

# 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)

## OCTOBER 2023

### Simple Ways To Make Someone Smile

World Smile Day, the first Friday in October, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement, or expressing why you're proud of them. Sharing a silly joke often works too!

Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your home, workplace or community. Put a note in your mailbox saluting the letter carrier.

Your actions speak volumes. Do a chore without being asked to or offer to cook a meal. Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Leave a few quarters at the laundromat or add coins to a random parking meter. Drop off or mail a care package.

Tap into technology and upload some feel-good vibes. In a few minutes and with a few clicks, help a friend begin their day on a happy note by sending them a good morning text. Post a recommendation on a local business's social media site or reply to a post that brought you a smile.

### A Glowing Goodbye

"Autumn glows upon us like a splendid evening; it is the very sunset of the year." —Mary Russell Mitford



### Festive Fall Crafts

Let nature bring a touch of autumn to your space with these fun and easy crafts:

*Door décor.* Combine leaves, acorns and miniature pumpkins to make a showstopping wreath for your door. Glue the items to a ready-made grapevine or straw wreath, or wrap a foam wreath form with burlap or plaid fabric for a cozy, rustic look.

*Pumpkin planter.* Cut the top off a real or artificial pumpkin and fill it with a houseplant, fall mums or a bouquet of other blooms. Mini pumpkins can hold small succulents or battery-operated tea lights.

*Festive foliage.* Gather fallen leaves in rich hues of red, orange and yellow, or buy artificial leaves at a craft store. String them together using a needle and thread or fishing line. Hang the garland over a doorway or window.

*Artsy acorns.* Collect or purchase acorns, then paint the seed portion of each one, leaving its brown cap natural. Choose paint colors to reflect a theme: traditional fall tones, metallic shades for some sparkle, or neon colors for frighteningly good fun!

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## A Football Favorite

On Oct. 7, 1984, Chicago Bears running back Walter Payton gained his 12,313th rushing yard, breaking the record set in 1965 by Jim Brown of the Cleveland Browns. Payton played for the Bears for two more seasons. By the end of his career, he had rushed for 16,726 yards, and he remained the NFL's all-time leading rusher until October 2002, when Dallas Cowboy Emmitt Smith broke the record. Payton, who was nicknamed "Sweetness," was elected to the Pro Football Hall of Fame in 1993.

## Door Decorating Contest

Our residents always add a splash of seasonal décor to their living space, and we're holding a contest to find the best decorated doors. So get creative! See the calendar for the deadline and when we'll announce the winners.

**"Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us."**  
 —Samuel Smiles

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	2 10:00 Ride Along 1:00 Craft Time 2:00 Giant Bowling 3:00 Music with Luke 4:00 Basketball	3 11:00 BINGO 11:30 Golf 2:00 Baking <b>2:30 Coffee &amp; Chat</b> 3:30 Magazine Search	4 1:15 Hand Massages & Pretty Nails 3:00 Music with John 4:00 Basketball	5 10:00 KFC 11:00 Jigsaw Puzzles 3:00 Color by Number 3:30 Magazine Search	6 11:00 Sing-Along 11:30 Golf 2:00 Happy Hour	7 1:30 Game Show of their choice 4:00 Table Games
8 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	<b>Columbus Day</b> 9 10:00 Ride Along 1:00 Craft Time 2:00 Giant Bowling 4:00 Basketball	10 11:00 BINGO 11:30 Golf 2:00 Baking <b>2:30 Coffee &amp; Chat</b>	11 11:00 Master Gardeners 1:15 Hand Massages & Pretty Nails 3:00 Music with John 4:00 Basketball	12 11:00 Jigsaw Puzzles 11:00 Pizza Hut 3:00 Color by Number	13 11:00 Sing-Along 11:30 Golf 2:00 Happy Hour 4:00 Music with Christian	14 1:30 Game Show of their choice 4:00 Table Games
15 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	16 10:00 Ride Along 1:00 Craft Time 2:00 Giant Bowling 4:00 Basketball	17 11:00 BINGO 11:30 Golf 2:00 Baking <b>2:30 Coffee &amp; Chat</b> 3:30 Magazine Search	18 1:15 Hand Massages & Pretty Nails 3:00 Music with John 4:00 Basketball	19 10:30 Taco Bell 11:00 Jigsaw Puzzles 3:00 Color by Number 3:30 Magazine Search 3:30 Movercize with Rich	20 11:00 Sing-Along 11:30 Golf 2:00 Happy Hour	21 1:30 Game Show of their choice 4:00 Table Games
22 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	23 10:00 Ride Along 1:00 Craft Time 2:00 Giant Bowling 4:00 Basketball	24 11:00 BINGO 11:30 Golf 2:00 Baking <b>2:30 Coffee &amp; Chat</b>	25 1:15 Hand Massages & Pretty Nails 3:00 Music with John 4:00 Basketball	26 11:00 Jigsaw Puzzles 3:00 Color by Number	27 11:00 Sing-Along 11:30 Golf 2:00 Happy Hour	28 1:30 Game Show of their choice 4:00 Table Games
29 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	30 10:00 Ride Along 1:00 Craft Time 2:00 Giant Bowling 4:00 Basketball	31 11:00 BINGO 11:30 Golf 2:00 Baking <b>2:30 Coffee &amp; Chat</b> 3:30 Magazine Search			<b>Everyday Activities</b> 9:30 Words Of Encouragement 10:00 Exercise 4:00 Afternoon Exercise	



