


THE Falls River Village Lifestyle



FALLS RIVER
ASSISTED LIVING & MEMORY CARE

Like Us!  

ASSISTED LIVING COMMUNITY

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AUGUST 2024

Stay Sharp With These Pencil Facts

From doodling and drawing, to writing a story or list, to filling in test answers—the humble pencil has been a part of all of our lives. Jot down a few points about pencils:

- The part of the pencil that leaves a mark on paper is commonly called lead, but it's actually graphite, a form of carbon. When graphite was first discovered, it was believed to be lead, the heavy metal.
- The earliest reference to writing with "lead" is from the first century B.C., but the modern wooden pencil wasn't invented until 1565.
- Why are so many pencils yellow? In the early days of manufacturing, the best graphite came from China, where yellow represents royalty and respect. Painting their pencils yellow was a way for companies to show that the writing utensils were high quality.
- Students are usually encouraged to bring a No. 2 pencil to class. This refers to the HB Graphite Scale, which measures how hard and black the pencil's marks are.
- Author Henry David Thoreau's father owned a pencil factory, and the family is credited with many pencil innovations that are still standard today.
- Many other writers, including Ernest Hemingway, John Steinbeck and Judy Blume, preferred writing with a pencil.
- In theory, one pencil can write 45,000 words or draw a line that's 35 miles long.
- You can use a pencil to write underwater.
- Even in today's digital age, over 14 billion pencils are made annually.



Laugh Lines: Feeling the Heat

"The month of August had turned into a griddle where the days just lay there and sizzled." —Sue Monk Kidd

"What dreadful hot weather we have! It keeps one in a continual state of inelegance." —Jane Austen

"Forget about frying an egg on the sidewalk; this kind of heat would fry an egg inside the chicken." —Rachel Caine

"Iced coffee, on a hot day, can perform miracles." —Lish McBride

"You can pour melted ice cream on regular ice cream. It's like a sauce!" —Chris Pratt

"Nothing makes me so excessively peevish as hot weather." —Jonathan Swift

Q: What do bees say during a heat wave?

A: Wow, it's swarm!

Q: What do you call a librarian with a sunburn?

A: Well red.

Q: What's the worst tea to drink in summertime?

A: Humidity!

My roommate keeps turning off the air conditioning. Not cool!

It was so hot during my trip to Paris that I jumped in the river. My friends said I was in Seine!

I didn't get hired at the sunscreen factory, but after two hours, they told me I should reapply.

If you ever want to talk about why our air conditioning bill is so high, my door is always open.

AUGUST 2024

Get in the School Spirit

Remember back to high school. Were you “the brain,” “the athlete,” “the basket case” or “the princess”? No matter what your former reputation was, you’re undoubtedly reminded of it when noting that October is Class Reunion Month.

While it admittedly can be intimidating to face the peers of your past, keep in mind that you’re an adult now. When the class reunion invitation arrives, relax and have fun with these tips:

- Kick your memories into high gear. Pull out old photo albums, yearbooks and prom pics beforehand to refresh your memory.
- It’s been years since you were a teenager, so don’t act like one now. Treat your former classmates with the respect they deserve as adults.
- While you don’t need to impress anyone, you do want to feel confident. Make sure to shop early and wear a new outfit before the event to ensure it fits well and is comfortable.

