

## Did You Know...



### 5 Interesting Facts about the Summer Season

- 1- The earliest Summer Olympics games was in 1896 in Athens, Greece.
- 2- The Eiffel Tower is expanding about 6 inches every summer.
- 3- In 2015, an Australian man fried some eggs successfully on the sidewalk as it was so hot.
- 4- Americans eat more than 150 million hot dogs.
- 5- The biggest bikin parade of summer happened on the 19<sup>th</sup> of August, 2012, in China.

## Health Corner:

### Sunshine and Wellbeing

It is a scientific fact that sunshine improves our mental & physical well-being – in moderation of course. During the Summer months there is more opportunity to be outdoors with longer days of light and the temperature is warmer. Two ways that we can stay as healthy as we can during the summer months being outdoors is to 1) stay hydrated & 2) regulate the amount of time you are in the sun. Everyone can benefit from drinking more water as the days can be hot whether you are inside or outside. Too much sun is not a good thing either as we do not want to get sun burnt so putting on sunscreen is also highly recommended while being outdoors, even in the shade. Whoever you spend your summer being outside helps us appreciate nature so stay well & stay cool.



# July 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 we step into July, it is a time for rejuvenation, exploration, and creating lasting memories. It offers us a chance to embrace new experiences, whether that be through travel, spending time with loved ones, or engaging in activities that bring us joy and fulfillment. We are committed to supporting our community in making the most of the summer months ahead.**

**"Summertime is always the best of what might be" ~ Charles Bowden**

### Employee of the Month:



**Chris Remick**  
Cook

Chris Remick joined our culinary team here at RiverCourt in November 2023 as our new dinner Chef. He has brought his creative skills to help build onto our dinner menus & daily socials. Chris is hardworking and loves to help out with monthly events hosted at RiverCourt. He takes the time to learn each & every residents dietary needs as well as some of their favorite snacks and desserts!

## Recipe of the Month:

### Ingredients...

- Iceberg Lettuce
- Mandarin Oranges
- Avocados
- Mayonnaise

### Instructions...

- 1) Slice Avocados
- 2) Open can of Mandarin oranges (cold).
- 3) Break up head of lettuce.
- 4) Mix together & add mayonnaise to taste.

Courtesy of: **Quick Salad, Anita Somers**

## Management Team:

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## Special Events:

