

## Did You Know...



### RiverCourt Springtime Fun

April Fool's Day history may go back to as far as the Renaissance era where kings & queens that ruled the land would hire a prominent, unusual position in the kingdom known as the court jester. It was the duty of the court jester to not only entertain but to also keep a listening ear to the king & queen in all sorts of the court's business. Today we celebrate April Fool's Day by playing light hearted jokes on each other which can be very amusing so as long as to not be too foolish. Court Jester's must have had to have been quick witted keeping everyone laughing. Have a fun & safe April Fool's day on the 1<sup>st</sup> & keep on laughing!

## Health Corner:

### Health Tips for Spring from the CDC

8 healthy tips from the CDC's website to practice this Spring:

- 1- Move More, Sit Less
- 2- Eat Healthy Foods
- 3- Choose Your Drinks Wisely
- 4- Get Enough Sleep
- 5- Be Sun Safe
- 6- Brush Your Teeth
- 7- Don't Use Tobacco
- 8- Learn Your Health History



# April 2024

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

*Independent Living, Assisted Living & Memory Care*

[www.rivercourtresidences.com](http://www.rivercourtresidences.com)



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### From the Director's Desk...

As April unfolds, it brings a breath of fresh air, a promise of new beginnings, and a canvas ready to be painted with vibrant hues of hope and renewal. This month is like a bridge between the whispers of a fading winter and the lively chorus of spring in full bloom.

May this month bring you moments of warmth, growth, and inspiration, propelling you towards the promise of brighter days ahead.

"In April, nature comes alive. The earth seems to renew itself at this time of year. Each bud bursting forth holds the promise of blooming flowers and bountiful harvests" ~unknown

### Employee of the Month:



**Kiyomi Hammoumi**  
Resident Assistant

Kiyomi started with RiverCourt in 2020 as a Resident Assistant in Reflections. Since then, she has been a valued employee who always exhibits kindness, patience, and empathy. She is a phenomenal caregiver and we are so grateful to have her on our team!

## Recipe of the Month:

- Ingredients...**
- 2/3 cup shortening
  - 1 cup sugar
  - 1 tsp. vanilla extract
  - 1 cup mashed bananas
  - 2 1/2 cups flour
  - 3/4 tsp. salt
  - 2 tsp. baking powder
  - 1/2 tsp. baking soda

- Instructions...**
- 1) Preheat oven to 350 degrees.
  - 2) Cream shortening & sugar. Then beat in the eggs & vanilla extract.
  - 3) In a separate bowl, sift the flour, baking powder, salt, & baking soda.
  - 4) Blend the dry ingredients into the creamed mixture.
  - 5) Add bananas in – alternating with the dry & creamed mixtures.
  - 6) Mix well. INSTRUCTIONS CONTINUED BELOW.

Courtesy of: **Banana Drop Cookies by Gloria Griffis**

### Management Team:

#### Recipe instructions continued.

- 7) Drop by teaspoon on greased baking sheet.
- 8) Sprinkle each cookie with sugar & cinnamon mixture.
- 9) Bake at 350 degrees for 10 -12 minutes until golden brown.

Deborah Thrush  
Activities Director  
[dthrush@rivercourtresidences.com](mailto:dthrush@rivercourtresidences.com)

Sandy Becker  
Director of Business Development  
[sbecker@rivercourtresidences.com](mailto:sbecker@rivercourtresidences.com)

Ian Palmer  
Maintenance  
[ipalmer@rivercourtresidences.com](mailto:ipalmer@rivercourtresidences.com)

Aneta Arakelian  
Business Office Manager  
[aaarakelian@rivercourtresidences.com](mailto:aaarakelian@rivercourtresidences.com)

Jessice Fenzel  
Food Services Director  
[jfenzel@rivercourtresidences.com](mailto:jfenzel@rivercourtresidences.com)

Karalyn Manfrate  
Reflections Program Director  
[kmanfrate@rivercourtresidences.com](mailto:kmanfrate@rivercourtresidences.com)

Andy Donovan  
Life Enrichment Director  
[adonovan@rivercourtresidences.com](mailto:adonovan@rivercourtresidences.com)

