


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



## 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 - allowing 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.



APRIL 2025

## 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 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**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>April Fools' Day</b> 1 9:30 -Words of Encouragement (Activity Room) 10:00 -Movin with the Music (LR) <b>11:00 -Indoor Games, Floor Tic-Tac-Toe (Activity Room)</b> 1:30 -Fun in the Sun (Courtyard) <b>2:00 -Ice Cream Social (LR)</b> 3:00 One-on-One Activity Time	2 9:30 -Words of Encouragement (Activity Room) 10:00 -Movin with the Music (LR) <b>11:00 One-on-One Activity Time</b> 1:30 -Paint & Pour <b>3:00 -Music with John</b>	3 9:30 -Words of Encouragement (Activity Room) 10:00 -Movin with the Music (LR) <b>11:00 -Prize BINGO (Activity Room)</b> <b>1:30 -Trivia Quest (Activity Room)</b> <b>6:30 -Evening Sitcoms (LR)</b>	4 9:30 -Words of Encouragement (Activity Room) <b>10:00 --Coffee &amp; Cocoa Bar (Activity Room)</b> <b>11:00 -Jammin' with Christian (LR)</b> 2:00 -Painting (Activity Room) 6:00 -Evening Movie (LR)	5 10:00 -Movin with the Music (LR) 11:00 -Creative Coloring (Self-Guided) 4:00 -Table Games
6 10:00 -Movin with the Music (LR) <b>11:00 -Hayes Barton Baptist Church Livestream (LR)</b> 1:30 -Music Appreciation, '70s style (LR) <b>3:00 -Exploring Nature (Courtyard)</b>	7 9:30 -Words of Encouragement (Activity Room) <b>10:15 -Chair Aerobics (LR)</b> 11:00 -Planting Flowers (Courtyard) <b>2:30 -Music with Luke (LR)</b> 3:30 -Outdoor Ball toss (Courtyard)	8 9:30 -Words of Encouragement (Activity Room) 10:00 -Movin with the Music (LR) <b>11:00 -Coffee Talk (Activity Room)</b> <b>2:00 -Ice Cream Social (LR)</b> 3:00 One-on-One Activity Time	9 <b>9:30 -Forget Me Not Support Group (Village GAL)</b> 9:30 -Words of Encouragement (Activity Room) 10:00 -Movin with the Music (LR) <b>11:00 One-on-One Activity Time</b> 1:00 -Creative Art, Collaging Memories (Activity Room) <b>3:00 -Music with John</b>	10 9:30 -Words of Encouragement (Activity Room) 10:00 -Movin with the Music (LR) 11:00 -Creative Art, Spring Painting (Activity Room) <b>1:30 -Outing--Goodberry's Frozen Custard, Spring Forest Rd</b> <b>6:30 -Evening Sitcoms (LR)</b>	11 9:30 -Words of Encouragement (Activity Room) <b>10:00 -Indoor Ball Toss Game (Activity Room)</b> <b>10:30 -Music Appreciation, Jazz (Courtyard)</b> 2:00 -Happy Hour (LR) 6:00 -Evening Movie (LR)	12 <b>Passover</b> 10:00 -Movin with the Music (LR) 11:00 -Creative Coloring (Self-Guided) <b>2:00 -BINGO (Activity Room)</b> 4:00 -Table Games
13 10:00 -Movin with the Music (LR) <b>11:00 -Hayes Barton Baptist Church Livestream (LR)</b> 2:00 -Music Appreciation, '60s style (Courtyard)	14 9:30 -Words of Encouragement (Activity Room) <b>10:30 -Mindfulness &amp; Meditation (Activity Room)</b> 11:00 -Planting Flowers (Courtyard) 2:00 -Indoor Games (Activity Room) 3:30 -Afternoon Sitcoms (LR)	15 9:30 -Words of Encouragement (Activity Room) 10:00 -Movin with the Music (LR) 11:00 Outdoor Activities (Courtyard) <b>2:00 -Ice Cream Social (LR)</b> 3:00 One-on-One Activity Time	16 9:30 -Words of Encouragement (Activity Room) 10:00 -Movin