



# RIVERCOURT RESIDENCES

RiverCourt Residences | 8 West Main Street, Groton, MA 01450 | (978) 448-4122  
*Independent Living, Assisted Living & Memory Care*

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www.rivercourtresidences.com



## June 2026

### Summer Solstice

Sunday, June 21, is the summer solstice, the longest day of the year.

### From Kimberly Bourque, RN, CDP

As part of our continued effort to implement tools to help with fall prevention, we are now working with Engage Senior Therapy's team to try to identify risk factors. A physical therapist or occupational therapist will be conducting fall assessments after a fall occurs and will relay to the resident and/or family what may be helpful to minimize future risk. Residents are always able to decline these assessments and are certainly welcome to reach out to the nursing team with any questions.

### Pucker Up and Protect

When applying sunscreen, don't forget lip balm with a sun protection factor of 30 or higher. Reapply often, since the thin skin on lips can burn easily.



### Father's Day Is June 21

The third Sunday in June is Father's Day. Show your gratitude for the dads in your life with a card, gift, visit or phone call.

### Freedom for All

On Friday, June 19, we honor Juneteenth, commemorating the full enforcement of the Emancipation Proclamation on June 19, 1865, freeing all enslaved people. In the words of activist Fannie Lou Hamer, "Nobody's free until everybody's free."

### Man-go for It

This summer, treat your taste buds to a mango. Called the king of fruits, one mango contains more than 20 different vitamins and minerals, including high levels of vitamins A and C, fiber and folate.

### Fifty Years of Fever

In 1976, journalist Nik Cohn published an article about the teenage New Yorkers who ditched their blue-collar daily worries for weekly disco dance-offs. Cohn's piece was a hit, and it inspired the classic film "Saturday Night Fever" (1977) just a year later, which Cohn helped write. In the 1990s, Cohn admitted that he made up much of the article, in no small part because magazine journalism of the day blurred the lines between fact and fiction.





### Honoring Old Glory

In 1916, President Woodrow Wilson officially established June 14 as Flag Day. It honors the day in 1777 when the first version of the flag, featuring 13 stars and 13 stripes, was adopted as the nation's official flag.



