

Resident



Linda

This month's spotlight shines on Linda. Born and raised in Southern Calif., she moved to Reno in 2021 to be close to her daughter. She loves shrimp and Pepsi. She was a nurse for 35+ years and married for 16 to a fantastic husband. Linda's favorite memory is when her daughter Liz was born. We are so glad to have you here, Linda!

Team Member



Justine, Med Tech/Caregiver

Born in Everett, Wash., and raised in Klamath Falls, Ore., Justine moved to Reno in November of 2022 and joined Arbors in May of 2023. Her grandpa was her encouragement to get into this field because he had Alzheimer's. Justine said she feels like she has bunch of grand parents to love and care for. "Arbors has become part of my family, my home away from home," she shared. Thank you for all you do, Justine.



Residents enjoying our Mardi Gras Party



A Note from the Executive Director

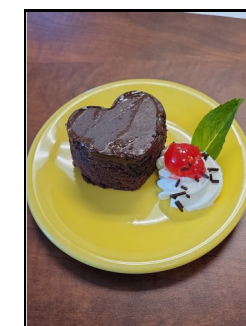


Assaad Zeid,
Executive Director

March is going to be another fun and activity-full month. We are having a party for St. Patrick's Day and an Easter Egg Hunt. Also, Spring is here March 19, which marks the start of a fresh new season! I am looking forward to seeing flowers blooming and trees changing colors. A reminder:

March 10 is Daylight Savings.

I want to give a shout out to the Dining Services Department for continuing to improve on the menu items and dining services.



HAPPY Birthday

Residents























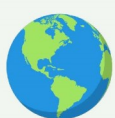


- Joe, 3/18
- Tim, 3/22
- Marilyn, 3/24
- Paul L., 3/29

Staff

- Justine, 3/03
- John, 3/08
- Christian, 3/09
- Shawna, 3/11
- Ambrose, 3/13
- Cassandra, 3/19
- Tiara, 3/21

