

Did You Know...



There's a reason you probably eat ham for Easter dinner.

Historically, most early Easter celebrants would have eaten lamb for this special occasion since the holiday has its roots in Jewish Passover. But these days, many American Easter dinners now feature ham instead, because of the timing of the holiday. Years ago, hams cured over the winter months would have been ready to serve in the early spring.

Health Corner:



Carol Wing
Fitness Instructor

Carol has been teaching fitness for over 20 years. She loves to get people moving, and sharing good music is a perfect way to do it. Teaching Zumba allows

Carol to mix music and movement in a way that appeals to just about everyone. She believes that movement and music are keys to engaging the brain and getting the blood flowing, both of which lead to better quality of life.

Carol instructs Zumba for us every Monday afternoon at 3:00PM and also sings & plays guitar. When it comes to engaging our residents many thanks to Carol. You can see on her in action on YouTube. Later this year Carol is also performing with her band. Carol makes fitness fun!



March 2024

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

Independent Living, Assisted Living & Memory Care

www.rivercourtresidences.com



@RiverCourtResidences



@RiverCourtResidences

From the Director's Desk...

Women's Day, which was first observed in the early 1900s, later expanded to encompass the entire month of March in the United States, beginning in 1987.

Women's History Month provides a valuable opportunity to reflect on the accomplishments of women, challenge stereotypes and biases, and work towards a more inclusive and equitable society for all.

"Think like a queen. A queen is not afraid to fail. Failure is another stepping stone to greatness"
~Oprah Winfrey~

Employee of the Month:



Brynn Demeo
Resident Assistant

Brynn started working at RiverCourt in 2020 as a Dining Server and then transitioned to the role of Resident Assistant in Reflections in 2022 after obtaining both her C.N.A and M.A certifications through her high school. She has proven to be reliable and empathetic caregiver, always making sure that her residents are happy and well-cared for. We are very grateful to have her on our team!

Recipe of the Month:

- Ingredients...**
- 1 cup butter
 - 3/4 cup confectionary sugar
 - 1/2 cup sugar
 - 1 egg
 - 1 tbsp. vanilla
 - 2 cups flour
 - 1/2 cup caramel

- Instructions...**
- 1) Cream butter & sugar until light & fluffy, then add vanilla.
 - 2) Slowly add flour until just combined.
 - 3) Prepare a 9 x 13 inch pan coated in cooling spray. Use half of the dough for the crust, & bake for 10 minutes.
 - 4) Add the caramel & pieces of remaining dough on top & bake for 10 minutes.

Courtesy of: Salted Buttery Crumb Bars from Jessica Fenzel

Management Team:

Jessica Fenzel
Food Services Director
jfenzel@rivercourtresidences.com

Deborah Thrush
Activities Director
dthrush@rivercourtresidences.com

Kristen Cossette
Executive Director
kcosssette@rivercourtresidences.com

Sandy Becker
Director of Business Development
sbecker@rivercourtresidences.com

Ian Palmer
Maintenance
ipalmer@rivercourtresidences.com

Andy Donovan
Life Enrichment Director
adonovan@rivercourtresidences.com

Aneta Arakelian
Business Office Manager
aarakelian@rivercourtresidences.com

Kim Landi, RN, CDP
Resident Care Director
klandi@rivercourtresidences.com

Special Events:

Memory Cafe:

Crafts with Kimberly Storey

Tuesday, March 19th, 2024

10:30am-12:00pm

@ the Groton Center

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



SAINT PATRICK'S Sunday Party





Traditional Irish Band
The Sons of Blarney
Starts AT 1:30 PM
Caricature Art by Don Landgren



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2024

Reflections
Program Calendar

Activities are subject to change. Please refer to the white board schedule for the daily activities.

An Irish Blessing

May your pockets be heavy and your heart be light.

May good luck pursue you each morning and night.

Birthdays

- Sandy March 9th
- Nancy March 25th
- Donna March 30th

10:15 – Daily Chronicle
10:30 – Keeping Fit
11:00 – **Elena Swan Sings**
1:00 – Alphabetics
1:30 – **World Compliment Day**
2:15 – Table Games/Puzzles
3:00 – **Friday Ice Cream**
3:45 – Word Games
4:30 – Balloon Toss Game
6:00 – Shabbat Worship

2
10:15 – Daily Chronicle
10:30 – AM Stretch
11:00 – Manicures, Hand Massage With TLC
11:30 – Sing-Along iN2L
1:30 – **Piano with Steve Staines**
2:45 – Bingo For Prizes
3:15 – **Happy Hour**
3:45 – Word Games
4:15 – Songs of Remembrance
6:00 – Game Time or Movie

