

# 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](http://www.fallsriverseniorliving.com)

JUNE 2025

## Administrator's Corner

June arrives with growth, renewal and celebration. Nature is inviting us to connect with its beauty, and we hope that you will enjoy the courtyards. Nurturing also has to do with our well-being and personal growth. We should set intentional time to relax and reflect on ourselves.



Our Quarterly Family Forum Meeting will be in June; the invite for the day and time will be sent via email. This is an open forum for family members to meet with the Executive Director to share ideas, concerns and praises for staff members.

We will be hosting a Father's Day Luncheon for the men in our community. Invitations will be sent to family.

 **HAPPY**   
**FATHER'S**  
 **DAY** 



## A Note From Our Maintenance Director

I want to introduce myself to all the new residents and their families. My name is Joseph DeWeese, and I am the Director of Maintenance for Falls River Village and Falls River Court. I am the direct supervisor for both housekeeping and maintenance. I have been in the assisted living and memory care industry for a little over two years. I have found that working in this industry is very rewarding as I am able to assist with our residents' needs. If you have any maintenance or housekeeping concerns, please reach out to concierge and give them a description of the concern and a work order will be created, and someone will get it resolved as soon as possible. My email if you would like to email me is [jdeweese@tarantinoseniorliving.com](mailto:jdeweese@tarantinoseniorliving.com). This month we will be doing some preventative maintenance on the in-room heating and cooling units in all the resident rooms. If you have any questions, please feel free to reach out.

Thanks.

JUNE 2025

Transportation News  
2025 Updates in  
Transportation

**Mondays and Fridays**—Are Reserved for Emergency Appointments Only

**Tuesdays and Wednesdays**—Available for doctor visits for Falls River Village and Court Residents **All appointments must be back by 4:30pm for both buildings.**

**Thursdays**—Reserved for Falls River Village and Court Resident outings Only

**NOTE:** Please call concierge to schedule all appointments. Thank you, residents and families.

**Posture Check**

When you find yourself standing in line, reduce stress on your back by slightly bending your knees rather than locking them. Shifting position, side to side and forward and backward, will help prevent muscle strain.

**‘Treks’ Is One**

How many words can you come up with using the letters in “farmers’ market?”

