

# 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)

## OCTOBER 2024

# Health & Wellness

## Helloo Fall

I don't know about y'all, but this is my favorite time of the year! I'm looking forward to the nice cool fall mornings and evenings. It's a great time to get out and enjoy the outdoors. Whether taking a stroll or sitting on the porch, it's relaxing to just be outside (most of the insects are gone, too). I encourage each of you to spend some time outside, soak in the crisp fall air and admire the fall foliage. Being outside can also trigger hormones that promote happiness and wellbeing as well as help to reduce the perception of pain. Hope to see you all chatting or relaxing in our outside areas at Falls River Court and Village.

There's a lot going on this fall, specifically this October. The annual Walk to End Alzheimer's will take place Saturday, October 5th, this year in Raleigh. Alzheimer's Dementia is the most prevalent type of dementia, over six million people have been diagnosed in the US. It is currently the sixth leading cause of death in the US.

October is also Breast Cancer Awareness Month. Please watch for events that are planned for the month of October to raise awareness about breast cancer and emphasize the need for early detection. We will also celebrate our family of survivors within Falls River Village and Court (residents, families and staff).

From my heart to yours....

T.



## WE ARE GOING TO THE FAIR!

Tuesday, October 22nd, the bus will be departing at 10 am for a day of fun at the NC State Fair. Staff will be accompanying us. Seniors will be free, but of course will need spending money for fun.

If family is interested in joining us, please contact Michelle at [amoore@tarantinoseniorliving.com](mailto:amoore@tarantinoseniorliving.com).



# OCTOBER 2024

## Transportation News

Transportation to medical appointments can be scheduled by contacting our Concierge at (919) 844-9747. Appointments need to be scheduled for a Tuesday, Wednesday or Thursday 9 am to 3 pm. Monday and Fridays will be for emergency appointments only. Please provide us with a 72-hour advanced notice.

## Car Connection

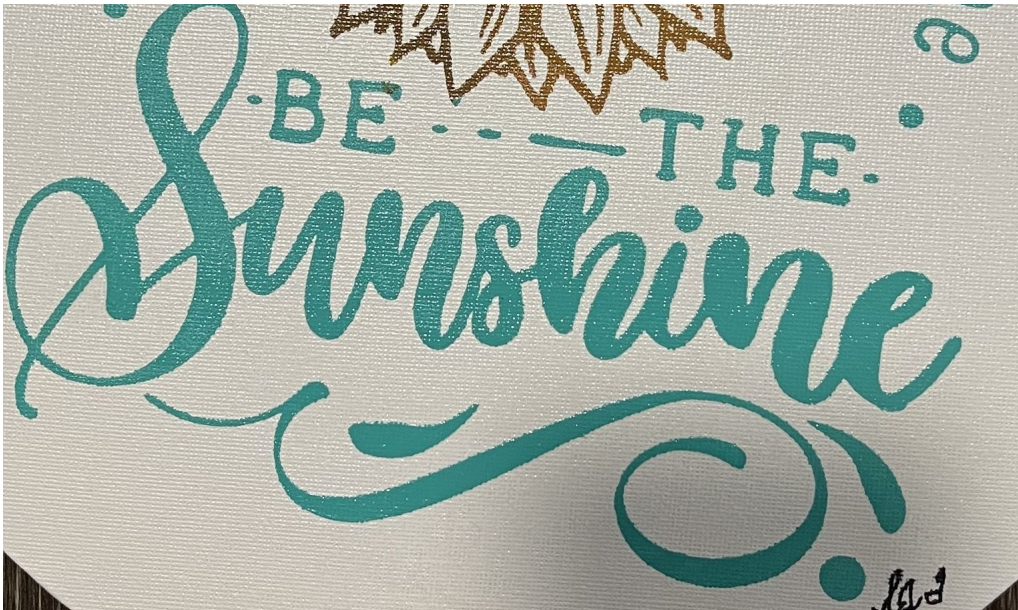
From Herbie the Love Bug to Lightning McQueen, cars with names and personalities are nothing new in pop culture. And studies show that 56% of Americans give their own vehicles a name. Not only is this a form of self-expression, but some say that naming a car can help us feel safer and more in control while driving. On Oct. 2, National Name Your Car Day, poll your peers about their history with naming cars. Have you ever named a vehicle?

