

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

JULY 2023

July Observances

- July 1st - 2nd Half of the Year Day
- July 2nd - Made in the USA Day
- July 3rd - Full Moon, "Buck" Moon
- July 4th - Independence Day
- July 7th - World Chocolate Day
- July 10th - National Kitten Day
- July 11th - MLB All-Star Game
- July 13th - National Be Your Own Hero Day
- July 14th - National Motorcycle Day
- July 16th - National Ice Cream Day
- July 17th - National Tattoo Day
- July 18th - Nelson Mandela International Day
- July 20th - National Lollipop Day
- July 22nd - National Day of the Cowboy
- July 23rd - Gorgeous Grandma Day
- July 24th - International Self Care Day
- July 30th - International Day of Friendship
- July 31st - World Ranger's Day



American Independence

July is famous for its fourth day, a day where we celebrate the passage of the Declaration of Independence by the Continental Congress. It was ages ago, but in 1776, turmoil was high and Americans were fighting for freedom from Britain. Today, in this year of 2023, we gather with family, friends, and community to celebrate winning our freedom from our previous ruler and the country we have built since that tumultuous time.

Think about how you have celebrated The Fourth of July in the past. Was it vacation? A barbecue with local loved ones? Were you working yourself on holidays, and how did that affect how you celebrated them? Holidays are a prime time for reminiscing each year we get older. It is grounding to think about where we were a year ago in life and how we would like to change to celebrate the current year's triumphs. Think critically for a moment: how can you celebrate this year's July in a way that feels freeing to you? Hone your feelings and thoughts to create a small idea about making this year's Fourth of July one that can put a proud smile on your face. Is it calling a friend you'd like to rekindle with? Perhaps cooking something you haven't in years? You are free to cultivate an amazing experience for yourself. Reach out to your community to make it happen.



JULY 2023

Remember When: Union Labels

“Look for the union label.” That message was the slogan of the International Ladies’ Garment Workers’ Union, formed in 1900. Union labels, also called bugs, had already been in use for decades, marking products such as clothing, lumber and cigars. The label indicated that not only was the product good quality, but also that the people who made it were paid fairly and treated well. As the textiles industry took off in the 20th century, so did the women’s rights movement. The ILGWU launched a campaign encouraging consumers to check store-bought garments for their union bug. Printed on promotional items like notepads and keychains, the “Look for the union label” motto later became a catchy commercial jingle. Though union labels are less common today, they’ve become a helpful tool for vintage clothing shoppers, who can determine a garment’s age from its ILGWU label.

“I don’t need a fancy party to be happy. Just good friends, good food and good laughs. I’m happy. I’m satisfied. I’m content.”
 —Maria Sharapova

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 11:00 Game Show 2:00 Giant Bowling
2 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	3 9:00 Devotion 10:30 Outing 1:00 Craft Time 3:00 Music with Luke	4 Independence Day 9:00 Devotion 10:00 Exercise 2:00 Baking 3:00 Fourth of July Party	5 9:00 Devotion 10:00 Exercise 11:00 Gardening 1:00 Manicures 3:00 Music with John	6 9:00 Devotion 10:00 Exercise 11:00 Jigsaw Puzzles 1:00 Pet Therapy 3:00 Color by Number	7 9:00 Devotion 10:00 Exercise 11:00 Sing-Along 3:00 Happy Hour	8 11:00 Game Show 2:00 Read in the Courtyard
9 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	10 9:00 Devotion 10:30 Outing 1:00 Craft Time 2:00 Giant Bowling	11 9:00 Devotion 10:00 Exercise 11:00 BINGO 2:00 Baking 3:30 Sing-Along	12 9:00 Devotion 10:00 Exercise 11:00 Master Gardeners 1:00 Manicures 3:00 Music with John	13 9:00 Devotion 10:00 Exercise 11:00 Jigsaw Puzzles 1:00 Pet Therapy 3:00 Color by Number	14 9:00 Devotion 10:00 Exercise 11:00 Sing-Along 3:00 Happy Hour 3:00 Music with Christian	15 11:00 Game Show 2:00 Coloring
16 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	17 9:00 Devotion 10:30 Ride Along with Music 1:00 Craft Time 2:00 Giant Bowling	18 9:00 Devotion 10:00 Exercise 11:00 BINGO 2:00 Baking 3:30 Sing-Along	19 9:00 Devotion 10:00 Exercise 11:00 Gardening 1:00 Manicures 3:00 Music with John	20 9:00 Devotion 10:00 Exercise 11:00 Jigsaw Puzzles 1:00 Pet Therapy 3:00 Movercise with Rich	21 9:00 Devotion 10:00 Exercise 11:00 Sing-Along 3:00 Happy Hour	22 11:00 Game Show 2:00 Origami
23 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	24 9:00 Devotion 10:30 Outing 1:00 Craft Time 2:00 Giant Bowling	25 9:00 Devotion 10:00 Exercise 11:00 BINGO 2:00 Baking 3:30 Sing-Along	26 9:00 Devotion 10:00 Exercise 11:00 Gardening 1:00 Manicures 3:00 Music with John	27 9:00 Devotion 10:00 Exercise 11:00 Jigsaw Puzzles 1:00 Pet Therapy 3:00 Color by Number	28 9:00 Devotion 10:00 Exercise 11:00 Sing-Along 3:00 Happy Hour	29 11:00 Game Show 2:00 Movie
30 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	31 9:00 Devotion 10:30 Outing 1:00 Craft Time 2:00 Giant Bowling 3:00 July Birthday Party					



Afternoon Tea and Coffee

We hear how important a 3pm cup of coffee is to you. Indulge in a cup of tea or coffee in the afternoon; just ask activities!

Chocolate Day 2023

July 7th, 2023, is this year's designated day for chocolate lovers all over the world to indulge in their favorite treat. Let activities staff know your favorite chocolate foods so they can keep them in mind for BINGO prizes and the like!



Pet Therapy

Soft fur. Sweet brown eyes and a pink tongue. Animals are known for their comforting effect on humans, so Falls River is encouraging pet therapy in its activities to improve the lives of their residents. Think about the animals you've loved in your lifetime, and share your positive experiences with staff to bond with the people in your everyday lives. Animal love is a universal experience; use it to bond with your fellow humans, too!

World Independence

The United States of America is not the only country to celebrate its freedom in July. France and Canada celebrate their independence this month, too, along with the Maldives, Venezuela, Belarus, Argentina, Belgium, and the Bahamas. Let a sense of victory and pride for human resilience wash over you this month when you find you need to reset your mood.

July Birthdays

- Ronald, July 5th
- Karen, July 6th
- Cynthia, July 29th