Kristen Cossette  
Executive Director  
[kcosssette@rivercourtresidences.com](mailto:kcosssette@rivercourtresidences.com)

Kim Landi, RN, CDP  
Resident Care Director  
[klandi@rivercourtresidences.com](mailto:klandi@rivercourtresidences.com)

### Special Events:

## The Rockin' Chairs

**MONDAY, APRIL 8TH, 2024  
11AM-12PM**

The Rockin' Chairs is a dynamic 4-piece show band known for their electrifying performances of the best rock and roll hits from the 50's & 60's! With their energetic stage presence, they not only entertain audiences with timeless tunes but also share fascinating stories about the singers and history for each song. Experience the nostalgia and excitement of rock and roll's golden era!

**RSVP to Sandy Becker  
(978) 448-4122 or  
[sbecker@rivercourtresidences.com](mailto:sbecker@rivercourtresidences.com)**

## Memory Cafe

**Musical Guest: Side Effects  
Tuesday, April 16th, 2024  
10:30am-12:00pm**

The music duo, Side Effects, combine their talents in singing and instrumental playing to bring a unique and lively approach to their performances. They specialize in classic hits from the 50s, 60s, & 70s, as well as more modern music from today!

**RSVP to Sandy Becker  
(978) 448-4122 or [sbecker@rivercourtresidences.com](mailto:sbecker@rivercourtresidences.com)**



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

| <p><i>April 2024</i></p> <p><b>Reflections</b></p> <p><b>Program Calendar</b></p>   | <p>10:00 – Furry Friend Visit; Brandi 1</p> <p>10:45 – Daily Chronicle</p> <p>11:15 – Tai Chi with Andy</p> <p>1:15 – April Fool’s Day Clips</p> <p>2:00 – Name That Tune</p> <p>3:00 – Zumba with Carol</p> <p>3:45 – Afternoon Social</p> <p>4:15 – iN2L Learning</p> <p>6:00 – Game Time or Movie</p>  | <p>2</p> <p>10:15 – Daily Chronicle</p> <p>11:00 – Step In Time with Michael</p> <p>1:00 – Rick Steves Travel</p> <p>1:30 – Floor Ball Sweep</p> <p>2:30 – Word Games on iN2L</p> <p>3:15 – Afternoon Social</p> <p>3:30 – Bingo for Prizes</p> <p>4:30 – Relaxation Movements</p> <p>6:00 – Evening Movie</p>                                 | <p>3</p> <p>9:30 – Morning Meet &amp; Greet</p> <p>10:00 – Daily Chronicle</p> <p>10:30 – Keeping Fit</p> <p>1:15 – Scenic Drive Outing</p> <p>2:00 – Wood Painting Craft</p> <p>3:15 – Afternoon Social</p> <p>3:30 – Furry Friend Visit; Nate</p> <p>4:15 – Word Games on iN2L</p> <p>6:00 – Evening Movie</p>                          | <p>4</p> <p>10:15 – Daily Chronicle</p> <p>10:30 – Morning Stretch</p> <p>11:30 – iN2L Trivia</p> <p>1:30 – Music with Ukulele J</p> <p>2:30 – Lovin’ From The Oven</p> <p>3:00 – Poems In the Kitchen</p> <p>3:15 – Afternoon Social</p> <p>4:00 – Eversound Dance</p> <p>6:00 – Evening Movie</p>   | <p>5</p> <p>10:00 – Morning Meet &amp; Greet</p> <p>10:15 – Daily Chronicle</p> <p>10:30 – Keeping Fit</p> <p>1:00 – Alphabetics</p> <p>1:30 – Nature Special</p> <p>2:15 – Table Games/Puzzles</p> <p>3:00 – Friday Ice Cream</p> <p>3:45 – Word Games</p> <p>4:30 – Balloon Toss Game</p> <p>6:00 – Shabbat Worship</p>                                   | <p>6</p> <p>10:15 – Daily Chronicle</p> <p>10:30 – AM Stretch</p> <p>11:00 – Manicures, Hand Massage With TLC</p> <p>11:30 – Sing-Along iN2L</p> <p>1:30 – Piano with Steve Staines</p> <p>2:45 – Bingo For Prizes</p> <p>3:15 – Happy Hour</p> <p>3:45 – Word Games</p> <p>4:15 – Songs of Remembrance</p>                                   |
