



THE Falls River Court Lifestyle



FALLS RIVER
ASSISTED LIVING & MEMORY CARE

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MEMORY CARE COMMUNITY

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DECEMBER 2023

Celebrate the Scottish Way

For many in the U.S., New Year's Eve is celebrated with a countdown at midnight and by watching the ball drop in New York's Times Square. But in Scotland, it's a bright and cheerful party known as Hogmanay.

The holiday is rooted in winter solstice festivals brought to the region by the Vikings in the eighth or ninth century. The origin of the word Hogmanay is unknown, but one popular theory suggests that it's a rough translation of the French words for "a New Year's gift."

Hogmanay preparations can begin a few days before Dec. 31, and the revelry often lasts through Jan. 2. Scotland's capital, Edinburgh, hosts a world-famous Hogmanay Street party that includes a torchlight procession, Viking costumes, concerts, dancing and fireworks show at midnight.

In people's homes, efforts are made to clean the hearth and pay all debts before the bells ring at midnight, ensuring a fresh start in the new year. After the clock strikes 12, folks head to their loved ones' homes to take place in "first footing." The first person to cross a home's threshold will set the tone for the whole year. These guests are encouraged to bring gifts such as coal to keep the house warm, salt for good health, or shortbread and whisky as a sign of hospitality.

The biggest Hogmanay tradition that has spread worldwide is the singing of "Auld Lang Syne" at midnight. With lyrics by beloved Scottish poet Robert Burns, the song celebrates friendships and memories from the year gone by.



The Clubhouse Is Available

Our clubhouse is waiting for you to rent it! Confirm that the clubhouse is available for the date of your holiday party or joyful event, and we'll make sure it's reserved for you and your guests.

DECEMBER 2023

Frosty Bird Feeder

Transform a few natural ingredients into a beautiful bird feeder.

Materials:

- Bundt or tube pan
- Distilled water
- Apple slices
- Whole cranberries
- Star anise
- Evergreen needles
- Ribbon or twine

Directions:

Fill the pan with about an inch of water and freeze. Next, scatter the apple slices, a handful of cranberries, some star anise and a few evergreen needles on top of the ice. Pour another inch of water on top and freeze. After a few hours, add another inch of water to the pan, freeze, then repeat a final time. Once the last layer is solid, run the pan under warm water to loosen the ice ring. Remove it from the pan and loop ribbon or twine through the center, tying the ends together to make a hanger. Hang the ring from an outdoor hook or sturdy tree branch. Watch birds enjoy a winter snack as the ice melts.

