

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

APRIL 2023

Bunny Basics

Rabbits can be found living in city parks, suburban yards and country meadows. These cute critters are often seen as a symbol of spring. As the weather warms and the grass turns green, hop on in to these fun facts about rabbits.

- Although baby rabbits are called bunnies, they are actually kits or kittens. A female rabbit is a doe and a male rabbit is a buck.
- Carrot-crunching rabbits are often shown in cartoons, but the herbivores mainly eat grass, weeds, clover and other plants.
- When rabbits are happy, they jump in the air, twist and kick, an athletic leap known as a binky.
- Strong hind legs give rabbits their speed and jumping ability. Eastern cottontails, the most common rabbit in North America, can run up to 18 mph.
- Like cats, rabbits groom themselves by licking their fur and paws. They also purr when they are content and relaxed.
- Some types of rabbits dig underground burrows called warrens; others make nests above ground under dense cover.
- A rabbit can see behind, above and to the sides without turning its head.
- Their long, sensitive ears can detect sounds up to 2 miles away. The large surface area of the ears releases body heat, helping the animals stay cool.
- The largest rabbit is the Flemish giant, a domesticated breed that weighs up to 20 pounds and grows 2.5 feet long.

'Splash' Is One

How many words can you come up with using the letters in "April showers"?



Sending You a Springtime Smile!

The season is in full bloom, and so are our best wishes for all of our residents. Here's to a happy spring full of smiles, laughter and beautiful weather!

Happy Easter

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Memorable Melody: 'Raindrops Keep Fallin' on My Head'

Despite the rain, this playful pop classic, first sung by B.J. Thomas, voices optimism: "It won't be long till happiness steps up to greet me." Composed by the duo of Burt Bacharach and Hal David for a lighthearted scene in the 1969 Western "Butch Cassidy and the Sundance Kid," the tune's uplifting lyrics and relaxing strums of a ukulele caught on with audiences. By the spring of 1970, the single was a No. 1 hit that sold 2 million records and won the Oscar for best song.

Batty for Bats

Nature's pest control and pollinators of foods like cocoa, bananas and mangoes, bats deserve a day of recognition. Celebrate the night flyers on April 17, International Bat Appreciation Day.

"The sky is always beautiful. Even when it's dark or rainy or cloudy, it's still beautiful to look at ... and it'll be there no matter what."
 —Colleen Hoover

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Spring is in the air</i></p>					Everyday Activities 9:30 Devotion 10:00 Morning Exercise 4:00 Evening Exercise	1:00 Puzzles at the table
11:00 Hayes Barton Baptist Church	11:00 Boston Market Outing 1:15 BINGO 2:15 Gardening 3:00 Price is Right	11:00 Craft w/ Courtney 1:15 Balloon Volley 2:15 Baking Cookies 3:00 Reading With your Buddy	11:00 Spa Day 1:15 BINGO 2:15 Spelling Bee 3:00 Music w/John	11:00 Kickball 1:15 Sip and Paint 2:15 Ride Along 3:15 Reminiscing	Wear Easter Colors! 11:00 Resident Council Meeting 1:15 BINGO 2:00 Happy Hour/Easter Celebration	12:00 Easter Celebration! 1:00 Color w/ Friend
11:00 Hayes Barton Baptist Church	11:00 IHOP Outing 1:15 BINGO 2:15 Air Hockey 3:00 Reading w/Friends	11:00 Coloring 1:15 Gardening 2:15 Baking Pigs-n-Blankets 3:00 Music Time	11:00 Master Gardeners 11:00 Spa Day 2:15 Basketball 3:00 Music w/John	10:30 Library Outing 11:00 Parachute 1:15 Name that Tune 3:00 Wheel of Fortune	11:00 Bean Bag Toss 1:15 BINGO 2:00 Happy Hour/ 2:00 Ice Cream Social 3:00 Music Time	1:00 Game Show
11:00 Hayes Barton Baptist Church	11:00 Kanki Outing 1:15 BINGO 2:15 Sitting on the porch 3:00 Reminiscing	11:00 April Craft 1:15 Magazine Search 2:15 Making Donuts 3:00 Jeopardy	11:00 Spa Day 1:15 Guessing Game 2:15 Tic Tac Toe 3:00 Music w/John	11:00 Touring the City of Raleigh 1:15 Bowling 2:30 Sitting on the porch	11:00 Resident Council 1:15 BINGO 2:00 Happy Hour 3:00 Reading With your Buddy	1:00 Movie Day
11:00 Hayes Barton Baptist Church	11:00 Bahama Breeze Outing 1:15 BINGO 2:15 Name that Tune 3:00 Hot Egg	11:00 Drawing with Courtney 12:00 Cooking w/Courtney 1:15 Bowling 3:00 Reading Together	11:00 Spa Day 1:15 BINGO 2:15 Connect 4 3:00 Music w/John	10:30 Touring Wake Forest 2:15 Family Feud 3:00 Remember when	11:00 Ball Toss 1:15 BINGO 2:00 April Birthday Celebration 2:00 Happy Hour	12:00 Rest Saturday
11:00 Hayes Barton Baptist Church						



Happy Hour

Everyone is invited to join us at our weekly happy hour. Eat, drink and be merry with members of the community. You're sure to enjoy the tasty tidbits and assortment of beverages, and the company can't be beat!



Licorice Bliss

Twists, laces, wheels and drops ... whatever form is your favorite, celebrate a classic confection on April 12, National Licorice Day.

April Birthdays

Elizabeth	4/4
Barbara	4/7
Cynthia	4/29

Popular Pages: 'The Enchanted April'

This 1922 novel by Elizabeth von Arnim follows four unhappy women struggling with their everyday lives. A newspaper ad for a beautiful Italian castle, inviting visitors "who appreciate wisteria and sunshine," sounds like just the vacation they need. Add in a sprinkle of miscommunication and a heaping tablespoon of tension, and these ladies might just learn something new about themselves and find unexpected joy. The lighthearted tale has been adapted several times for stage and screen, including a 1991 Oscar-nominated film and a musical production that premiered in 2016.

Monthly Celebrations

Grab a pad and pencil and try to make Emily Dickinson or Robert Frost proud during National Poetry Month. If writing isn't your thing, make your mark during these April activities:

- National Decorating Month
- Jazz Appreciation Month
- Reconciliation Day (April 2)
- National Be Kind to Lawyers Day (second Tuesday in April)

