

THE Falls River Village Lifestyle



FALLS RIVER
ASSISTED LIVING & MEMORY CARE

Like Us!  

ASSISTED LIVING COMMUNITY

1110 Falls River Avenue · Raleigh, NC 27614 · (919) 805-3113 · www.fallsriverseniorliving.com

JANUARY 2025



Happy New Year from the Food Service Department. Here at Falls River Village and Falls River Court we strive to provide delicious meals. For some, this is the most exciting part of the day. For others, it provides a sense of nostalgia. When it comes to food, it is important to play on all five senses, sight being first. We eat with our eyes; it is important to make sure the dishes are presented in a way that makes you want to come back for another bite. One of the lesser thought of senses is sound. This can be anything from the crunch of salad toppings to the sizzle of bacon on a BLT. Next is touch. No one wants to pick up a soggy burger bun or have to saw through a piece of fried pork chop. We can't forget about smell. We want to have people's mouths watering and hoping there is enough for seconds. Lastly, taste. Now if you are one of the people that fall under the most exciting part of the day category, this will be your favorite. Whether it provides you with a flavor explosion or a melt-in-your-mouth new favorite, we welcome everyone to come take a lunch tour or eat with a loved one to experience this for yourself.



January is the month when we seem to start “New Year’s resolutions” and always have high hopes to continue them throughout the year. Our New Year’s Resolution for 2025 will be to continue to serve our residents with **Respect, Dignity, Compassion**. It is a new chapter where we get to write our own successful stories. In order for our community to be successful we need to hear from you. Each quarter we will be hosting family forums, and our first one will be in January. An invitation will be sent via email to all family members.



“What the New Year brings to you will depend a great deal on what you bring to the New Year”.
Vern MClellan

JANUARY 2025

**Laugh Lines:
Ringing in the
New Year**

Q: What is a New Year's resolution?

A: Something that goes in one year and out the other.

Q: What did the little Champagne bottle call his father?

A: Pop!
Knock, knock.
Who's there?

Abby.

Abby who?
Abby New Year!

Youth is when you're allowed to stay up on New Year's Eve. Middle age is when you're forced to.

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.

I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter. My New Year's resolution is to get better at pretending to know the words to "Auld Lang Syne."