**"Bells are music's laughter."
—Thomas Hood**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|---|--|
| | | | | | 1 | 2 |
| | | | | | 11:00 Basketball 11:30 Sing Along 1:15 Movie Day 2:15 Happy Hour 4:00 Afternoon Movement 4:30 Magazine Search | 1:15 Movie Day 1:30 Game Show of their choice 4:00 Table Games |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 11:00 Hayes Barton Baptist Church 1:15 Movie Day 2:00 Color with a friend | 10:00 Ride Along 1:15 Movie Day 2:15 Giant Bowling 4:00 Afternoon Movement 4:30 I Spy | 11:00 BINGO 1:15 Movie Day 2:00 Baking with Friends 3:00 Coffee & Chat 4:00 Afternoon Movement | 11:00 Bowling 1:15 Movie Day 2:00 Hand Massages & Manicures 2:30 Magazine Search 3:00 Music with John 4:00 Afternoon Movement | 11:00 Table Puzzles 1:15 Movie Day 1:30 Balloon Volley 2:15 Color w/ Friend 3:00 Sing Along 4:00 Afternoon Movement | 11:00 Basketball 11:30 Sing Along 1:15 Movie Day 2:15 Happy Hour 4:00 Afternoon Movement 4:00 Music with Christian 4:30 Magazine Search | 1:15 Movie Day 1:30 Game Show of their choice 4:00 Table Games |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 11:00 Hayes Barton Baptist Church 1:15 Movie Day 2:00 Color with a friend | 10:00 Ride Along 1:15 Movie Day 2:15 Giant Bowling 4:00 Afternoon Movement 4:30 I Spy | 11:00 BINGO 1:15 Movie Day 2:00 Baking with Friends 3:00 Coffee & Chat 4:00 Afternoon Movement | 11:00 Bowling 11:00 Master Gardeners 1:15 Movie Day 2:00 Hand Massages & Manicures 2:30 Magazine Search 3:00 Music with John 4:00 Afternoon Movement | 11:00 Table Puzzles 1:15 Movie Day 1:30 Balloon Volley 2:15 Color w/ Friend 3:00 Sing Along 4:00 Afternoon Movement | 11:00 Basketball 11:30 Sing Along 1:15 Movie Day 2:15 Happy Hour 4:00 Afternoon Movement 4:30 Magazine Search | 1:15 Movie Day 1:30 Game Show of their choice 4:00 Table Games |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 11:00 Hayes Barton Baptist Church 1:15 Movie Day 2:00 Color with a friend | Spirit Week! 10:00 Ride Along 1:15 Movie Day 2:15 Giant Bowling 4:00 Afternoon Movement 4:30 I Spy | 11:00 BINGO 1:15 Movie Day 2:00 Baking with Friends 3:00 Coffee & Chat 4:00 Afternoon Movement | 11:00 Bowling 1:15 Movie Day 2:00 Hand Massages & Manicures 2:30 Magazine Search 3:00 Music with John 4:00 Afternoon Movement | 11:00 Table Puzzles 1:15 Movie Day 1:30 Balloon Volley 2:15 Color w/ Friend 3:00 Sing Along 3:30 Movercize with Rich 4:00 Afternoon Movement | 11:00 Basketball 11:30 Sing Along 1:15 Movie Day 2:15 Happy Hour 4:00 Afternoon Movement 4:30 Magazine Search | 1:15 Movie Day 1:30 Game Show of their choice 4:00 Table Games |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 11:00 Hayes Barton Baptist Church 1:15 Movie Day 2:00 Color with a friend | Christmas 10:00 Ride Along 1:15 Movie Day 2:15 Giant Bowling 4:00 Afternoon Movement 4:30 I Spy | 11:00 BINGO 1:15 Movie Day 2:00 Baking with Friends 3:00 Coffee & Chat 4:00 Afternoon Movement | 11:00 Bowling 1:15 Movie Day 2:00 Hand Massages & Manicures 2:30 Magazine Search 3:00 Music with John 4:00 Afternoon Movement | 11:00 Table Puzzles 1:15 Movie Day 1:30 Balloon Volley 2:15 Color w/ Friend 3:00 Sing Along 4:00 Afternoon Movement | 11:00 Basketball 11:30 Sing Along 1:15 Movie Day 2:15 Happy Hour 4:00 Afternoon Movement 4:30 Magazine Search | 1:15 Movie Day 1:30 Game Show of their choice 4:00 Table Games |
| 31 | | | | | | |
| 11:00 Hayes Barton Baptist Church 1:15 Movie Day 2:00 Color with a friend | | | | | | |



Family Games for After the Feast

The dishes are done, the leftovers are put away, and now is the time for a slice of pie and some good old-fashioned fun. These party games are sure to score big points at holiday gatherings.

Charades. This classic activity requires players to silently act out a word or phrase for their teammates to guess before the timer runs out. Add a seasonal spin by suggesting festive phrases to guess, such as "turkey" or "parade."

Who am I? Write down the names of famous people, real or fictional, on sticky notes. On each player's turn, they blindly choose a sticky note to place on their forehead. The other players must give clues to help the person guess the mystery identity. Simple, but silly!

Blindfolded sketch. Giggle till you gobble by blindfolding players and instructing them to draw a turkey on a piece of paper. Give step-by-step directions, and award points for every body part that's in the right spot!

Board and card games. The classics rarely disappoint. Pull out board games you have on hand and vote on which one to play. A deck of cards provides endless opportunities for group fun, from crazy eights to rummy to spoons.

A to Z gratitude. Go around the table and have each person share something they're thankful for, but it has to start with the next letter of the alphabet. Continue until all letters have been used.