- Fitness
- Refreshments
- Outings
- Entertainment
- Instructed Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Activity programs are subject to change. Please refer to the daily sheets for any updates.</b></p>	<p>9:45 <span style="color: red;">■</span> Sittercize Exercise            10:30 <b>The Joys of Nature Presentation</b>            1:00 Bingo            1:30 <span style="color: yellow;">■</span> <b>Shopping Hannaford &amp; Walgreens</b>            1:30 <span style="color: purple;">■</span> <b>Steps In Time Dance with Michael &amp; Sierra</b>            2:15 <span style="color: red;">■</span> <b>Total Tone w/Carol</b>            3:30 Matinee with Popcorn: Sideways. 2004</p>	<p><b>Italian Day. Happy B-Day Elaine &amp; Lou G.</b>            9:45 <span style="color: red;">■</span> Stretch &amp; Flex            10:30 All About Italy LifeLoop Learning            11:30 <span style="color: yellow;">■</span> <b>Lunch at Il Camino in Leominster</b>            3:00 <span style="color: lightblue;">■</span> Mix &amp; Mingle with Italian Cookies            4:00 Travel Special: Thailand</p>	<p>9:45 <span style="color: red;">■</span> Tai Chi w/Andy            10:30 Penny Poker            1:00 Special Bingo            2:15 Ukulele Learning            3:00 <span style="color: lightblue;">■</span> Happy Hour            4:00 Walking Club</p>	<p>9:00 Gentlemen's Table            9:15 <span style="color: yellow;">■</span> <b>Concord &amp; Lexington Bus Tour with Historian Gail Hamel</b>            9:45 Stick Fit            3:00 <span style="color: green;">■</span> <b>Laugh &amp; Lounge: Music with Guitar/Vocalist Jay Graham</b>            4:15 <span style="color: red;">■</span> <b>Chair Yoga w/Karen</b></p>	<p><b>Donut Day</b>            9:45 <span style="color: red;">■</span> Upper Body Strength            10:30 <span style="color: purple;">■</span> <b>Mahjong with Amy</b>            10:30 Outdoor Stroll            1:00 BINGO            2:30 <span style="color: purple;">■</span> <b>Melody Makers w/Jodie</b>            3:00 Social Hour with Donut Challenges            3:30 Documentary: June. 2024</p>	<p><b>Happy B-Day Ellie!</b>            9:45 <span style="color: red;">■</span> Sittercize Exercise            10:30 Butterfly Free Day: Butterfly Button Art Show            11:30 <span style="color: yellow;">■</span> <b>Devens Food Truck Festival</b>            1:00 Pokeno            2:00 <span style="color: green;">■</span> <b>Music with Side Effects</b>            3:00 <span style="color: lightblue;">■</span> Wine &amp; Cheese            4:00 TED Talks: The Art and Science of Wine Tasting Qian Janice Wang</p>
<p>9:30 Televised Catholic Service            10:15 <span style="color: red;">■</span> Stick Fit            10:30 Painting Class with Carolyn            2:00 <span style="color: green;">■</span> <b>Pianist; Day Gay</b>            3:00 <span style="color: lightblue;">■</span> Ice Cream Sundaes            4:00 LifeLoop Learning: Universal Sign Language</p>	<p><b>World Ocean Day</b>            9:45 <span style="color: red;">■</span> Sittercize Exercise            10:30 Watercolor Painting with Carolyn            1:00 Bingo            1:30 <span style="color: yellow;">■</span> <b>Shopping Shop N' Save</b>            2:00 <span style="color: green;">■</span> <b>Music with Seth Connelly</b>            2:15 <span style="color: red;">■</span> <b>Total Tone w/Carol</b>            3:30 Matinee with Popcorn: Remarkably Bright Creatures. 2026</p>	<p>9:45 <span style="color: red;">■</span> Stretch &amp; Flex            10:30 <span style="color: purple;">■</span> <b>Periwinkle Glass Works</b>            1:00 <span style="color: yellow;">■</span> <b>Nail Salon Pedicures</b>            1:15 Manicures            3:00 <span style="color: lightblue;">■</span> Mix &amp; Mingle            4:00 Travel Special: Caribbean Islands</p>	<p>9:45 <span style="color: red;">■</span> Tai Chi w/Andy            10:30 <span style="color: purple;">■</span> <b>Purl Girls Knitting &amp; Crocheting with Ena</b>            1:00 Special Bingo            2:30 <b>Resident Meeting</b>            3:00 <span style="color: lightblue;">■</span> Happy Hour            4:00 Walking Club</p>	<p>9:00 Gentlemen's Table            9:45 Stick Fit            10:30 <span style="color: yellow;">■</span> <b>Groton Hill Music School Concert</b>            2:30 <span style="color: green;">■</span> <b>Music with Andy Ross</b>            3:00 <span style="color: lightblue;">■</span> Laugh &amp; Lounge            4:15 <span style="color: red;">■</span> <b>Chair Yoga w/Karen</b></p>	<p>9:45 <span style="color: red;">■</span> Upper Body Strength            10:30 Outdoor Stroll            1:00 BINGO            3:00 Social Hour            3:30 Documentary: Designing Dogs. 2009.</p>	<p><b>Dragonfly Day</b>            9:45 <span style="color: red;">■</span> Sittercize Exercise            10:30 Dragonfly Craft            1:00 Pokeno            2:00 <span style="color: green;">■</span> <b>Pianist; Steve Staines</b>            3:00 <span style="color: lightblue;">■</span> Wine &amp; Cheese            4:00 TED Talks: Waymo's Case for a Driverless Future</p>
