

Did You Know...

The Irresistible Iris

What is it about the iris that is so alluring? Van Gogh often painted the beautiful flowers. The fleur-de-lis, a stylized iris, is a symbol associated with France, New Orleans, Florence, and even the Cub Scouts, Boy Scouts, and Girl Scouts. Perhaps it should come as no surprise that this popular flower enjoys its own holiday on May 8.

The word iris comes from a Greek word meaning "rainbow," which is fitting since irises come in shades of purple, yellow, white, pink, and blue. In Japan, iris flowers are believed to ward off evil spirits, and the leaves are put in bathwater to prevent illness.

With Mother's Day fast approaching on May 12, perhaps May 8 is the perfect occasion to run to the flower shop and buy a beautiful bouquet of irises.

Health Corner:

Did you know that May is National Physical Fitness Awareness Month?

Adults 65 & older need a mix of aerobic, muscle-strengthening, and balance activities each week to keep their bodies strong. Regular physical activity can help you live independently, have a better quality of life, and prevent or manage chronic disease.



May

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...

May is a month that often signifies growth and renewal. As we transition from the freshness of spring into the warmth of summer, it's a time for new beginnings, blooming flowers, and longer days. May is a great time to reassess our goals, make plans, and embrace change. Whether you're focusing on personal growth, career advancement, or simply enjoying the beauty of the season, May offers plenty of opportunities for growth and rejuvenation.
Kristen Cossette~ Executive Director

Employee of the Month:



Rebecca Goes
Dining Room Server

Rebecca has been working with us since she was 14 and has grown into a wonderful addition to our team! Always ready to lend a hand, she goes the extra mile for both residents and staff. Recently promoted to lead server, Becca ensures top-notch dining experiences for our residents each and every day!

Recipe of the Month: Strawberry Campfire Cocoa

Ingredients...

- 2/3 cup skim milk
- 2 tablespoons sugar-free seedless strawberry jam
- 1 (.52-ounce) packet no-sugar-added hot cocoa mix
- Sugar-free whipped topping, thawed

Instructions...

1. Pour milk into a small, microwave-safe bowl. Microwave for 1 minute until hot.
2. Whisk in jam and hot cocoa mix until frothy.
3. Pour into a mug and top with whipped topping.

Makes 1 serving

Courtesy of:

Activity Connection - Deborah Thrush

Management Team:

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Special Events:

Bizarre Birds of the World!

Presented by: Dr. Stephen Hale

Thursday, May 9th, 2024

1:00pm – 2:00pm

RSVP to Sandy Becker

(978) 448-4122 or sbecker@rivercourtresidences.com

Memory Café

Betty Ann's Old Stuff

Exploring the nostalgic charms of the 1920's, 1930's & 1940's

Tuesday, May 21st, 2024

10:30am – 12:00pm

At the Groton Center

RSVP to Sandy Becker

(978) 448-4122 or sbecker@rivercourtresidences.com

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

May 2024

All Activities Are Subject to Change.
Daily Sheets are available by 8am and any changes will be noted On Daily Sheet.

