



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



July 2026

Benefits of Nostalgia

Research shows that a trip down memory lane may actually improve health in the present moment.

A 2018 study found that older adults who discussed nostalgia-inducing scents experienced fewer symptoms of depression and anxiety compared to the control group.

Scientists have also found that when people with dementia engaged in positive nostalgic activities like watching old films, they experienced physiological benefits like decreased heart rate and inflammation.

Individual approaches to healthy aging should be discussed with health care providers.

Self-Care Starters

International Self-Care Day is observed July 24 to represent the 24/7 need to commit to our own needs. These daily practices can improve well-being: meditation, journaling, exercise and hydration.

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Reflections Courtyard

Hello, everyone! I am looking forward to the beginning of summer to be out and about as the weather gets warmer. Our courtyard will be celebrated with its new patio, so look out for a date in which we will host an outdoor event. Last year we had some nice occasions in which to invite families to come in and join us in special events. I hope everyone has a fun, safe and stay cool on hot days summer as we look forward to enjoying each day the best we can. So be on the lookout for an invitation!

Talk About It

What do you think the United States will look like in another 250 years?

A Riddle Runs Through It

What has a bed but never sleeps, has a mouth, but never speaks?

A river.

Celebrating Our Semiquincentennial

This 18-letter mouthful is the name for the 250th anniversary of the signing of the Declaration of Independence on Saturday, July 4. Many buildings will be closed on Friday, July 3, in observance of the country's birthday.

An Extra Layer of Protection

Planning some fun in the sun? Along with sunscreen, wear red or blue clothing. Scientists have found that these shades offer better protection from ultraviolet rays than lighter colors like yellow or white.



A Worldwide Family Tree

WikiTree is a free online platform where users collaborate to create one global genealogy, providing crowdsourced information and fact-checking. WikiTree visitors can also explore the family lines of famous people.



