

THE Falls River Court Lifestyle



FALLS RIVER
ASSISTED LIVING & MEMORY CARE

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MEMORY CARE COMMUNITY

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APRIL 2024

Rainbow Rhythms

Streaking through the clouds after a storm, rainbows may merely be a trick of the light—caused by light shining through water droplets—but that doesn't stop the immense joy they bring, inspiring many melodies through the years.

From the classic 1939 film "The Wizard of Oz," Judy Garland's "Over the Rainbow" is arguably the most famous song on the subject of the colorful arcs. About dreams coming true and troubles melting away, the ballad was later covered by Hawaiian singer Israel Kamakawiwo'ole and set to ukulele music. A "Pocketful of Rainbows" and "a heart full of love" kept Elvis Presley worry-free in the 1960 film "G.I. Blues."

Released in 1965, Lesley Gore's "Sunshine, Lollipops and Rainbows" will have you bopping along to the sweet love song.

Different from the typical rockin' sound of the Rolling Stones, the piano and strings featured in the 1967 love song "She's a Rainbow" create a wholesome and sweet melody.

Just because it's performed by a puppet, that doesn't make "Rainbow Connection" by Kermit the Frog (aka Jim Henson) any less of a gem. Written for "The Muppet Movie" (1979), this folksy song with banjo accompaniment ponders the true meaning of life. Clap along to the catchy beat in "Rainbowland," a 2017 duet between Miley Cyrus and Dolly Parton, which envisions a peaceful paradise where everyone lives in happy harmony.

In her 2019 single "Rainbow," country artist Kacey Musgraves reminds us that even when the rain is pouring, "there's always been a rainbow hangin' over your head."



Proper Pet Identification

The third week of April is National Pet ID Week. This is the perfect opportunity for you to make sure that your pet is properly identified in case of emergency.

Collars and identification tags. This is the easiest and most common way to help missing pets make it back home. Each of your pets should always wear a collar (not just when you take them outside) that includes a tag with your pet's name, your name and current telephone number.

Microchips. Microchips are a fairly inexpensive and permanent way to provide identification for your pet. About the size of a grain of rice, a microchip is implanted under your pet's skin and is registered with your contact information. A scanner is used to read the chip's information if your pet is lost and brought to a shelter or veterinarian's office. It's important to keep the microchip updated with your current address and telephone number.

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End of the Civil War

It was 150 years ago when the American Civil War between the Union North and Confederate South neared an end. Slavery had split the U.S. in 1861, with numerous states in the South seceding and joining the Confederacy. Hundreds of thousands of Americans perished during four years of combat. April 1865 signaled change. For 10 months, Union Gen. Ulysses S. Grant and his Army of the Potomac laid siege to Confederate Gen. Robert E. Lee's Army of Northern Virginia near Richmond, Va., the capital of the Confederacy. While Lee's troops dwindled to 60,000, Grant's army was reinforced to 120,000. After a series of final battles, Lee and his army were surrounded. Lee, the highest-ranking Southern general, surrendered to Grant on April 9 at the Appomattox Court House in Virginia. One by one, other Confederate armies surrendered, and the fighting ceased several weeks later.

**"Tomorrow morning, when the sun shines through your window, choose to make it a happy day."
—Lynda Resnick**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	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 1:30 Nail Care w/Friends 2:30 Magazine Search 2:30 Music w/ Luke 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	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 3:00 Music with John 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	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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Tree Trivia

Trees are among the planet's most fascinating organisms, and their importance is celebrated each April on Earth Day and Arbor Day. Branch out with these unbe-leaf-able tree facts:

- The Earth is home to about 3 trillion trees.
- Scientists have determined there are more than 60,000 tree species.
- Trees are the longest living organisms. The world's oldest known individual tree is a bristlecone pine in California that is 5,062 years old.
- It's estimated that a fully grown, leafy tree can produce a year's supply of oxygen for as many as 10 people.
- Various parts of a tree grow during different times of the year: foliage in the spring, the trunk in the summer, and roots in the fall and winter.
- The world's largest living tree is General Sherman, a giant sequoia in California's Sequoia National Park. The volume of its trunk is 52,513 cubic feet.
- In 1971, the Apollo 14 astronauts took hundreds of tree seeds on their mission to the moon so scientists could study the effects of gravity on germination. These "moon trees" were later planted all over the U.S.
- Some tree species communicate and cooperate with each other. Willows affected by parasites can emit warning chemicals to neighboring trees, which then produce stronger leaves to resist pests. Many mature trees share excess nutrients with seedlings.
- A grove of quaking aspens in Utah is formed of multiple clones of a single tree with a massive underground root system. Named Pando and called the Trembling Giant, the grove is approximately 80,000 years old.
- Being around trees has been shown to make people feel calmer and happier.



Brain Bender: Fooled at School

On April Fools' Day, five teachers played the following pranks on five different students: hid a student's homework, told a student the cafeteria ran out of food, gave a student a bag of fake potato chips, told a student to retake a spelling test, and put a whoopee cushion on a student's chair. Using the clues below, can you match each student to the prank and the teacher who tricked them?

1. The students are in the following homeroom classes: Mike has Mr. Montgomery, Keisha has Ms. Ruiz, Luke has Mr. Lee, Tony has Mrs. Clark, and Ava has Miss Wyatt.
2. Ms. Ruiz told a girl in another homeroom class that she had to retake a spelling test.
3. Mrs. Clark is a notorious prankster and keeps a whoopee cushion in her desk drawer.
4. Mr. Montgomery gave a boy in his class a bag of fake potato chips.
5. Keisha found a whoopee cushion on her chair.
6. Tony and the boy in Mr. Montgomery's class both got tricked at lunchtime.
7. Luke couldn't find his homework because his homeroom teacher hid his paper.

(Answer: Mr. Montgomery gave Mike fake potato chips. Miss Wyatt told Tony the cafeteria ran out of food. Mrs. Clark put a whoopee cushion on Keisha's chair. Ms. Ruiz told Ava she had to retake a spelling test. Mr. Lee hid Luke's homework.)