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| | | <p><u>Happy Birthday May Babies</u> John M – 15th Ed G – 29th</p> <p><u>Medical Appointment Rides</u> Monday & Tuesday Mornings ~ By Appointment Only ~</p> <p><u>Resident Errand Outings Thursdays</u> 9:30am</p> <p><u>Community Activity Outings</u> Thursdays - TBA</p> | <p><u>May Day</u></p> <p>10:00 – Sit And Be Fit With Gabby 11:00 – Word In A Word Challenge 1:15 – Wednesday Special Bingo 2:30 – Crafty Creations W/ Gabby ~ May Day Baskets ~</p> <p>3:30 – Hooray For Happy Hour ~ Wine & Cheese ~</p> <p>4:00 – May Day Puzzles & More</p> | <p>1</p> <p>9:30 – Coffee & Current Events W/ Julie 9:45 – Music & Manicures W/ Gabby 10:00 – Virtual Stick Fit Class 10:30 – Community Walking Group 1:30 – Crafty Creations Class ~ Pastel Pine Cone Painting Project ~</p> <p>2:30 – Church Service W/ Father Lee 3:30 – Pelvic Health Audra Harris 4:00 - Yoga & Meditation With Karen</p> | <p>2</p> <p>9:30 – Coffee & Current Events W/ Julie 10:00 – Sit And Be Fit With Julie 11:00 – Cooking Up Memories ~ Chocolate Chip Cookies ~</p> <p>1:15 – Bingo (RiverCourt Pays) 2:30 – RiverCourt Chorus & Sing Along (J) 3:30 – Fresh Popped Friday & Float Social 4:00 – Community Waling Group</p> | <p>3</p> <p><u>Kentucky Derby Day</u> 9:30 – Coffee & Current Events W/ Julie 10:30 – Nature Lecture Series ~Presenter Joe Callahan “Humming Birds” 1:15 – Pokeno Card Bingo (Pay To Play) 2:30 – Welcome To The Kentucky Derby ~ Music W/ Side Effects ~ Mint Julips 3:30 – Kentucky Dery Horse Race Game 4:00 – Documentary “Run For The Rosed ~ The History Of The Kentucky Derby</p> |
| <p>5</p> <p><u>Happy Cinco DeMayo</u> 9:30 – Virtual Sunday Service 10:00 – Virtual Stick Fit Class 10:30 – Life Long Learning ~ What To Know “ Cinco De Mayo ” 11:00 – Cinco De Mayo Puzzles 1:30 – Just For Fun Cinco Bingo 3:00 – Cinco De Mayo Social & Songs ~ Taco Dip & Salsa Guac & Chips ~ 4:00 – YT “ Cinco De Mayo History ”</p> | <p>6</p> <p>10:00 – Sit And Be Fit With Gabby 11:00 – Scrabble/IN2L Machine 1:15 – Bingo (Pay To Play) 2:30 – Music & Melodies ~ Live Music W/ Seth Connolly ~ 3:30 – Monday Sundae Social & Songs 4:00 –Celebrity Roast Of “Dean Martin” 4:15 – Patio Ponderings & Poems</p> | <p>7</p> <p>10:00 – Steps In Time Ball Room 10:30 – Bible Study W/ Kathleen 1:30 – Movement & Wellness Class ~ Instructor “ Susanne Liebich ” 2:30 – Crafty Creations Class ~ Inked Stamped Nature Prints ~ 3:30 – Afternoon Social & Songs 4:00 – Operation Healing Hero’s 4:15 – Patio Ponderings</p> | <p>8</p> <p>10:00 – Sit And Be Fit With Gabby 10:30 – AL Community Meeting 11:00 – Word In A Word Challenge 1:00 – Wednesday Special Bingo 2:30 – IL Community Meeting 3:30 – Hooray For Happy Hour 4:00 – NASA Unexplained Files 4:15 – Patio Ponderings</p> | <p>9</p> <p>9:30 – Coffee & Current Events 9:45 – Music & Manicures W/ Gabby 10:00 – Virtual Stick Fit Class 10:30 – Community Walking Group 12:45 – Groton Music Center Outing 1:00 – Bizarre Birds Of The World ~ Presented By Dr. Steven Hale ~ 2:30 – Crafty Creations Class ~ To Go Tissue Holder ~ 4:00 – Afternoon Social & Songs ~ Live Music W/ Brian Crane ~</p> | <p>10</p> <p><u>National Mother Ocean Day</u> 9:30 – GCS Kindergarten Class Concert 10:00 – Sit And Be Fit With Julie 11:00 – Fun With Food ~ Flavorful Ocean Jello Cups 1:30 – Bingo (RiverCourt Pays) 2:30 – RiverCourt Chorus & Sing Along 3:30 – Mother Ocean Social & Songs 4:00 – Our Planet “ Coastal Seas ”</p> | <p>11</p> <p><u>National Hostess Cupcake Day</u> 9:30 – Coffee & Current Events W/ Julie 10:00 – Sit And Be Fit With Julie 11:00 – Cooking Up Memories ~ Hostess Cupcakes ~ 1:15 – Pokeno Card Bingo (Pay To Play) 2:30 – The Untold Truth Of Hostess 3:00 – Hooray For Happy Hour ~ Hostess Cupcakes ~ Wine & Cheese 4:00 – Documentary “Inside Hostess Factory”</p> |
