

Did You Know...



In nature not one snowflake is alike to any other! Like fingerprints & striped animals each have their own predetermined design. Snowflakes, in scientific terms, go through a process called 'crystalization' where each water molecule has a unique pattern as it freezes, and they are always six-sided! Next time you see snowflake, take a closer look!

Health Corner:

Lemon and Honey Tea

During the winter season it is common for colds & other viruses to go around and for centuries home remedies have helped to alleviate & treat the symptoms as we all may come down with something sooner or later. You might remember when you were younger when your parents gave you a home remedy such as tea with lemon & honey. Honey has many known benefits & has a typical shelf life of 12 months but actually can be consumed a lot longer than the expiration date says. Local honey is the best too as it was made with pollen from flowers abundant in geographical areas. Lemon just tastes great & adds a bit of extra vitamin C. Enjoy a nice cup if you are feeling blah.

Recipe of the Month:

Ingredients...

- 2tbsp. olive oil
- 1 bag frozen Bird's-eye long grained white rice with mixed vegetables
- 4 – 5 scallions; chopped
- 1/3 cup water
- 1 package of fried rice seasoning mix
- Sliced water chestnuts

Instructions...

- 1) Heat oil in large frying pan.
- 2) Add frozen rice & scallions.
- 3) Cook for about 10 minutes until warm.
- 4) Add about 1/3 cup water with seasoning mix.
- 5) Cook on med heat for about 5 -10 minutes or until water has cooked down.
- 6) Fold in water chestnuts. Cook for another 3 minutes.
- 7) Proudly Serve

Courtesy of: Gail Chalmers: Special Fried Rice

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RIVERCOURT
RESIDENCES

January 2024

RiverCourt Residences | 8 West Main Street, Groton, MA 01450 | (978) 448-4122

Independent Living, Assisted Living & Memory Care

www.rivercourtresidences.com



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From the Director's Desk...

As we embark on this new year, we would like to extend our warmest wishes to you and your loved ones. May this new year be filled with renewed hope, good health, and joyous moments.

I am confident that together we will create another year filled with cherished memories, new friendships, and enriching experiences.

"January, the start of a brand new year, brings new hopes, and new possibilities. Embrace it with open arms and make it extraordinary."
~Unknown

Employee of the Month:



Lonna Brandt
Server

Lonna started here at RiverCourt over a year ago and worked her way up from a night-time server to morning. She's been a wonderful addition to our team! Lonna serves breakfast and lunch in our Independent Living dining room and always goes above and beyond to make our resident's day a little brighter!

Special Events:

**Memory Café
at the Harvard
Council on Aging Wednesday
January 10th**

If you have never been to a Memory Café with your family member we will be attending our 3rd event in the date leaving in the bus to Harvard at 9:45am. Please feel free to join in with the RiverCourt group as it is a lot of fun with the crowd!

