

# 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)

## AUGUST 2025

## Administrator's Corner

### Halfway through 2025 - Thank You for Choosing Us

It is hard to believe that we have already reached the midpoint of 2025. As we reflect on the year so far, one thing is clear; none of this would be possible without you. Thank you for choosing our communities as your new home.

### Hot Summer Months -

As a reminder, if the weather is of extreme heat or as the weatherman says **"Feels Like"** our patios will be closed. This is for the safety of our residents, as sometimes we don't often think of drinking enough water when outside in the heat.

### National Assisted Living Week

We are excited that National Assisted Living Week is coming up in September. The theme for this year is "Capture the Moment." We are in the planning stages of a week full of fun.



We are so honored to have the following employees be an awardee of our new **STAR** program. This program is to honor employees who go above and beyond in their work. Reach for the **STARS** is our monthly employee award system to honor those who have been voted for by their peers, resident or families. In order to be considered for nomination, you have to exemplify in the following areas: S - Safety, T - Trustworthy, A -Accepting, R - Respectful, S - Service. The following employees were awarded for May and June 2025. For **Falls River Court** - May was Jemie J., our Concierge, June was Eric O., Maintenance Assistant. For **Falls River Village** - May was Utavia M. and June was Randy F.





AUGUST 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.

Self-Care  
Corner: Chill  
Out

Using a skin care sheet mask is a popular way to relax and pamper yourself. During warm months, store a few masks in the fridge so you can pop one on your face at the end of a hot day. The chilled moisturizing mask will soothe flushed skin and quickly cool down your whole body.

“Life is like riding a bicycle. To keep your balance, you must keep moving.”  
—Albert Einstein

