

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

JULY 2024

Wit & Wisdom

"Without freedom of thought, there can be no such thing as wisdom; and no such thing as public liberty without freedom of speech."

—Benjamin Franklin

"I would like to be remembered as a person who wanted to be free ... so other people would also be free."

—Rosa Parks

"Freedom is the sure possession of those alone who have the courage to defend it."

—Pericles

"A hero is someone who understands the responsibility that comes with his freedom."

—Bob Dylan

"Creativity is the greatest expression of liberty."

—Bryant H. McGill

"There is a certain enthusiasm in liberty that makes human nature rise above itself in acts of bravery and heroism."

—Alexander Hamilton

"None who have always been free can understand the terrible fascinating power of the hope of freedom to those who are not free."

—Pearl S. Buck

"Liberty is worth paying for."

—Jules Verne



An American Symbol

With his white hair, beard and patriotic top hat and tailcoat, Uncle Sam is an iconic symbol of America.

The character is linked to New York meat packer Samuel Wilson, a well-liked businessman nicknamed Uncle Sam. During the War of 1812, he supplied barrels of beef to the U.S. Army. When soldiers saw "U.S." stamped on his barrels, indicating United States property, they assumed the letters stood for Uncle Sam, and the name became synonymous with the U.S. government.

Political cartoonist Thomas Nast popularized the image of Uncle Sam in the 1870s, drawing him with chin whiskers and a suit adorned with stars and stripes. In 1916, artist James Montgomery Flagg created the most well-known portrait of the national symbol. A stern-faced Uncle Sam, his finger pointing at the reader, first appeared on a magazine cover. The next year, the image was used with the caption "I Want You for U.S. Army" on World War I recruitment posters. More than 4 million copies of the poster were printed. Versions of Flagg's Uncle Sam were also used as a call to action during World War II.

JULY 2024

Red, White and Blue Watermelon Parfaits

These patriotic parfaits are easy to make, healthy and will add a blast of flavor to your summertime meals and celebrations.

Ingredients:

- 1 cup fresh blueberries, washed and drained
- 1 6-ounce container Greek yogurt (Vanilla, lemon or coconut flavors work best.)
- 1 cup watermelon, diced
- Whipped cream for garnish

Directions:

Assemble parfaits by layering the blueberries, yogurt and watermelon into 2 or 3 short, clear drinking glasses or pint-sized glass jars. Start with a layer of berries, then add a layer of yogurt and finish with the watermelon. Top each parfait with a dollop of whipped cream and a few pieces of the diced melon. Tip: If making ahead of time or to thicken the yogurt layer, drain yogurt on paper towels for several minutes to absorb some of the liquid.

Find more recipes at Culinary.net.

“Even the smallest victory is never to be taken for granted. Each victory must be applauded.”
 —Audre Lorde

