

# 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](http://www.fallsriverseniorliving.com)

APRIL 2025



## Falls River Welcomes - Select Rehabilitation, LLC

Select Rehabilitation brings you LIFE - our therapy and wellness programs for today's senior living communities. With dedicated, on-site therapy staff, customized wellness programs, "Living the Good Life with dementia" memory care program, as well as state-of-the-art technology such as VSTBalance and Mynd Immersive.

VSTBalance utilizes artificial intelligence to objectively identify and improve deficits in balance, gait and function - the three main indicators of fall risk. Mynd Immersive engages residents in virtual reality experiences to foster physical, cognitive, and mental wellness.

LIFE by Select Rehab - allows residents to live LIFE to its fullest.

LIFE by Select Rehabilitation - A robust wellness program designed for today's Assisted and Independent Living Communities! By incorporating artificial intelligence, virtual reality and other state-of-the-art technologies into its on-site, customized therapy and wellness programs, it allows residents to remain independent for longer as well as preventing falls inside the community.



## Administrator's Corner

### Welcome April

The quote that all of us know: "**April Showers Brings May Flowers.**" No matter what the weather gives us, it is always refreshing to see flowers bloom and the smell of Spring in the air. Our Falls River maintenance department, along with our landscapers, will be freshening up our courtyards and planting flowers for us to enjoy.

In Spring, it is a time for new beginnings and change, and that is the same for our communities. I am pleased to announce that Tiffany Utley has joined our team as our Assisted Living Director. Tiffany comes with many years of experience and will be ensuring that resident care needs are met alongside Angel White, RCC, and ReShonda Alston, MCC.

In our Activities Department, we welcome Allanzandrea "Alex" Watkins, who is now our Activities Assistant. You may have seen Alex with your family member as she is one of our Med Techs. Please welcome her in her new role.



**APRIL 2025**

**Transportation News**

**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.**

**Prepare for Spring Weather**

The arrival of spring means warmer weather is on its way, but there are plenty of cool days left as the seasons change. Be prepared for fluctuating temperatures by dressing in layers, which you can remove if you get warm and put back on if you get chilly. Also be sure to wear secure footwear and to grab an umbrella before leaving on outings.