- 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 programs.</p>		<p>Resident Birthday Sally - Mon., the 27th</p>	<p>1</p> <p>9:30 3 Morning Meet & Greet 10:00 4 Daily Chronicle 10:30 2 Moving with Props 1:15 3 Scenic Drive Outing 2:00 5 Table Games & Puzzles 3:00 3 Afternoon Social 3:30 5 Furry Friend Visit: Nate 4:00 4 iN2L Learning 6:00 4 Evening Movie: Musical</p>	<p>2</p> <p>10:00 4 Daily Chronicle 10:30 4 iN2L Word Games 11:00 2 Stick Fit in the Gym 1:15 3 Music with Uke J 2:30 1 Mass with Father Lee 3:00 3 Afternoon Social 3:30 5 Bingo For Prizes 6:00 4 Evening Movie: Comedy</p>	<p>3</p> <p>10:00 4 Daily Chronicle 11:00 1 iN2L Religious Learning 11:30 2 Fun Chair Exercise 3:00 3 Music with Paul & Paula 4:00 2 Balloon Toss 4:30 5 Classic TV Relaxation 6:00 4 Evening Documentary</p>	<p>4</p> <p>Independence Day</p> <p>10:00 4 Daily Chronicle 10:30 2 AM Stretch 11:00 4 iN2L Travel Learning 1:15 4 iN2L Word Games 2:00 3 Music with Randy 3:15 3 Happy Hour: Root Beer Floats 4:00 5 Songs of Remembrance 6:00 4 Game Time or Movie</p>
<p>5</p> <p>10:00 1 TV MASS 10:30 2 Move It or Lose It 11:00 1 Hymn Sing 1:15 4 Daily Chronicle 3:00 3 Sundae Social 4:00 4 Move & Groove 6:00 4 Evening Concert</p>	<p>6</p> <p>10:00 5 Furry Friend Visit; Brandi 10:45 4 Daily Chronicle 11:15 2 Keeping Fit 1:15 3 Monday TikTok 3:00 2 Zumba with Carol 3:45 3 Afternoon Social 6:00 4 Evening Movie: Comedy</p>	<p>7</p> <p>9:30 3 Morning Meet & Greet 10:00 4 Daily Chronicle 10:30 2 Fun Chair Exercise 11:00 5 iN2L Touch Screen 3:00 3 Afternoon Social 3:30 5 Bingo for Prizes 4:30 2 Relaxation Movements 6:00 4 Evening Movie: Romance</p>	<p>8</p> <p>9:30 3 Morning Meet & Greet 10:00 4 Daily Chronicle 10:30 2 Moving with Props 1:15 3 Scenic Drive Outing 2:00 5 Table Games & Puzzles 3:00 3 Afternoon Social 3:30 5 Furry Friend Visit: Nate 4:00 4 iN2L Learning 6:00 4 Evening Movie: Musical</p>	<p>9</p> <p>10:00 4 Daily Chronicle 10:30 4 iN2L Word Games 11:00 2 Stick Fit in the Gym 1:00 3 Sing-Along with Andy 2:30 4 Outdoor Stories 3:00 3 Afternoon Social 3:30 5 Bingo For Prizes 6:00 4 Evening Movie: Comedy</p>	<p>10</p> <p>10:00 1 Song Writing with Uke J 11:00 2 Fun Chair Exercise 1:00 4 Daily Chronicle 3:00 3 Ice Cream Sandwiches 3:30 2 Balloon Toss 4:30 5 Classic TV Relaxation 6:00 4 Evening Documentary</p>	<p>11</p> <p>10:00 4 Daily Chronicle 10:30 2 AM Stretch 11:00 4 iN2L Word Games 1:15 2 Floor Sports 2:00 3 Pianist: Steve Staines 3:15 3 Happy Hour: Root Beer Floats 4:00 5 Songs of Remembrance 6:00 4 Game Time or Movie</p>
<p>12</p> <p>10:00 1 TV MASS 10:30 2 Move It or Lose It 11:00 1 Hymn Sing 1:15 1 Spiritual Sing-Along with Kathy 2:00 3 Music with Dan Gay 3:00 3 Sundae Social 4:00 4 Move & Groove 6:00 4 Evening Concert</p>	<p>13</p> <p>10:00 5 Furry Friend Visit; Brandi 10:45 4 Daily Chronicle 11:15 2 Keeping Fit 1:15 3 Monday TikTok 3:00 2 Zumba with Carol 3:45 3 Afternoon Social 6:00 4 Evening Movie: Comedy</p>	<p>14</p> <p>10:00 4 Daily Chronicle 10:30 2 Fun Chair Exercise 11:00 5 iN2L Touch Screen 1:30 3 Music with Andy Ross 3:00 3 Afternoon Social 3:30 5 Bingo for Prizes 4:30 2 Relaxation Movements 6:30 3 Pianist: Ethan Stone</p>	<p>15</p> <p>10:00 4 Daily Chronicle 10:30 2 Moving with Props 11:30 3 RiverCourt Memory Cafe 1:30 3 Music with Mike Leo 2:00 5 Table Games & Puzzles 3:00 3 Afternoon Social 3:30 5 Furry Friend Visit: Nate 4:00 4 iN2L Learning 6:00 4 Evening Movie: Musical</p>	<p>16</p> <p>10:00 4 Daily Chronicle 10:30 4 iN2L Word Games 11:00 2 Stick Fit in the Gym 1:30 3 Music with Brian Corcoran 2:30 4 Outdoor Stories 3:00 3 Afternoon Social 3:30 5 Bingo For Prizes 6:00 4 Evening Movie: Comedy</p>	<p>17</p> <p>10:00 4 Daily Chronicle 11:00 1 iN2L Religious Learning 11:30 2 Fun Chair Exercise 3:00 3 Ice Cream Sandwiches 3:30 2 Balloon Toss 4:30 5 Classic TV Relaxation 6:00 4 Evening Documentary</p>	<p>18</p> <p>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 3 Happy Hour: Root Beer Floats 4:00 5 Songs of Remembrance 6:00 4 Game Time or Movie</p>
<p>19</p> <p>10:00 1 TV MASS 10:30 2 Move It or Lose It 11:00 1 Hymn Sing 1:15 4 Daily Chronicle 3:00 2 Uganda Exercise with Esther 3:30 3 Ice Cream Sundaes 4:00 4 Move & Groove 6:00 4 Evening Concert</p>	<p>20</p> <p>10:00 5 Furry Friend Visit; Brandi 10:45 4 Daily Chronicle 11:15 2 Keeping Fit 1:15 3 Monday TikTok 3:00 2 Zumba with Carol 3:45 3 Afternoon Social 6:00 4 Evening Movie: Comedy</p>	<p>21</p> <p>9:30 3 Morning Meet & Greet 10:00 4 Daily Chronicle 10:30 2 Fun Chair Exercise 11:00 5 iN2L Touch Screen 3:00 3 Afternoon Social 3:30 5 Bingo for Prizes 4:30 2 Relaxation Movements 6:00 4 Evening Movie: Romance</p>	<p>22</p> <p>9:30 3 Morning Meet & Greet 10:00 4 Daily Chronicle 10:30 2 Moving with Props 1:15 3 Scenic Drive Outing 2:00 5 Table Games & Puzzles 3:00 3 Afternoon Social 3:30 5 Furry Friend Visit: Nate 4:00 4 iN2L Learning 6:00 4 Evening Movie: Musical</p>	<p>23</p> <p>10:00 4 Daily Chronicle 10:30 4 iN2L Word Games 11:00 2 Stick Fit in the Gym 1:00 3 Sing-Along with Andy 2:30 4 Outdoor Stories 3:00 3 Afternoon Social 3:30 5 Bingo For Prizes 6:30 4 Evening Movie: Comedy</p>	<p>24</p> <p>10:00 4 Daily Chronicle 11:00 1 iN2L Religious Learning 11:30 2 Fun Chair Exercise 3:00 3 Ice Cream Sandwiches 3:30 2 Balloon Toss 4:30 5 Classic TV Relaxation 6:00 4 Evening Documentary</p>	<p>25</p> <p>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 3 Happy Hour: Root Beer Floats 4:00 5 Songs of Remembrance 6:00 4 Game Time or Movie</p>
<p>26</p> <p>10:00 1 TV MASS 10:30 2 Move It or Lose It 11:00 1 Hymn Sing 1:15 4 Daily Chronicle 3:00 3 Music with Emma 3:30 3 Sundae Social 4:00 4 Move & Groove 6:00 4 Evening Concert</p>	<p>27</p> <p>Happy B-Day Sally!</p> <p>10:00 2 Dance with Susanne Liebich 10:00 5 Furry Friend Visit; Brandi 10:45 4 Daily Chronicle 3:00 3 Eric Baldwin Trio 3:00 2 Zumba with Carol 3:45 3 Afternoon Social 6:00 4 Evening Movie: Comedy</p>	<p>28</p> <p>9:30 3 Morning Meet & Greet 10:00 4 Daily Chronicle 10:30 2 Fun Chair Exercise 11:00 5 iN2L Touch Screen 3:00 3 Afternoon Social 3:30 5 Bingo for Prizes 4:30 2 Relaxation Movements 6:00 4 Evening Movie: Romance</p>	<p>29</p> <p>9:30 3 Morning Meet & Greet 10:00 4 Daily Chronicle 10:30 2 Moving with Props 1:15 3 Scenic Drive Outing 2:00 5 Table Games & Puzzles 3:00 3 Music with Scott Andrews 3:30 5 Furry Friend Visit: Nate 4:00 4 iN2L Learning 6:00 4 Evening Movie: Musical</p>	<p>30</p> <p>10:00 4 Daily Chronicle 10:30 4 iN2L Word Games 11:00 2 Stick Fit in the Gym 1:00 3 Sing-Along with Andy 2:30 4 Outdoor Stories 3:00 3 Afternoon Social 3:30 5 Bingo For Prizes 6:00 4 Evening Movie: Comedy</p>	<p>31</p> <p>10:00 4 Daily Chronicle 11:00 1 iN2L Religious Learning 11:30 2 Fun Chair Exercise 2:00 Music with Andy Ross 3:00 3 Ice Cream Sandwiches 3:30 2 Balloon Toss 4:30 5 Classic TV Relaxation 6:00 4 Evening Documentary</p>	



