



THE Falls River Court Lifestyle



FALLS RIVER
ASSISTED LIVING & MEMORY CARE

Like Us!  

MEMORY CARE COMMUNITY

1130 Falls River Avenue · Raleigh, NC 27614 · (919) 805-3113 · www.fallsriverseniorliving.com

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 success. It was a special time to be with our residents and family members. I appreciate all of our staff for being the Hands and Hearts that Make a Difference in 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 successful. Families have asked that we have these meetings every quarter, so our next one will be in April.

Don't forget "Spring Ahead" and clocks go forward March 9th.



With a Little Luck

In many cultures, good fortune can be gained with the help of a lucky charm.

There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.

Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish. Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants. Members of the insect world, including ladybugs, crickets and dragonflies, symbolize luck in many countries, as do aquatic creatures such as dolphins and goldfish.

MARCH 2025

**Transportation News
2025 Updates in
Transportation**

**Mondays and Fridays—Are
Reserved for Emergency
Appointments Only**

**Tuesdays and
Wednesdays—Available for
doctor 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: Dose
of Daylight**

Did you know sunlight is a natural mood booster? As spring starts, take advantage of longer daylight hours and schedule time for sunshine, whether it's eating lunch outdoors or going for a walk after dinner. Research shows that letting sunlight hit your eyes can raise levels of serotonin, which helps keep you calm, and regulate your sleep cycle.

**"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
						
2 10:00 -Move It, Move It (LR) 11:00 -Hayes Barton Baptist Church Livestream (LR) 2:00 -Color with a Friend	3 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 -Creative Art: St Patrick's Day (Activity Room) 2:30 -Music with Luke 3:30 --Indoor Ball Toss (Activity Room)	4 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 -Indoor Games, Floor Tic-Tac-Toe (LR) 2:00 -Ice Cream Social (LR) 3:00 ■ One-on-One Activity Time	5 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 ■ One-on-One Activity Time 1:30 -Paint & Pour 3:00 -Music with John	6 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 10:30 ■ --Outing, Edible Art Bakery 6:30 -Evening Sitcoms (LR)	7 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 10:00 -Name That Tune 11:00 -Jammin' with Christian (LR) 2:15 -Happy Hour (DR) 6:00 -Evening Movie (LR)	8 10:00 -Move It, Move It (LR) 11:00 -Creative Coloring (Self-Guided) 4:00 -Table Games
9 10:00 -Move It, Move It (LR) 11:00 -Hayes Barton Baptist Church Livestream (LR) 2:00 -Color with a Friend	10 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 -Creative Art: St Patrick's Day Painting (Activity Room) 2:30 --Popcorn & A Movie (LR)	11 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 -Indoor Games, Floor Tic-Tac-Toe (LR) 2:00 -Ice Cream Social (LR) 3:00 ■ One-on-One Activity Time	12 9:30 -Forget Me Not Support Group (Village GAL) 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 ■ One-on-One Activity Time 3:00 -Music with John	13 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 2:15 -Music with Roseanne 6:30 -Evening Sitcoms (LR)	14 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 -Friday Music '60s Style 2:15 -Happy Hour (DR) 6:00 -Evening Movie (LR)	15 10:00 -Move It, Move It (LR) 11:00 -Creative Coloring (Self-Guided) 4:00 -Table Games
16 10:00 -Move It, Move It (LR) 11:00 -Hayes Barton Baptist Church Livestream (LR) 2:00 -Color with a Friend	17 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 -Creative Art: St Patrick's Day Painting (Activity Room) 3:00 -Indoor Bowling Activity Room)	18 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 -Indoor Games, Floor Tic-Tac-Toe (LR) 2:00 -Ice Cream Social (LR) 3:00 ■ One-on-One Activity Time	19 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 ■ One-on-One Activity Time 1:30 -Paint & Pour 3:00 -Music with John	20 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 10:30 ■ --Outing, Exploring Nature 3:15 -Movercize with Rich 6:30 -Evening Sitcoms (LR)	21 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 -Friday Music Appreciation (Activity Room) 2:15 -Happy Hour (DR) 6:00 -Evening Movie (LR)	22 10:00 -Move It, Move It (LR) 11:00 -Creative Coloring (Self-Guided) 4:00 -Table Games
23 10:00 -Move It, Move It (LR) 11:00 -Hayes Barton Baptist Church Livestream (LR) 2:00 -Color with a Friend	24 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 -Creative Art: St Patrick's Day Painting (Activity Room)	25 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 -Indoor Games, Floor Tic-Tac-Toe (LR) 2:00 -Ice Cream Social (LR) 3:00 ■ One-on-One Activity Time	26 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 ■ One-on-One Activity Time 3:00 -Music with John	27 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 --Creative Art, Spring Blooms (Activity Room) 6:30 -Evening Sitcoms (LR)	28 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 10:00 -Name That Tune 2:15 -Happy Hour (DR) 6:00 -Evening Movie (LR)	29 10:00 -Move It, Move It (LR) 11:00 -Creative Coloring (Self-Guided) 4:00 -Table Games
30 10:00 -Move It, Move It (LR) 11:00 -Hayes Barton Baptist Church Livestream (LR) 2:00 -Color with a Friend	31 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 -Creative Art: St Patrick's Day Painting (Activity Room)					



Happy Birthday

Douglas C---March 9
Claudette M---March 9
Angela H----March 15

Brain Bender: Looking for Lucky Clovers

Five friends, Eric, Faye, Liam, Millie and Raj, went searching for four-leaf clovers and found a patch full of them. They all collected different amounts of lucky clovers: 1, 2, 4, 6 and 9. Can you use the clues to determine how many they each discovered?

- Raj found two fewer four-leaf clovers than Millie.
- Faye found more than Raj, but fewer than Liam.
- Raj found twice as many clovers as Eric.

(Answer: Eric found one four-leaf clover, Faye found six, Liam found nine, Millie found four, and Raj found two.)

Q: How many gold coins can a leprechaun put in an empty pot?

A: One. Then the pot isn't empty anymore!



- **Executive Director**
Barbara Riexinger
- **Assisted Living Director**
Tonyita Breedon
- **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
- **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)



'Smile' Is One

How many words can you come up with using the letters in "limericks"?