“The most wasted of days is one without laughter.”  
—E.E. Cummings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>10:00  -Morning Fitness (LR)</div> <div>11:00 -Hayes Barton Baptist Church Livestream (LR)</div> <div>1:30 -Music Appreciation, ’50s style (LR)</div> <div>2:00 -Enjoying the Outdoors (Courtyard)</div>	<div>2</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>11:00 Creative Art, Making Paper Flowers (Activity Room)</div> <div>2:30 -Music with Luke (LR)</div> <div>3:00 -Book Club (Activity Room)</div>	<div>3</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>10:30 -Parachuting Fun (Courtyard)</div> <div>11:00 Name that Musical Tune (Activity Room)</div> <div>2:00 -Ice Cream Social (LR)</div> <div>3:00  One-on-One Activity Time</div>	<div>4</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>11:00  One-on-One Activity Time</div> <div>1:30 -Creative Art, Creative Picture collage (Activity Room)</div> <div>3:00 -Music with John</div> <div>6:30 -Evening Movie (LR)</div>	<div>5</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>11:00  -Resident Outing: Pullen Park Amusement</div> <div>2:00 -Indoor Bowling (Activity Room)</div> <div>6:30 -Evening Sitcoms (LR)</div>	<div>6</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>11:00 -Jammin’ with Christian (LR)</div> <div>2:00 -1st Friday Happy Hour Social (LR)</div>	<div>7</div> <div>10:00  -Dancing to the Music (LR)</div> <div>11:00 -Creative Art, Pottery (Activity Room)</div> <div>2:00 -BINGO (Activity Room)</div> <div>4:00 -Table Games</div>
<div>8</div> <div>10:00  -Morning Fitness (LR)</div> <div>11:00 -Hayes Barton Baptist Church Livestream (LR)</div> <div>1:30 -Music Appreciation, ’60s style (LR)</div> <div>2:30 -Creative Coloring (Self-Guided)</div>	<div>9</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>10:30 -Mindfulness &amp; Meditation (Activity Room)</div> <div>11:00 -Indoor Horse Race (LR)</div> <div>2:00 -Snack &amp; A Movie (LR)</div>	<div>10</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>11:00  Enjoying the Outdoors (Courtyard)</div> <div>2:00 -Ice Cream Social (LR)</div> <div>3:00  One-on-One Activity Time</div>	<div>11</div> <div>9:30 -Forget Me Not Support Group (Village GAL)</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>11:00  One-on-One Activity Time</div> <div>1:30 Making A Bird House (Activity Room)</div> <div>3:00 -Music with John</div>	<div>12</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>11:00 -Book Club (Activity Room)</div> <div>1:30 -Indoor Golf (Activity Room)</div> <div>2:30 -Wordle Game (Activity Room)</div> <div>3:30 - Jazz, Music Exploration (Courtyard)</div> <div>6:30 -Evening Sitcoms (LR)</div>	<div>13</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>11:00 -Coffee &amp; Tea Talk (Activity Room)</div> <div>1:30 -A History Reflection (Activity Room)</div> <div>3:00 -Indoor Beach Volleyball (Activity Room)</div>	<div>14</div> <div>9:45  -Exploring Nature, Self-Guided (Courtyard)</div> <div>1:30 --Book Club, Self-Guided Reading (Activity Room)</div> <div>4:00 -Table Games</div>
<div>15</div> <div>Happy Father’s Day</div> <div>10:00  -Morning Fitness (LR)</div> <div>11:00 -Hayes Barton Baptist Church Livestream (LR)</div> <div>1:30 -Music Appreciation, ’50s style (LR)</div>	<div>16</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Chair Aerobics (LR)</div> <div>11:00 -Enjoying the Outdoors with Jazz (Courtyard)</div> <div>1:30 -Indoor Pickleball (Activity Room)</div> <div>3:00 -Name that Musical tune (Activity Room)</div>	<div>17</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>10:30 -Parachuting Fun (Courtyard)</div> <div>11:00 Karaoke Time (Activity Room)</div> <div>2:00 -Ice Cream Social (LR)</div> <div>3:00  One-on-One Activity Time</div>	<div>18</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>11:00  One-on-One Activity Time</div> <div>1:30 -Indoor Ping Pong (Activity Room)</div> <div>3:00 -Music with John</div> <div>6:30 -Evening Movie (LR)</div>	<div>19</div> <div>Juneteenth</div> <div>9:30 -A time in History, Juneteenth (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>11:00  -Resident Outing: Local Raleigh Museum</div> <div>3:15  -Movercize with Rich</div> <div>6:30 -Evening Sitcoms (LR)</div>	<div>20</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>11:00 -Indoor Tick-Tack-toe (LR)</div> <div>1:30 -Music Exploration Nat King Cole (Activity Room)</div>	<div>21</div> <div>Longest Day of the Year</div> <div>10:00  -Dancing to the Music (LR)</div> <div>11:00 -Creative Art, Pottery (Activity Room)</div> <div>2:00 -BINGO (Activity Room)</div> <div>4:00 -Table Games</div>
<div>22</div> <div>10:00  -Morning Fitness (LR)</div> <div>11:00 -Hayes Barton Baptist Church Livestream (LR)</div> <div>1:30 -Music Appreciation, ’70s style (LR)</div> <div>2:30 Hallmark Movie Matinee (LR)</div>	<div>23</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>10:30 -Mindfulness &amp; Meditation (Activity Room)</div> <div>11:00 -Planting Flowers (Courtyard)</div> <div>2:00 -Indoor Games (Activity Room)</div>	<div>24</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>11:00  Taco Tuesday Game (Courtyard)</div> <div>2:00 -Ice Cream Social (LR)</div> <div>3:00  One-on-One Activity Time</div>	<div>25</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>11:00  One-on-One Activity Time</div> <div>1:30 -Paint &amp; Pour (Activity Room)</div> <div>3:00 -Music with John</div>	<div>26</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>11:00 -Resident Choice Activity (Activity Room)</div> <div>12:00 -Creative Art, Making a Photo Frame (Activity Room)</div> <div>1:30 -BINGO (Activity Room)</div> <div>3:00 -Resident Roundtable Talk (Activity Room)</div> <div>6:30 -Evening Sitcoms (LR)</div>	<div>27</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>10:30 -Team Word Scramble (Activity Room)</div> <div>1:30 -Name that Tune (Activity Room)</div> <div>2:00  -June Birthday Celebration (LR)</div>	<div>28</div> <div>9:45  -Exploring Nature, Self-Guided (Courtyard)</div> <div>1:30 --Book Club, Self-Guided Reading (Activity Room)</div> <div>4:00 -Table Games</div>
<div>29</div> <div>10:00  -Morning Fitness (LR)</div> <div>11:00 -Hayes Barton Baptist Church Livestream (LR)</div> <div>1:30 -Music Appreciation, ’40s style (LR)</div> <div>2:30 -Activity with a Friend (Self-Guided)</div>	<div>30</div> <div>9:30 -Words of Encouragement (LR)</div> <div>10:00  -Morning Movement (LR)</div> <div>11:00 -Enjoying the Outdoors (Courtyard)</div> <div>1:30 --Monday Movie “Annie” (LR)</div> <div>3:00 --Indoor Golf (Activity Room)</div>					





Robbie K-----June 3  
 Clyde L-----June 9  
 Donna M-----June 9  
 Juliet L-----June 12  
 Evelyn R -----June 17  
 Roslyn L-----June 20



## Super Food: Cherries

June brings the sweetness of red cherries to the market. This tasty fruit contains antioxidants that protect the body from damage by free radicals. Some of the compounds in cherries have anti-inflammatory and anticancer properties. They are also rich in melatonin, which regulates the body's natural sleep patterns. Cherries are high in fiber and are a good source of vitamin C, which is important for maintaining healthy skin and keeping your bones and teeth strong.



- **Executive Director**  
Barbara Riexinger
- **Assisted Living Director**  
Tiffany Utley
- **Business Office Director**  
Caroline Mbithi
- **Maintenance Director**  
Joseph DeWeese
- **Activities Director**  
Adriana (Michelle) Moore
- **Food Service Director**  
Chelsea Jacobs
- **Sales & Marketing Director**  
Virginia (Ginger) Dawson
- **Resident Care Coordinator**  
Angel White
- **Memory Care Coordinator**  
ReShonda Alston
- **Maintenance Assistant**  
Eric Parson
- **Activity Assistant**  
Allanzandrea (Alex) Watkins
- **Bus Driver**  
Randolph (Randy) Fairconeture

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If you would like to speak to one of these Team Members, please contact the front desk at 919-844-9747.

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If you would like to email a manager, please use this format:  
 first initial of first name, last name @  
 tarantinoseniorliving.com  
 (example: briexinger@tarantinoseniorliving.com)