MARCH 2024

Arbors Memory Care • 2121 E. Prater Way, Sparks, NV 89434 • 775-331-2229

SUN	MON	TUE	WED	THU	FRI	SAT	
					<div>1</div> <div>9:00 Friday Poetry</div> <div>10:00 Yuki the Dog</div> <div>10:45 Chair Yoga</div> <div>11:15 Name that Tune</div> <div>2:00 Walking Club</div> <div>3:00 Short Stories</div> <div>4:00 Bean Bag Toss</div> <div>6:00 Evening News</div> 	<div>2</div> <div>Read Across America Day</div> <div>9:00 Art History</div> <div>10:00 Chair Yoga</div> <div>11:00 Reading Aloud</div> <div>2:00 Art Trivia</div> <div>3:00 Jigsaw Fun</div> <div>4:00 Card Match</div> <div>6:00 Movie & Popcorn</div> 	
<div>3</div> <div>9:00 Spiritual Piano</div> <div>10:00 Sunday Stretch</div> <div>11:00 Bible Verse Trivia</div> <div>12:00 Wildlife Day Discussion</div> <div>2:00 Conversation Social</div> <div>3:00 Ring Toss</div> <div>4:00 Fancy Nails</div> <div>6:00 Sunday Comedy</div> 	<div>4</div> <div>9:00 Morning Update</div> <div>10:00 Sit & Be Fit</div> <div>10:30 Conversation Dice</div> <div>11:00 Learning Language</div> <div>2:00 Catfish Carl</div> <div>3:00 Bingo</div> <div>4:00 Current Events</div> <div>6:00 Monday Movie</div> 	<div>5</div> <div>9:00 Morning News</div> <div>10:00 Chair Yoga</div> <div>11:00 March Trivia</div> <div>2:00 Balloon Toss</div> <div>3:00 Picasso & Wine</div> <div>4:00 Conversation Cards</div> <div>6:00 Classic TV</div> 	<div>6</div> <div>9:00 Morning Update</div> <div>10:00 Sit & Be Fit</div> <div>10:00 Communion Service</div> <div>11:00 Jeopardy</div> <div>2:00 Letters Home</div> <div>3:00 Stretching by Birds</div> <div>4:00 Bingo</div> <div>6:00 World News</div> 	<div>7</div> <div>9:00 Morning News</div> <div>10:00 Chair Yoga</div> <div>11:00 Radiant Art</div> <div>2:00 Bowling</div> <div>3:00 Hot Potato</div> <div>4:00 Memory Lane</div> <div>6:00 Evening Movie</div> 	<div>8</div> <div>Intl. Women's Day</div> <div>9:00 Friday Poetry</div> <div>10:00 Yuki the Dog</div> <div>10:45 Chair Yoga</div> <div>11:15 Women-related Trivia</div> <div>2:00 Walking Club</div> <div>3:00 Short Stories</div> <div>4:00 Bean Bag Toss</div> <div>6:00 Evening News</div> 	<div>9</div> <div>Genealogy Day</div> <div>9:00 Today in History</div> <div>10:00 Chair Yoga</div> <div>11:00 Heritage Discussion</div> <div>2:00 Brain Games</div> <div>3:00 Jigsaw Fun</div> <div>4:00 Card Match</div> <div>6:00 Movie & Popcorn</div> 	
<div>10</div> <div>The Oscars</div> <div>9:00 Spiritual Piano</div> <div>10:00 Sunday Stretch</div> <div>11:00 Bible Verse Trivia</div> <div>2:00 Conversation Social</div> <div>3:30 Pre-Oscars Party</div> <div>4:00 Watch the Oscars / Present Awards to Residents</div> <div>6:00 Sunday Comedy</div> 	<div>11</div> <div>9:00 Morning Update</div> <div>10:00 Sit & Be Fit</div> <div>10:30 Conversation Dice</div> <div>11:00 Paint Flower Pots for Tmrw</div> <div>2:00 Cooking Club</div> <div>3:00 Bingo</div> <div>4:00 Current Events</div> <div>6:00 Monday Movie</div> 	<div>12</div> <div>Plant a Flower Day</div> <div>9:00 Morning News</div> <div>10:00 Chair Yoga</div> <div>11:00 March Trivia</div> <div>2:00 Learning Language</div> <div>2:30 Sierra Arts</div> <div>3:00 Plant Flowers in Pots</div> <div>4:00 Conversation Cards</div> <div>6:00 Classic TV</div> 	<div>13</div> <div>9:00 Morning Update</div> <div>10:00 Sit & Be Fit</div> <div>11:00 Jeopardy</div> <div>1:00 Learn About Gemstones for Jewel Day</div> <div>2:00 Violin and Piano</div> <div>3:30 Bingo</div> <div>4:30 Ring toss</div> 	<div>14</div> <div>9:00 Morning News</div> <div>10:00 Chair Yoga</div> <div>11:00 Radiant Art</div> <div>2:00 Bowling</div> <div>3:00 Hot Potato</div> <div>4:00 Memory Lane</div> <div>6:00 Evening Movie</div> 	<div>15</div> <div>9:00 Friday Poetry</div> <div>10:00 Yuki the Dog</div> <div>10:45 Chair Yoga</div> <div>11:15 Name that Tune</div> <div>2:00 Jim on the Guitar</div> <div>3:00 Short Stories</div> <div>4:00 Bean Bag Toss</div> <div>6:00 Evening News</div> 	<div>16</div> <div>9:00 Today in History</div> <div>10:00 Chair Yoga</div> <div>11:00 Parachute Bounce</div> <div>2:00 Brain Games</div> <div>3:00 Jigsaw Fun</div> <div>4:00 Card Match</div> <div>6:00 Movie & Popcorn</div> 	
