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

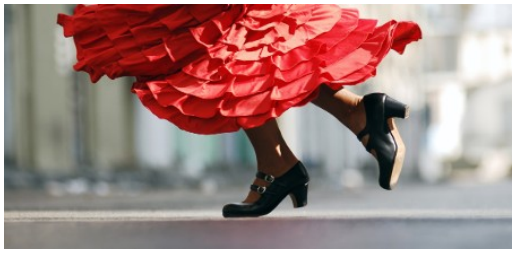
Can you finish the lyrics and guess the song?

"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.

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Spiritual
2 Physical
Social
4 Cognitive
Sensory

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday Marianne 1 10:00 TV MASS 10:30 2 Move It Or Lose It 11:00 Hymn Sing 1:15 4 Daily Chronicle **3:00 Sundae Social & Music with Groton School Students** 4:00 4 Move & Groove 6:00 4 Evening Concert	2 **10:00 Furry Friend Visit; Brandi** 11:15 4 Daily Chronicle 11:15 2 Keeping Fit 1:15 Monday TikTok **3:00 2 Zumba with Carol** 3:45 Afternoon Social 6:00 4 Evening Movie: Comedy	3 10:00 4 Daily Chronicle 10:30 2 Fun Chair Exercise 11:00 iN2L Touch Screen 2:00 Baking Goodies 3:00 Afternoon Social 3:30 Bingo for Prizes 4:30 2 Relaxation Movements 6:00 4 Evening Movie: Romance	4 9:30 Morning Meet & Greet 10:00 4 Daily Chronicle 10:30 2 Moving with Props **1:15 Scenic Drive Outing** 2:00 Table Games & Puzzles 3:00 Afternoon Social **3:30 Furry Friend Visit: Nate** 4:00 4 iN2L Learning 6:00 4 Evening Movie: Musical	5 10:00 4 Daily Chronicle 10:30 4 iN2L Word Games 11:00 2 Stick Fit in the Gym **1:15 Music with Uke J** 2:30 2 Indoor Games 3:00 Afternoon Social 3:30 Bingo For Prizes 6:00 4 Evening Movie: Comedy	**Happy Birthday Ann Louise** 6 10:00 4 Daily Chronicle 11:00 iN2L Religious Learning 11:30 2 Fun Chair Exercise 3:00 Ice Cream Sandwiches 3:30 2 Balloon Toss 4:30 Classic TV Relaxation 6:00 4 Evening Documentary	7 10:00 4 Daily Chronicle 10:30 2 AM Stretch 11:00 4 iN2L Travel Learning **1:30 Music with Randy** **2:30 Music For All Performance** **3:15 Happy Hour: Root Beer Floats** 4:00 Songs of Remembrance 6:00 4 Game Time or Movie
8 10:00 TV MASS 10:30 2 Move It Or Lose It 11:00 Hymn Sing **1:15 Spiritual Sing-Along with Kathy** **3:00 Sundae Social & Music with Carol Wing** 4:00 4 Move & Groove 6:00 4 Evening Concert	9 **10:00 Furry Friend Visit; Brandi** 11:15 4 Daily Chronicle 11:15 2 Keeping Fit **1:15 Music with Mike Leo** **3:00 2 Zumba with Carol** 3:45 Afternoon Social 6:00 4 Evening Movie: Comedy	10 10:00 4 Daily Chronicle 10:30 2 Fun Chair Exercise 11:00 iN2L Touch Screen **1:30 Music with Andy Ross** **3:00 Veterans' Pinning Ceremony with Hands & Hearts Hospice** 3:30 Bingo for Prizes 4:30 2 Relaxation Movements 6:00 4 Evening Movie: Romance	**Veterans Day** 11 9:30 Morning Meet & Greet 10:00 4 Daily Chronicle 10:30 2 Moving with Props **1:15 Scenic Drive Outing** 2:00 Table Games & Puzzles 3:00 Afternoon Social **3:30 Furry Friend Visit: Nate** 4:00 4 iN2L Learning 6:00 4 Evening Movie: Musical	12 10:00 4 Daily Chronicle 10:30 4 iN2L Word Games 11:00 2 Stick Fit in the Gym 1:00 Sing-Along with Andy 2:30 2 Indoor Games 3:00 Afternoon Social 3:30 Bingo For Prizes 6:00 4 Evening Movie: Comedy	13 10:00 4 Daily Chronicle 11:00 iN2L Religious Learning 11:30 2 Fun Chair Exercise 3:00 Ice Cream Sandwiches 3:30 2 Balloon Toss 4:30 Classic TV Relaxation	14 10:00 4 Daily Chronicle 10:30 2 AM Stretch 11:00 4 iN2L Travel Learning 1:15 2 Floor Sports **2:00 Pianist; Steve Staines** **3:15 Happy Hour: Root Beer Floats** 4:00 Songs of Remembrance 6:00 4 Game Time or Movie
