



RIVERCOURT RESIDENCES

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

 @RiverCourtResidences
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.

Reflections Contact:

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Playgrounds Made for Seniors

Playgrounds aren't just for kids anymore. Multigenerational play spaces are becoming more common, giving older adults a place to work out, walk, swing and simply have fun. Already popular in Asia and Europe, the trend is spreading across the U.S. with several companies building the outdoor facilities, which are designed with low-impact exercise equipment that promotes flexibility, balance and coordination. The fitness parks also serve as social hubs for seniors.

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.



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.

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.



- 1 Spiritual
- 2 Physical
- 3 Social
- 4 Cognitive
- 5 Sensory

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities are subject to change. Please check the whiteboard for the daily activities.</p>	<p>1</p> <p>10:00 ■ Fury Friend Visit; Brandi</p> <p>10:45 ■ Daily Chronicle</p> <p>11:15 ■ Keeping Fit</p> <p>1:30 ■ Steps In Time Dance with Michael & Sierra</p> <p>3:00 ■ Zumba with Carol</p> <p>3:45 ■ Afternoon Social</p> <p>6:00 ■ Evening Movie: Comedy</p>	<p>2</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ Fun Chair Exercise</p> <p>11:00 ■ iN2L Touch Screen</p> <p>2:00 ■ Music with Eric Baldwin</p> <p>3:00 ■ Afternoon Social</p> <p>3:30 ■ Bingo for Prizes</p> <p>4:30 ■ Relaxation Movements</p> <p>6:00 ■ Evening Movie: Romance</p>	<p>3</p> <p>9:30 ■ Morning Meet & Greet</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ Moving with Props</p> <p>1:15 ■ Scenic Drive Outing</p> <p>2:00 ■ Table Games & Puzzles</p> <p>3:00 ■ Afternoon Social</p> <p>3:30 ■ Furry Friend Visit: Nate</p> <p>4:00 ■ iN2L Learning</p> <p>6:00 ■ Evening Movie: Musical</p>	<p>4</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ iN2L Word Games</p> <p>11:00 ■ Stick Fit in the Gym</p> <p>1:00 ■ Sing-Along with Andy</p> <p>2:30 ■ Outdoor Stories</p> <p>3:00 ■ Afternoon Social</p> <p>3:00 ■ Music with Jay Graham</p> <p>6:00 ■ Evening Movie: Comedy</p>	<p>5</p> <p>Happy Birthday Marjorie!</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ Fun Chair Exercise</p> <p>11:00 ■ iN2L Religious Learning</p> <p>3:00 ■ Ice Cream Sandwiches</p> <p>3:30 ■ Balloon Toss</p> <p>4:30 ■ Classic TV Relaxation</p> <p>6:00 ■ Evening Documentary</p>	<p>6</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ AM Stretch</p> <p>11:00 ■ iN2L Travel Learning</p> <p>1:15 ■ Floor Sports</p> <p>2:00 ■ Music with Side Effects</p> <p>3:15 ■ Happy Hour: Root Beer Floats</p> <p>4:00 ■ Songs of Remembrance</p> <p>6:00 ■ Game Time or Movie</p>