**Memory Cafe**  
**Dance with Susanne Liebich**

Tuesday, July 16th, 2024  
10:30am - 12:00pm

At the Groton Center

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

**A Rainbow of Crooner Colors!**

Presented by: Frank King

Wednesday, July 24th, 2024  
3:00pm - 4:00pm

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



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p><i>July</i> <i>2024</i> Reflections Program Calendar</p>	<p>9:30 – Morning Meet &amp; Greet <b>1</b> 10:45 – Daily Chronicle 11:15 – Tai Chi with Andy 1:00 – Eversound Short Story 1:30 – Canada Day 2:00 – Outdoor Games 3:00 – Zumba with Carol 3:45 – Afternoon Social 4:15 – iN2L Learning 6:00 – Game Time or Movie</p>	<p>10:00 – Furry Friend Visit; Brandi <b>2</b> 10:45 – Keeping Fit 11:15 – Walking Club 1:15 – iN2L/Life Loop Learning 2:00 – Afternoon Putting 3:15 – Afternoon Social 3:30 – Bingo for Prizes 6:00 – Evening Movie</p>	<p>9:30 – Morning Meet &amp; Greet <b>3</b> 10:45 – Keeping Fit 10:30 – Daily Chronicle 1:15 – Scenic Drive Outing 2:00 – Outdoor Painting 3:15 – Afternoon Social 3:30 – Furry Friend Visit; Nate 4:15 – Word Games on iN2L 6:00 – Evening Movie</p>	<p>Independence Day <b>4</b> 10:15 – Daily Chronicle 10:30 – Morning Stretch 11:30 – iN2L Trivia 12:00 – Outdoor Picnic 1:30 – Tournament Games 3:30 – Afternoon Social 4:00 – Eversound Dance 6:00 – Evening Movie</p>	<p>10:00 – Morning Meet &amp; Greet <b>5</b> 10:15 – Daily Chronicle 10:30 – Keeping Fit 11:00 – Outdoor Games 1:00 – Nature Special 1:30 – Walking Club 3:00 – Friday Ice Cream 3:45 – Word Games 4:30 – Balloon Toss Game 6:00 – Evening Concert</p>	<p>10:15 – Daily Chronicle <b>6</b> 10:30 – AM Stretch 11:00 – Manicures, Hand Massage With TLC 1:30 – Pianist; Steve Staines 2:00 – Bingo For Prizes 3:15 – Outdoor Happy Hour 3:45 – Word Games 4:15 – Songs of Remembrance 6:00 – Game Time or Movie</p>
<p>10:00 – TV MASS <b>7</b> 10:30 – Move It or Lose It 11:00 – Hymn Sing 1:00 – Eversound Relaxation 2:00 – Music with Carol Wing 3:15 – Sundae Social 4:00 – Move &amp; Groove 4:30 – iN2L Sing-Along 6:00 – Evening Concert</p>	<p>10:00 – Furry Friend Visit; Brandi <b>8</b> 10:45 – Daily Chronicle 11:15 – Tai Chi with Andy 1:15 – Luck of the Draw Game 2:00 – Outdoor Games 3:00 – Zumba with Carol 3:45 – Afternoon Social 4:15 – iN2L Learning 6:00 – Game Time or Movie</p>	<p>10:15 – Daily Chronicle <b>9</b> 10:45 – Yoga with Nanci 11:45 – Walking Club 2:30 – Sing &amp; Dance with Andy Ross 3:15 – Afternoon Social 3:30 – Bingo for Prizes 4:30 – Relaxation Movements 6:00 – Evening Movie</p>	<p>9:45 – Moemory Café in Harvard, MA <b>10</b> 10:30 – Alee Sings 1:15 – Scenic Drive Outing 2:00 – Craft Hour 3:15 – Afternoon Social 3:30 – Furry Friend Visit; Nate 4:15 – Word Games on iN2L 6:00 – Evening Movie</p>	<p>10:15 – Daily Chronicle <b>11</b> 10:30 – Morning Stretch 11:30 – iN2L Trivia 1:00 – Outdoor Cornhole 1:30 – Table Games 2:30 – Mass with Father Lee 3:30 – Afternoon Social 4:00 – Eversound Dance 6:00 – Evening Movie</p>	<p>10:00 – Morning Meet &amp; Greet <b>12</b> 10:15 – Daily Chronicle 10:30 – Keeping Fit 11:00 – Outdoor Games 1:00 – Nature Special 1:30 – Baking with Betty Ann 3:00 – Friday Ice Cream 3:45 – Word Games 4:30 – Balloon Toss Game 6:00 – Evening Concert</p>	<p>10:15 – Daily Chronicle <b>13</b> 10:30 – AM Stretch 11:00 – Music with Emma 1:15 – Outdoor Games 1:30 – Famous Friends Trivia 11:00 – Manicures, Hand Massage With TLC 3:30 – Outdoor Happy Hour 4:15 – Songs of Remembrance 6:00 – Game Time or Movie</p>
