


THE Falls River Court Lifestyle



FALLS RIVER
ASSISTED LIVING & MEMORY CARE

Like Us!  

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

MARCH 2024

March Like a Lion and Lamb

It is said the month of March comes in like a lion and leaves like a lamb. This lion and lamb craft leaves you with many options for a spring day of crafty fun.

Materials:

- Paper plate or cardboard cut into a circle
- Yellow paint, markers, construction paper or tissue paper
- Brown or orange paint, construction paper, tissue paper or fabric
- Black paint, marker or fabric
- Scissors
- Paintbrush or sponge (if using paint)
- Glue
- White cotton balls
- White paper
- Blue and pink markers or colored pencils

Instructions:

On one side of the paper plate or cardboard circle, make the lion's face yellow with paint, construction paper or tissue paper (or all three!). Use the brown and orange paint, paper or fabric to give the lion a mane around the edges of the paper plate or cardboard. Lastly, use a black marker, paint or fabric to make eyes, a nose and mouth. Let this side dry completely.

On the other side, glue cotton balls all over the surface. This will be the lamb's wool. Draw eyes on white paper, color them blue, cut out and glue them to the cotton balls. Then draw a mouth with a pink marker or pencil, cut out and glue to the cotton balls. Now you have a lion on one side and a lamb on the other!



Your Home Is Your Castle

"A home is a kingdom of its own in the midst of the world, a stronghold amid life's storms and stresses, a refuge, even a sanctuary." —Dietrich Bonhoeffer

MARCH 2024

Cute as a Button

Use colorful buttons to create this seasonal decoration.

Materials:

- Pencil
- Wooden plaque or piece of cardboard
- Buttons, various colors and sizes
- Foam brush
- Decoupage glue

Directions:

Lightly trace or draw an egg shape on the wooden plaque or cardboard piece. Separate buttons by color and begin planning your egg's design. An easy and eye-popping idea is to create rows of buttons of the same color, resulting in a striped egg. Use the pencil to lightly sketch your design inside the egg. With the brush, add glue to a small section of the egg and place your desired buttons on top. Continue adding glue and buttons until the egg shape is completely filled. Let dry, then prop up the plaque on a shelf or table among other springtime décor.

"Life is a painting, and you are the artist. You have on your palette all the colors in the spectrum."
 —Paul J. Meyer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:00 Current Events/News 9:30 30 minute workout 10:00 Coloring w/Music 11:00 Balloon Volley 11:30 I Spy 1:00 Game Show of their choice 1:30 BINGO 2:15 Happy Hour 2:30 Magazine Search 3:00 Movie w/friends 4:00 Bowling w/Staff 4:30 Beanbag Toss	9:00 Current Events/News 9:30 30 minute workout 10:00 Coloring w/Music 11:00 Balloon Volley 11:30 I Spy 1:00 Game Show of their choice 1:30 BINGO 2:30 Magazine Search 3:00 Movie w/friends 4:00 Bowling w/Staff 4:30 Beanbag Toss
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9:00 Current Events/News 9:30 30-minute workout 10:00 Bowling 11:00 Hayes Barton Baptist Church						

Leprechaun Planter

Give new life to a worn-out shoe with this St. Paddy's-inspired project.

Materials:

- Old shoe with a sole (check thrift stores)
- Masking tape
- Scissors
- Craft wire
- Aluminum foil
- Green spray paint
- Strong craft glue
- Preserved sheet moss
- Gold craft foam
- Black ribbon

Directions:

Clean the shoe with a damp cloth and cover the sole with masking tape. Cut a length of craft wire about twice the length of the shoe, and stick one end of the wire into the toe. Curl the other end inward, like an elf's shoe. Cut strips of aluminum foil and wrap them around the wire, adding more to give structure to the toe. Cover all the foil with masking tape.

In a well-ventilated area, protect your work surface and spray paint the entire shoe green. Let dry. Remove masking tape from the sole. Apply glue all over the rest of the shoe and add the moss in sections until the shoe is covered.

Cut a rectangular buckle shape out of the gold craft foam. Trim a piece of black ribbon that will fit around the top opening of the shoe. Thread the ribbon through the buckle and glue it around the shoe.

Insert a small flowerpot into the top of the shoe to use it as a planter.



Final Four Fundamentals

It's an annual rite of spring: March Madness, the NCAA tournament that crowns the best team in men's Division I college basketball. If you're unfamiliar with the court action, get off the sidelines with this quick guide.

Selection Sunday. A total of 68 teams are invited to play in the tournament. The teams are announced live on TV on Selection Sunday, the Sunday before the tournament's first game. The teams are also divided into four geographic regions: East, West, South and Midwest.

Seeds. A selection committee ranks the teams in each region and assigns each a seed number from 1 to 16, with 1 being the best. The No. 1 seed plays the No. 16 seed; No. 2 plays No. 15, and so on.

The bracket. Fans often track and try to predict the winners of each matchup and the eventual champion by filling out a form known as a tournament bracket. The odds of filling out a perfect bracket are 1 in 9.2 quintillion.

The Big Dance. Over two weeks of single-elimination games, the teams are whittled down to the Sweet 16, then the Elite Eight. Finally, the teams remaining in each of the regions are the Final Four. The last two teams go on to the championship game, also called the Big Dance, usually played the first weekend in April.