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>1</div> <div>9:30 -Words of Encouragement (LR) 10:00  Stretch to the Music (LR) 10:30 -Indoor Tic Tac Toe (Activity Room) 11:00 -Indoor Table Hockey (Activity Room) 11:00 -Jammin’ with Christian (LR) 1:30 -True Facts (Activity Room) 2:00 -1st Friday Happy Hour Social (LR)</div>	<div>2</div> <div>10:00  -Dancing to the Music (LR) 11:00  -Creative Art, Painting Pottery (Activity Room) 2:00 -Picture BINGO (Activity Room) 4:00 -Table Games</div>
<div>3</div> <div>10:00  -Morning Fitness (LR) 11:00 -Hayes Barton Baptist Church Livestream (LR) 1:30 -Activities with Friends (Quads B &amp; C))</div>	<div>4</div> <div>9:30 -Words of Encouragement (LR) 10:00  Stretch to the Music (LR) 10:30 -Word Scrambles (Activity Room) 11:00 -Indoor Table Hockey (Activity Room) 2:00 -Indoor Games (Activity Room) 2:30 -Music with Luke (LR) 3:30 -Exploring Current Events (Activity Room)</div>	<div>5</div> <div>9:30 -Words of Encouragement (LR) 10:00  Stretch to the Music (LR) 10:30  Teaching something New Tuesday (LR) 2:00 -Ice Cream Social (LR) 3:00  One-on-One Activity Time</div>	<div>6</div> <div>9:30 -Words of Encouragement (LR) 10:00  Stretch to the Music (LR) 11:00 -Indoor Table Hockey (Activity Room) 1:30 -Paint &amp; Pour (Activity Room) 2:30  One-on-One Activity Time 3:00 -Music with John 3:30 -Exploring Current Events (Activity Room)</div>	<div>7</div> <div>9:30 -Words of Encouragement (LR) 10:30  -Select Rehab Workout (LR) 11:00 -Remember that musical tune (LR) 1:30  -Resident Outing, NC History Museum 3:30 -Relaxing Coloring (Quads B &amp; C) 6:30 -Evening Sitcoms (LR)</div>	<div>8</div> <div>9:30 -Words of Encouragement (LR) 10:00  Stretch to the Music (LR) 11:00 -Indoor Table Hockey (Activity Room) 3:30 -Exploring Current Events (Activity Room)</div>	<div>9</div> <div>9:45  -Exploring Nature, Self-Guided) (Courtyard) 1:30 --Book Club, Self-Guided Reading (Activity Room) 4:00 -Table Games</div>
<div>10</div> <div>10:00  -Morning Fitness (LR) 11:00 -Hayes Barton Baptist Church Livestream (LR) 1:30 -Activities with Friends (Quads B &amp; C)) 3:00 Hallmark Afternoon Movie (LR)</div>	<div>11</div> <div>9:30 -Words of Encouragement (LR) 10:00  Stretch to the Music (LR) 10:30 -On this Day fun Facts (Activity Room) 11:00 -Indoor Table Hockey (Activity Room) 1:30 --Afternoon Book Club (Activity Room) 3:30 -Exploring Current Events (Activity Room)</div>	<div>12</div> <div>9:30 -Words of Encouragement (LR) 10:00  Stretch to the Music (LR) 10:30 -Enjoying the Outdoors (Courtyard) 11:00 Fun with Jigsaw Puzzles (Activity Room) 2:00 -Ice Cream Social (LR) 3:00  One-on-One Activity Time</div>	<div>13</div> <div>9:30 -Forget Me Not Support Group (Village GAL) 9:30 -Words of Encouragement (LR) 10:00  Stretch to the Music (LR) 11:00 -Indoor Table Hockey (Activity Room) 2:30  One-on-One Activity Time 3:00 -Music with John 3:30 -Exploring Current Events (Activity Room) 6:30 -Evening Movie (LR)</div>	<div>14</div> <div>9:30 -Words of Encouragement (LR) 10:00 -On this day in History (LR) 10:30  -Select Rehab Workout (LR) 1:30 -Bean Bag Toss Game (Activity Room) 6:30 -Evening Sitcoms (LR)</div>	<div>15</div> <div>9:30 -Words of Encouragement (LR) 10:00  Stretch to the Music (LR) 11:00 -Indoor Table Hockey (Activity Room) 3:30 -Exploring Current Events (Activity Room)</div>	<div>16</div> <div>10:00  -Dancing to the Music (LR) 11:00 -Creative Art, Pottery (Activity Room) 2:00 -Picture BINGO (Activity Room) 4:00 -Table Games</div>
<div>17</div> <div>10:00  -Morning Fitness (LR) 11:00 -Hayes Barton Baptist Church Livestream (LR) 1:30 -Activities with Friends (Quads B &amp; C))</div>	<div>18</div> <div>9:30 -Words of Encouragement (LR) 10:00  Stretch to the Music (LR) 10:30 -Word Scrambles (Activity Room) 11:00 -Indoor Table Hockey (Activity Room) 2:00 -Indoor Games (Activity Room) 3:30 -Exploring Current Events (Activity Room)</div>	<div>19</div> <div>9:30 -Words of Encouragement (LR) 10:00  Stretch to the Music (LR) 10:30  Teaching something New Tuesday (LR) 2:00 -Ice Cream Social (LR) 3:00  One-on-One Activity Time</div>	<div>20</div> <div>9:30 -Words of Encouragement (LR) 10:00  Stretch to the Music (LR) 11:00 -Indoor Table Hockey (Activity Room) 1:30 -Paint &amp; Pour (Activity Room) 2:30  One-on-One Activity Time 3:00 -Music with John 3:30 -Exploring Current Events (Activity Room)</div>	<div>21</div> <div>9:30 -Words of Encouragement (LR) 10:30  -Select Rehab Workout (LR) 1:30  -Resident Outing, Pullen Park 3:15  -Movercize with Rich 6:30 -Evening Sitcoms (LR)</div>	<div>22</div> <div>9:30 -Words of Encouragement (LR) 10:00  Stretch to the Music (LR) 11:00 -Indoor Table Hockey (Activity Room) 3:30 -Exploring Current Events (Activity Room)</div>	<div>23</div> <div>9:45  -Exploring Nature, Self-Guided) (Courtyard) 1:30 --Book Club, Self-Guided Reading (Activity Room) 4:00 -Table Games</div>
<div>24</div> <div>10:00  -Morning Fitness (LR) 11:00 -Hayes Barton Baptist Church Livestream (LR) 1:30 -Activities with Friends (Quads B &amp; C)) 3:00 Hallmark Afternoon Movie (LR)</div>	<div>25</div> <div>9:30 -Words of Encouragement (LR) 10:00  Stretch to the Music (LR)</div>	<div>26</div> <div>9:30 -Words of Encouragement (LR) 10:00  Stretch to the Music (LR) 10:30 -Enjoying the Outdoors (Courtyard) 11:00 Fun with Jigsaw Puzzles (Activity Room) 2:00 -Ice Cream Social (LR) 3:00  One-on-One Activity Time</div>	<div>27</div> <div>9:30 -Words of Encouragement (LR) 10:00  Stretch to the Music (LR) 11:00 -Indoor Table Hockey (Activity Room) 2:30  One-on-One Activity Time 3:00 -Music with John 3:30 -Exploring Current Events (Activity Room) 6:30 -Evening Movie (LR)</div>	<div>28</div> <div>9:30 -Words of Encouragement (LR) 10:30  -Select Rehab Workout (LR) 11:00 -Coffee Talk (Activity Room) 1:30 -Bean Bag Toss Game (Activity Room) 2:30  -Sharing story time (activity Room) 6:30 -Evening Sitcoms (LR)</div>	<div>29</div> <div>9:30 -Words of Encouragement (LR) 10:00  Stretch to the Music (LR) 11:00 -Indoor Table Hockey (Activity Room) 2:00  -August Birthday Celebration (LR) 3:30 -Exploring Current Events (Activity Room)</div>	<div>30</div> <div>10:00  -Dancing to the Music (LR) 11:00 -Creative Art, Pottery (Activity Room) 2:00 -Picture BINGO (Activity Room) 4:00 -Table Games</div>
<div>31</div> <div>10:00  -Morning Fitness (LR) 11:00 -Hayes Barton Baptist Church Livestream (LR) 1:30 -Activities with Friends (Quads B &amp; C))</div>	<div></div> <div>11:00 -Indoor Table Hockey (Activity Room) 3:30 -Exploring Current Events (Activity Room)</div>	<div></div> <div>11:00 -Indoor Table Hockey (Activity Room) 2:00 -Ice Cream Social (LR) 3:00  One-on-One Activity Time</div>	<div></div> <div>3:00 -Music with John 3:30 -Exploring Current Events (Activity Room) 6:30 -Evening Movie (LR)</div>	<div></div> <div>2:30  -Sharing story time (activity Room) 6:30 -Evening Sitcoms (LR)</div>	<div></div> <div>3:30 -Exploring Current Events (Activity Room)</div>	<div></div> <div>4:00 -Table Games</div>

# Food Days in August



## August National Food Days

If you're looking for an excuse to indulge in some tasty treats, look no further.

August 1st---Raspberry crème pie  
August 2nd--Ice cream sandwich  
August 3rd--Watermelon  
August 4th--Chocolate chip cookies  
August 6th--Root beer float  
August 10th--S'mores  
August 13th--Filet  
August 16th--Bratwurst  
August 19th--Potato  
August 24th--Waffles



Jeanne B-----August 17  
Eugenia V-----August 7



- **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
- \*\*\*\*\*

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

\*\*\*\*\*

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)