3
10:00 – TV MASS
10:30 – Move It Or Lose It
11:00 – Hymn Sing
1:00 – Eversound Relaxation
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 Concert

4
10:00 – **Furry Friend Visit; Brandi**
10:45 – Daily Chronicle
11:15 – Tai Chi with Andy
1:30 – **Dance The Waltz Day**
2:00 – Name That Tune
3:00 – **Zumba with Carol**
3:45 – Afternoon Social
4:15 – iN2L Learning
6:00 – Game Time or Movie

5
10:15 – Daily Chronicle
10:45 – Morning Stretch & Flex
11:00 – **Step In Time Duet Dance with Michael & Sierra**
1:00 – Rick Steves Travel
2:00 – Floor Ball Sweep
4:00 – Bingo for Prizes
4:30 – Relaxation Movements
6:00 – Evening Movie

6
9:30 – Morning Meet & Greet
10:00 – Daily Chronicle
10:30 – Keeping Fit
1:15 – **Scenic Drive Outing**
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

7
10:15 – Daily Chronicle
10:30 – Morning Stretch
11:30 – iN2L Trivia
1:30 – **Music with Ukulele J**
2:30 – Lovin' From The Oven
3:00 – **Poems In the Kitchen**
3:15 – Afternoon Social
4:00 – Eversound Dance
6:00 – Evening Movie

8
10:00 – Morning Meet & Greet
10:15 – Daily Chronicle
10:30 – Keeping Fit
11:00 – **Tom Schor Presenting; Wood Working**
1:30 – **Baking with Betty Ann**
3:00 – **Friday Ice Cream**
3:45 – Word Games
4:30 – Balloon Toss Game
6:00 – Shabbat Worship

9
10:15 – Daily Chronicle
10:30 – AM Stretch
11:00 – Manicures, Hand Massage With TLC
1:30 – **Barbie Day Matinee**
2:30 – **Music with Carol O'Malley**
3:15 – **Happy Hour**
3:45 – Word Games
4:15 – Songs of Remembrance
6:00 – Game Time or Movie

10
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 – **Painting with Jessica**
3:15 – Sundae Social
4:00 – Move & Groove
4:30 – iN2L Sing-Along
6:00 – Evening Concert

11
9:30 – Morning Meet & Greet
10:00 – **Furry Friend Visit; Brandi**
10:45 – Daily Chronicle
11:00 – Guided Meditation
1:00 – Name That Sound
1:30 – Poetry in Motion
3:00 – **Zumba with Carol**
3:45 – Afternoon Social
4:15 – iN2L Learning
6:00 – Game Time or Movie

12
10:15 – Daily Chronicle
11:00 – **Yoga with Nanci**
1:00 – iN2L Word Games
1:30 – **Sing & Dance with Andy Ross**
3:00 – Afternoon Refreshments
3:30 – Poems of Jack Kerouac
4:00 – Relaxation Room
4:00 – Bingo for Prizes
6:00 – Evening Movie

13
9:45 – **Memory Café in Harvard, MA. COA & Lunch**
10:00 – Daily Chronicle
10:45 – Keeping Fit
1:30 – **Jack Kerouac Museum in Lowell Outing**
2:00 – Irish Step Dancing Special
3:30 – **Furry Friend Visit; Nate**
6:00 – Evening Movie

14
10:15 – Daily Chronicle
10:30 – Morning Stretch
11:00 – iN2L Trivia
1:00 – **Bach Lunch Concert**
2:30 – Lovin' From The Oven
3:00 – Casino Games; Horse Race
3:45 – Pi Day Numbers Fun
4:00 – Eversound Dance
6:00 – Evening Movie

15
10:00 – Morning Meet & Greet
10:15 – Daily Chronicle
10:30 – Keeping Fit
11:00 – iN2L Fun
1:00 – Eversound Relaxation
1:30 – **Stars For Our Troops**
2:15 – Scrabble Game
3:00 – **Friday Ice Cream**
3:45 – Word Games
4:30 – Balloon Toss Game
6:00 – Shabbat Worship

16
10:15 – Daily Chronicle
10:30 – AM Stretch
11:00 – Manicures, Hand Massage With TLC
11:30 – Sing-Along iN2L
1:30 – Balloon Volley
2:30 – **Music with Patty Carver**
3:15 – **Happy Hour**
3:45 – Word Games
4:15 – Songs of Remembrance
6:00 – Game Time or Movie

17
10:00 – TV MASS
10:30 – Move It Or Lose It
11:00 – Hymn Sing
1:00 – TV Protestant Service
1:30 – **St. Patrick's Day Party Music with The Sons of Blarney**
3:15 – Sundae Social
4:00 – Move & Groove
4:30 – iN2L Sing-Along
6:00 – Evening Concert

