

## Did You Know...



### Halloween Costumes Then & Now

When people began celebrating Halloween by wearing costumes many if not all were hand made. Then the industry became even more commercialized with various fabric materials that could be massed produced, i.e. synthetic plastics and rubber or say silicone masks. Now a days we even dress up our domestic pets but have you ever heard of costumes for technology? Drones and even robot Roombas are even getting decorated. Why not! Happy Halloween & have fun.

## Health Corner:

### Yoga Breathing Benefits

Yoga is a practice that has been around for centuries coming from India. Stretching the muscles is the main goal but nowadays we have different approaches when it comes to practicing the ancient art. In any populated area you would probably come across a yoga studio that specializes in some branch that makes it different, but yoga can be as simple as practicing breath work. What is breathwork? Pranayama is a branch of classic yoga that teaches us how to breath correctly and ultimately more naturally. Try stopping for moment to take a deep breath and rather than force it out allow the exhale take place on its own. You will be amazed at how calming a natural deep breath can do for the body. With seasonal changes we adapt to temperature variations and breath work can help us stay healthy.



# October 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)



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

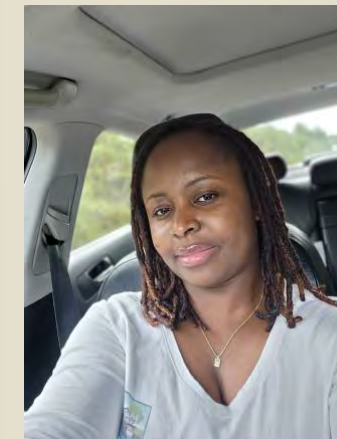
As the leaves begin to change and a crisp chill fills the air, we warmly welcome October! This month not only brings the beauty of autumn but also a plethora of exciting activities and opportunities to engage with our community

As we embrace the rich colors and bountiful harvest, let's also take a moment to reflect on what we are thankful for within our community. Together, we can continue to cultivate a warm and inclusive environment, for everyone to enjoy, with the opening of our new space, The Haven.

Wishing you a wonderful October filled with joy and connection!

*"The beauty of October lies not just in the falling leaves, but in the vibrant memories they create" ~Unknown*

### Employee of the Month:



**Esther Asare**  
Resident Assistant

Esther Asare joined our team as a Reflections Resident Assistant back in February of 2021. Since then, she has shown her dedication, reliability, patience, and compassion as a caregiver. She brings a calm presence and a warm smile with her every day to work, and we are so grateful for it!

## Recipe of the Month:

### Ingredients...

- 1 medium onion
- 3 stalks of celery
- 1 large carrot
- 3 garlic cloves
- 1 large butternut squash
- 3 tbsp. tomato paste
- 4 cups chicken or vegetable stock
- 1/2 cup heavy cream
- Salt & pepper
- 1 tsp. ginger

### Instructions...

- 1) Cut squash lengthwise. Scoop out the seeds & place on a lined baking sheet.
- 2) Drizzle with olive oil & season with salt & pepper.
- 3) Bake at 375 degrees for about 45 minutes.
- 4) Cut onions, celery, & carrots, then sauté with butter on medium heat for 10 minutes.
- 5) Add tomato paste & garlic. Stir to coat vegetables.
- 6) Add butternut squash, seasonings, & stock.
- 7) Let Simmer for 30 minutes then blend with an immersion blender until smooth.
- 8) Stir in heavy cream & cook for another few minutes, then serve.

Courtesy of: Butternut Squash, Jessica Fenzel

## Management Team:

Like us on Facebook:



Leave a Google Review:

Check our Website: [RiverCourt Residences: Senior Assisted Living, Memory Care & Apartments in Groton, MA](http://RiverCourtResidences.com)

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**Kristen Cossette**  
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## Special Events:

# MEMORY CAFE

*Fall Craft with Kimberly Stoney*

**Tuesday, October 15, 2024**  
**10:30am - 12:00pm**

Join us for a fall craft session with Kimberly Stoney! Kimberly will guide you step-by-step in creating a beautiful autumn wreath using colorful leaves. Complimentary cauldron charcuterie to go!