|---|---|--|---|---|---|---|
| <p>7</p> <p>10:00 – TV MASS</p> <p>10:30 – Move It Or Lose It</p> <p>11:00 – Hymn Sing</p> <p>1:00 – Eversound Relaxation</p> <p>1:30 – Ravi Shankar Special</p> <p>2:00 – Music with Carol Wing</p> <p>3:15 – Sundae Social</p> <p>4:00 – Move &amp; Groove</p> <p>4:30 – iN2L Sing-Along</p> <p>6:00 – Evening Concert</p>                                | <p>8</p> <p>10:00 – Furry Friend Visit; Brandi</p> <p>10:45 – Daily Chronicle</p> <p>11:15 – Tai Chi with Andy</p> <p>1:00 – Zoo Lover’s Day Special</p> <p>2:00 – Name That Tune</p> <p>3:00 – Zumba with Carol</p> <p>3:45 – Afternoon Social</p> <p>4:15 – iN2L Learning</p> <p>6:00 – Game Time or Movie</p>                                      | <p>9</p> <p>10:15 – Daily Chronicle</p> <p>10:45 – Yoga with Nanci</p> <p>11:45 – iN2L Word Games</p> <p>1:30 – Sing &amp; Dance with Andy Ross</p> <p>3:15 – Afternoon Social</p> <p>3:30 – Bingo for Prizes</p> <p>4:30 – Relaxation Movements</p> <p>6:00 – Evening Movie</p>   | <p>10</p> <p>9:45 – Memory Café in Harvard, MA.</p> <p>10:30 – Alexandria Sings</p> <p>1:15 – Scenic Drive Outing</p> <p>2:00 – Canvas Painting Craft</p> <p>3:15 – Afternoon Social</p> <p>3:30 – Furry Friend Visit; Wilson</p> <p>4:15 – Word Games on iN2L</p> <p>6:00 – Evening Movie</p>  | <p>11</p> <p>10:15 – Daily Chronicle</p> <p>10:30 – Morning Stretch</p> <p>11:30 – iN2L Trivia</p> <p>1:00 – Bach Lunch Concert</p> <p>2:30 – Lovin’ From The Oven</p> <p>3:00 – Poems In the Kitchen</p> <p>3:15 – Afternoon Social</p> <p>4:00 – Eversound Dance</p> <p>6:00 – Evening Movie</p>  | <p>12</p> <p>10:00 – Morning Meet &amp; Greet</p> <p>10:15 – Daily Chronicle</p> <p>10:30 – Keeping Fit</p> <p>11:00 – Outdoor Games</p> <p>1:00 – Nature Special</p> <p>1:30 – Baking with Betty Ann</p> <p>3:00 – Friday Ice Cream</p> <p>3:45 – Word Games</p> <p>4:30 – Balloon Toss Game</p> <p>6:00 – Shabbat Worship</p>                             | <p>13</p> <p>10:15 – Daily Chronicle</p> <p>10:30 – AM Stretch</p> <p>11:00 – Manicures, Hand Massage With TLC</p> <p>1:00 – Weston, MA Outing: Susanne Liebich &amp; Jazz Piano</p> <p>2:30 – Honky Tonk Piano; Gary</p> <p>3:15 – Happy Hour</p> <p>4:15 – Songs of Remembrance</p> <p>6:00 – Game Time or Movie</p>                        |
