RiverCourt Residences

RiverCourt Residences | 8 West Main Street, Groton, MA 01450 | (978) 448-4122
Independent Living, Assisted Living & Memory Care
@RiverCourtResidences
www.rivercourtresidences.com

November 2026

Virtual Volunteering

Volunteers help both themselves and others when they give back. Studies show that folks who donate their time serving others are more likely to feel optimistic and purposeful, as well as have an overall reduced risk of mortality. To volunteer virtually, consider opportunities like card- or letter-writing programs, sewing or crocheting blankets for children in need or digitizing books and historical records. Simply search online for specific opportunities.

Close Call

Q. What do you call a turkey on the day after Thanksgiving?

A. Lucky.

Dates to Save This Season

Here are just a few of the season's days to gather, show gratitude and give back:

- **Thanksgiving**, Nov. 26
- **Small Business Saturday**, Nov. 28
- **Giving Tuesday**, Dec. 1

Attitude of Gratitude

"Be present in all things and thankful for all things."
—Maya Angelou

I Want to Thank You

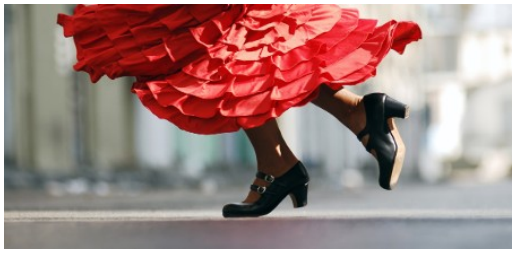
Can you finish the lyrics and guess the song?

"Traveled down the road and back again. Your heart is true; _____."

Answer: "... you're a pal and a confidant," from "Thank You for Being a Friend," written by Andrew Gold and made famous as the theme song to "The Golden Girls."

Getting Creative for Brain Health

New research suggests picking up a creative hobby may slow brain aging. According to a study in Nature Communications, the strongest brain boost was found in tango dancers, estimating that their "brain ages" were about seven years younger than their actual ages. While researchers found that the more skilled a participant was in their respective creative field, the younger their brain appeared, the study also indicated even short-term creative activity benefited brain health.



On Nov. 11 ...

Be sure to thank a veteran.

Unwinding With a Weighted Blanket

Weighted blankets use deep pressure stimulation to encourage the whole body to relax. Experts recommend blankets that weigh about 10% of the user's body weight and checking with individual health care providers first.

