

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

Bright Blooms of Spring

With their vibrant yellow petals and trumpet-shaped centers, blossoming daffodils announce the arrival of spring.

The sunny flowers are also known by their botanical name, narcissus. They're also called jonquils, which are smaller varieties, and daffadowndillies. Botanists say there are 40 to 200 daffodil species, and thousands of hybrids of the flower.

Most daffodils have yellow blooms perched atop long green stems with grassy leaves. All-white varieties are common as well, and you can find daffodils with white petals and a yellow, orange or peach center.

Daffodils are easy to grow and care for, making them one of the most popular flowers for gardeners. Bulbs are planted in the fall and bloom in early spring, reappearing every year with more and more flowers that bring carefree, cheerful color to flower beds and container gardens early in the season.

The birth flower for March, the daffodil is said to represent hope and happiness. It's also the traditional flower for a 10th wedding anniversary as well as the national flower of the country of Wales.



MARCH 2025

Administrator's Corner

March, the month when winter whispers its goodbye and spring comes knocking with a burst of color and life. It's amazing how March can feel like the season of "fresh starts." A time to step into warmth, celebrate growth, and embrace change. This is a time at Falls River when the new Walking Club may be venturing outside for walks to see the beautiful blossoming flowers and hear the birds chirping. Thank you to all who made National Caregiver Day such a treat. It was a special time to be not only with our residents, but also their families. I thank our staff for being the Hands and Hearts that make a difference for our communities. As Tia Walker said, "To care for those who once cared for us is one of the highest honors."

Our 1st family forum of 2025 was informative and a success. Families have asked that we have these meetings every quarter, so our next one will be in April.



MARCH 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.**

**Self-Care
Corner: Pump
Up Your
Mood**

Squash a sour attitude by snacking on some pumpkin seeds. Their high levels of iron, tryptophan and tyrosine all contribute to the production of serotonin and dopamine, the feel-good brain chemicals that help balance mood.

**"Flowers don't worry about
how they're going to bloom.
They just open up and turn
toward the light and that
makes them beautiful."
—Jim Carrey**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 9:45 -Sharing Words of Encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR) 2:30 Hallmark Movie Matinee (GAL)	3 9:15 -Walking Club (Self-Guided) 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) 3:15 -Paint & Pour (GAL)	4 9:15 -Walking Club (Self-Guided) 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 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	6 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:00 -Thrift Shopping 2:00 -Dining Chat with Chelsea (GAL) 3:00 -Word Search (GAL)	7 9:15 -Walking Club (Self-Guided) 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 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided) 3:00 -Board Games with Friends (GAL) Self-Guided
9 9:45 -Sharing Words of Encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR) 1:00 -Faithful Friends Fellowship (LR) 2:30 Hallmark Movie Matinee (GAL)	10 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Zumba with Linda (LR) 1:00 -Pet Therapy with Catherine 1:30 -BINGO (GAL)	11 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Movin' to the Music (LR) 2:30 -Ice Cream Social (GAL)	12 9:15 -Walking Club (Self-Guided) 9:30 -Forget Me Not Support Group (GAL) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Body Stretches (LR) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	13 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Movin' to the Music (LR) 3:00 -Bible Trivia (GAL)	14 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:00 -Pet Therapy w/ Brenda 10:30 -Body Stretches (LR) 1:30 -BINGO (GAL) 2:30 -HAPPY HOUR!! (GAL)	15 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Morning Movement (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 Hallmark Movie Matinee (GAL)	17 9:15 -Walking Club (Self-Guided) 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 -Popcorn & A Movie (LR)	18 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 11:00 -Pet Therapy with Denise 2:30 -Ice Cream Social (GAL)	19 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 1:00 -BINGO (GAL) 2:00 -Music with John (LR) 3:15 -Trivia Quest (GAL)	20 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:00 -Thrift Shopping 3:00 -Word Search (GAL) 4:00 -Movercize with Rich	21 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 1:30 -BINGO (GAL) 2:30 -HAPPY HOUR!! (GAL)	22 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Morning Movement (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) 1:00 -Faithful Friends Fellowship (LR) 2:30 Hallmark Movie Matinee (GAL)	24 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Zumba with Linda (LR) 1:00 -Pet Therapy with Catherine 1:30 -BINGO (GAL)	25 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Movin' to the Music (LR) 2:30 -Ice Cream Social (Patio)	26 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Body Stretches (LR) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	27 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Movin' to the Music (LR) 2:00 -Cook's Corner w/ Chelsea 3:00 -Word Search (GAL)	28 9:15 -Walking Club (Self-Guided) 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)	29 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided)
30 9:45 -Sharing Words of Encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR) 2:30 Hallmark Movie Matinee (GAL)	31 9:15 -Walking Club (Self-Guided) 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 -March Birthday Celebration (GAL)					



Anne M---March 14
Alva C---March 15



A Sound Cause

Hear, hear! Protect your ears. March 3 is International Ear Care Day.



Trivia Whiz: Showing the Shamrocks

In March, shamrocks seem to pop up everywhere. The three-leaved token of Irish luck has roots in both Druid and Christian traditions, but in Irish lawns, the plant is considered a weed. Here are some other facts about shamrocks:

- *Sham shamrocks?* Scholars, botanists and florists argue over the species of the Irish shamrock of lore. The shamrock often is counted as part of the clover family, but in drawings of the plant, the typically heart-shaped leaves indicate wood sorrel, a member of the oxalis family.
- *Badge of rebellion.* In the 18th and 19th centuries, some Irish wore shamrocks to display their dissatisfaction with British rule. The phrase "the wearing o' the green" is said to have originated during this period.
- *Snake stopper?* The shamrock was believed to be a remedy for snake and scorpion bites. Tradition holds that snakes are never seen near shamrocks.
- *A wee bit of protection.* Shamrocks are thought to ward off any mischief a leprechaun might cause.
- *Here comes the luck.* To encourage a fortuitous union, shamrocks are sometimes placed in a bride's bouquet or worn on a groom's lapel.
- *Drinking of the green.* McDonald's introduced its minty green Shamrock Shake in 1970, whetting Americans' appetite for seasonal specialty beverages.

- **Executive Director**
Barbara Riexinger
- **Assisted Living Director**
Tonyita Breedon
- **Business Office Director**
Caroline Mbithi
- **Maintenance Director**
Joseph DeWeese
- **Activities Director**
Adriana (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
- **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)



Try Your Luck

"Be humble. Be nice to people. And you might be ready to be lucky." —Zoey Deutch