**At The Groton Center**

# SPEAKER SERIES

**Dan Shaughnessy**

Best-Selling Author & Boston Globe Sports Columnist

**Friday, October 18, 2024**  
**3:00pm**

**RSVP to The Groton Center**

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2024

## Reflections Program Calendar

		<p>9:30 – Morning Meet &amp; Greet <sup>1</sup>                  10:15 – Daily Chronicle                  10:45 – Keeping Fit                  11:45 – Good News Station                  1:15 – iN2L Games                  2:30 – Outdoor Putting                  3:15 – Afternoon Social                  3:30 – Bingo for Prizes                  6:00 – Evening Movie</p>	<p>9:30 – Morning Meet &amp; Greet <sup>2</sup>                  10:15 – Daily Chronicle                  11:30 – Picnic Lunch at The Care Farm in Hollis, NH                  2:00 – Pinecone Bats Craft                  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 <sup>3</sup>                  10:30 – Morning Stretch                  11:30 – iN2L Trivia                  1:00 – Outdoor Cornhole                  1:30 – Stories with Jodie                  2:30 – Chubby Checker Dance                  3:00 – Afternoon Social                  4:00 – Eversound Dance                  6:00 – Evening Movie</p>	<p>10:00 – Morning Meet &amp; Greet <sup>4</sup>                  10:15 – Daily Chronicle                  10:30 – Keeping Fit                  11:00 – Outdoor Games                  1:00 – Nature Special                  1:30 – Afternoon Walkabout                  3:00 – Friday Ice Cream                  3:45 – Word Games                  4:30 – Balloon Toss Game                  6:00 – Evening Concert</p>	<p>10:15 – Daily Chronicle <sup>5</sup>                  10:30 – AM Stretch                  1:15 – Outdoor Games                  1:30 – Famous Friends Trivia                  11:00 – Manicures, Hand Massage With TLC                  1:30 – Pianist; Steve Staines                  3:30 – Outdoor Happy Hour                  4:15 – Songs of Remembrance                  6:00 – Game Time or Movie</p>
<p>10:00 – TV MASS <sup>6</sup>                  10:30 – Move It or Lose It                  11:00 – Hymn Sing                  1:00 – Eversound Relaxation                  1:30 – Daily Chronicle                  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 <sup>7</sup>                  10:45 – Daily Chronicle                  11:15 – Keeping Fit                  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 <sup>8</sup>                  10:45 – Yoga with Nanci                  1:30 – Alpaca Visit                  2:30 – Sing &amp; Dance with Andy Ross                  3:00 – Afternoon Refreshments                  3:30 – Bingo for Prizes                  4:30 – Autumn Travel Special                  6:00 – Evening Movie</p>	<p>9:45 – Harvard COA Memory Café: Pirate Fun <sup>9</sup>                  10:15 – Daily Chronicle                  10:30 – Keeping Fit                  2:00 – Black Cats Craft                  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 <sup>10</sup>                  10:30 – Morning Stretch                  11:30 – iN2L Trivia                  1:00 – Outdoor Cornhole                  1:00 – Bach Lunch Concert                  2:30 – Jack Kerouac Reading                  3:00 – Afternoon Social                  4:00 – Eversound Dance                  6:00 – Evening Movie</p>	<p>10:00 – Morning Meet &amp; Greet <sup>11</sup>                  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 <sup>12</sup>                  10:30 – AM Stretch                  1:15 – Outdoor Games                  1:30 – Famous Friends Trivia                  11:00 – Manicures, Hand Massage With TLC                  2:30 – Pianist; Gary Landgren                  3:30 – Outdoor Happy Hour                  4:15 – Songs of Remembrance                  6:00 – Game Time or Movie</p>
<p>10:00 – TV MASS <sup>13</sup>                  10:30 – Move It or Lose It                  11:00 – Hymn Sing                  1:00 – Daily Chronicles                  1:30 – Silly Sayings Day Fun                  2:00 – Table Games                  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 <sup>14</sup>                  10:00 – Furry Friend Visit; Brandi                  10:45 – Daily Chronicle                  11:30 – Outdoor Senses                  1:00 – Fall Poetry Writing                  1:30 – Crafting with Dawn                  3:00 – Zumba with Carol                  3:45 – Afternoon Social                  4:15 – iN2L Learning                  6:00 – Game Time or Movie</p>	<p>10:15 – Groton COA Memory Café <sup>15</sup>                  10:15 – Daily Chronicle                  10:45 – Keeping Fit                  1:30 – Susanne Liebich Dance                  3:00 – Afternoon Refreshments                  3:30 – Bingo for Prizes                  4:30 – Relaxation Movements                  6:00 – Evening Movie</p>	<p>9:30 – Morning Meet &amp; Greet <sup>16</sup>                  10:00 – Daily Chronicle                  10:30 – Alexandria Sings                  1:15 – Scenic Drive Outing                  2:00 – Oscar Wilde Reading                  3:15 – Afternoon Social                  3:30 – Furry Friend Visit; Nate                  4:15 – iN2L Learning                  