RIVERCOURT RESIDENCES

November 2026

Fitness
Refreshments
Outings
Entertainment
Instructed Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Televised Catholic Service 10:15 Sittercize Exercise 11:15 Painting Class with Carolyn 1:15 Bridge **3:00 Ice Cream Sundaes & Music with Groton School Students** **4:25 Patriots at Dolphins**	2 9:45 Exercise with Carolyn **10:30 Presentation with Amanda from Engage: Fall Prevention** 1:00 Bingo **2:15 Total Tone w/Carol** **3:00 Afternoon Social & Music with Pianist; Scott Andrews** 3:30 Matinee with Popcorn: Arthur The King. 2024	**Happy B-Day Elizabeth** 3 9:45 Stretch & Flex **10:30 Painting with Sue Marion** **1:00 Shopping at T.J. Maxx in Leominster** 1:15 Manicures 3:00 Mix & Mingle 4:00 Travel Special: Canada	4 9:45 Tai Chi w/Andy **10:30 Purl Girls Knitting & Crocheting with Ena** 1:00 Special Bingo 2:15 Bridge Club 3:00 Happy Hour 4:00 Eversound Listening Special	5 9:00 R.O.M.E.N. Club 9:45 Stick Fit **11:00 Crafters & Artisans Market at The Groton Center** **2:30 Mass w/Father Lee** 3:00 Laugh & Lounge **4:15 Chair Yoga w/Karen**	**Happy B-Day Nils** 6 9:45 Upper Body Strength 10:30 Word Games: Match N Rhyme 1:00 BINGO **1:30 Joe Gatto at The Groton Center** **2:15 Melody Makers w/Jodie** 3:00 Social Hour 4:00 Documentary: AI Gone Wild. 2026	7 9:45 Sittercize Exercise 10:30 Rosary with Julie 1:00 Pokeno **2:30 Music For All Performance** 3:00 Wine & Cheese 4:00 TED Talk: How to Humor Your Stress Loretta LaRoche
8 9:30 Televised Catholic Service 10:15 Sittercize Exercise 11:15 Painting Class with Carolyn 1:15 Bridge **1:15 Spiritual Sing-Along w/Kathy** **3:00 Ice Cream Sundaes & Music with Carol Wing** **4:25 Packers at Patriots**	9 9:45 Exercise with Carolyn 10:30 Bingo **1:30 Music with Mike Leo** **2:15 Total Tone w/Carol** 3:00 Afternoon Social 3:30 Matinee with Popcorn: On The Basis of Sex. 2018	10 9:45 Stretch & Flex **10:30 Periwinkle Glass Works** **12:00 Movie Outing; Time & Film T.B.D.** 1:15 Manicures **1:30 Music with Andy Ross** **3:00 Veterans' Pinning Ceremony with Hands & Hearts Hospice** 4:00 Travel Special: Russia	**Veterans Day** 11 9:45 Tai Chi w/Andy 10:30 Current Events Discussion 1:00 Special Bingo **2:30 Resident Meeting** **3:00 Happy Hour Veterans Day Recognition** 4:00 Eversound Listening Special	**Happy B-Day Jeanine** 12 9:00 R.O.M.E.N. Club 9:45 Stick Fit **10:30 The Joys of Nature Presentation: Madagascar, a Land Like No Other** **1:00 Worcester Art Museum: Ongoing Exhibits** 3:00 Laugh & Lounge **4:15 Chair Yoga w/Karen**	13 9:45 Upper Body Strength 10:30 Word Games: Make A Word 1:00 BINGO 2:15 Drama Club with Julie 3:00 Social Hour 4:00 Documentary: The Minimalists Less Is Now. 2021	**Happy B-Day Catherine** 14 9:45 Sittercize Exercise 10:30 Rosary with Julie 1:00 Pokeno **2:00 Pianist; Steve Staines** 3:00 Wine & Cheese 4:00 TED Talk: Discover the Three Keys of Gratitude to Unlock Your Happiest Life! Jane Ransom
15 **9:30 Patriots vs. Lions (Munich)** 9:30 Televised Catholic Service 10:15 Sittercize Exercise 11:15 Painting Class with Carolyn 1:15 Bridge 3:00 Ice Cream Sundaes 4:00 LifeLoop Learning: Travel the U.S.	16 **10:00 Susanne Liebich: Movement for Body & Brain** 10:30 Open Painting Studio 1:00 Bingo **2:15 Total Tone w/Carol** **3:00 Afternoon Social & Presentation with Jessica from HealthPro Heritage: Exer AI Demo** 3:30 Matinee with Popcorn: 1917. 