with the Music (LR) <b>11:00 One-on-One Activity Time</b> 1:30 -Paint & Pour <b>3:00 -Music with John</b>	17 9:30 -Words of Encouragement (Activity Room) 10:00 -Movin with the Music (LR) 10:30 -Parachuting Fun (Courtyard) (Activity Room) 1:30 -Fact or Fiction Game (Activity Room) <b>3:15 -Movercize with Rich</b> <b>6:30 -Evening Sitcoms (LR)</b>	18 <b>Good Friday</b> 9:30 -Words of Encouragement (Activity Room) <b>10:00 -Stretching for Fitness (LR)</b> <b>2:00 -Making a Picture book (Activity Room)</b> 6:00 -Evening Movie (LR)	19 10:00 -Movin with the Music (LR) 11:00 -Creative Coloring (Self-Guided) 4:00 -Table Games
20 10:00 -Movin with the Music (LR) <b>11:00 -Hayes Barton Baptist Church Livestream (LR)</b> 1:30 -Music Appreciation, '70s style (LR)	21 <b>Easter</b> 9:30 -Words of Encouragement (Activity Room) <b>10:15 -Chair Aerobics (LR)</b> 11:00 -Planting Flowers (Courtyard) 2:00 -Round Table Talk, Reflection on Easter (Activity Room)	22 9:30 -Words of Encouragement (Activity Room) 10:00 -Movin with the Music (LR) <b>11:00 -Coffee Talk (Activity Room)</b> <b>2:00 -Ice Cream Social (LR)</b> 3:00 One-on-One Activity Time	23 9:30 -Words of Encouragement (Activity Room) 10:00 -Movin with the Music (LR) <b>11:00 One-on-One Activity Time</b> <b>2:00 -Making a sweet Treat (Activity Room)</b> <b>3:00 -Music with John</b>	24 9:30 -Words of Encouragement (Activity Room) 10:00 -Movin with the Music (LR) <b>11:00 -Spring Fling at The Falls</b> <b>6:30 -Evening Sitcoms (LR)</b>	25 9:30 -Words of Encouragement (Activity Room) <b>10:00 -Indoor Ball Toss Game (Activity Room)</b> 12:30 -Birthday Bash (DR) 2:00 -Happy Hour (LR) 6:00 -Evening Movie (LR)	26 10:00 -Movin with the Music (LR) 11:00 -Creative Coloring (Self-Guided) <b>2:00 -BINGO (Activity Room)</b> 4:00 -Table Games
27 10:00 -Movin with the Music (LR) <b>11:00 -Hayes Barton Baptist Church Livestream (LR)</b> 1:30 -Music Appreciation, '70s style (LR)	28 9:30 -Words of Encouragement (Activity Room) <b>10:30 -Mindfulness &amp; Meditation (Activity Room)</b> 11:00 -Planting Flowers (Courtyard) 2:00 -Indoor Games (Activity Room)	29 9:30 -Words of Encouragement (Activity Room) 10:00 -Movin with the Music (LR) 11:00 Outdoor Activities (Courtyard) <b>2:00 -Ice Cream Social (LR)</b> 3:00 One-on-One Activity Time	30 9:30 -Words of Encouragement (Activity Room) 10:00 -Movin with the Music (LR) <b>11:00 One-on-One Activity Time</b> 1:30 -Paint & Pour <b>3:00 -Music with John</b>			

**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**

**Blown Away by Spring**

Spring and strong winds often go hand in hand. This is due to shifting atmospheric pressure and temperature changes. According to the World Meteorological Organization, the maximum natural wind gust ever recorded clocked in at 253 mph on April 10, 1996, in Barrow Island, Australia.

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





Shearon C-----April 18  
 Cynthia I-----April 29



## Friendly April Flowers

Folks with April birthdays can claim both daisies and sweet peas as their birth flower. The cheerful daisy and fragrant sweet pea both have strong connections to friendship, making them excellent choices for a birthday bouquet.

- **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)

