

calendar & activities

JAN 2020

Falls River Court - The Roaring 20's

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

LOCATIONS

Assisted Living - AL
Courtyard - CY
Country Kitchen - CK
Living Room - LR
Memory Care Lounge - MCL

Shuttle Bus - SB

BIRTHDAYS THIS MONTH

Residents

Brian H - Jan 1
Norma F - Jan 5

Staff

Olegario - Jan 8
Theresa - Jan 26
Felicia - Jan 28
Toni - Jan 31

SENIOR LIFESTYLE

Come grow with us!

SENIOR LIFESTYLE

Unlimited options, Unparalleled services

WWW.SENIORLIFESTYLE.COM

Activities are subject tochange



New Years Day
9:00 Early Morning Devotionals from D365 : Day 1 [LR]
9:30 Coffee Cafe' and Conversation [LR]
10:00 Balloon Ball [CH]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Boardgames
11:00 Weekly Crossword [LR]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Chocolate Chip Mint Brownies [DR]
3:00 Crafty Corner : Painting the Sky [CH]
4:00 Old Time TV Trivia : I Love Lucy [LR]
6:30 News Room [LR]

9:00 Early Morning Devotionals from D365 : Day 2 [LR]
9:30 Coffee Cafe' and Conversation [LR]
10:00 Yoga Stretch [BH]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Reading
11:00 Essence
11:00 Manicures and Hand Massage [CH]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Coconut Critters [DR]
3:30 Bookmarks : A Legend Of Hollywood: Mickey Rooney [BH]
4:00 Bingo [LR]
6:00 Boardgame Club [LR]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Outing - Coffee & Drive
9:30 Today is... and Coffee Cafe' [LR]
10:00 Take A Hike : Walking Group [HS]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Watering & Harvest
11:00 Brain Booster : Finish the Rhyme Trivia [LR]
1:30 Helping Hands/ Holiday Take Down [HS]
2:00 Thymeless Cooking Club/ Raspberry Truffles [DR]
3:00 Movie Trivia : Footloose [HS]
4:00 Movie Social/Popcorn Fridays : FootLoose [BH]

9:30 Today is... and Coffee Cafe' [LR]
10:00 Church Group: Hymns Sing-along
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Clipping Coupons
11:00 Stretch & Move [LR]
11:30 It's Never To Late : Traveling the World - Australia [LR]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Protein Balls [DR]
3:00 Passionate Puzzlers : Picture Puzzles
4:00 Game Show Games : Minute To Win It [LR]

LOCATIONS

Assisted Living - AL
Courtyard - CY
Country Kitchen - CK
Living Room - LR
Memory Care Lounge - MCL

Shuttle Bus - SB

BIRTHDAYS THIS MONTH

Residents

Brian H - Jan 1
Norma F - Jan 5

Staff

Olegario - Jan 8
Theresa - Jan 26
Felicia - Jan 28
Toni - Jan 31

SENIOR LIFESTYLE

Come grow with us!

SENIOR LIFESTYLE

Unlimited options, Unparalleled services

WWW.SENIORLIFESTYLE.COM

Activities are subject tochange

9:00 Morning Service from Mt. Vernon [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Moving and Grooving to the 20's [LR]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Clipping Coupons
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Cookie Crumbles [DR]
3:10 IN2L : Matching Mania [LR]
4:00 Literary Tea Social [BH]
6:30 Andy Griffith Show Quiz Ball [LR]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Coffee Cafe' and Conversation [LR]
10:00 Bowling Bash [CH]
10:30 Morning Refreshments and Current Events [HS]
11:00 Thymeless Gardening Club/Watering and Weeding
11:30 Whats that sound? [LR]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/Melted Snowcookies [DR]
2:00 Yoga w/ Vivian [CH]
3:00 Crafty Corner : Painting Snowflakes [CH]
4:00 Woman's Club : Necklace Making [CH]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Golf Par-Tee [CH]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Tea & Magazines
11:00 Essence
11:30 The First Time I Heard This... 20's Music and Chat [LR]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/Snow Cream [DR]
3:15 Finish the Quote [LR]
4:00 Men's Group: Sports Memories [BH]
6:30 Retrieving Hearts Therapy Dogs Visit [HS]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Balloon Ball [LR]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Boardgames
11:00 Weekly Crossword [LR]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Oatmeal Raisin Cookies [DR]
3:00 Crafty Corners: Building Snowmen [CH]
4:00 Old Time TV Trivia : I Dream of Jeanie [LR]
6:30 News Room [LR]

