving on outings.



Filled With Love

"May your home always be too small to hold all your friends." —Irish blessing

March Birthday

Shirley 3/10

March Outings

Touring the City of Raleigh ... 3/6

Trip to the Ice Cream Shop . 3/13

Trip to the Library 3/20

Boston Market 3/27

March Madness

It means office pools.

Heartbreak. Buzzer beaters.

Braggin' rights. "March

Madness" strikes this month

each year. The goal is to crown a

national champion in college

basketball. But did you know

"March Madness" originally was

coined in relation to high school

hoops?

In 1939, Henry V. Porter, an

administrator with the Illinois

High School Association,

referred to "March Madness" in

an article he wrote describing

the hoopla surrounding the

Illinois state tournament.

When TV broadcaster Brent

Musburger used the phrase

"March Madness" during the

1982 NCAA tournament, it

ignited an association with what

has become a much-anticipated

March staple.

Journal

Prompt:

Self-Love

We often forget to compliment

ourselves. Think back on what

the most wonderful words ever

said to you were. How did they

make you feel? How can you

keep that positivity flowing?

Spend 10 minutes free writing

about this topic, letting your

mind wander.