<p>7</p> <p>10:00 ■ TV MASS</p> <p>10:30 ■ Move It Or Lose It</p> <p>11:00 ■ Hymn Sing</p> <p>1:15 ■ Daily Chronicle</p> <p>3:00 ■ Sundae Social</p> <p>4:00 ■ Move & Groove</p> <p>6:00 ■ Evening Concert</p>	<p>8</p> <p>10:00 ■ Fury Friend Visit; Brandi</p> <p>10:45 ■ Daily Chronicle</p> <p>11:15 ■ Keeping Fit</p> <p>2:00 ■ Music with Seth Connelly</p> <p>3:00 ■ Zumba with Carol</p> <p>3:45 ■ Afternoon Social</p> <p>6:00 ■ Evening Movie: Comedy</p>	<p>9</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ Fun Chair Exercise</p> <p>11:00 ■ iN2L Touch Screen</p> <p>1:30 ■ Music with Andy Ross</p> <p>3:00 ■ Afternoon Social</p> <p>3:30 ■ Bingo for Prizes</p> <p>4:30 ■ Relaxation Movements</p> <p>6:00 ■ Evening Movie: Romance</p>	<p>10</p> <p>9:30 ■ Morning Meet & Greet</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ Moving with Props</p> <p>1:15 ■ Scenic Drive Outing</p> <p>2:00 ■ Table Games & Puzzles</p> <p>3:00 ■ Afternoon Social</p> <p>3:30 ■ Furry Friend Visit: Nate</p> <p>4:00 ■ iN2L Learning</p> <p>6:00 ■ Evening Movie: Musical</p>	<p>11</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ iN2L Word Games</p> <p>11:00 ■ Stick Fit in the Gym</p> <p>12:30 ■ Groton Hill Music School Concert</p> <p>2:30 ■ Outdoor Stories</p> <p>3:00 ■ Afternoon Social</p> <p>3:30 ■ Bingo For Prizes</p> <p>6:00 ■ Evening Movie: Comedy</p>	<p>12</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ Fun Chair Exercise</p> <p>11:00 ■ Music with Uke J</p> <p>3:00 ■ Ice Cream Sandwiches</p> <p>3:30 ■ Balloon Toss</p> <p>4:30 ■ Classic TV Relaxation</p> <p>6:00 ■ Evening Documentary</p>	<p>13</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ AM Stretch</p> <p>11:00 ■ iN2L Travel Learning</p> <p>1:30 ■ Pianist: Steve Staines</p> <p>2:00 ■ iN2L Word Games</p> <p>3:15 ■ Happy Hour: Root Beer Floats</p> <p>4:00 ■ Songs of Remembrance</p> <p>6:00 ■ Game Time or Movie</p>
<p>14</p> <p>Flag Day, Happy Birthday Gerry</p> <p>10:00 ■ TV MASS</p> <p>10:30 ■ Move It Or Lose It</p> <p>11:00 ■ Hymn Sing</p> <p>1:30 ■ Music with John Sullivan</p> <p>3:00 ■ Sundae Social</p> <p>4:00 ■ Move & Groove</p> <p>6:00 ■ Evening Concert</p>	<p>15</p> <p>10:00 ■ Fury Friend Visit; Brandi</p> <p>10:45 ■ Daily Chronicle</p> <p>11:15 ■ Keeping Fit</p> <p>1:15 ■ Monday TikTok</p> <p>3:00 ■ Zumba with Carol</p> <p>3:45 ■ Afternoon Social</p> <p>6:00 ■ Evening Movie: Comedy</p>	<p>16</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ Fun Chair Exercise</p> <p>11:00 ■ iN2L Touch Screen</p> <p>1:30 Birdhouse Painting with Bobbe</p> <p>3:00 ■ Afternoon Social</p> <p>3:30 ■ Bingo for Prizes</p> <p>4:30 ■ Relaxation Movements</p> <p>6:00 ■ Evening Movie: Romance</p>	<p>17</p> <p>9:30 ■ Morning Meet & Greet</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ Moving with Props</p> <p>1:15 ■ Scenic Drive Outing</p> <p>2:00 ■ Table Games & Puzzles</p> <p>3:00 ■ Afternoon Social</p> <p>3:30 ■ Furry Friend Visit: Nate</p> <p>4:00 ■ iN2L Learning</p> <p>6:00 ■ Evening Movie: Musical</p>	<p>18</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ iN2L Word Games</p> <p>11:00 ■ Stick Fit in the Gym</p> <p>1:00 ■ Sing-Along with Andy</p> <p>2:00 ■ Baking Goodies</p> <p>3:00 ■ Afternoon Social</p> <p>3:30 ■ Bingo For Prizes</p> <p>6:00 ■ Evening Movie: Comedy</p>	<p>19</p> <p>Juneteenth</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ Fun Chair Exercise</p> <p>11:00 ■ iN2L Religious Learning</p> <p>1:15 ■ Song Writing with Uke J</p> <p>3:00 ■ Ice Cream Sandwiches</p> <p>3:30 ■ Balloon Toss</p> <p>4:30 ■ Classic TV Relaxation</p> <p>6:00 ■ Evening Documentary</p>	<p>20</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ AM Stretch</p> <p>11:00 ■ iN2L Travel Learning</p> <p>1:15 ■ Floor Sports</p> <p>2:00 ■ Antique Tool Show with Elyssa</p> <p>3:15 ■ Happy Hour: Root Beer Floats</p> <p>4:00 ■ Songs of Remembrance</p> <p>6:00 ■ Game Time or Movie</p>