18
9:30 – Morning Meet & Greet
10:00 – **Furry Friend Visit; Brandi**
10:45 – Daily Chronicle
11:15 – Tai Chi with Andy
1:30 – Card/Table Games
3:00 – **Zumba with Carol**
3:45 – Afternoon Social
4:00 – Wall Art Walks
4:30 – iN2L Learning
6:00 – Game Time or Movie

19
10:00 – Morning Meet & Greet
10:15 – Daily Chronicle
10:45 – Keeping Fit
10:15 – **Memory Café Groton COA**
1:30 – **Any Body Can Dance with Susanne Liebich**
3:00 – Afternoon Refreshments
3:30 – Handwriting Day Notes
4:00 – Bingo for Prizes
6:00 – Evening Movie

20
10:15 – Daily Chronicle
10:45 – Keeping Fit
11:15 – Bobby Oar Special
1:15 – **Scenic Drive Outing**
1:30 – Canvas Painting Class
2:30 – Name That Place
3:15 – Afternoon Social
3:30 – **Furry Friend Visit; Wilson**
4:15 – Word Games on iN2L
6:00 – Evening Movie

21
10:15 – Daily Chronicle
10:30 – Morning Stretch
11:00 – Rhythm Class
12:00 – Pizza Party
1:00 – Eversound Short Stories
1:30 – Casino Games; Cards
2:30 – Lovin' From The Oven
3:15 – Afternoon Social
4:00 – Bingo for Prizes
6:00 – Evening Movie

22
10:00 – Morning Meet & Greet
10:15 – Daily Chronicle
10:30 – Keeping Fit
11:00 – iN2L Fun
11:30 – Friday Fun Jokes
1:30 – **Afternoon Matinee with Popcorn & Refreshments**
3:00 – **Friday Ice Cream**
3:45 – Word Games
4:30 – Balloon Toss Game
6:00 – Shabbat Worship

23
10:15 – Daily Chronicle
10:30 – AM Stretch
11:00 – Manicures, Hand Massage With TLC
11:30 – Sing-Along iN2L
1:00 – Animal Wonders Video
2:30 – **Music with Diane Dexter**
3:15 – **Happy Hour**
3:45 – Word Games
4:15 – Songs of Remembrance
6:00 – Game Time or Movie

24/31
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 – **Music with Jessica, 24th**
3:15 – Sundae Social
3:30 – **Spring Gardening**
4:00 – Move & Groove
4:30 – Relaxation Sounds
6:00 – Evening Concert

25
9:30 – Morning Meet & Greet
10:00 – **Furry Friend Visit; Brandi**
10:45 – Daily Chronicle
11:15 – Tai Chi with Andy
1:00 – Name That Sound
1:30 – **Music with Mike Leo**
3:00 – **Zumba with Carol**
3:45 – Afternoon Social
4:15 – iN2L Learning
6:00 – Game Time or Movie

26
10:00 – Morning Meet & Greet
10:15 – Daily Chronicle
11:00 – **Yoga with Nanci**
1:00 – Martin Short Special
1:30 – **Joe Malone Presents; Broadway Musicals**
3:00 – Afternoon Refreshments
3:15 – **Retro Day Fashion Show**
4:00 – Bingo for Prizes
6:00 – Evening Movie

27
10:15 – Daily Chronicle
10:45 – Keeping Fit
11:00 – **End of Month Pics Show**
11:30 – **Lunch Outing**
1:30 – **Baby Animals Visit**
3:15 – Afternoon Social
3:30 – **Furry Friend Visit; Nate**
4:15 – Word Games on iN2L
6:00 – Evening Movie

28
10:15 – Daily Chronicle
10:30 – Morning Stretch
11:00 – Rhythm Class
11:30 – iN2L Trivia
1:30 – Casino Games; Roulette
2:00 – **Easter Egg Craft with Dawn**
3:15 – Afternoon Social
4:00 – Eversound Dance
6:00 – Evening Movie

29
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 & Dance with Andy Ross**
3:00 – **Friday Ice Cream**
3:45 – Word Games
4:30 – Balloon Toss Game
6:00 – Shabbat Worship

30
10:15 – Daily Chronicle
10:30 – AM Stretch
11:00 – Manicures, Hand Massage With TLC
11:30 – Sing-Along iN2L
1:30 – **Music with Emma**
3:15 – **Happy Hour**
3:45 – Word Games
4:15 – Songs of Remembrance
6:00 – Game Time or Movie