8:30 Donuts and Drive
9:00 Early Morning Devotionals from D365 [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Yoga Stretches [BH]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Reading
11:00 Essence
11:00 Manicures and Hand Massage [CH]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Chex Mix [DR]
3:00 Bookmarks: The Birth of A Chocolate Chip Cookie [LR]
4:00 Bingo [LR]
6:00 Boardgame Club [LR]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Take A Hike : Walking Group [HS]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Watering & Harvest
11:00 Brain Booster: What Came First? [LR]
12:30 Movie Viewing: Star Wars - Outing
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Caramel Covered Popcorn Balls [DR]
3:00 Movie Trivia : How High can you "Hairspray"? [LR]
4:00 Movie Social/Popcorn Fridays : Hairspray [BH]

9:30 Today is... and Coffee Cafe' [LR]
10:00 Memory Makers from Mount Vernon Baptist Church (12:00 PM) [BH]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Clipping Coupons
11:00 Stretch and Move: 20's Exercise Workouts [LR]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Protein Balls [DR]
3:00 IN2L: Travel to Asia [LR]
4:00 Passionate Puzzlers: Scenic Table Puzzles [LR]

Football Sundays
9:00 Morning Service from Mt. Vernon [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Moving and Grooving [LR]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Clipping Coupons
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Cookie Crumbles [DR]
3:00 IN2L: Matching Mania [LR]
4:00 Literary Tea Social [BH]
6:00 Jokers Club: Make Me Laugh [LR]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 20's Bowling Bash [CH]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Watering and Weeding
11:00 Piano with John! [LR]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Buffalo Cheese Dip [DR]
3:00 Crafty Corner : Water Color Salt Snow Flakes [CH]
4:00 Woman's Club : Bracelet Building [CH]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Golf Par-Tee [CH]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Tea & Magazines
11:00 Essence
11:30 20's Immigrants & Their Influence (Whats your Heritage?) [LR]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/Cinnamon Toasties [DR]
3:00 Finish the 20's Music Lyrics [LR]
4:00 Men's Club: Baseball Trivia [BH]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Balloon Ball [CH]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Boardgames
11:00 Zumba w/ Linda
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Resident Choice Cake or Cookies [DR]
2:30 Sparks: Meet & Greet Happy Hour & 20's Trivia
3:00 Crafty Corner: 3D Plate Snow Globes [CH]
4:00 Weekly Crossword [LR]
6:30 News Room [LR]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Exploring Raleigh Outing
9:30 Today is... and Coffee Cafe' [LR]
10:00 Yoga Stretch [BH]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Reading
11:00 Essence
11:00 Manicures and Hand Massage [CH]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Strawberry Cupcakes [DR]
3:00 Bookmarks: Leonardo Davinci [BH]
3:00 Music & Movement w/ Richard
4:00 Bingo [LR]
6:00 Boardgame Club [LR]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Take A Hike : Walking Group [HS]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Watering & Harvest
11:00 Brain Booster: Math Mania [LR]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Peppermint Bark Cupcakes [DR]
3:30 Movie Trivia : 1925's Charlie Chaplin Trivia
4:00 Movie Social/Popcorn Fridays : Charlie Chaplin in The Gold Rush [BH]

9:30 Today is... and Coffee Cafe' [LR]
10:00 Church Group: Hymns Sing-along
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Clipping Coupons
11:00 Stretch & Move: 20's Style Workouts [LR]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Hershey Kiss Cookies [DR]
3:00 IN2L: Travel to Spain [LR]
4:00 Passionate Puzzlers: Riddle Me this