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 1:00 Pet Therapy w/ Catherine 1:30 BINGO (GAL) 2:00 Music w/ Luke (LR) 3:00 Creative Art	2 9:45 Words of Encouragement (GAL) 10:30 B- Fit (LR) 11:30 Balloon Swat (LR) 1:30 Music w/ Roseanne (LR) 2:30 Ice Cream Social (LR) 3:00 Pet Therapy w/ Denise	3 9:45 Words of Encouragement (GAL) 10:30 Body Stretches (LR) 11:00 Fork Art (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR) 3:00 July 4 Celebration	4 Independence Day 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 3:00 Word Search (GAL)	5 9:45 Words of Encouragement (GAL) 10:30 Body Stretches (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (LR)	6 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 Activity with a Friend
7 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	8 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 1:00 Pet Therapy w/ Catherine 1:30 BINGO (GAL) 3:00 Creative Art	9 9:45 Words of Encouragement (GAL) 10:30 B-Fit (LR) 11:30 Reminisce Game (LR) 2:30 Ice Cream Social (LR) 6:00 Bible Study TCOR	10 9:45 Words of Encouragement (GAL) 10:00 Master Gardeners (GAL) 11:00 Hidden Pictures (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	11 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:00 Restaurant Of Choice 3:00 Word Search (GAL)	12 9:45 Words of Encouragement (GAL) 10:00 Pet Therapy w/ Brenda 10:30 Body Stretches (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (LR) 3:30 Music w/ Christian (LR)	13 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 Activity with a Friend
14 9:45 Words of Encouragement (GAL) 10:00 Sunday Service Pastor Dawn 11:00 Hayes Barton Baptist Church 1:00 Faithful Friends 2:00 Music w/Renee 3:00 Music by Harrison	15 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 11:00 Resident Council Meeting 1:00 Pet Therapy w/ Catherine 1:30 BINGO (GAL) 3:00 Creative Art	16 9:45 Words of Encouragement (GAL) 10:30 B- Fit (LR) 11:00 Pet Therapy w/ Denise 11:30 Roll The Dice (LR) 2:30 Ice Cream Social (LR)	17 9:45 Words of Encouragement (GAL) 10:30 Body Stretches (LR) 11:00 Making words w/ Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	18 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 2:00 Wiggle Art (GAL) 4:15 Movercize w /Rich	19 9:45 Words of Encouragement (GAL) 10:30 Body Stretches (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (LR)	20 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 Activity with a Friend
21 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	22 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 1:00 Pet Therapy w/ Catherine 1:30 BINGO (GAL) 3:00 Creative Art	23 9:45 Words of Encouragement (GAL) 10:30 B- Fit (LR) 11:30 Floor Tic Tac Toe (LR) 2:30 Ice Cream Social (LR) 6:00 Bible Study TCOR	24 9:45 Words of Encouragement (GAL) 10:30 Body Stretches (LR) 11:00 Family Feud (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	25 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:00 Shopping Trip & Lunch 3:00 Word Search (GAL)	26 9:45 Words of Encouragement (GAL) 10:00 Pet Therapy w/ Brenda 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (LR)	27 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 Activity with a Friend
28 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 1:00 Family Friends 3:00 Music by Harrison	29 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 1:00 Pet Therapy w/ Catherine 1:30 BINGO (GAL) 3:00 Creative Art	30 9:45 Words of Encouragement (GAL) 10:30 B- Fit (LR) 11:30 What's In the Bag (GAL) 2:30 Ice Cream Social (LR)	31 9:45 Words of Encouragement (GAL) 10:30 Body Stretches (LR) 1:00 BINGO (GAL) 2:00 Music w/John (LR) 2:30 July Birthday Celebration			

Yankee Doodle Dandies

This Independence Day, tip your top hat to these shining stars who share a birthday with America.

Nathaniel Hawthorne. His novels and short stories are mainstays of early American literature classes, so it's fitting he was born in 1804 on the nation's day of independence.

Calvin Coolidge. To date, he's the only U.S. president with a July 4 birthday. Born in 1872, he served as the country's 30th president from 1923 to 1929.

Gloria Stuart. Born in 1910, she began her acting career in the 1930s and is best known for her role in 1997's "Titanic," for which she earned a best supporting actress Oscar nomination.

Ann Landers and Abigail Van Buren. Did you know these competing advice columnists were identical twin sisters? They were born Esther and Pauline Friedman in 1918 in Iowa.

Bill Withers. The smooth-voiced singer who gave us hits like "Lean on Me," "Ain't No Sunshine" and "Lovely Day" was born in 1938, and served nine years in the U.S. Navy before beginning his music career.

Andrew Zimmern. Born in 1961 in New York, this celebrity chef has spent years introducing TV audiences to "Bizarre Foods" around the country and the world.

Post Malone. He was born in 1995, and like the nation he shares his birthday with, this bestselling artist's music style has been called a "melting pot" of genres, including rap, hip-hop, pop, country and grunge.

Malia Obama. Did having a patriotic birthday prepare President Barack Obama's oldest daughter for life in the White House? Born in 1998, she turned 16 during her father's second term and learned to drive from the Secret Service.



Have a Happy and Safe Fourth of July

Patriotism on the Pop Charts

In addition to classic standards, there have been many pop music songs that have honored the United States of America. Update your patriotic playlist with a few of these offerings: "Back in the U.S.A." Written and recorded by Chuck Berry in 1959, this rollicking hit celebrates simple American pleasures, from drive-in theaters to hamburgers sizzling on a grill. Singer Linda Ronstadt covered the song in 1978 for her No. 1 album "Living in the USA." "America." Neil Diamond's tribute to the nation's hopeful possibilities was released in 1980 and features stirring lyrics such as "Got a dream they've come to share ... they're coming to America."

"Living in America." James Brown belts out this anthem with punch and pizzazz in the 1985 film "Rocky IV," in a scene where star-spangled boxer Apollo Creed enters the ring for a bout. The song later earned Brown a Grammy Award for best male R&B performance.

"Only in America." Country duo Brooks & Dunn's song about "dreaming in red, white and blue" was already a hit of the summer in 2001, when the Sept. 11 terrorist attacks brought new meaning to the tune, transforming it into a healing message of hope.

"Our Country." Known for his down-to-earth lyrics about small town life, singer-songwriter John Mellencamp's 2007 single assures listeners that "there's a dream for everyone" in America.