| <p>14</p> <p>10:00 – TV MASS</p> <p>10:30 – Elena Swan Sings</p> <p>11:30 – Move It Or Lose It</p> <p>1:00 – Loretta Lynn Concert</p> <p>1:30 – Daily Chronicle</p> <p>2:00 – Outdoor Games</p> <p>3:15 – Sundae Social</p> <p>4:00 – Move &amp; Groove</p> <p>4:30 – iN2L Sing-Along</p> <p>6:00 – Evening Concert</p>                                     | <p>15</p> <p>9:30 – Morning Meet &amp; Greet</p> <p>10:00 – Furry Friend Visit; Brandi</p> <p>10:45 – Daily Chronicle</p> <p>11:30 – Guided Meditation</p> <p>1:00 – Name That Sound</p> <p>1:30 – Poetry in Motion</p> <p>3:00 – Zumba with Carol</p> <p>3:45 – Afternoon Social</p> <p>4:15 – iN2L Learning</p> <p>6:00 – Game Time or Movie</p>    | <p>16</p> <p>10:15 – Memory Café Groton</p> <p>10:15 – Daily Chronicle</p> <p>10:45 – Keeping Fit</p> <p>1:00 – iN2L Word Games</p> <p>1:30 – Any Body Can Dance with Susanne Liebich</p> <p>3:00 – Afternoon Refreshments</p> <p>3:30 – Bingo for Prizes</p> <p>4:30 – Charlie Chaplin Special</p> <p>6:00 – Evening Movie</p>                | <p>17</p> <p>9:30 – Morning Meet &amp; Greet</p> <p>10:00 – Daily Chronicle</p> <p>10:45 – Keeping Fit</p> <p>11:15 – Ellis Island Family History</p> <p>1:15 – Scenic Drive Outing</p> <p>1:30 – Putting Practice</p> <p>2:00 – Gardening Party</p> <p>3:30 – Furry Friend Visit; Nate</p> <p>6:00 – Evening Movie</p>                   | <p>18</p> <p>10:15 – Daily Chronicle</p> <p>10:30 – Morning Stretch</p> <p>11:00 – iN2L Trivia</p> <p>1:30 – Song Writing with Uke J</p> <p>2:30 – Lovin’ From The Oven</p> <p>3:00 – Casino Games; Horse Race Betting</p> <p>3:45 – iN2L Travel Special</p> <p>4:00 – Eversound Dance</p>  | <p>19</p> <p>10:00 – Morning Meet &amp; Greet</p> <p>10:15 – Daily Chronicle</p> <p>10:30 – Keeping Fit</p> <p>11:00 – iN2L Fun</p> <p>1:00 – Eversound Relaxation</p> <p>1:30 – Stars For Our Troops</p> <p>2:15 – Scrabble Game</p> <p>3:00 – Friday Ice Cream</p> <p>3:45 – Word Games</p> <p>4:30 – Balloon Toss Game</p> <p>6:00 – Shabbat Worship</p> | <p>20</p> <p>10:15 – Daily Chronicle</p> <p>10:30 – AM Stretch</p> <p>11:00 – Manicures, Hand Massage With TLC</p> <p>11:00 – Music with Emma</p> <p>11:30 – Sing-Along iN2L</p> <p>1:30 – Balloon Volley</p> <p>3:15 – Happy Hour</p> <p>3:45 – Word Games</p> <p>4:15 – Songs of Remembrance</p> <p>6:00 – Game Time or Movie</p>           |
| <p>21</p> <p>10:00 – TV MASS</p> <p>10:30 – Move It Or Lose It</p> <p>11:00 – Hymn Sing</p> <p>1:00 – National Bulldogs are Beautiful Day Special</p> <p>2:00 – Music &amp; Guitar with Seth Connelly</p> <p>3:15 – Sundae Social</p> <p>4:00 – Move &amp; Groove</p> <p>4:30 – iN2L Sing-Along</p> <p>6:00 – Evening Concert</p>                           | <p>22</p> <p>9:30 – Morning Meet &amp; Greet</p> <p>10:00 – Furry Friend Visit; Brandi</p> <p>10:45 – Daily Chronicle</p> <p>11:15 – Tai Chi with Andy</p> <p>1:30 – Passover Learning</p> <p>3:00 – Zumba with Carol</p> <p>3:45 – Afternoon Social</p> <p>4:00 – Wall Art Walks</p> <p>4:30 – iN2L Learning</p> <p>6:00 – Game Time or Movie</p>    | <p>23</p> <p>10:00 – Morning Meet &amp; Greet</p> <p>10:15 – Daily Chronicle</p> <p>10:45 – Yoga with Nanci</p> <p>1:00 – Earth Day Learning</p> <p>1:30 – Handwriting Notes</p> <p>2:30 – Outdoor