<p>10:00 – TV MASS <b>14</b> 10:30 – Move It or Lose It 11:00 – Hymn Sing 1:00 – Daily Chronicle 2:00 – Woody Guthrie Concert 3:15 – Sundae Social 4:00 – Move &amp; Groove 4:30 – iN2L Sing-Along 6:00 – Evening Concert</p>	<p>9:30 – Morning Meet &amp; Greet <b>15</b> 10:00 – Furry Friend Visit; Brandi 10:45 – Daily Chronicle 11:30 – Outdoor Senses 1:00 – Name That Famous Person 1:30 – Poetry in Motion 3:00 – Zumba with Carol 3:45 – Afternoon Social 4:15 – iN2L Learning 6:00 – Game Time or Movie</p>	<p>10:15 – Memory Café Groton <b>16</b> 10:15 – Daily Chronicle 10:45 – Walking Club 1:00 – iN2L Word Games 2:00 – Guinea Appreciation Day 3:00 – Afternoon Refreshments 3:30 – Bingo for Prizes 4:30 – Dance Like a Chicken Day 6:00 – Evening Movie</p>	<p>9:30 – Morning Meet &amp; Greet <b>17</b> 10:00 – Daily Chronicle 10:45 – Keeping Fit 1:15 – Scenic Drive Outing 1:00 – Outdoor Games 2:00 – Craft Hour 3:15 – Afternoon Hot Dog Social 3:30 – Furry Friend Visit; Nate 6:00 – Evening Movie</p>	<p>10:15 – Daily Chronicle <b>18</b> 10:30 – Morning Stretch 11:00 – iN2L Trivia 1:30 – Music with Uke J 2:30 – Hidden Treasures FAM 1:15 – Outdoor Games 3:00 – Afternoon Social 4:00 – Eversound Dance 6:00 – Evening Movie</p>	<p>10:00 – Morning Meet &amp; Greet <b>19</b> 10:15 – Daily Chronicle 10:30 – Keeping Fit 11:00 – iN2L Fun 1:00 – Eversound Relaxation 1:30 – Outdoor Games 2:30 – Afternoon Walkabout 3:30 – Friday Ice Cream 3:45 – Word Games 4:30 – Balloon Toss Game 6:00 – Evening Concert</p>	<p>10:15 – Daily Chronicle <b>20</b> 10:30 – AM Stretch 11:00 – Manicures, Hand Massage With TLC 11:30 – Sing-Along iN2L 1:30 – Name That Tune 3:15 – Outdoor Happy Hour 3:45 – Word Games 4:15 – Songs of Remembrance 6:00 – Game Time or Movie</p>
<p>10:00 – TV MASS <b>21</b> 10:30 – Move It or Lose It 1:00 – Daily Chronicle 12:00 – Rockin' BBQ with the Diamond Edge Band 3:15 – Sundae Social 3:45 – Rock &amp; Roll Trivia 4:00 – Move &amp; Groove 4:30 – iN2L Sing-Along 6:00 – Evening Concert</p>	<p>9:30 – Morning Meet &amp; Greet <b>22</b> 10:00 – Furry Friend Visit; Brandi 10:45 – Daily Chronicle 11:15 – Tai Chi with Andy 1:30 – Music with Mike Leo 3:00 – Zumba with Carol 3:45 – Afternoon Social 4:00 – Wall Art Walks 4:30 – iN2L Learning 6:00 – Game Time or Movie</p>	<p>10:15 – Morning Meet &amp; Greet <b>23</b> 10:15 – Daily Chronicle 10:45 – Yoga with Nanci 1:00 – iN2L Word Games 1:30 – Gorgeous Grandma Day 2:30 – Writing Letters 3:00 – Afternoon Refreshments 3:30 – Bingo for Prize 4:30 – Relaxation Movements 6:00 – Evening Movie</p>	<p>9:30 – Morning Meet &amp; Greet <b>24</b> 10:00 – Local Youth Vision Visit 10:45 – Keeping Fit 11:15 – Outdoor Games 1:15 – Scenic Drive Outing 1:30 – Tell an Old Joke Day 2:00 – Outdoor Reading Circle 3:15 – Afternoon Social 3:30 – Furry Friend Visit; Nate 6:00 – Evening Movie</p>	<p>10:15 – Daily Chronicle <b>25</b> 10:30 – Morning Stretch 11:00 – Rhythm Class 11:30 – iN2L Learning 1:30 – Mid Year Resident Passings Ceremony 1:30 – Afternoon Matinee 3:15 – Afternoon Social 3:30 – Bingo for Prizes 6:00 – Evening Movie</p>	<p>10:15 – Daily Chronicle <b>26</b> 10:30 – Keeping Fit 11:00 – iN2L Fun 11:30 – Friday Fun Jokes 1:00 – Opening Ceremony Summer Olympics in Paris, France 1:30 – 1:30 – Music with Andy Ross 3:00 – Friday Ice Cream 3:45 – Word Games 4:30 – Balloon Toss Game 6:00 – Evening Concert</p>	<p>10:15 – Daily Chronicle <b>27</b> 10:30 – AM Stretch 11:00 – Manicures, Hand Massage With TLC 11:30 – Sing-Along iN2L 1:30 – Animal Wonders Video 2:30 – Pianist; Diane Dexter 3:15 – Outdoor Happy Hour 3:45 – Word Games 4:15 – Songs of Remembrance 6:00 – Game Time or Movie</p>
<p>10:00 – TV MASS <b>28</b> 10:30 – Move It or Lose It 11:00 – Elena Swan Sings 1:15 – Daily Chronicles 2:00 – Building Art Walk 3:15 – Sundae Social 3:30 – Outdoor Games 4:00 – Move &amp; Groove 4:30 – Relaxation Sounds 6:00 – Evening Concert</p>	<p>10:00 – Furry Friend Visit; Brandi <b>29</b> 10:45 – Daily Chronicle 11:15 – Tai Chi with Andy 1:00 – Outdoor Trivia 1:30 – Outdoor Games 3:00 – Zumba with Carol 3:45 – Afternoon Social 4:15 – iN2L Learning 6:00 – Game Time or Movie</p>	<p>10:00 – Morning Meet &amp; Greet <b>30</b> 10:15 – Daily Chronicle 10:45 – Walking Club 1:00 – Wall Art Walk 2:00 – Outdoor Games 3:00 – Afternoon Refreshments 3:15 – Relaxation Station 3:30 – Bingo for Prizes 6:00 – Evening Movie</p>	<p>10:00 – Morning Meet &amp; Greet <b>31</b> 10:15 – Daily Chronicle 10:45 – Keeping Fit 11:30 – Picnic Lunch Outing 1:00 – End of Month Pictures 2:00 – Outdoor Games 3:00 – Afternoon Refreshments 3:30 – Furry Friend Visit; Nate 6:00 – Evening Movie</p>	<p><b>Birthdays</b></p> <ul style="list-style-type: none"> <li>Sally – July 27<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>	