6:00 – Evening Movie</p>	<p>10:15 – Daily Chronicle <sup>17</sup>                  10:30 – Morning Stretch                  11:00 – iN2L Trivia                  11:30 – Hidden Treasures FAM                  1:30 – Songwriting with Uke J                  2:30 – Mulligan Day Putting                  3:00 – Afternoon Social                  4:00 – Eversound Dance                  6:00 – Evening Movie</p>	<p>10:00 – Morning Meet &amp; Greet <sup>18</sup>                  10:15 – Daily Chronicle                  10:30 – Keeping Fit                  11:00 – iN2L Fun                  1:00 – Eversound Relaxation                  1:30 – Comic Strip Slide Show                  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 <sup>19</sup>                  10:30 – AM Stretch                  11:00 – Music with Emma                  1:30 – Name That Tune                  2:00 – Manicures, Hand Massage With TLC                  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 <sup>20</sup>                  10:30 – Move It or Lose It                  1:00 – Daily Chronicle                  2:00 – Guitar Music with Seth Connelly                  3:15 – Sundae Social                  3:45 – Mickey Mantle Special                  4:00 – Move &amp; Groove                  4:30 – iN2L Sing-Along                  6:00 – Evening Concert</p>	<p>10:00 – Furry Friend Visit; Brandi <sup>21</sup>                  10:45 – Daily Chronicle                  11:15 – Tai Chi with Andy                  2:00 – Animal Adventures Show: Reptiles                  3:00 – Afternoon Social                  3:00 – Zumba with Carol                  4:30 – iN2L Learning                  6:00 – Game Time or Movie</p>	<p>9:30 – Morning Meet &amp; Greet <sup>22</sup>                  10:15 – Daily Chronicle                  10:45 – Yoga with Nanci                  1:30 – Toastmasters Special                  2:00 – Card Games                  3:00 – Afternoon Refreshments                  3:15 – Relaxation Station                  3:30 – Bingo for Prizes                  6:00 – Evening Movie</p>	<p>10:15 – Morning Meet &amp; Greet <sup>23</sup>                  10:15 – Daily Chronicles                  10:30 – Keeping Fit                  1:15 – Scenic Drive Outing                  2:00 – Skeleton Craft Hour                  3:15 – Afternoon Social                  3:30 – Furry Friend Visit; Nate                  4:15 – iN2L Learning                  6:00 – Evening Movie</p>	<p>9:30 – Morning Meet &amp; Greet <sup>24</sup>                  10:15 – Daily Chronicle                  10:30 – Morning Stretch                  11:30 – iN2L Learning                  1:30 – Afternoon Matinee                  3:15 – Afternoon Social                  3:30 – Bingo for Prizes                  4:30 – Relaxation Movements                  6:00 – Evening Movie</p>	<p>10:00 – Morning Meet &amp; Greet <sup>25</sup>                  10:15 – Daily Chronicle                  10:30 – Keeping Fit                  11:00 – iN2L Fun                  11:30 – Friday Fun Jokes                  1:30 – Sing &amp; Dance with Andy Ross                  3:00 – Friday Ice Cream                  3:45 – Word Games                  4:00 – Balloon Toss Game                  6:00 – Evening Concert</p>	<p>10:15 – Daily Chronicle <sup>26</sup>                  10:30 – AM Stretch                  11:00 – Manicures, Hand Massage With TLC                  11:30 – Sing-Along iN2L                  1:30 – Animal Wonders Video                  2:00 – Table Games                  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 <sup>27</sup>                  10:30 – Move It or Lose It                  11:00 – Famous Story Trivia                  1:30 – Nugumig Drum Show                  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 <sup>28</sup>                  10:45 – Daily Chronicle                  11:15 – Tai Chi with Andy                  1:30 – Guitar Music with Mike Leo                  3:00 – Zumba with Carol                  3:45 – Afternoon Social                  4:15 – iN2L Learning                  6:00 – Game Time or Movie</p>	<p>9:30 – Morning Meet &amp; Greet <sup>29</sup>                  10:15 – Daily Chronicle                  10:45 – Walking Club                  1:30 – Frannie Brice Special                  2:00 – Card 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 <sup>30</sup>                  10:45 – Daily Chronicle                  11:00 – Keeping Fit                  1:00 – iN2L Word Games                  1:15 – Scenic Drive Outing                  2:30 – End of Month Pictures                  3:00 – Afternoon Refreshments                  3:30 – Furry Friend Visit; Nate                  6:00 – Evening Movie</p>	<p>9:30 – Morning Meet &amp; Greet <sup>31</sup>                  10:15 – Daily Chronicle                  10:30 – Morning Stretch                  11:00 – Rhythm Class                  11:30 – iN2L Learning                  2:00 – Halloween Fun Party                  Music with Dave &amp; Wally                  3:15 – Afternoon Social                  6:00 – Evening Movie</p>	<p><b>Birthday</b>                   Karen – October 17<sup>th</sup></p> 	<p><b>Activities are subject to change. Please refer to the white board schedule for the daily activities.</b></p>