


# THE Falls River Court Lifestyle



FALLS RIVER  
ASSISTED LIVING & MEMORY CARE

Like Us!  

MEMORY CARE COMMUNITY

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## JUNE 2023

### Remember When: Hand-Cranked Ice Cream

Modern machines do all the work for you, but once upon a time, homemade ice cream meant turning a crank by hand for as long as an hour until the cool treat was ready to eat. Based on an 1843 invention by Nancy Johnson, early ice cream makers consisted of a wooden bucket with an inner metal canister. Inside the canister was a paddle, attached to an outer crank handle; the ice cream mixture went into the canister, and remaining space in the wooden bucket was filled with layers of ice and salt. Then it was time to crank! Since the ice slowly melted during the churning process, this was usually done on the front porch, as kids and adults alike took turns cranking. For many, the eager anticipation of the finished dessert made the ice cream even sweeter.



### Jet-Setters and 'Set-Jettors'

If you've ever been inspired to visit a location after seeing it on TV or in a movie, then the latest travel trend is for you. Nearly two-thirds of vacationers say they chose a destination based on a favorite show. Industry experts have nicknamed the trend "set-jetting," a play on the term "jet-setting."



### Watch Sports for Your Well-Being

Can going to a ballgame, golf tournament or other live sporting event make you happier? The research says yes! Attending a competition of any level, from youth games to major league matchups, can raise one's self-esteem while lowering feelings of loneliness. Sharing a space with fellow fans builds community and trust, and regular spectators report a stronger sense of well-being and satisfaction with life.

### Self-Care Corner: Mute Minor Messages

Reminders that pop up on your phone and other devices can be helpful, but often they're needlessly distracting, pulling you away from whatever you're trying to focus on—whether you're working on an important task or simply trying to relax. Turning off push notifications and muting conversations can go a long way toward living more mindfully. Instead of being interrupted by your device, only check an app, email inbox or text thread intentionally.

**JUNE 2023**

**Memorable Melody: 'Brand New Key'**

Do you remember the metal roller skates that you could strap to your shoes and tighten with a small wrench, known as a key? That's exactly the key referred to in this 1971 hit by folk singer Melanie, who was directly inspired by childhood nostalgia when penning the quirky tune. After indulging a craving for a fast-food hamburger, Melanie was struck by memories of roller skating and learning to ride a bike as a kid. She quickly composed a lighthearted love song about a girl skating by the home of her crush. Reaching No. 1 on the Billboard Hot 100, "Brand New Key" is Melanie's most famous song and is often featured in movies, television and other media.

**Music's Greatest Hit**

"One good thing about music, when it hits you, you feel no pain." —Bob Marley

**"The lemon is the symbol of tart refreshment; its color and fragrance lift our spirits before we even taste it."**  
—Lori Longbotham

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1:15 BINGO	1:15 BINGO 2:15 Happy Hour	1:15 BINGO
11:00 Hayes Barton Baptist Church 1:15 BINGO	1:15 BINGO	1:15 BINGO	1:15 BINGO 3:00 Music w/John	1:15 BINGO	1:15 BINGO 2:15 Happy Hour	1:15 BINGO
11:00 Hayes Barton Baptist Church 1:15 BINGO	1:15 BINGO	1:15 BINGO	11:00 Master Gardeners 1:15 BINGO 3:00 Music w/John	1:15 BINGO	1:15 BINGO 2:15 Happy Hour	1:15 BINGO
11:00 Hayes Barton Baptist Church 1:15 BINGO	<b>Juneteenth</b> 1:15 BINGO	1:15 BINGO	1:15 BINGO 3:00 Music w/John	1:15 BINGO	1:15 BINGO 2:15 Happy Hour	1:15 BINGO
11:00 Hayes Barton Baptist Church 1:15 BINGO	1:15 BINGO	1:15 BINGO	1:15 BINGO 3:00 Music w/John	1:15 BINGO	1:15 BINGO 2:15 Happy Hour	

## A Playlist for Pops

This Father's Day, press play on these sweet songs that celebrate the bond between dads and their children.

*"Color Him Father."* A top 10 hit for R&B group the WinStons, this upbeat track from 1969 sings the praises of a kind, hardworking stepfather to a widow's seven children.

*"Father and Son."* When listening to this 1970 Cat Stevens song, note when the singer-songwriter is singing in a lower register and when he goes up an octave. The deep verses are the father's side of the conversation, and the higher verses are the son's response.

*"Daddy's Hands."* Country singer Holly Dunn wrote this sweet tribute as a Father's Day gift for her dad. Released in 1986, it spent six months on the country charts and made Dunn a Nashville star.

*"Butterfly Kisses."* Played at many wedding receptions during the father-daughter dance, this 1997 hit by Bob Carlisle showcases all the special moments between a dad and his little girl.

*"I'm Already There."* This 2001 single by country group Lonestar resonated with listeners familiar with the message of a father away from home, especially those deployed in the military. The band later recorded a version that included phone calls from soldiers to their loved ones.

*"Dance With My Father."* Though he lost his father at age 7, Luther Vandross held on to memories of his parents happily dancing in their home. This sentimental ode struck a chord with listeners, sending the song to No. 1 on the R&B charts in 2003.

*"Glory."* Rapper Jay-Z released this celebration of fatherhood in January 2012, just two days after his daughter with pop star Beyonce, Blue Ivy, was born. The song officially credits the baby for contributing her heartbeat, coos and cries to the track, making her the youngest person to have a song on the Billboard charts.

## Laugh Lines: Stadium Snickers

Hit a home run with your pals by sharing some of these baseball jokes!

Q: What has 18 legs and catches flies?

A: A baseball team!

Q: Where does a baseball player go when he gets his uniform dirty?

A: New Jersey.

Q: What takes longer—running from first to second base, or running from second to third base?

A: Running from second to third, because there's a shortstop in the middle.

Q: How do ball players stay cool?

A: By standing next to the fans!

Q: What is a designated hitter's favorite spot at the playground?

A: The swings.

Q: What does a baseball team and a stack of pancakes have in common?

A: They both need a good batter.

Q: What do you call a baseball player who likes to climb trees?

A: Babe Root.

Q: Why aren't chickens good at baseball?

A: Because they always hit fowl balls.

Q: Where do ball players clean their bats?

A: In the bat tub!

Q: What did the outfielder say to the baseball?

A: "Catch you later!"

## Wild World: California Sea Lion

This marine mammal is found along the western coast and islands of North America. Male sea lions can get quite large, growing nearly 9 feet long and weighing over 1,000 pounds; on the other hand, females average just under 7 feet and weigh only 220 pounds. Their strong front flippers and rotating hind flippers allow them to walk on all fours on land—unlike seals, who have to slide on their bellies—but sea lions also rely on head and neck movements to get around, making for an amusing gait. The clever animals are often featured in shows at zoos and marine parks, performing tricks such as catching a ball on their nose, running up ladders or responding to music.



## A Pearl of Wisdom

There are three birthstones for the month of June: alexandrite, moonstone and pearl.

Traditionally, the pearl is the most favored of the three, with its creamy white color and iridescent shimmer. Pearls are the only gemstone to come from a living creature rather than the Earth's crust, and less than 1 in 10,000 wild oysters contain the jewel, making natural pearls one of the rarest gemstones in the world.