“It’s never too late in life to have a genuine adventure.”
—Robert Kurson

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:00 Thrift Shopping & Lunch 2:00 Chef Chat (GAL) 3:00 Word Search (GAL)	2 9:45 Words of Encouragement (GAL) 10:30 Body Stretches (LR) 11:30 Music w/ Christian (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL)	3 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 Activity with a Friend (GAL) 3:00 Color By Number (GAL)
4 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	5 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 Abstract Water Art (GAL)	6 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:00 Foil Art (GAL) 1:30 Music w/ Roseanne (LR) 2:30 Ice Cream Social (LR) 3:00 Pet Therapy w/ Denise	7 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:00 Floor Tic Tac Toe (LR) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	8 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:00 Dollar Tree & Lunch 3:00 Pictionary Game (LR)	9 9:45 Words of Encouragement (GAL) 10:00 Pet Therapy w/ Brenda 11:00 Balloon Bucket Challenge (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL)	10 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 Activity with a Friend (GAL) 3:00 Adult Coloring (GAL)
11 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	12 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 (GAL)	13 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:00 Crayon Art (GAL) 2:30 Ice Cream Social (LR) 6:00 Bible Study TCOR (LR)	14 9:45 Words of Encouragement (GAL) 10:00 Master Gardeners (GAL) 10:30 Body Stretches (LR) 11:00 Table Go Fish (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	15 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:00 Reminisce Game (LR) 3:00 Word Search (GAL) 4:15 Movercize w /Rich	16 9:45 Words of Encouragement (GAL) 10:30 Body Stretches (LR) 11:00 Hungry Hippo Game (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL)	17 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 Activity with a Friend (GAL) 3:00 Color By Number (GAL)
18 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	19 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 11:00 Resident Council Meeting (GAL) 1:00 Pet Therapy w/ Catherine 1:30 BINGO (GAL) 3:00 Bottle Art (GAL)	20 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:00 Leaf Print Art (GAL) 11:00 Pet Therapy w/ Denise 2:30 Ice Cream Social (LR)	21 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:00 Velvet Art (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	22 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:00 Restaurant Of Choice 3:00 Word Search (GAL)	23 9:45 Words of Encouragement (GAL) 10:00 Pet Therapy w/ Brenda 11:00 Making words w/ Dice (GAL) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL)	24 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 Activity with a Friend (GAL) 3:00 Adult Coloring (GAL)
25 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	26 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 (GAL)	27 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:00 Still Life Art (GAL) 2:30 Ice Cream Social (LR) 6:00 Bible Study TCOR (LR)	28 9:45 Words of Encouragement (GAL) 10:30 Body Stretches (LR) 11:00 Corn Hole (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	29 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 10:30 Roll The Dice (LR) 2:00 Birthday Celebration 3:00 Word Search (GAL)	30 9:45 Words of Encouragement (GAL) 10:30 Body Stretches (LR) 11:00 Interactive Conversation 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL)	31 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 Activity with a Friend (GAL) 3:00 Color By Number (GAL)



Camp The Great Outdoors

Want to become one of the millions of Americans who go camping annually? With a little planning, some gear and a sense of adventure, camping can be a great way to get away from it all.

Preparation. Before heading out, familiarize every camper with the campground rules, such as those regarding fires, pets and vehicles.

Safety. Don't forget a first-aid kit. Remember to tell someone where you're camping and when you'll return, even if you're not far from city limits.

Necessities. Water seems obvious; however, take into account the number of campers, weather and activity level. Note whether potable water will be available and decide how you'll clean cooking utensils. (You should never clean items in a river or stream.) Pack a multi-tool knife, a lantern or flashlight for each camper, bug spray and sunscreen, a map of the area and a cell phone. Go to www.KOA.com, a nationwide campground operator, for a list of other must-haves, including the all-important tent and sleeping bag.

Respect nature. Expect to see wildlife, and enjoy it. In fact, bring along binoculars and ID books. Always follow an essential rule of the outdoors and never feed wild animals. Make sure everything you bring leaves with you.

Back home. Dry out tents, tarps or anything else that may have gotten wet. Clean all cooking utensils and wash coolers. Record your trip! Note wildlife, delicious meals and funny moments. Add photos and maps and use the journal as a resource for future camping excursions.

Positive Thought

"Some of the best memories are made in flip-flops." —Kellie Elmore

How Friends Keep Us Happy and Healthy

Friends laugh with us when things are good and give us support when we are down. They accept us as we are and want only our friendship in return. Besides the warmth and camaraderie that these special relationships provide, research shows they benefit our health, too.

The link between friendship and mental well-being is clear. Friends help reduce stress by offering a listening ear during challenging times. Spending time with a friend, especially when having fun such as playing a game or watching a movie, can provide a welcome distraction from negative thoughts and worries.

Friends can provide the motivation and support we may need to improve ourselves and our health by breaking bad habits and embracing good ones. They also give us a sense of belonging and acceptance, which can boost happiness and increase our self-worth—a natural antidote for depression and loneliness.

Additionally, studies have found that people in strong friendships have lower blood pressure, heart rate and cholesterol, lowering the risk of disease.

The degrees of friendship may vary, from those who are like family to casual acquaintances, but each relationship is beneficial, as is the ability to continue making new friends throughout life.