



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.



Service and Sacrifice

"To ease another's heartache is to forget one's own."

—Abraham Lincoln

Independence Day by the Numbers

150 million. Hot dogs eaten on the Fourth of July.

56. Signers of the Declaration of Independence.

2.5 million. Approximate population of the U.S. in July 1776.

342 million. Approximate population of the U.S. today.

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.



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.

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.



- Fitness
- Refreshments
- Outings
- Entertainment
- Instructed Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>July Birthdays Trish 7/1 Ron O. 7/6 Julia 7/9 Janet V. 7/11 Philip 7/19 Marion 7/28</p>		<p>Activity programs are subject to change. Please refer to the daily sheets for any updates.</p>	<p>Happy B-Day Trish 1 9:45 ■ Tai Chi w/Andy 10:30 ■ Fresh Start Gardens with Christine 1:00 Special Bingo 2:15 Eversound Listening Special 3:00 ■ Happy Hour 4:00 Walking Club</p>	<p>2 9:00 Gentlemen's Table 9:45 ■ Periwinkle Glass Works Studio in Groton 9:45 ■ Stick Fit 3:00 ■ Laugh & Lounge 4:00 ■ Meditation with Andy</p>	<p>3 9:45 ■ Upper Body Strength 10:30 Outdoor Stroll 1:00 BINGO 2:30 ■ Melody Makers w/Jodie 3:00 ■ Social Hour 4:00 Documentary: Dancing with the Birds. 2019</p>	<p>4 Independence Day 9:45 ■ Sittercize Exercise 10:30 4th of July Trivia 1:00 Pokeno 2:00 ■ Music with Randy 3:00 ■ Wine & Cheese 4:00 TED Talk: Emotions in Animals: Reality or Anthropomorphism? 5:00 ■ 4th of July Fireworks in Groton</p>
<p>5 9:30 Televised Catholic Service 10:15 ■ Exercise with Carolyn 11:15 ■ Painting Class with Carolyn 3:00 ■ Ice Cream Sundaes 4:00 LifeLoop Learning: Pub Trivia</p>	<p>6 Happy B-Day Ron O. 9:45 ■ Sittercize Exercise 10:30 Painting Class with Carolyn 1:00 Bingo 1:30 Shopping Market Basket 2:15 ■ Total Tone w/Carol 2:30 Matinee with Popcorn: The Boys & The Boat. 2023 3:00 Afternoon Social</p>	<p>7 9:45 ■ Stretch & Flex 10:30 ■ Painting with Sue Marion 1:15 Manicures 1:30 ■ RiverCourt Rollers Bowling at Harvard Lanes 3:00 ■ Mix & Mingle 4:00 Travel Special: South Korea</p>	<p>8 9:45 ■ Tai Chi w/Andy 10:30 ■ Purl Girls Knitting & Crocheting with Ena 1:00 Special Bingo 2:00 Eversound Listening Special 2:30 Resident Meeting 3:00 ■ Happy Hour 4:00 Walking Club</p>	<p>9 Happy B-Day Julia 9:00 Gentlemen's Table 9:45 ■ Stick Fit 10:30 Group Crossword 10:30 ■ Sea Coast Drive & Pizza 3:00 ■ Laugh & Lounge 4:15 ■ Chair Yoga w/Karen</p>	<p>10 9:45 ■ Upper Body Strength 10:30 Outdoor Stroll 1:00 BINGO 2:15 Drama Club with Julie 3:00 Social Hour 4:00 Documentary: Dolly Parton: A MusiCares Tribute</p>	<p>11 Happy B-day Janet V. 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: Food for thought: How Your Belly Controls Your Brain</p>
<p>12 9:30 Televised Catholic Service 10:15 ■ Exercise with Carolyn 11:15 ■ Painting Class with Carolyn 1:15 Spiritual Sing-Along w/Kathy 2:00 ■ Music with Dan Gay 3:00 ■ Ice Cream Sundaes 4:00 LifeLoop Learning: Word Games</p>	<p>13 9:45 ■ Sittercize Exercise 10:30 Painting Class with Carolyn 1:00 Bingo 1:30 ■ Shopping Hannaford & Walgreens 2:15 ■ Total Tone w/Carol 3:00 Afternoon Social 3:15 Matinee with Popcorn: Casablanca. 