<div>17</div> <div>St. Patrick's Day</div> <div>9:00 Spiritual Piano</div> <div>10:00 Sunday Stretch</div> <div>11:00 Learn About Ireland</div> <div>1:30 St. Patrick's Day Party</div> <div>3:30 Ring Toss</div> <div>4:00 Fancy Nails</div> <div>6:00 Sunday Comedy</div> 	<div>18</div> <div>Wellderly Week Begins</div> <div>9:00 Morning Update</div> <div>10:00 Sit & Be Fit</div> <div>10:30 Conversation Dice</div> <div>11:00 Learning Language</div> <div>2:00 Cooking Club</div> <div>3:00 Bingo</div> <div>4:00 Current Events</div> <div>6:00 Monday Movie</div> 	<div>19</div> <div>Spring Begins</div> <div>9:00 Morning News & Spring Trivia</div> <div>10:00 Chair Yoga</div> <div>11:00 Wellderly Week: Residents, We Appreciate You Party!</div> <div>2:00 Balloon Toss</div> <div>3:00 Picasso & Wine</div> <div>4:00 Conversation Cards</div> <div>6:00 Classic TV</div> 	<div>20</div> <div>9:00 Morning Update</div> <div>10:00 Sit & Be Fit</div> <div>11:00 Jeopardy</div> <div>2:00 Letters home</div> <div>3:00 Stretching by Birds</div> <div>4:00 Bingo</div> <div>6:00 World News</div> 	<div>21</div> <div>9:00 Morning News</div> <div>10:00 Chair Yoga</div> <div>11:00 Radiant Art</div> <div>2:00 Bowling</div> <div>3:00 Hot Potato</div> <div>4:00 Memory Lane</div> <div>6:00 Evening Movie</div> 	<div>22</div> <div>9:30 Friday Poetry</div> <div>10:00 Yuki the Dog</div> <div>10:45 Chair Yoga</div> <div>11:15 Name that Tune</div> <div>2:00 Walking Club</div> <div>3:00 Short stories</div> <div>4:00 Bean Bag Toss</div> <div>6:00 Evening News</div> 	<div>23</div> <div>9:00 Jigsaw Trivia</div> <div>10:00 Chair Yoga</div> <div>11:00 Parachute Bounce</div> <div>2:00 Brain Games</div> <div>3:00 Jigsaw Fun</div> <div>4:00 Card Match</div> <div>6:00 Movie & Popcorn</div> 	
<div>24</div> <div>9:00 Spiritual Piano</div> <div>10:00 Stretch</div> <div>11:00 Bible Trivia</div> <div>2:00 Convo. Social</div> <div>3:00 Ring Toss</div> <div>4:00 Fancy Nails</div> <div>6:00 Sunday Comedy</div> 	<div>31</div> <div>Easter</div> <div>9:00 Spiritual Piano</div> <div>10:00 Sunday Stretch</div> <div>11:00 Decorate Cupcakes</div> <div>2:00 - 3:30 Easter Egg Hunt</div> <div>3:00 Ring Toss</div> <div>4:00 Fancy Nails</div> <div>6:00 Sunday Comedy</div> 	<div>25</div> <div>9:00 Morning Update</div> <div>10:00 Sit & Be Fit</div> <div>10:30 Conversation Dice</div> <div>11:00 Learning Language</div> <div>2:00 Cooking Club</div> <div>3:00 Bingo</div> <div>4:00 Current Events</div> <div>6:00 Monday Movie</div> 	<div>26</div> <div>9:00 Morning News</div> <div>10:00 Chair Yoga</div> <div>11:00 Trivia</div> <div>2:00 Balloon Toss</div> <div>3:00 Picasso & Wine</div> <div>4:00 Conversation Cards</div> <div>6:00 Classic TV</div> 	<div>27</div> <div>9:00 Morning Update</div> <div>10:00 Sit & Be Fit</div> <div>11:00 Jeopardy</div> <div>2:00 Letters Home</div> <div>3:00 Stretching by Birds</div> <div>4:00 Bingo</div> <div>6:00 World News</div> 	<div>28</div> <div>9:00 Morning News</div> <div>10:00 Chair Yoga</div> <div>11:00 Radiant Art</div> <div>2:00 Bowling</div> <div>3:00 Hot Potato</div> <div>4:00 Memory Lane</div> <div>6:00 Evening Movie</div> 	<div>29</div> <div>9:00 Friday Poetry</div> <div>10:00 Yuki the Dog</div> <div>10:45 Chair Yoga</div> <div>11:15 Name that Tune</div> <div>2:00 Jim on the Guitar</div> <div>3:00 Short Stories</div> <div>4:00 Bean Bag Toss</div> <div>6:00 Evening News</div> 	<div>30</div> <div>9:00 Today in History</div> <div>10:00 Chair Yoga</div> <div>11:00 Parachute Bounce</div> <div>2:00 Brain Games</div> <div>3:00 Jigsaw Fun</div> <div>4:00 Card Match</div> <div>6:00 Movie & Popcorn</div> 



March 2024

upcoming events

March 1, 8, 15, 22, & 29

Yuki the Dog
10 am

March 4
Catfish Carl
2 pm Performance

March 15
Jim on the Guitar
2 pm Performance

March 17
St. Patrick's Day
Resident Party
1:30-3:30 pm

March 19
Residents, We
Appreciate You
Party! 11 am

March 31
Cupcake
Decorating
11 am &
Easter Egg Hunt
2:00 - 3:30 pm

Our mission is to create and maintain comfortable, caring environments for those who depend on us.