Funny Foursomes

These barbershop quartets have award-winning pipes and amusing names. Here are some clever champions from the Barbershop Harmony Society:

1959: Four Pitchikers

1961: The Suntones

2022: Quorum

2024: Three and a Half Men

Reason to Shell-ebrate

Bailey-Matthews National Shell Museum and Aquarium on Sanibel Island in Florida displays nearly 600,000 shells and 60 living mollusk species. Founding director Dr. R. Tucker Abbott asked his friend, actor Raymond Burr (famous for portraying Perry Mason), to pitch in for museum funding, along with local contributions, and the museum opened to the public in 1995.



Mirror, Mirror

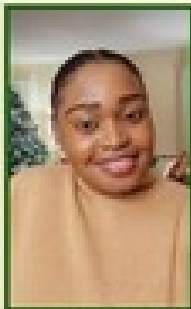
About 8,000 years ago, the looking glass was really made out of polished obsidian, used by ancient people in modern-day Turkey. Around 3000 B.C., Egyptians crafted mirrors from highly polished copper and bronze. The Roman Empire advanced glassblowing techniques, which paved the way for today's modern glass mirrors.



July Employee of the Month



Edith Pierre - Resident Assistant



Edith joined us almost 4 years ago as a full-time RA here at RiverCourt and has been an invaluable member of our team ever since! She is thoughtful, dependable, kind, caring, and hard-working. She is an excellent team player and is truly an exceptional caregiver. We are so grateful to have her on our team!

Congratulations, Edith!