<p><b>Flag Day</b>            9:30 Televised Catholic Service            10:15 <span style="color: red;">■</span> Stick Fit            11:00 <b>Flag Day Recognition</b>            1:00 Flags Around The World Trivia            3:00 <span style="color: lightblue;">■</span> Ice Cream Sundaes            4:00 LifeLoop Learning: Sports</p>	<p>9:45 <span style="color: red;">■</span> Sittercize Exercise            10:30 Watercolor Painting with Carolyn            1:00 Bingo            1:30 <span style="color: yellow;">■</span> <b>Shopping Market Basket</b>            2:15 <span style="color: red;">■</span> <b>Total Tone w/Carol</b>            3:30 Matinee with Popcorn: Bagger Vance. 2000</p>	<p>9:45 <span style="color: red;">■</span> Stretch &amp; Flex            10:30 Group Crossword            12:00 <span style="color: yellow;">■</span> <b>O'Neil Cinemas: Movie &amp; Time T.B.A.</b>            1:30 <span style="color: purple;">■</span> <b>Ukulele Learning with Paul</b>            3:00 <span style="color: lightblue;">■</span> Mix &amp; Mingle            4:00 Travel Special: Scotland</p>	<p><b>A Purr-fect Day</b>            9:45 <span style="color: red;">■</span> Tai Chi w/Andy            10:30 Cat Decor Craft            1:00 Special Bingo            2:15 Fun with Millie the Mill Cat            3:00 <span style="color: lightblue;">■</span> Happy Hour            4:00 Walking Club</p>	<p>9:00 Gentlemen's Table            9:45 Stick Fit            12:30 <b>126th U.S. Open Golf Championship</b>            1:00 <span style="color: yellow;">■</span> <b>Miniature Golf &amp; Iced Coffee Stop</b>            3:00 <span style="color: lightblue;">■</span> Laugh &amp; Lounge            4:15 <span style="color: red;">■</span> <b>Chair Yoga w/Karen</b></p>	<p><b>Juneteenth</b>            9:45 <span style="color: red;">■</span> Upper Body Strength            10:30 Outdoor Stroll            1:00 BINGO            2:30 <span style="color: purple;">■</span> <b>Melody Makers w/Jodie</b>            3:00 Social Hour            3:30 Documentary: The Rivals. 2010.</p>	<p>9:45 <span style="color: red;">■</span> Sittercize Exercise            10:30 Rosary with Julie            1:00 Pokeno            3:00 <span style="color: lightblue;">■</span> Wine &amp; Cheese            3:30 <span style="color: yellow;">■</span> <b>Lowell Spinners Baseball Game</b>            4:00 TED Talks: Sports Topics</p>
<p><b>Father's Day, Summer Begins</b>            9:30 Televised Catholic Service            10:15 <span style="color: red;">■</span> Stick Fit            10:30 Painting Class with Carolyn            12:00 <b>Father's Day Cookout</b>            3:00 <span style="color: lightblue;">■</span> Ice Cream Sundaes            4:00 LifeLoop Learning: Movies &amp; TV</p>	<p>9:45 <span style="color: red;">■</span> Sittercize Exercise            10:00 <span style="color: red;">■</span> <b>Susanne Liebich: Movement for Body &amp; Brain</b>            1:00 Bingo            1:30 <span style="color: yellow;">■</span> <b>Shopping Hannaford &amp; Walgreens</b>            2:15 <span style="color: red;">■</span> <b>Total Tone w/Carol</b>            3:30 Matinee with Popcorn: One Love. 2024</p>	<p><b>Pink Day. Happy B-Day Nancy R.</b>            9:45 <span style="color: red;">■</span> Stretch &amp; Flex            10:30 Manicures            2:00 <b>All Pink Fashion Show</b>            3:00 <span style="color: lightblue;">■</span> Mix &amp; Mingle: Pink Lemonade &amp; Cupcakes Social            4:00 Travel Special: Dubai</p>	<p>9:45 <span style="color: red;">■</span> Tai Chi w/Andy            10:30 <span style="color: purple;">■</span> <b>Purl Girls Knitting &amp; Crocheting with Ena</b>            1:00 Special Bingo            3:00 <span style="color: lightblue;">■</span> Happy Hour            4:00 Walking Club</p>	<p>9:00 Gentlemen's Table            9:45 Stick Fit            1:00 <span style="color: yellow;">■</span> <b>Worcester Art Museum: A Weather Eye: Art and Early Modern Meteorology</b>            3:00 <span style="color: lightblue;">■</span> Laugh &amp; Lounge            4:15 <span style="color: red;">■</span> <b>Chair Yoga w/Karen</b></p>	<p>9:45 <span style="color: red;">■</span> Upper Body Strength            10:30 Outdoor Stroll            1:00 BINGO            2:30 <span style="color: green;">■</span> <b>Music with Andy Ross</b>            3:00 Social Hour            3:30 Documentary: White House Revealed. 2009. 46 min.</p>	<p>9:45 <span style="color: red;">■</span> Sittercize Exercise            10:30 Rosary with Julie            1:00 Pokeno            3:00 <span style="color: green;">■</span> <b>Open Mic Show</b>            3:00 <span style="color: lightblue;">■</span> Wine &amp; Cheese            4:00 TED Talks: 300 Years of Classical Music in 18 Minutes Joshua Bell</p>
<p><b>Strawberry Moon</b>            9:30 Televised Catholic Service            10:15 <span style="color: red;">■</span> Stick Fit            10:30 Painting Class with Carolyn            1:15 <b>Spiritual Sing-Along w/Kathy</b>            3:00 <span style="color: lightblue;">■</span> Strawberry Shortcake Social            4:00 LifeLoop Learning: Animals</p>	<p>9:45 <span style="color: red;">■</span> Sittercize Exercise            10:30 Watercolor Painting with Carolyn            1:00 Bingo            1:30 <span style="color: yellow;">■</span> <b>Shopping Shop N' Save</b>            2:15 <span style="color: red;">■</span> <b>Total Tone w/Carol</b>            3:30 Matinee with Popcorn: The Naked Gun. 2025</p>	<p>9:45 <span style="color: red;">■</span> Stretch &amp; Flex            10:30 Group Crossword            1:30 <span style="color: yellow;">■</span> <b>Ice Cream at Kimball Farm in Jaffrey, NH.</b>            1:30 Lighthouse Slide Show with Elyssa            3:00 <span style="color: lightblue;">■</span> <b>Birthday Party Music with Scott Andrews</b>            4:00 Travel Special: South Africa</p>		<p><b>June Birthdays</b>            Elaine D. 6/2            Lou G. 6/2            Ellie S. 6/6            Nancy R. 6/23</p>		<p><b>Father's Day Cookout Sunday, the 21st 12pm</b></p>