Games</p> <p>3:00 – Afternoon Refreshments</p> <p>3:30 – Bingo for Prize</p> <p>4:30 – Relaxation Movements</p> <p>6:00 – Evening Movie</p> | <p>24</p> <p>10:15 – Daily Chronicle</p> <p>10:45 – Keeping Fit</p> <p>11:15 – Outdoor Games</p> <p>1:15 – Scenic Drive Outing</p> <p>1:30 – Canvas Painting Class</p> <p>2:30 – Name That Place</p> <p>3:15 – Afternoon Social</p> <p>3:30 – Furry Friend Visit; Wilson</p> <p>4:15 – Word Games on iN2L</p> <p>6:00 – Evening Movie</p> | <p>25</p> <p>10:15 – Daily Chronicle</p> <p>10:30 – Morning Stretch</p> <p>11:00 – Rhythm Class</p> <p>12:00 – Art in Bloom at the FAM</p> <p>1:00 – Eversound Short Stories</p> <p>1:30 – Casino Games; Cards</p> <p>2:30 – Lovin’ From The Oven</p> <p>3:15 – Afternoon Social</p> <p>3:30 – Bingo for Prizes</p> <p>6:00 – Evening Movie</p> | <p>26</p> <p>10:00 – Morning Meet &amp; Greet</p> <p>10:15 – Daily Chronicle</p> <p>10:30 – Keeping Fit</p> <p>11:00 – iN2L Fun</p> <p>11:30 – Friday Fun Jokes</p> <p>1:30 – Sing &amp; Dance with Andy Ross</p> <p>3:00 – Friday Ice Cream</p> <p>3:45 – Word Games</p> <p>4:30 – Balloon Toss Game</p> <p>6:00 – Shabbat Worship</p>                     | <p>27</p> <p>10:15 – Daily Chronicle</p> <p>10:30 – AM Stretch</p> <p>11:00 – Manicures, Hand Massage With TLC</p> <p>11:30 – Sing-Along iN2L</p> <p>1:00 – Animal Wonders Video</p> <p>2:00 – Pianist; Ehtan Stone</p> <p>3:15 – Happy Hour</p> <p>3:45 – Word Games</p> <p>4:15 – Songs of Remembrance</p> <p>6:00 – Game Time or Movie</p> |
| <p>28</p> <p>10:00 – TV MASS</p> <p>10:30 – Move It Or Lose It</p> <p>11:00 – Hymn Sing</p> <p>1:00 – TV Protestant Service</p> <p>1:30 – Daily Chronicle</p> <p>2:00 – Superhero Day Fun</p> <p>3:15 – Sundae Social</p> <p>3:30 – Outdoor Spring Garden</p> <p>4:00 – Move &amp; Groove</p> <p>4:30 – Relaxation Sounds</p> <p>6:00 – Evening Concert</p> | <p>29</p> <p>9:30 – Morning Meet &amp; Greet</p> <p>10:00 – Furry Friend Visit; Brandi</p> <p>10:45 – Daily Chronicle</p> <p>11:15 – Tai Chi with Andy</p> <p>1:00 – Name That Sound</p> <p>1:30 – Music with Mike Leo</p> <p>3:00 – Zumba with Carol</p> <p>3:45 – Afternoon Social</p> <p>4:15 – iN2L Learning</p> <p>6:00 – Game Time or Movie</p> | <p>30</p> <p>10:00 – Morning Meet &amp; Greet</p> <p>10:15 – Daily Chronicle</p> <p>10:45 – Keeping Fit</p> <p>1:00 – Outdoor Games</p> <p>1:30 – International Jazz Day</p> <p>3:00 – Afternoon Refreshments</p> <p>3:15 – End of Month Pictures</p> <p>3:30 – Bingo for Prizes</p> <p>6:00 – Evening Movie</p>                               | <p>“You can fool all the people some of the time, and some of the people all the time, but you cannot fool all the people all the time.”</p> <p>- Abraham Lincoln</p>   |    | <p><b>Birthdays</b></p> <ul style="list-style-type: none"> <li>Lily- April 11<sup>th</sup></li> <li>Steve G- April 29<sup>th</sup></li> </ul>   | <p><b>Activities are subject to change. Please refer to the white board schedule for the daily activities.</b></p>  |