2019	17 9:45 Stretch & Flex 10:30 Beading Craft **1:00 Craft Loft Visit at the Burlington Mall** 1:15 Manicures 3:00 Mix & Mingle 4:00 Travel Special: Ukraine	18 9:45 Tai Chi w/Andy **10:30 Purl Girls Knitting & Crocheting with Ena** 1:00 Special Bingo 2:15 Bridge Club **3:00 CareTenders Presentation** **3:30 Happy Hour & Pianist; Ethan Stone** 4:00 Eversound Listening Special	19 **9:00 Veterans' Breakfast at the Groton Fire Station** 9:45 Stick Fit **10:30 Bach Concert at the Groton Hill Music School** 1:30 Penny Poker 3:00 Laugh & Lounge **4:15 Chair Yoga w/Karen** **4:30 Annual Gibbet Hill Grill Thanksgiving Dinner**	20 9:45 Upper Body Strength 10:30 Word Games: Group Crossword 1:00 BINGO **2:15 Melody Makers w/Jodie** 3:00 Social Hour 4:00 Documentary: The Elephant Whisperers. 2022	21 9:45 Sittercize Exercise 10:30 Rosary with Julie 1:00 Pokeno **2:00 Music with Mike Oullette** 3:00 Wine & Cheese 4:00 TED Talk: How teaching dance helped me rediscover joy Jordan Grace
22 9:30 Televised Catholic Service 10:15 Sittercize Exercise 11:15 Painting Class with Carolyn 1:15 Bridge **2:00 Music with Dan Gay** 3:00 Ice Cream Sundaes 4:00 LifeLoop Learning: Travel the U.S.	23 9:45 Exercise with Carolyn 10:30 Open Painting Studio 1:00 Bingo **2:15 Total Tone w/Carol** 3:00 Afternoon Social 3:30 Matinee with Popcorn: Young Washington. 2026	24 9:45 Stretch & Flex 10:30 Painting with Lauren 1:15 Manicures **1:30 Groton Public Library Visit** 3:00 Mix & Mingle 4:00 Travel Special: England	25 9:45 Sittercize Exercise **10:30 United States in Space Presented by Joe Theireault** 1:00 Special Bingo **2:30 Joe Callahan Presents** 3:00 Happy Hour 4:00 Eversound Listening Special	**Thanksgiving** 26 9:45 Stick Fit 10:30 Annual Macy's Thanksgiving Day Parade Social 1:30 Family Portraits Social 3:00 Laugh & Lounge	27 9:45 Upper Body Strength 10:30 Word Games: YouTube Special 1:00 BINGO **2:30 Music with Andy Ross** 3:00 Social Hour 4:00 Documentary: Famous Last Words: Gloria Steinman. 2026	28 9:45 Sittercize Exercise 10:30 Rosary with Julie 1:00 Pokeno 3:00 Wine & Cheese 4:00 TED Talk: The surprisingly dramatic role of nutrition in mental health Julia Rucklidge
Happy B-Day Avis 29 9:30 Televised Catholic Service 10:15 Sittercize Exercise 11:15 Painting Class with Carolyn 1:15 Bridge 3:00 Ice Cream Sundaes 4:00 LifeLoop Learning: Travel the U.S. **8:20 Patriots at Chargers**	30 9:45 Exercise with Carolyn 10:30 Open Painting Studio 1:00 Bingo **2:15 Total Tone w/Carol** 3:00 Afternoon Social 3:30 Matinee with Popcorn		**November Birthdays** Elizabeth 11/3 Nils 11/6 Jeanine 11/12 Catherine 11/14 Avis 11/29		**Activity Programs are subject to change. Please refer to the daily sheets for any updates or the digital display screens. Shopping trips to local stores are on Monday afternoon.**	

Figure of Speech

Phrase: New York minute

Meaning: A very brief span of time.

Origin: "New York minute" referred to the fast pace of living in New York City. A Kansas newspaper recorded one of the earliest instances of the phrase in a late 1800s article decrying fast driving, and the phrase gained traction in the mid-20th century.

Virtual Visits: National WWI Museum and Memorial

On Nov. 11, 1926, President Calvin Coolidge dedicated the Liberty Memorial in Kansas City, Mo., a 217-foot tower honoring World War I veterans. In the year after World War I ended, more than $2.5 million was raised in 10 days to create the monument — more than $40 million by today's standards. Today, the National WWI Museum and Memorial still offers the most comprehensive collection of World War I artifacts and educational exhibits in the world.

Native American Heritage Month

Native American Heritage Month, a federal observance marked every November, honors the historical contributions and the current priorities of Native Americans, including the 575 federally recognized tribes in the United States.

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