1942</p>	<p>14 9:45 ■ Stretch & Flex 10:30 ■ Periwinkle Glass Works 12:00 ■ O'Neil Cinemas: Movie & Time T.B.A. 1:15 Manicures 3:00 ■ Mix & Mingle 4:00 Travel Special: Peru 6:30 ■ Pianist: Ethan Stone</p>	<p>15 9:45 ■ Tai Chi w/Andy 10:30 Frank King Presentation 1:00 Special Bingo 1:30 ■ Music with Mike Leo 3:00 CareTenders Health Topic: Dangers of Dehydration 3:00 ■ Happy Hour 4:00 Walking Club</p>	<p>16 9:00 Gentlemen's Table 9:45 ■ Stick Fit 10:30 LifeLoop: Game Shows 11:00 ■ Castle Island in South Boston Lunch Outing 1:30 ■ Music with Brian Corcoran 3:00 ■ Laugh & Lounge 4:15 ■ Chair Yoga w/Karen</p>	<p>17 9:45 ■ Upper Body Strength 10:30 Outdoor Stroll 1:00 BINGO 2:30 ■ Melody Makers w/Jodie 3:00 Social Hour 4:00 Documentary: The Surgeon's Cut. 2020</p>	<p>18 9:45 ■ Sittercize Exercise 10:30 Rosary with Julie 1:00 Pokeno 2:15 Outdoor Lawn Games 3:00 ■ Wine & Cheese 4:00 TED Talk: How the Story Transforms the Teller</p>
<p>19 Happy B-Day Philip 9:30 Televised Catholic Service 10:15 ■ Exercise with Carolyn 11:15 ■ Painting Class with Carolyn 3:00 ■ Ice Cream Sundaes & Music with Carol Wing 4:00 LifeLoop Learning: Travel Abroad</p>	<p>20 9:45 ■ Sittercize Exercise 10:30 Painting Class with Carolyn 1:00 Bingo 1:30 Shopping Shop N' Save 2:15 ■ Total Tone w/Carol 3:00 Afternoon Social 3:30 Matinee with Popcorn: A Beautiful Day in the Neighborhood. 2019</p>	<p>21 9:45 ■ Stretch & Flex 10:30 ■ Lauren's Craft Corner 1:15 Manicures 1:30 ■ Ice Cream at Rota Spring in Sterling, MA 3:00 ■ Mix & Mingle 4:00 Travel Special: Sweden</p>	<p>22 9:45 ■ Tai Chi w/Andy 10:30 ■ Purl Girls Knitting & Crocheting with Ena 1:00 Special Bingo 2:15 Eversound Listening Special 3:00 ■ Happy Hour 4:00 Walking Club</p>	<p>23 9:00 Gentlemen's Table 9:45 ■ Stick Fit 10:30 Group Crossword 3:00 ■ Laugh & Lounge 4:15 ■ Chair Yoga w/Karen 5:30 ■ The Tropical Gems Caribbean Band</p>	<p>24 9:45 ■ Upper Body Strength 10:30 Outdoor Stroll 1:00 BINGO 2:15 Drama Club with Julie 3:00 Social Hour 4:00 Documentary: 100 Humans. Life's Questions. Answered. 2020</p>	<p>25 9:45 ■ Sittercize Exercise 10:30 Rosary with Julie 1:00 Pokeno 2:15 Outdoor Lawn Games 3:00 ■ Wine & Cheese 4:00 TED Talk: How to Enjoy Exercise and Train Happy with Tally Rye</p>
<p>26 9:30 Televised Catholic Service 10:15 ■ Exercise with Carolyn 11:15 ■ Painting Class with Carolyn 3:00 ■ Ice Cream Sundaes 3:00 ■ Music with Emma 4:00 LifeLoop Learning: Special Hobbies</p>	<p>27 10:00 ■ Susanne Liebich: Movement for Body & Brain 11:00 Painting Class with Carolyn 1:00 Bingo 1:30 ■ Shopping Market Basket 2:15 ■ Total Tone w/Carol 3:00 Afternoon Social 3:00 ■ Music with Eric Baldwin Trio</p>	<p>28 9:45 ■ Stretch & Flex 10:30 ■ Lauren's Craft Corner 11:30 ■ Mount Wachusett Picnic 1:15 Manicures 3:00 ■ Mix & Mingle 4:00 Travel Special: Morocco 6:30 ■ Summer Paint Night with Carolyn</p>	<p>29 9:45 ■ Tai Chi w/Andy 1:00 Special Bingo 2:15 Eversound Listening Special 2:30 Joe Callahan Presentation 3:00 ■ Happy Hour 3:00 ■ Music with Scott Andrews 4:00 Walking Club</p>	<p>30 9:00 Gentlemen's Table 9:45 ■ Stick Fit 10:30 LifeLoop: Game Shows 1:00 ■ New England Quilt Museum in Lowell 3:00 ■ Laugh & Lounge 4:15 ■ Chair Yoga w/Karen</p>	<p>31 9:45 ■ Upper Body Strength 10:30 Outdoor Stroll 1:00 BINGO 2:00 ■ Birthday Party Music with Andy Ross 2:15 Drama Club with Julie 3:00 Social Hour 4:00 Documentary: Fearless. 2016</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!

