



THE Falls River Village Lifestyle

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

FEBRUARY 2025

Health News

February is Heart Health Awareness Month

Here are a few facts about Women and Cardiovascular Disease. While heart disease affects all genders, it is the No. 1 killer of women, causing 1 in 3 deaths each year. That is a third of our mothers, sisters, friends, neighbors, coworkers and more. Cardiovascular disease impacts some women at higher rates than others, but the simple truth is that most cardiovascular diseases can still be prevented with education and healthy lifestyle changes. Heart disease and stroke can affect a woman at any age, making it vital for all women to understand their personal risk factors and family history.

As we enter 2025, let's all pledge to live healthier, happier lives. We can help to achieve this with healthy diets, exercise (ex. walking ... even a lap or two around the inside hallways), socializing with others, fresh air, laughing, singing, participating more in activities.

Join us on February 7th for National Wear Red Day.



Administrator's Corner

February may be the shortest month of the year, but it is rich in culture and diversity, promoting health and love. It is Black History month - where we reflect on the history and heritage across the country. Health wise, it is a month that we recognize as the "Heart Healthy Month." Do something to make your heart happy - spend time with friends, go for a walk, list 5 things that you love about yourself. Remember - February 7th is National Wear Red Day in honor of the women who have heart disease. Join us for our Sweetheart Dinner and Dance on Thursday, February 13th, at 4:00 pm. An invitation will be sent via email to family members. Seating will be limited so we ask that you respond by deadline date. National Groundhog Day is February 2nd. Will the national groundhog, Punxsutawney Phil, see its shadow? Will we have an early spring? Only time will tell.

5 Things I Love About Myself

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

FEBRUARY 2025

**Transportation News
2025 Updates in
Transportation**

Mondays and Fridays—Are Reserved for Emergency appointments only

Tuesday and Wednesdays—Available for doctor's visits for Falls River Village and Court Residents

Thursdays—Reserved for Falls River Village and Court outings

NOTE: There is a 15-mile radius on all appointments one way.

Hugs and Kisses

Etched on candy hearts and signed at the bottom of love letters, the letters "xoxo" symbolize a sweet sentiment of "hugs and kisses." Substituting the letter X for a smooch dates back to the Middle Ages. People who could not read or write would sign documents with an X, then kiss the mark to pledge their sincerity. The letter O joined the X much later, in the mid-1900s, to pair the kiss with a hug.