**"April is a promise that May is bound to keep."  
—Hal Borland**

*Activities Subject to Change*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>April Fools' Day</b> 1 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Resident Council Meeting (GAL) 1:30 -Trivia Quest, Residents vs Staff (LR) 2:30 -Ice Cream Social (Courtyard) 3:00 -Pet Therapy with Denise	2 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)	3 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) <b>10:00 -Thrift Shopping</b> <b>2:00 -Dining Chat with Chelsea (GAL)</b> 3:00 -Word Search (GAL)	4 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) <b>11:30 -Jammin' with Christian (LR)</b> <b>1:00 -BINGO (GAL)</b>	5 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided)
6 9:45 -Sharing Words of Encouragement (GAL) <b>11:00 -Hayes Barton Baptist Church Livestream (LR)</b> <b>1:00 -Faithful Friends Fellowship (LR)</b> <b>2:30 -Afternoon Movie Matinee (GAL)</b>	7 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) <b>10:30 -Zumba with Linda (LR)</b> <b>1:00 -BINGO (GAL)</b> <b>1:00 -Pet Therapy with Catherine</b> <b>2:00 -Music with Luke (LR)</b> <b>3:15 -Paint &amp; Pour (GAL)</b>	8 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Movin' to the Music (LR) 1:30 -Board Games with Friends (GAL)	9 9:15 -Walking Club (Self-Guided) <b>9:30 -Forget Me Not Support Group (GAL)</b> 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Body Stretches (LR) 1:00 -BINGO (GAL) <b>2:00 -Music with John (LR)</b>	10 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Movin' to the Music (LR) 3:00 -Word Search (GAL)	11 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) <b>10:00 -Pet Therapy w/ Brenda</b> 10:30 -Body Stretches (LR) <b>1:00 -BINGO (GAL)</b> <b>2:30 -Happy Hour (GAL)</b>	<b>Passover</b> 12 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided)
13 9:45 -Sharing Words of Encouragement (GAL) <b>11:00 -Hayes Barton Baptist Church Livestream (LR)</b> 1:30 -Exploring Nature-Self Guided (Courtyard)	14 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) <b>10:30 -Zumba with Linda (LR)</b> <b>1:00 -BINGO (GAL)</b> <b>1:00 -Pet Therapy with Catherine</b> 2:30 -Trivia of the States (GAL)	15 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 11:00 -Pet Therapy with Denise <b>1:30 -Trivia Quest, Residents vs Staff (LR)</b> <b>2:30 -Ice Cream Social (Courtyard)</b>	16 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 1:00 -BINGO (GAL) <b>2:00 -Music with John (LR)</b>	17 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) <b>1:30 -Good Berry's Frozen Custard</b> 3:00 -Word Search (GAL) <b>4:00 -Movercize with Rich</b>	<b>Good Friday</b> 18 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 11:00 -The Price is Right (LR) <b>1:00 -BINGO (GAL)</b> 2:30 -Tea & Table Talk (GAL)	19 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided)
20 9:45 -Sharing Words of Encouragement (GAL) <b>11:00 -Hayes Barton Baptist Church Livestream (LR)</b> <b>1:00 -Faithful Friends Fellowship (LR)</b> 2:00 -Walking for Wellness, Self-Guided 6:00 -Evening Sitcoms, The Andy Griffin Show	<b>Easter</b> 21 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) <b>10:30 -Zumba with Linda (LR)</b> <b>1:00 -BINGO (GAL)</b> <b>1:00 -Pet Therapy with Catherine</b> 3:30 -Bible Trivia (GAL)	22 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Movin' to the Music (LR) 3:00 -Creative Art, Painting Expressions (GAL)	23 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Body Stretches (LR) 1:00 -BINGO (GAL) <b>2:00 -Music with John (LR)</b>	24 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Movin' to the Music (LR) <b>1:00 -Spring Fling at The Falls</b> 4:30 -Word Search (GAL)	25 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) <b>10:00 -Pet Therapy with Brenda</b> 10:30 -Body Stretches (LR) <b>1:00 -BINGO (GAL)</b> <b>2:30 -Happy Hour (GAL)</b>	26 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided)
27 9:45 -Sharing Words of Encouragement (GAL) <b>11:00 -Hayes Barton Baptist Church Livestream (LR)</b> 2:00 -Walking for Wellness, Self-Guided	28 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) <b>10:30 -Zumba with Linda (LR)</b> <b>1:00 -BINGO (GAL)</b> <b>1:00 -Pet Therapy with Catherine</b> 3:00 -Movie Matinee (LR)	29 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) <b>1:30 -Trivia Quest, Residents vs Staff (LR)</b> <b>2:30 -Ice Cream Social (Courtyard)</b>	30 9:15 -Walking Club (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 1:00 -BINGO (GAL) <b>2:00 -Music with John (LR)</b>		 <p>•EARTH DAY•</p>	



Murphy W-----April 3  
 Mary S----- April 8  
 Dalma P----- April 26  
 Sue K----- April 29



- **Executive Director**  
Barbara Riexinger
- **Assisted Living Director**  
Tiffany Utley
- **Business Office Director**  
Caroline Mbithi
- **Maintenance Director**  
Joseph DeWeese
- **Activities Director**  
Adriena (Michelle) Moore
- **Food Service Director**  
Chelsea Jacobs
- **Sales & Marketing Director**  
Virginia (Ginger) Dawson
- **Resident Care Coordinator**  
Angel White
- **Memory Care Coordinator**  
Reshonda Alston
- **Maintenance Assistant**  
Eric Parson
- **Activity Assistant**  
Allanzandrea Watkins
- **Bus Driver**  
Randolph (Randy) Fairconeture  
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**If you would like to speak to one of these Team Members, please contact the front desk at 919-844-9747.**  
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**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 Bunch of Bunnies

The many terms for a group of rabbits include colony, herd, nest and fluffle.