

# THE Falls River Court Lifestyle



FALLS RIVER  
ASSISTED LIVING & MEMORY CARE

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MEMORY CARE COMMUNITY

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## NOVEMBER 2023

### Craft a Cute Scarecrow

This friendly scarecrow will help you have a happy harvest.

**Materials:**

- Glass jar with lid
- Paintbrush
- Acrylic craft paint, tan and orange
- Black marker
- Glue stick and/or hot glue gun
- Two large identical buttons
- Scissors
- Burlap fabric
- Ribbon
- Natural raffia

**Directions:**

Remove lid from jar. Paint outside of jar with tan paint, applying multiple coats if necessary. Let dry. About halfway down the jar, paint on an orange triangle for the scarecrow's nose and let dry. With a black marker, draw a smile beneath the nose. Add "stitch" marks to the mouth and all three sides of the nose. Hot-glue the buttons above the nose as the scarecrow's eyes.

Cut a large circle out of the burlap that's about 4 inches wider than the lid of the jar. Center the circle on top of the lid and glue it in place. Screw the lid onto the jar. Wrap a piece of ribbon around the top of the jar to push the excess burlap down to resemble a hat's brim. Glue the ribbon to secure. Tie some strips of raffia together and glue them to the jar, beneath the hat, to resemble the scarecrow's hair.



### The Pumpkin Pie Tradition

For many, Thanksgiving dinner isn't complete without a slice of pumpkin pie, the traditional holiday dessert. Pumpkins are native to North America and were taken to Europe by explorers. In the 1600s, French and English cooks began using the orange squash in early pie recipes, including one version that had pumpkin and apple slices mixed with spices and stuffed inside pastry.

Native Americans and the Pilgrims probably included pumpkin at the first Thanksgiving, most likely as a savory dish. The early colonists would also hollow out pumpkins, fill them with sweet, spiced milk, and cook them over a fire. Several generations later, in 1796, the first American cookbook, Amelia Simmons' "American Cookery," offered two recipes for "pompkin pudding," in which a custard-like filling was baked in a crust. This became the basis for the pie we know today.

Thanksgiving was declared a national holiday in 1863, but Americans had already made pumpkin pie a tradition of the annual meal. By the 1920s, canned pumpkin was a grocery staple, saving cooks time by eliminating the laborious process of cooking the squash.



# NOVEMBER 2023

## Tiny Turkey

This little turkey will be a cute addition to your Thanksgiving décor.

### Materials:

- Large clothespin
- Craft glue
- Wiggle eyes
- Scissors
- Orange or yellow construction paper
- Fall leaves (real or fake)

### Directions:

Create the turkey's body from the clothespin. The clasp end will be the top of the turkey's head. Glue the wiggle eyes onto one of the flat sides of the pin. Then, cut out a small triangle from the construction paper to make the turkey's beak. Glue the beak in place beneath the eyes.

Stack two or three leaves together to make the turkey's feathers. Try a smaller, rounder leaf on top of larger, pointed leaves. Glue the stack of leaves together, then place a line of glue on the back of the clothespin and attach it to the center of the leaf stack. Stand the turkey up on the "feet" of the clothespin. If desired, use the clasp to hold a small photo or a place card for your holiday table.