| <p>12</p> <p><u>Happy Mother’s Day</u> 9:30 – Virtual Sunday Service 10:00 – Virtual Stick Fit Class 11:00 – Mother’s Day Brunch 1st Seating 1:00 – Mother’s Day Brunch 2nd Seating 2:00 – Happy Mother’s Day Social ~ Live Music ~ Small Gifts 3:00 – Mother’s Day Humor & Trivia 4:00 – Open Activities</p> | <p>13</p> <p><u>Happy Nurses Week/Hummus Day</u> 10:00 – Sit And Be Fit With Gabby 11:00 – Scrabble/IN2L Machine 1:15 – Bingo (Pay To Play) 2:00 – Monday Musical Matinee 2:30 – Fun With Food ~ Homemade Hummus Demo ~ 3:30 – Hummus Social & Songs 4:00 – YT “Egypt’s 28 Ingredient Hummus”</p> | <p>14</p> <p>10:00 – Meditation & Wellness W/ Nancy 10:30 – Bible Study W/ Kathleen 11:00 – Community Walking Group 1:30 – Music & Memories W/ Doug 2:30 – Beading Bonanza W/ Gabby ~ Jewelry Making Class ~ 3:00 – Afternoon Social & Songs 4:00 – Community Waterfall Walks</p> | <p>15</p> <p>10:00 – Sit And Be Fit With Gabby 11:00 – Word In A Word Challenge 1:30 – Wednesday Special Bingo 2:30 – Crafty Creations Class ~ Pussy Willow Chalk Painting ~ 3:00 – Hooray For Happy Hour ~ Health Topics W/ Annissa ~ 4:00 – Corn Hole Challenge</p> | <p>16</p> <p>9:30 – Veterans Breakfast Outing 9:45 – Music & Manicures W/ Gabby 10:00 – Virtual Stick Fit Class 10:30 – Community Walking Group 1:30 – Cack Yard Balloon Shoot 4:00 – Yoga & Meditation W/ Karen 4:15 – Trivial Trivia Basket 6:30 – An Evening With An Author ~ Speaker/Author Chris Bouchard ~</p> | <p>17</p> <p>9:30 – Coffee & Current Events W/ Julie 10:00 – Sit And Be Fit With Julie 11:00 – Cooking Up Memories 1:00 – Thank You Nurses Ice Cream Social ~ Kimball’s Ice Cream Bar ~ 1:30 – Bingo (RiverCourt Pays) 2:30 – RiverCourt Chorus & Sing Along 3:30 – Fresh Popped Friday & Float Social 4:00 – Our Planet “ The Essence Of Water” 4:15 – Community Waterfall Walks</p> | <p>18</p> <p><u>National Armed Forces Day</u> 9:30 – Coffee & Current Events W/ Julie 10:00 – Sit And Be Fit With Julie 11:00 – Fun With Food “R-W-B Parfait” 1:30 – Thank You Veterans Social ~ Pianist Steve Staines ~ 2:30 – Pokeno Card Bingo (Pay To Play) 3:30 – Hooray For Happy Hour ~ Wine & Cheese ~ 4:00 – How The Universe Works 4:15 – Community Walking Group</p> |
| <p>19</p> <p><u>National Mod-Podge Day</u> 9:30 – Virtual Sunday Service 10:00 – Virtual Stick Fit Class 10:30 – Community Walking Group 11:00 – UNO Card Game 1:15 – Sunday Classic Movie Matinee 1:30 – Crafty Creations Class ~ Mod Podge Mason Jars ~ 3:00 – Sunday Sundae Social & Songs 4:00 – Comedy Roast “ Dean Martin ”</p> | <p>20</p> <p><u>Queen Victorian Day</u> 10:00 – Sit And Be Fit With Gabby 1:30 – Bingo (Pay To Play) 2:00 – Monday Theme Movie Matinee ~ The Young Victoria ~ 2:30 – Victorian Tea Party ~ Varsity Tea ~ Finger Sandwiches ~ Raffle 3:30 – Afternoon Social & Songs 4:00 – The Secret Of Queen Victoria 4:15 – Good Ol’ Days Stories</p> | <p>21</p> <p><u>Cultural Diversity Day</u> 10:00 – Virtual Stick Fit Class 10:30 – Bible Study W/ Kathleen 11:00 – Cooking Demo W/ Gabby ~ Empanada’s ~ 1:00 – Arm Char Travel On The IN2L 2:00 – Cultures Around The World Social ~ Live Music W/ Tricia B ~ Universal Yummies 3:00 – Life