<p>21</p> <p>Father's Day, Summer Begins</p> <p>10:00 ■ TV MASS</p> <p>10:30 ■ Move It Or Lose It</p> <p>11:00 ■ Hymn Sing</p> <p>1:15 ■ Daily Chronicle</p> <p>3:00 ■ Sundae Social</p> <p>4:00 ■ Move & Groove</p> <p>6:00 ■ Evening Concert</p>	<p>22</p> <p>10:00 ■ Fury Friend Visit; Brandi</p> <p>10:45 ■ Daily Chronicle</p> <p>11:15 ■ Keeping Fit</p> <p>1:15 ■ Monday TikTok</p> <p>3:00 ■ Zumba with Carol</p> <p>3:45 ■ Afternoon Social</p> <p>6:00 ■ Evening Movie: Comedy</p>	<p>23</p> <p>9:30 ■ Morning Meet & Greet</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ Fun Chair Exercise</p> <p>11:00 ■ iN2L Touch Screen</p> <p>3:00 ■ Afternoon Social</p> <p>3:30 ■ Bingo for Prizes</p> <p>4:30 ■ Relaxation Movements</p> <p>6:00 ■ Evening Movie: Romance</p>	<p>24</p> <p>9:30 ■ Morning Meet & Greet</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ Moving with Props</p> <p>1:15 ■ Scenic Drive Outing</p> <p>2:00 ■ Table Games & Puzzles</p> <p>3:00 ■ Afternoon Social</p> <p>3:30 ■ Furry Friend Visit: Nate</p> <p>4:00 ■ iN2L Learning</p> <p>6:00 ■ Evening Movie: Musical</p>	<p>25</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ iN2L Word Games</p> <p>11:00 ■ Stick Fit in the Gym</p> <p>1:00 ■ Sing-Along with Andy</p> <p>2:00 ■ Baking Goodies</p> <p>3:00 ■ Afternoon Social</p> <p>3:30 ■ Bingo For Prizes</p> <p>6:00 ■ Evening Movie: Comedy</p>	<p>26</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ Fun Chair Exercise</p> <p>11:00 ■ iN2L Religious Learning</p> <p>2:30 ■ Music with Andy Ross</p> <p>3:00 ■ Ice Cream Sandwiches</p> <p>3:30 ■ Balloon Toss</p> <p>4:30 ■ Classic TV Relaxation</p> <p>6:00 ■ Evening Documentary</p>	<p>27</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ AM Stretch</p> <p>11:00 ■ iN2L Travel Learning</p> <p>1:15 ■ Floor Sports</p> <p>2:00 ■ iN2L Word Games</p> <p>3:00 ■ Open Mic Show</p> <p>3:15 ■ Happy Hour: Root Beer Floats</p> <p>6:00 ■ Game Time or Movie</p>
<p>28</p> <p>10:00 ■ TV MASS</p> <p>10:30 ■ Move It Or Lose It</p> <p>11:00 ■ Hymn Sing</p> <p>1:15 ■ Spiritual Sing-Along with Kathy</p> <p>3:00 ■ Sundae Social</p> <p>4:00 ■ Move & Groove</p> <p>6:00 ■ Evening Concert</p>	<p>29</p> <p>10:00 ■ Fury Friend Visit; Brandi</p> <p>10:45 ■ Daily Chronicle</p> <p>11:15 ■ Keeping Fit</p> <p>1:15 ■ Monday TikTok</p> <p>3:00 ■ Zumba with Carol</p> <p>3:45 ■ Afternoon Social</p> <p>6:00 ■ Evening Movie: Comedy</p>	<p>30</p> <p>10:00 ■ Daily Chronicle</p> <p>10:30 ■ Fun Chair Exercise</p> <p>11:00 ■ iN2L Touch Screen</p> <p>2:00 Lighthouse Slide Show with Elyssa</p> <p>3:00 ■ Afternoon Social</p> <p>3:00 ■ Music with Scott Andrews</p> <p>6:00 ■ Evening Movie: Romance</p>		<p>Resident Birthdays</p> <p>Marjorie - Fri., the 5th</p> <p>Gerry - Sun., the 14th</p>		<p>Father's Day Cookout</p> <p>Saturday, June 20th</p> <p>12pm</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

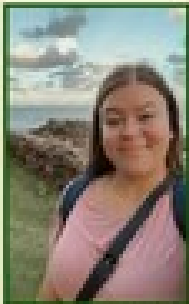
By mounting a movie projector on the hood of his car and using a sheet for a screen, Richard Hollingshead opened the first drive-in theater on June 6, 1933, in Camden, N.J.



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!