**"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."**

—Charlotte Rae

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:00 Bowling 1:30 Hand Massages & Manicures 2:15 Magazine Search 3:00 Music with John 4:00 Afternoon Movement	2 11:00 Table Puzzles 1:30 Balloon Volley 2:15 Color w/ Friend 3:00 Sing Along 4:00 Thanksgiving Dinner	3 11:00 BINGO 1:30 Golf 2:15 Happy Hour 3:00 Golf 4:00 Afternoon Movement	4 1:30 Game Show of their choice 4:00 Table Games
5 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	6 10:00 Ride Along 1:30 Craft with Friends 2:15 Giant Bowling 3:00 Music with Luke 4:00 Afternoon Movement	7 11:00 BINGO 1:30 Golf 2:00 Baking with Friends <b>3:00 Coffee &amp; Chat</b> 4:00 Afternoon Movement	8 11:00 Bowling 11:00 Master Gardeners 1:30 Hand Massages & Manicures 2:15 Magazine Search 3:00 Music with John 4:00 Afternoon Movement	9 11:00 Table Puzzles 1:30 Balloon Volley 2:15 Color w/ Friend 3:00 Sing Along 4:00 Afternoon Movement	10 <b>Veterans Day (Observed)</b> 11:00 BINGO 1:30 Golf 2:15 Happy Hour 3:00 Golf 4:00 Afternoon Movement 4:00 Music with Christian	11 <b>Veterans Day</b> 1:30 Game Show of their choice 4:00 Table Games
12 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	13 10:00 Ride Along 1:30 Craft with Friends 2:15 Giant Bowling 4:00 Afternoon Movement	14 11:00 BINGO 1:30 Golf 2:00 Baking with Friends <b>3:00 Coffee &amp; Chat</b> 4:00 Afternoon Movement	15 11:00 Bowling 1:30 Hand Massages & Manicures 2:15 Magazine Search 3:00 Music with John 4:00 Afternoon Movement	16 11:00 Table Puzzles 1:30 Balloon Volley 2:15 Color w/ Friend 3:00 Sing Along 3:30 Movercize with Rich 4:00 Afternoon Movement	17 11:00 BINGO 1:30 Golf 2:15 Happy Hour 3:00 Golf 4:00 Afternoon Movement	18 1:30 Game Show of their choice 4:00 Table Games
19 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	20 10:00 Ride Along 1:30 Craft with Friends 2:15 Giant Bowling 4:00 Afternoon Movement	21 11:00 BINGO 1:30 Golf 2:00 Baking with Friends <b>3:00 Coffee &amp; Chat</b> 4:00 Afternoon Movement	22 11:00 Bowling 1:30 Hand Massages & Manicures 2:15 Magazine Search 3:00 Music with John 4:00 Afternoon Movement	23 <b>Thanksgiving</b> 11:00 Table Puzzles 1:30 Balloon Volley 2:15 Color w/ Friend 3:00 Sing Along 4:00 Afternoon Movement	24 11:00 BINGO 1:30 Golf 2:15 Happy Hour 3:00 Golf 4:00 Afternoon Movement	25 1:30 Game Show of their choice 4:00 Table Games
26 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	27 10:00 Ride Along 1:30 Craft with Friends 2:15 Giant Bowling 4:00 Afternoon Movement	28 11:00 BINGO 1:30 Golf 2:00 Baking with Friends <b>3:00 Coffee &amp; Chat</b> 4:00 Afternoon Movement	29 11:00 Bowling 1:30 Hand Massages & Manicures 2:15 Magazine Search 3:00 Music with John 4:00 Afternoon Movement	30 11:00 Table Puzzles 1:30 Balloon Volley 2:15 Color w/ Friend 3:00 Sing Along 4:00 Afternoon Movement	<b>Everyday Activities</b> 9:30 Word of encouragement 10:00 Morning Exercise 10:30 Morning Snack	





## Funny Feast Mode

If you think I'm not going back for seconds, then you ain't seen stuffin' yet!

## An American Anthem

One of the country's most popular patriotic songs, "God Bless America" debuted 85 years ago this month when Kate Smith sang it on her radio show in recognition of Veterans Day. Did you know these facts about the stirring tune?

- Irving Berlin wrote the first draft while he was serving in the Army near the end of World War I.
- The song is so beloved that many citizens have lobbied for it to replace "The Star-Spangled Banner" as our national anthem.
- Since 1940, the song's royalties have been donated to Boy Scout and Girl Scout programs of America.
- On the evening of the Sept. 11 attacks, members of Congress broke into an impromptu rendition of the song on the steps of the U.S. Capitol.



## Celebrated Sax Players

On Nov. 6, Saxophone Day, muse on some of the instrument's most iconic artists. *Charlie Parker*. Widely called history's greatest sax player, Parker's musical innovations led to the formation of the bebop style of jazz. He is remembered fondly by his famed nickname, "Bird."

*Lester Young*. Often sporting a porkpie hat, this stylish saxophonist was known for playing warm, relaxing tones and popularizing slang such as "that's cool" and "dig it."

*Ben Webster*. A member of Duke Ellington's orchestra, Webster's habit of switching between tender, bluesy ballads and growling, high-energy pieces earned him the name "the Brute and the Beautiful." *Stan Getz*. The tenor sax player known as "the Sound" is credited with introducing the Brazilian musical style bossa nova to American audiences, winning a Grammy Award in 1965 for his hit "The Girl From Ipanema."

*John Coltrane*. Implementing a unique style of chord progression that came to be called "sheets of sound," Coltrane is revered as a pioneer in experimental jazz.

*Michael Brecker*. Exploring the worlds of jazz, pop and rock, Brecker's talents on the tenor saxophone allowed him to collaborate with dozens of big-name artists, including Herbie Hancock, Paul Simon and Billy Joel.

*Grover Washington Jr.* Fans of smooth jazz have Washington to thank, who helped develop the genre in the 1970s and '80s.