Long Learning & Sun Social 4:00 – Life How It Was 300 Years Ago 4:15 – Community Waterfall Walk</p> | <p>22</p> <p>10:00 – Sit And Be Fit With Gabby 11:00 – Word In A Word Challenge 1:15 – Wednesday Special Bingo 2:30 – Fun With Food ~ Cherry Tree Lolli’s ~ 3:00 – Hooray For Happy Hour ~ Wine & Cheese ~ 4:00 – Story Behind “DC Cherry Blossoms” 4:15 – Patio Ponderings & Poems</p> | <p>23</p> <p><u>World Turtle Day</u> 9:30 – Life Long Learning “ Turtles ” 9:45 – Music & Manicures W/ Gabby 10:00 – Virtual Yoga Class 10:30 – Community Walking Group 11: 00 – Beach Scenic Drive/Lunch ~ SeaGlass Ocen View Lunch Outing ~ 1:15 – Theme Movie Matinee ~ Turtle The Incredible Journey ~ 1:30 – Crafty Creations Class ~ Clay Pot Ocean Turtles ~ 2:30 – The Joker Card Game “Cash Prize ” 3:00 – Afternoon Social & Songs 4:00 - Yoga & Meditation W/ Karen</p> | <p>24</p> <p><u>Scavenger Hunt Day</u> 9:30 – Coffee & Current Events W/ Julie 10:00 – Sit And Be Fit With Julie 11:00 – Fun W/ Food 1:30 – Bingo (RiverCourt Pays) 2:30 – Happy Birthday May Babies ~ Live Music W/ Greg Peters ~ Cake 3:00 – Resident Quiet Corner & Chats 3:30 – What Can You Find ??? ~ Community Scavenger Hunt ~ 4:00 – Community Walking Group 4:15 – Mind Boggling Mysteries Of The Moon</p> | <p>25</p> <p><u>In A Pickle Day</u> 9:30 – Coffee & Current Events W/ Julie 10:00 – Sit And Be Fit With Julie 11:00 – Cooking Creations ~ In A Pickle Macaroni Salad ~ 1:30 – Musical Memories ~ Live Music W/ Pianist Diane Dexter ~ 2:30 – Pokeno Card Bingo (Pay To Play) 3:30 – Pickle Taste Test Social 4:00 – Community Walking Group</p> |
| <p>26</p> <p><u>Chery Cherries Day</u> 9:30 – Virtual Sunday Service 10:00 – Virtual Stick Fit Class 10:30 – Cooking Creations Class ~ Chocolate Cherry Brownies ~ 2:00 – Step By Step Painting W/ Jordan 3:00 – Sunday Sundae Social 4:00 – How The Universe Works</p> | <p>27</p> <p><u>Happy Memorial Day</u> 10:00 – Sit And Be Fit With Gabby Memorial Day Cook Out 11:30am – 1:00pm 1:30 – Bingo (Pay To Play) 2:00 – Monday Musical Matinee ~ Yankee Doodle Dandy ~ 2:30 – Front Porch Social & Songs 3:00 – Resident Quiet Corner & Chats 4:00 – Boston Pops – Patriotic Music</p> | <p>28</p> <p><u>Eat A Burger Day</u> 10:00 – Meditation & Wellness W/ Nancy 10:30 – Amazing Hamburger Puzzle 1:30 – Hollywood Lecture Series ~ Speaker “Joe Malone “ Doris Day “ 2:30 – Community Walking Group 3:00 – Burger Sliders Social & Songs 4:00 – Burger Bucket List Challenge</p> | <p>29</p> <p><u>Rosie The Riveter Day</u> 10:00 – Sit And Be Fit With Gabby 11:00 – Word In A Word Challenge 12:00 – Men’s Luncheon 1:15 – Wednesday Special Bingo 2:30 – Life long Learning/Color Creations ~ Rosie The Riveter History/Painting ~ 3:00 – Hooray For Happy Hour ~ Wine & Cheese ~ 4:00 – Life & Times Of Rosie The Riveter</p> | <p>30</p> <p>9:30 – Coffee & Current Events W/ Julie 9:45 – Music & Manicures W/ Gabby 10:00 – Virtual Stick Fit Class 10:30 – Community Walking Group 12:00 – Woman’s Luncheon 1:15 – Thursday Thriller Movie Matinee 1:30 – Frisbee Tic Tac Toe 2:30 – Interactive Music Circle W/ Mike 3:30 – Sunshine Social & Songs 4:00 – Yoga & Meditation W/ Karen</p> | <p>31</p> <p><u>A Colorful Day</u> 9:30 – Coffee & Current Events W/ Julie 10:00 – Sit And Be Fit With Julie 10:30 – Colorful Creations Class ~ Water Color Lilac Painting ~ 1:30 – Bingo (RiverCourt Pays) 2:30 – RiverCourt Chorus & Sing Along 3:30 – Fresh Popped Friday & Float Social 4:00 – Community Walking Group</p> |  |