15 10:00 TV MASS 10:30 2 Move It Or Lose It 11:00 Hymn Sing 1:15 4 Daily Chronicle 3:00 Sundae Social 4:00 4 Move & Groove 6:00 4 Evening Concert	16 10:00 2 Dance with Susanne Liebich **10:00 Furry Friend Visit; Brandi** 11:15 4 Daily Chronicle 1:15 Monday TikTok **3:00 2 Zumba with Carol** 3:45 Afternoon Social 6:00 4 Evening Movie: Comedy	17 10:00 4 Daily Chronicle 10:30 2 Fun Chair Exercise 11:00 iN2L Touch Screen 2:00 Baking Goodies 3:00 Afternoon Social 3:30 Bingo for Prizes 4:30 2 Relaxation Movements 6:00 4 Evening Movie: Romance	18 9:30 Morning Meet & Greet 10:00 4 Daily Chronicle 10:30 2 Moving with Props **1:30 Centerpiece Craft with Bobbe** 3:00 Afternoon Social **3:30 Furry Friend Visit: Nate** **3:30 Pianist; Ethan Stone** 6:00 4 Evening Movie: Musical	19 10:00 4 Daily Chronicle 10:30 4 iN2L Word Games 11:00 2 Stick Fit in the Gym 1:00 Sing-Along with Andy 2:30 2 Indoor Games 3:00 Afternoon Social 3:30 Bingo For Prizes 6:00 4 Evening Movie: Comedy	20 10:00 4 Daily Chronicle 11:00 iN2L Religious Learning 11:30 2 Fun Chair Exercise **1:15 Songwriting with Uke J** 3:00 Ice Cream Sandwiches 3:30 2 Balloon Toss 4:30 Classic TV Relaxation 6:00 4 Evening Documentary	21 10:00 4 Daily Chronicle 10:30 2 AM Stretch 11:00 4 iN2L Travel Learning 1:15 2 Floor Sports **2:00 Music with Mike Oullette** **3:15 Happy Hour: Root Beer Floats** 4:00 Songs of Remembrance 6:00 4 Game Time or Movie
22 10:00 TV MASS 10:30 2 Move It Or Lose It 11:00 Hymn Sing 1:15 4 Daily Chronicle **2:00 Music with Dan Gay** 3:00 Sundae Social 4:00 4 Move & Groove 6:00 4 Evening Concert	23 **10:00 Furry Friend Visit; Brandi** 11:15 4 Daily Chronicle 11:15 2 Keeping Fit 1:15 Monday TikTok **3:00 2 Zumba with Carol** 3:45 Afternoon Social 6:00 4 Evening Movie: Comedy	**Happy Birthday Lynn** 24 **10:00 Memory Cafe at The Groton Center** 10:30 2 Fun Chair Exercise 11:00 iN2L Touch Screen 3:00 Afternoon Social 3:30 Bingo for Prizes 4:30 2 Relaxation Movements 6:00 4 Evening Movie: Romance	25 9:30 Morning Meet & Greet 10:00 4 Daily Chronicle 10:30 2 Moving with Props **1:15 Scenic Drive Outing** 2:00 Table Games & Puzzles 3:00 Afternoon Social **3:30 Furry Friend Visit: Nate** 4:00 4 iN2L Learning 6:00 4 Evening Movie: Musical	**Thanksgiving** 26 10:00 4 Daily Chronicle 10:30 4 iN2L Word Games 11:00 2 Stick Fit in the Gym 1:00 Sing-Along 2:30 2 Indoor Games 3:00 Afternoon Social 3:30 Bingo For Prizes 6:00 4 Evening Movie: Comedy	27 10:00 4 Daily Chronicle 11:00 iN2L Religious Learning 11:30 2 Fun Chair Exercise **2:30 Music with Andy Ross** 3:00 Ice Cream Sandwiches 3:30 2 Balloon Toss 4:30 Classic TV Relaxation 6:00 4 Evening Documentary	28 10:00 4 Daily Chronicle 10:30 2 AM Stretch 11:00 4 iN2L Travel Learning 1:15 2 Floor Sports 2:00 4 iN2L Word Games **3:15 Happy Hour: Root Beer Floats** 4:00 Songs of Remembrance 6:00 4 Game Time or Movie
29 10:00 TV MASS 10:30 2 Move It Or Lose It 11:00 Hymn Sing 1:15 4 Daily Chronicle 3:00 Sundae Social 4:00 4 Move & Groove 6:00 4 Evening Concert	30 **10:00 Furry Friend Visit; Brandi** 11:15 4 Daily Chronicle 11:15 2 Keeping Fit 1:15 Monday TikTok **3:00 2 Zumba with Carol** 3:45 Afternoon Social 6:00 4 Evening Movie: Comedy			**Happy Birthday!** **Marianne - 11/1** **Ann Louise - 11/6** **Lynn - 11/24**		**Activities are subject to change. Please look at the whiteboard for the daily programs.**

Calendar of Events

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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