9:00 Morning Service from Mt. Vernon [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Clipping Coupons
11:00 Moving and Grooving to The roaring 20's Sound [LR]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Protein Balls [DR]
3:00 IN2L: Matching Mania [CH]
4:00 Literary Tea Social [BH]
6:30 Jokers Club: Stand Up Comedy [LR]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Golf Par-Tee [CH]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Watering and Weeding
11:00 Making Flapper Headbands [CH]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Peanut Butter Cookies [DR]
3:00 Crafty Corner : Pom Pom Penguins [CH]
4:00 Woman's Club : Earring Designs [CH]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Golf Par-Tee [CH]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Tea & Magazines
11:00 Essence
11:30 Famous 20's Quotes [LR]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Horchatas [DR]
3:00 Dog Treats For SPCA
4:00 Men's Club: Basketball Connections [BH]
6:30 Retrieving Hearts Therapy Dogs Visit [HS]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Balloon Baseball [LR]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Boardgames
11:00 Weekly Crosswords [LR]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Oreo Peppermint Crunch Cookies [DR]
2:30 Sparks: Cooking for the Community - Manicotti
3:00 Crafty Corner: Button Snowman [CH]
4:00 old Time TV Trivia: Little House on the Prairie
6:30 News Room [LR]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Chair Yoga Stretching [CH]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Reading
11:00 Essence
11:30 Manicures and Hand Massage [CH]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Cinnamon Crumb Cake [DR]
3:00 Bingo [LR]
4:00 Speakeasy(Don't Let Them Find Out) [LR]
6:00 Boardgame Club [LR]

8:30 Lakeside Drive
9:00 Early Morning Devotionals from D365 [LR]
9:30 Museum - Outing
9:30 Today is... and Coffee Cafe' [LR]
10:00 Take A Hike : Walking Group [HS]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Watering & Harvest
11:00 Brain Boosters: Roaring 20's Words and Phrases [LR]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Hot Cocoa Popcorn [DR]
2:30 Therapy Dogs [LR]
3:00 Movie Trivia: Walt Disney's 1920 Characters [LR]

9:30 Today is... and Coffee Cafe' [LR]
10:00 IN2L: Devotionals and Bible Studies [LR]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/ Clipping Coupons
11:00 IN2L: Travel to Antarctica
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Protein Bars [DR]
3:00 Passionate Puzzlers: Mystery Puzzle [LR]
4:00 Ball Toss [LR]

Football Sundays
9:00 Morning Service from Mt. Vernon [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Moving to the Beat [LR]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/ Clipping Coupons
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Baked Apples [DR]
4:00 Literary Tea Social [BH]
6:30 IN2L: Happy Nuerons [LR]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Bowling Bash [CH]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Watering and Weeding
11:00 Piano with John! [LR]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Granola Crunch [DR]
2:30 Yoga w/ Vivian [CH]
3:00 Crafty Corner : Painting Snowflakes [CH]
4:00 Woman's Club : Ring Designs [CH]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Golf Par-Tee [CH]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Tea & Magazines
11:00 Essence
11:30 Roaring 20's Bingo [LR]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Blueberry Tarts [DR]
3:00 Mocktail Hour [LR]
4:00 Men's sports Club [BH]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Balloon Ball [CH]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Boardgames
11:00 Weekly Crosswords [LR]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Jam and Hazelnut Cookies [DR]
2:30 Sparks: Bowling - a 20's pastime
3:00 Crafty Corner: Winter Mason Jar candle Holder [CH]
4:00 Old time TV Trivia: Andy Griffith [LR]
6:30 News Hour [LR]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Yoga Stretch [BH]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Reading
11:00 Essence
11:30 Manicures and Hand Massage [CH]
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Short Bread Cookies [DR]
3:00 Bookmarks: Lady Liberty [LR]
4:00 Bingo [LR]
6:00 Boardgame Club [LR]

9:00 Early Morning Devotionals from D365 [LR]
9:30 Today is... and Coffee Cafe' [LR]
10:00 Take A Hike : Walking Group [HS]
10:30 Morning Refreshments and Current Events [HS]
10:30 Thymeless Gardening Club/Watering & Harvest
11:30 Italian Trattoria Outing (Lunch)
1:30 Helping Hands [DR]
2:00 Thymeless Cooking Club/ Maple Scones [DR]
3:00 Movie Trivia: Gatsby of the 20's [LR]
4:00 Movie Social/Popcorn Fridays: The Great Gatsby [LR]