**"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch."
—Patience Strong**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
GROUNDHOG DAY 2 9:45 -Sharing words of encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR) 2:30 -Board Games-Self Guided (GAL)	3 9:45 -Sharing words of encouragement (GAL) 10:30 -Zumba with Linda (LR) 1:00 -BINGO (GAL) 1:00 -Pet Therapy with Catherine 2:00 -Music with Luke (LR) 3:15 -Creative Art, Black History Month, Creating a Mural (GAL)	4 9:45 -Sharing words of encouragement (GAL) 10:30 -Resident Council Meeting (GAL) 1:30 Music with Roseanne 2:30 -Ice Cream Social (GAL) 3:00 -Pet Therapy with Denise	5 9:45 -Sharing words of encouragement (GAL) 10:30 Creative Valentine's Cards (GAL) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	6 9:45 -Sharing words of encouragement (GAL) 10:00 -Walmart Trip (Sign-Up) 2:00 -Dining Chat with Chelsea (GAL) 3:00 -Word Search (GAL)	NATIONAL WEAR RED DAY 7 9:45 -Sharing words of encouragement (GAL) 11:30 -Jammin' with Christian (LR) 1:30 -BINGO (GAL) 2:30 -HAPPY HOUR!! (GAL)	8 9:45 -Sharing words of encouragement (GAL) 10:30 -Move it! Move it! (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided)
9 9:45 -Sharing words of encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR) 12:45 -Faithful Friends Fellowship (LR) 2:30 -Board Games-Self Guided (GAL) 6:00 --Super Bowl LIX (LR)	10 9:45 -Sharing words of encouragement (GAL) 10:30 -Zumba with Linda (LR) 1:00 -Pet Therapy with Catherine 1:30 -BINGO (GAL) 3:00 --Snack & A Movie "Hidden Figures"	11 9:45 -Sharing words of encouragement (GAL) 10:30 -Movin' to the Music (LR) 1:15 -Making Jewelry, Expressions of Love (GAL) 2:30 -Ice Cream Social (GAL)	12 9:30 -Forget Me Not Support Group (GAL) 9:45 -Sharing words of encouragement (Sunroom) 10:30 -Body Stretches (LR) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	13 9:45 -Sharing words of encouragement (GAL) 10:30 -Movin' to the Music (LR) 1:15 -Creative Art--Collage of Love (GAL) 3:00 -Word Search (GAL) 4:00 Sweetheart Dinner & Dance (Dining Room)	14 9:45 -Sharing words of encouragement (GAL) 10:00 Pet Therapy w/ Brenda 10:30 -Body Stretches (LR) 1:30 -BINGO (GAL) 2:30 -Valentine's Day Social (GAL)	15 9:45 -Sharing words of encouragement (GAL) 10:30 -Move it! Move it! (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided)
16 9:45 -Sharing words of encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR) 2:30 -Board Games-Self Guided (GAL)	Presidents Day 17 9:45 -Sharing words of encouragement (GAL) 10:30 -Zumba with Linda (LR) 1:00 -Pet Therapy with Catherine 1:30 -BINGO (GAL) 2:45 -Black History Trivia Residents vs Staff (LR)	18 9:45 -Sharing words of encouragement (GAL) 11:00 -Pet Therapy with Denise 1:30 --Relaxing Coloring (GAL) 2:30 -Ice Cream Social (GAL)	19 9:45 -Sharing words of encouragement (GAL) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	20 9:45 -Sharing words of encouragement (GAL) 11:30 -Lunch Outing (Sign up) 3:00 -Word Search (GAL) 4:00 Movercize with Rich	21 9:45 -Sharing words of encouragement (GAL) 10:30 --Music & Movement (LR) 11:00 -Bible Trivia (GAL) 1:30 -BINGO (GAL) 2:30 -HAPPY HOUR!! (GAL)	22 9:45 -Sharing words of encouragement (GAL) 10:30 -Move it! Move it! (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided)
23 9:45 -Sharing words of encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR) 12:45 -Faithful Friends Fellowship (LR) 2:30 -Board Games-Self Guided (GAL)	24 9:45 -Sharing words of encouragement (GAL) 10:30 -Zumba with Linda (LR) 1:00 -Pet Therapy with Catherine 1:30 -BINGO (GAL) 2:45 -Movie Matinee "Black History Activators" (LR)	25 9:45 -Sharing words of encouragement (GAL) 10:30 -Movin' to the Music (LR) 2:30 -Ice Cream Social (GAL) 3:30 -Paint & Pour (GAL)	26 9:45 -Sharing words of encouragement (GAL) 10:30 -Body Stretches (LR) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	27 9:45 -Sharing words of encouragement (GAL) 10:30 -Movin' to the Music (LR) 2:00 Cook's Corner w/ Chelsea 3:00 -February Birthday Celebration (GAL) 3:00 -Word Search (GAL)	28 9:45 -Sharing words of encouragement (GAL) 10:00 -Pet Therapy with Brenda 10:30 -Body Stretches (LR) 1:30 -BINGO (GAL) 2:30 -HAPPY HOUR!! (GAL)	



Jon H. ----- February 9
Eugene S.----- February 29

Honoring Black History

February is Black History Month, a time to reflect on the achievements of African Americans who helped shape our great nation. These heroes will be the focus of several events this month, so check the calendar and be sure to join us.



- **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)



A Little Self-Love

“To fall in love with yourself is the first secret to happiness.” — Robert Morley