**"The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams."
—Robert Brault**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 1 9:45 -Sharing words of encouragement (GAL) 10:30 -Body Stretches (LR) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	2 9:45 -Sharing words of encouragement (GAL) 10:30 -Music & Movement (LR) 2:00 -Chef Chat (GAL) 3:00 -Word Search (GAL)	3 9:45 -Sharing words of encouragement (GAL) 10:30 -Body Stretches (LR) 11:30 -Jammin' with Christian (LR) 1:30 -BINGO (GAL) 2:30 -HAPPY HOUR!! (GAL)	4 9:45 -Sharing words of encouragement (GAL) 10:30 -Move it! Move it! (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided)
5 9:45 -Sharing words of encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR)	6 9:45 -Sharing words of encouragement (GAL) 10:30 -Zumba with Linda (LR) 1:00 -Pet Therapy with Catherine 1:30 -BINGO (GAL) 2:00 -Music with Luke (LR) 3:30 -Creative Art, (GAL)	7 9:45 -Sharing words of encouragement (GAL) 10:30 -Music & Movement (LR) 1:30 Music with Roseanne 2:30 -Ice Cream Social (GAL) 3:00 -Pet Therapy with Denise	8 9:30  -Forget Me Not Support Group (GAL) 9:45 -Sharing words of encouragement (GAL) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	9 9:45 -Sharing words of encouragement (GAL) 10:30 -Music & Movement (LR) 11:00 -Thrift Shopping 3:00 -Word Search (GAL)	10 9:45 -Sharing words of encouragement (GAL) 10:00 Pet Therapy w/ Brenda 1:30 -BINGO (GAL) 2:30 -HAPPY HOUR!! (GAL)	11 9:45 -Sharing words of encouragement (GAL) 10:30 -Move it! Move it! (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided)
12 9:45 -Sharing words of encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR) 12:45 -Faithful Friends Fellowship (LR)	13 9:45 -Sharing words of encouragement (GAL) 10:30 -Zumba with Linda (LR) 1:00 -Pet Therapy with Catherine 1:30 -BINGO (GAL)	14 9:45 -Sharing words of encouragement (GAL) 10:30 -Music & Movement (LR) 11:00 Resident Council Meeting (GAL) 2:30 -Ice Cream Social (GAL)	15 9:45 -Sharing words of encouragement (GAL) 10:30 -Body Stretches (LR) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	16 9:45 -Sharing words of encouragement (GAL) 10:30 -Music & Movement (LR) 3:00 -Word Search (GAL) 4:00 Movercize with Rich	17 9:45 -Sharing words of encouragement (GAL) 10:30 -Body Stretches (LR) 1:30 -BINGO (GAL) 2:30 -HAPPY HOUR!! (GAL)	18 9:45 -Sharing words of encouragement (GAL) 10:30 -Move it! Move it! (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided)
19 9:45 -Sharing words of encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR)	Martin Luther King Jr. Day 20 9:45 -Sharing words of encouragement (GAL) 10:30 -Zumba with Linda (LR) 1:00 -Pet Therapy with Catherine 1:30 -BINGO (GAL) 3:30 Creative Art	21 9:45 -Sharing words of encouragement (GAL) 10:30 -Music & Movement (LR) 11:00 -Pet Therapy with Denise 2:30 -Ice Cream Social (GAL)	22 9:45 -Sharing words of encouragement (GAL) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	23 9:45 -Sharing words of encouragement (GAL) 10:30 -Music & Movement (LR) 11:00 -Thrift Shopping 2:00 Cook's Corner w/ Chelsea 3:00 -Word Search (GAL)	24 9:45 -Sharing words of encouragement (GAL) 10:00 -Pet Therapy with Brenda 1:30 -BINGO (GAL) 2:30 -HAPPY HOUR!! (GAL)	25 9:45 -Sharing words of encouragement (GAL) 10:30 -Move it! Move it! (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided)
26 9:45 -Sharing words of encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR) 12:45 -Faithful Friends Fellowship (LR)	27 9:45 -Sharing words of encouragement (GAL) 10:30 -Zumba with Linda (LR) 1:00 -Pet Therapy with Catherine 1:30 -BINGO (GAL)	28 9:45 -Sharing words of encouragement (GAL) 10:30 -Music & Movement (LR) 2:30 -Ice Cream Social (GAL)	29 9:45 -Sharing words of encouragement (GAL) 10:30 -Body Stretches (LR) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	30 9:45 -Sharing words of encouragement (GAL) 10:30 -Music & Movement (LR) 3:00 -Word Search (GAL)	31 9:45 -Sharing words of encouragement (GAL) 10:30 -Body Stretches (LR) 1:30 -BINGO (GAL) 2:30 -HAPPY HOUR!! (GAL)	



J. Shaver 24th
 M. Bischoff 29th

Celebrating Martin Luther King Jr.

Each January, Americans honor the life and legacy of civil rights leader Martin Luther King Jr., who was born Jan. 15, 1929.

A Baptist minister with degrees in sociology and theology, King and his family were living in Montgomery, Ala., in the 1950s as the civil rights movement was gaining momentum. Following the 1955 arrest of Rosa Parks for refusing to give up her bus seat to a white man, King was chosen by fellow activists to be their spokesman and lead the Montgomery bus boycott.

Inspired by Mohandas Gandhi’s method of nonviolent resistance, King co-founded the Southern Christian Leadership Conference in 1957. King traveled the world to give lectures and meet with leaders and activists, spreading the SCLC’s mission of achieving full equality for African Americans through peaceful protests.

In 1963, King helped organize the March on Washington for Jobs and Freedom, a rally attended by more than 200,000 people. It was at this event that King gave his famous “I Have a Dream” speech on the steps of the Lincoln Memorial. Many credit this key moment in civil rights history with influencing the passage of the Civil Rights Act of 1964.

King’s other accomplishments include being named Time magazine’s Man of the Year in 1963, winning the Nobel Peace Prize in 1964, and leading a peaceful march from Selma, Ala., to Montgomery in 1965.

Toward the end of his life, King used his influence and nonviolent methods to address issues such as poverty and the Vietnam War. King was assassinated April 4, 1968, while standing on a motel balcony in Memphis, Tenn.

- **Executive Director**
Barbara Riexinger
- **Assisted Living Director**
Tonyita Breedon
- **Business Office Director**
Caroline Mbithi
- **Maintenance Director**
Joseph DeWeese
- **Activities Director**
Adriena (Michelle) Moore
- **Food Service Director**
Chelsea Jacobs
- **Sales & Marketing Director**
Virginia Dawson
- **Resident Care Coordinator**
Angel White
- **Memory Care Coordinator**
Reshonda Alston
- **Maintenance Assistant**
Eric Parson
- **Activities Assistant**
Chakira Brown
- **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)



Roll and Repeat

You can burn about 240 calories building a snowman!