**“Listen! The wind is rising,  
and the air is wild  
with leaves,  
We have had our  
summer evenings,  
now for October eves!”  
—Humbert Wolfe**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) <b>1:30 Music with Roseanne (LR)</b> <b>2:30 Ice Cream Social, Making Sundaes (LR)</b> 3:00 Pet Therapy w/ Denise	2 9:45 Words of Encouragement (GAL) 1:00 BINGO (GAL) <b>2:00 Music with John (LR)</b> <b>3:30 Popcorn &amp; A Movie, You've Got Mail (LR)</b>	3 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) <b>11:00 Thrift Shopping</b> <b>2:00 Chef Chat (GAL)</b> 3:00 Word Search (GAL)	4 9:45 Words of Encouragement (GAL) <b>11:30 Jammin' with Christian</b> 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL)	5 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 Activity with a Friend
6 9:45 Words of Encouragement (GAL) <b>11:00 Hayes Barton Baptist Church</b> <b>3:00 Music by Harrison</b>	7 9:45 Words of Encouragement (GAL) <b>10:30 Zumba with Linda (LR)</b> <b>1:00 Pet Therapy w/ Catherine</b> 1:30 BINGO (GAL) <b>2:00 Music w/ Luke (LR)</b> <b>3:30 Creative Art (GAL)</b>	8 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) <b>11:00 Resident Council (GAL)</b> <b>2:30 Ice Cream Social, Making Sundaes (LR)</b>	9 <b>9:30 Forget Me Not Remembrance Group (GAL)</b> 9:45 Words of Encouragement (LR) <b>10:00 Master Gardeners (GAL)</b> 10:30 Body Stretches (LR) 1:00 BINGO (GAL) <b>2:00 Music with John (LR)</b>	10 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 3:00 Word Search (GAL)	11 9:45 Words of Encouragement (GAL) <b>10:00 Pet Therapy w/ Brenda</b> 10:30 Body Stretches (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL)	12 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 Activity with a Friend
13 9:45 Words of Encouragement (GAL) <b>10:00 Sunday Service Pastor Dawn</b> <b>11:00 Hayes Barton Baptist Church</b> <b>2:00 Music with Renee</b> <b>3:00 Music by Harrison</b>	14 <b>Columbus Day</b> 9:45 Words of Encouragement (GAL) <b>10:30 Zumba with Linda (LR)</b> <b>1:00 Pet Therapy w/ Catherine</b> 1:30 BINGO (GAL) <b>3:30 Creative Art (GAL)</b>	15 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:00 Pet Therapy w/ Denise <b>2:30 Ice Cream Social, Making Sundaes (LR)</b>	16 9:45 Words of Encouragement (GAL) 1:00 BINGO (GAL) <b>2:00 Music with John (LR)</b> <b>3:30 Popcorn &amp; A Movie, Residents Choice (LR)</b>	17 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) <b>11:00 Thrift Shopping</b> 3:00 Word Search (GAL) <b>4:15 Movercize with Rich</b>	18 9:45 Words of Encouragement (GAL) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL)	19 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 Activity with a Friend
20 9:45 Words of Encouragement (GAL) <b>11:00 Hayes Barton Baptist Church</b> <b>3:00 Music by Harrison</b>	21 9:45 Words of Encouragement (GAL) <b>10:30 Zumba with Linda (LR)</b> 11:00 Resident Council Meeting <b>1:00 Pet Therapy w/ Catherine</b> 1:30 BINGO (GAL) <b>3:30 Creative Art (GAL)</b>	22 <b>NC STATE FAIR 10 AM</b> 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR)	23 9:45 Words of Encouragement (GAL) 10:30 Body Stretches (LR) 1:00 BINGO (GAL) <b>2:00 Music with John (LR)</b>	24 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) <b>2:00 Cook's Corner w/ Chelsea</b> 3:00 Word Search (GAL)	25 9:45 Words of Encouragement (GAL) <b>10:00 Pet Therapy w/ Brenda</b> 10:30 Body Stretches (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL)	26 <b>9:15 Words of Encouragement (GAL)</b> <b>10:00 Craft Fair</b> 10:30 Move it! Move it! (LR) 1:30 Activity with a Friend
27 9:45 Words of Encouragement (GAL) <b>11:00 Hayes Barton Baptist Church</b> <b>3:00 Music by Harrison</b>	28 9:45 Words of Encouragement (GAL) <b>10:30 Zumba with Linda (LR)</b> <b>1:00 Pet Therapy w/ Catherine</b> 1:30 BINGO (GAL) <b>3:30 Creative Art (GAL)</b>	29 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) <b>2:30 Ice Cream Social, Making Sundaes (LR)</b>	30 9:45 Words of Encouragement (GAL) 1:00 BINGO (GAL) <b>2:00 Music with John (LR)</b>	31 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) <b>11:00 Thrift Shopping</b> 3:00 Word Search (GAL) 4:00 Fall Fest (Trunk & Treat Night)		



Edward B -----October 10  
 Ann T ----- October 19  
 Katie D ----- October 28  
 Annette C ----- October 30



## 2024 FALLS RIVER CRAFT FAIR

JOIN US ON SATURDAY, OCTOBER 26TH  
 10 AM TO 3PM  
**FALLS RIVER VILLAGE**  
**RESIDENT CRAFT FAIR**  
 FAMILIES AND FRIENDS ARE WELCOME

- **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**  
Lathusana Parson
- **Maintenance Assistant**  
Eric Parson
- **Activities Assistant**  
Chakira Brown

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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)**