### Tasty Treat

What's pastel, fluffy and a favorite treat at carnivals and fairs? Cotton candy, of course! Thousands got their first taste of the spun sugar snack when it was introduced at the 1904 World's Fair in St. Louis.

### Remember When: Station Wagons

Before SUVs and minivans, the station wagon was the vehicle of choice for many families. Originally used as commercial vehicles to taxi people to and from train depots, wagons cruised into their heyday as the family car between the 1950s and 1970s. Even TV's "The Brady Bunch" had one. With a roomy interior that included fold-down third-row seats, station wagons could hold up to nine people, as well as luggage or groceries, making them ideal for road trips, carpools and store outings.



### Ike's Interstates

President Eisenhower created the U.S. Interstate System by signing the Federal-Aid Highway Act of 1956 on June 29.

### Car Crazy for Cinema

By mounting a movie projector on the hood of his car and using a sheet for a screen, Richard Hollingshead opened the first drive-in theater on June 6, 1933, in Camden, N.J.



## June Employee of the Month



**Jennifer Tellez - Lead Server**



Please join us in congratulating Jennifer Tellez as our Employee of the Month! As our night lead server, Jenn goes above and beyond in mentoring and supporting our service team. Jenn is hardworking, caring, and genuinely loves all of our residents and staff. Her positive and uplifting spirit brings joy to each day. We are so grateful for her compassion, leadership, and energy with her dedication that never goes unnoticed. Thank you for all that you do for our community!



### Congratulations, Jenn!