## Brain Bender: Harvest Party

Kent, Gloria, Rusty and Alexis are in charge of the neighborhood harvest party. Each person is responsible for organizing one of the following activities: a hayride, a corn maze, pumpkin chucking, and bobbing for apples. Each also must bring a food or drink: candied apples, popcorn, apple cider or hot chocolate.

If a person is in charge of an activity, they won't participate in it, nor will they eat or drink the refreshments they brought. Can you figure out who planned each activity and the food or drink they provided?

- Gloria was the first one to make her way through the corn maze.
- Kent, who did not create the corn maze, bet Rusty that he would beat him at pumpkin chucking.
- The person who planned the pumpkin-chucking contest also brought apple cider.
- Kent snacked on popcorn and a candied apple.
- Gloria had trouble finding enough apples for her activity, so she had to switch with somebody else.
- Alexis is allergic to all types of corn.
- The hayride started late because the driver had to set up the hot chocolate station first.
- Rusty enjoyed a candied apple while he waited for the hayride.

(Answer: Kent planned the hayride and brought hot chocolate. Gloria organized the pumpkin-chucking contest and provided apple cider. Rusty created the corn maze and supplied popcorn. Alexis organized the apple-bobbing game and brought candied apples.)

## Silly, Spooky Snacks

No tricks, just treats! Celebrate the spooky season with these fun recipes:

*Freaky flapjacks.* Prepare pancake batter from a box or your own recipe, then pour into a gallon-size zip-close food storage bag. Seal the bag, then snip off a bottom corner. On a hot griddle or skillet, add 1 teaspoon oil, then squeeze the batter from the bag and make a spiderweb shape. Cook 1 to 2 minutes, then flip and cook another minute. Repeat with rest of batter.

*Monster smiles.* Slice an apple, any variety, into wedges. Spread nut butter on one side of each wedge. On one wedge, with nut butter side up, arrange mini marshmallows in a row to look like teeth. Place another wedge on top, nut butter side down. Repeat with remaining slices.

*Yummy mummies.* Roll out refrigerated pizza dough and cut dough into strips. Wrap strips around hot dogs. Place wrapped hot dogs on a greased cookie sheet and bake for 15 minutes at 350° F. Remove from oven and let cool, then dot on eyes with mustard, ketchup or pizza sauce. Serve with additional sauce or condiments for dipping.

*Batty bites.* Unwrap a peanut butter cup and place in front of you. Separate a chocolate sandwich cookie and break one of the wafers in half to create two wing shapes. Use a dab of peanut butter to attach the wings to the cup, curved sides up. Then use more peanut butter to attach two chocolate chips to the center of the bat to look like eyes.