RSVP to Andy Donovan
(781)-927-5928

MEMORY CAFE

MUSICAL GUEST: SIDE EFFECTS

Tuesday, January 16, 2023

10:30am-12:00pm

at the Groton Center

RSVP to Sandy Becker
(978) 448-4122
sbecker@rivercourtresidences.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January 2024</div> <div>Reflections Program Calendar</div>	New Year's Day ¹ 9:30 – Morning Meet & Greet 10:00 – Furry Friend Visit; Brandi 10:45 – Daily Chronicle 11:15 – Chair Exercise Video 1:30 – Sing-Along 3:00 – Afternoon Social 3:30 – New's Year Day Trivia. 4:15 – Floor Ball Sweep 6:00 – Game Time or Movie	² 10:15 – Daily Chronicle 11:00 – Steps in Time Dance with Michael 1:30 – Casino Games on iN2L 2:15 – Rick Steves Travel 3:00 – Afternoon Refreshments 3:15 – Familiar Phrases Game 4:00 – Karaoke 6:00 – Evening Movie	³ 10:00 – Morning Meet & Greet 10:15 – Daily Chronicle 10:30 – Keeping Fit 1:15 – Scenic Drive Outing 2:00 – Paper Snowflakes Craft 3:15 – Afternoon Social 3:30 – Furry Friend Visit; Nate 4:15 – Trivia Day on iN2L 6:00 – Evening Movie	⁴ 10:15 – Daily Chronicle 10:30 – Morning Stretch 11:00 – Rhythm Class 11:30 – iN2L Trivia 1:30 – Music with Ukulele J 2:30 – Mass with Father Lee 3:15 – Afternoon Social 4:00 – Eversound Dance 6:00 – Evening Movie	⁵ 10:15 – Daily Chronicle 10:30 – Keeping Fit 11:00 – Guitar & Singing with Emma Riffelmacher 1:30 – Alphabetics 2:15 – Scrabble Game 3:00 – Friday Floats 3:45 – Word Games 4:30 – Balloon Toss Game 6:00 – Shabbat Worship	⁶ 10:15 – Daily Chronicle 10:30 – AM Stretch 11:00 – Manicures, Hand Massage With TLC 11:30 – Sing-Along 2:30 – Piano with Steve S. 2:45 – Bingo For Prizes 3:15 – Happy Hour 3:45 – Word Games 4:15 – Songs of Remembrance 6:00 – Game Time or Movie
	⁷ 10:00 – TV MASS 10:30 – Move It Or Lose It 11:00 – Hymn Sing 1:00 – Kenny Logins Concert 1:45 – Sunday Drive Outing 2:00 – Music with Carol Wing 3:15 – Sundae Social 4:00 – Move & Groove 4:30 – iN2L Sing-Along 6:00 – Evening Movie	⁸ 10:00 – Furry Friend Visit; Brandi 10:45 – Daily Chronicle 11:15 – Tai Chi with Andy 1:30 – Bubble Pop Tournament 2:30 – Elvis Is In the Building 3:00 – Zumba with Carol 3:45 – Afternoon Social 4:15 – Floor Ball Sweep 6:00 – Game Time or Movie	⁹ 10:15 – Daily Chronicle 10:45 – Yoga with Nanci 1:30 – Sing-Along with Andy R. 2:15 – Rick Steves Travel 3:00 – Afternoon Refreshments 3:15 – Gilligan's Island Trivia 4:00 – Karaoke 4:30 – Relaxation Movements 6:00 – Evening Movie	¹⁰ 9:45 – Memory Café in Harvard, MA. COA 10:00 – Morning Meet & Greet 10:30 – Keeping Fit 2:00 – Wood Painting Craft 3:15 – Afternoon Social 3:30 – Furry Friend Visit; Wilson 4:15 – Word Games on iN2L 6:00 – Evening Movie	¹¹ 10:15 – Daily Chronicle 10:30 – Morning Stretch 10:15 – Bach Lunch Concert 11:30 – iN2L Trivia 1:15 – The Judds Concert 2:30 – Lovin' From The Oven 3:00 – Furry Friend Visit; Bear 3:15 – Afternoon Social 6:00 – Evening Movie	¹² 10:00 – Morning Meet & Greet 10:15 – Daily Chronicle 10:30 – Keeping Fit 11:00 – iN2L Fun 1:30 – Baking with Betty Ann 2:15 – Scrabble Game 3:00 – Friday Floats 3:45 – Word Games 4:30 – Balloon Toss Game 6:00 – Shabbat Worship
	¹⁴ 10:00 – TV MASS 10:30 – Move It Or Lose It 11:00 – Hymn Sing 1:00 – Dress Up Your Pet Day 1:30 – Daily Chronicle 2:00 – Art Class with Jessica 3:15 – Sundae Social 4:00 – Move & Groove 4:30 – iN2L Sing-Along 6:00 – Evening Movie	¹⁵ Martin Luther King Jr. Day 10:00 – Furry Friend Visit; Brandi 10:45 – Daily Chronicle 11:00 – Singing with Elena Swan 1:30 – Poetry in Motion 3:00 – Zumba with Carol 3:45 – Afternoon Social 4:15 – Floor Ball Sweep 6:00 – Game Time or Movie	¹⁶ 10:00 – Morning Meet & Greet 10:15 – Daily Chronicle 10:45 – Yoga with Nanci 1:00 – Rick Steves Travel 1:30 – Any Body Can Dance with Susanne LieBich 3:00 – Afternoon Refreshments 3:30 – Ethel Merman Special 4:00 – Karaoke 6:00 – Evening Movie	¹⁷ 9:30 – Morning Meet & Greet 10:15 – Daily Chronicle 10:00 – Keeping Fit 11:00 – Elvis Presley Craft 1:15 – Scenic Drive Outing 1:00 – Memorial with Ascend 3:15 – Afternoon Social 3:30 – Furry Friend Visit; Nate 6:00 – Evening Movie	¹⁸ 10:15 – Daily Chronicle 10:30 – Morning Stretch 11:45 – Hidden Treasures Outing 1:30 – Song Writing with Uke J 2:30 – Lovin' From The Oven 3:00 – Casino Games; Horse Race 3:15 – Afternoon Social 4:00 – Eversound Dance 6:00 – Evening Movie	¹⁹ 10:00 – Morning Meet & Greet 10:15 – Daily Chronicle 10:30 – Keeping Fit 11:00 – iN2L Fun 1:00 – Dolly Parton Concert 1:30 – Brew a Potion Day Fun 2:15 – Scrabble Game 3:00 – Friday Floats 3:45 – Word Games 4:30 – Balloon Toss Game 6:00 – Shabbat Worship
	²¹ 10:00 – TV MASS 10:30 – Move It Or Lose It 11:00 – Hymn Sing 1:00 – TV Protestant Service 1:45 – Sunday Drive Outing 2:00 – Squirrel Appreciation Day; Jokes, Humor & Stories 3:15 – Sundae Social 4:00 – Move & Groove 4:30 – iN2L Sing-Along 6:00 – Evening Movie	²² 9:30 – Morning Meet & Greet 10:00 – Furry Friend Visit; Brandi 10:45 – Daily Chronicle 11:15 – Tai Chi with Andy 1:30 – Drumming with Mike 3:00 – Zumba with Carol 3:45 – Afternoon Social 4:00 – Floor Ball Sweep 4:30 – Polka Dot Day Fashion 6:00 – Game Time or Movie	²³ 10:00 – Morning Meet & Greet 10:15 – Daily Chronicle 10:15 – Memory Café at the Groton Center with Diane 1:30 – Joe Malone Presents; Elvis Presley 3:00 – Afternoon Refreshments 3:30 – Handwriting Day Notes 4:00 – Karaoke 6:00 – Evening Movie	²⁴ 10:15 – Daily Chronicle 10:30 – Keeping Fit 11:15 – Aaron Neville Special 1:15 – Scenic Drive Outing 1:30 – Canvas Painting Class 2:30 – Comedy Hour 3:15 – Afternoon Social 3:30 – Furry Friend Visit; Wilson 4:15 – Word Games on iN2L 6:00 – Evening Movie	²⁵ 10:15 – Daily Chronicle 10:30 – Morning Stretch 11:00 – Rhythm Class 11:30 – iN2L Trivia 1:00 – Casino Games; Roulette 1:30 – Virginia Woolf Trivia 2:30 – Lovin' From The Oven 3:15 – Afternoon Social 4:00 – Eversound Dance 6:00 – Evening Movie	²⁶ 10:00 – Morning Meet & Greet 10:15 – Daily Chronicle 10:30 – Keeping Fit 11:00 – iN2L Fun 11:30 – Friday Fun Jokes 1:30 – Sing-Along with Andy R. 2:15 – Scrabble Game 3:00 – Friday Floats 3:45 – Word Games 4:30 – Balloon Toss Game 6:00 – Shabbat Worship
	²⁸ 10:00 – TV MASS 10:30 – Move It Or Lose It 11:00 – Hymn Sing 1:00 – TV Protestant Service 1:30 – Daily Chronicle 2:00 – M*A*S*H Special 3:15 – Sundae Social 3:30 – Open Mic 4:00 – Move & Groove 4:30 – iN2L Sing-Along 6:00 – Evening Movie	²⁹ 9:30 – Morning Meet & Greet 10:00 – Furry Friend Visit; Brandi 10:45 – Daily Chronicle 11:15 – Tai Chi with Andy 1:30 – Sing-Along with Andy D. 3:00 – Zumba with Carol 3:45 – Afternoon Social 4:15 – Floor Ball Sweep 6:00 – Game Time or Movie	³⁰ 10:00 – Morning Meet & Greet 10:15 – Daily Chronicle 10:45 – Yoga with Nanci 1:00 – Rick Steves Travel 1:30 – Poetry 3:00 – Afternoon Refreshments 3:15 – Yodel for Your Neighbors 4:00 – Karaoke 6:00 – Evening Movie	³¹ 10:15 – Daily Chronicle 10:30 – Keeping Fit 11:00 – End of Month Pics Show 1:15 – Scenic Drive Outing 1:30 – Ceramics Painting Class 3:15 – Afternoon Social 3:30 – Furry Friend Visit; Nate 4:15 – Word Games on iN2L 6:00 – Evening Movie	Activities are subject to change. Please refer to the daily program schedules for the daily activities.	<div> January Birthday <ul style="list-style-type: none"> Arlene; Jan. 1st </div> <div> "I'm not old. I've just been young for a very long time." - Annonymous </div> <div>  </div>