

Resident Spotlight



Erma

Erma is newer addition to the Arbors family and makes folks laugh with her blunt wit. She spent most of her life in Southern California raising four kids. She then traveled all through Nevada and Arizona in her later years before settling in the Reno area.

Erma often joins in for Bingo which she has loved playing her whole life. She also enjoys a good game of cards. Erma prefers a good book over television and loves a good murder mystery.

Erma's grandkids and family are often seen visiting as they reminisce and laugh about memories (like the time her daughters decided to wash the car with steel wool pads)!

Team Member Spotlight



Tiara, Med Tech

Tiara was born in Guam. She came to the U.S. in 2009 and graduated high school in WA. She moved to Reno in late 2023 and joined Arbors as a caregiver in January 2024. She quickly made a great contribution to the community and residents' care and became a med tech in April 2024. She loves painting and snowboarding. Tiara has great energy, is always smiling, and has lots of love and compassion for our residents. We are glad to have you on the team, Tiara.

moments captured



Picnic in the park. Residents enjoyed being out at Pah Rah Mountain Park.

We had the perfect weather for a trip out.



Young Nixon visits our residents and plays chess with resident Scott.

Shirley is monitoring the challenge and cheering on!

Do you know someone in need of the services Arbors Memory Care provides?

refer a friend!

When you refer friends or family members and one becomes a resident, you'll be credited \$500 off the next month's rent.

You can earn \$500 by referring a friend or loved one!

The best part? There's no limit as to how many referrals you may make.

*See Executive Director for restrictions, details, and residency requirements.

May 2024

The Arbors Bulletin

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



A Note from the Executive Director



Assaad Zeid,
Executive Director

The month of May is filled with the sounds of birds, the smell of fresh flowers and summer breezes from time to time. The month marks the end of spring and the beginning of summer.

There's growing anticipation for backyard barbecues, get togethers, and outdoor activities.

My favorite days in May are Mother's Day May 12th (top of the list), and Memorial Day on May 27th.

We will be having a Pre-Mother's Day special event on Friday, May 10th. I hope you can join us. We're also having a pre-Memorial Day BBQ on Friday, May 24th.

Happy Mother's Day to all the moms!

HAPPY Birthday

Residents

- Maxie H, 05/16
- Shirley A, 05/22

Staff

- Alissa A, 05/09
- Lisa E, 05/13
- Kyle H, 05/19
- Karen H, 05/28

MAY 2024

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SUN	MON	TUE	WED	THU	FRI	SAT
			1 9:00 Morning Updates 10:00 Golden Walkers 11:00 Word Games 2:00 Bowling 3:30 Sunshine Visits 4:00 Table Games	2 9:00 Morning News 10:00 Music & Movement 11:00 Reminiscing 2:00 Ring Toss 3:30 BINGO 6:00 Classic TV	3 Two Different Shoes Day 9:00 Morning Updates 10:00 Sit & Be Fit 11:00 Match Game 2:00 Hot Potato 3:00 Happy Hour 6:00 Friday Night Movie	4 Scrapbook Day 9:00 Morning News 10:00 Chair Yoga 11:00 Reminiscing 2:00 Cooking Club 3:30 Karaoke 4:30 Sunshine Visits
5 Lemonade Day 9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Letter Writing 2:00 Fancy Nails 3:30 Happy Hour 4:30 Trivia	6 9:00 Morning News 10:00 Golden Walkers 11:00 Animal Trivia 2:00 Memory Lane 3:30 BINGO 6:00 Classic TV	7 9:00 Morning Updates 10:00 Fitness Fun 11:00 Trivia 2:30 Sierra Arts Music 3:30 Table Games 6:00 Evening News	8 9:00 Morning News 10:00 Sit & Be Fit 11:00 Word Games 2:00 Bowling 3:30 Sunshine Visits 4:00 Puzzle Time	9 9:00 Morning Updates 10:00 Ball Exercises 11:00 Funny Pet Videos 2:00 Bean Bag Toss 3:30 BINGO 6:00 Classic TV	10 9:00 Morning News 10:00 Yuki the Dog Visits 11:00 Chair Yoga 12:30 Mother's Day BBQ 2:00 Bowling 3:00 Happy Hour 6:00 Friday Night Movie	11 9:00 Morning Updates 10:00 Music & Movement 11:00 Reminiscing 2:00 Scrabble Fun 3:30 Arts & Crafts 4:30 Sunshine Visits
12 Mother's Day* 9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Flower arranging 2:00 Fancy Nails 3:30 Mocktails 4:30 Conversation Cards (*BBQ for Mother's Day is on the 10th.)	13 9:00 Morning Updates 10:00 Chair Yoga 11:00 Art Appreciation 2:00 Chapel Service 3:30 BINGO 6:00 Classic TV	14 9:00 Morning News 10:00 Sit & Be Fit 11:00 Short Stories 2:00 Bean Bag Toss 4:00 Music Memories 6:00 Evening News	15 9:00 Morning Updates 10:00 Music & Movement 11:00 Trivia 2:00 Bowling 3:30 Sunshine Visits 4:00 Table Games	16 9:00 Morning News 10:00 Chair Yoga 11:00 Word Games 2:00 Bean Bag Toss 3:30 BINGO 6:00 Classic TV	17 9:00 Morning Updates 10:00 Ball Exercises 11:00 Card Games 2:00 Arts & Crafts 4:00 Fancy Nails 6:00 Friday Night Movie	18 9:00 Morning News 10:00 Sit & Be Fit 11:00 Reminiscing 2:00 Arts & Crafts 3:30 Sing Along 4:30 Sunshine Visits
19 Plant Something Day 9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Planting Plants 2:00 Fancy Nails 3:30 Creative Fun 4:30 Trivia	20 9:00 Morning News 10:00 Ball Exercises 11:00 Funny Videos 2:00 Memory Lane 3:30 BINGO 6:00 Classic TV	21 Meditation Day 9:00 Morning Updates 10:00 Music & Movement 11:00 Picnic in the Park 2:00 Violin & Piano 3:30 Poetry Club 6:00 Evening News	22 9:00 Morning News 10:00 Chair Yoga 11:00 Word Games 2:00 Bowling 3:30 Sunshine Visits 4:00 Table Games	23 World Turtle Day 9:00 Morning Updates 10:00 Fitness Fun 11:00 Learn about Turtles 2:00 Ring Toss 3:30 BINGO 6:00 Classic TV	24 9:00 Morning News 10:00 Yuki the Dog Visits 11:00 Sit & Be Fit 12:30 Memorial Day BBQ 2:30 Blackjack with AZ 3:30 Tree Art 6:00 Friday Night Movie	25 Sing Out Loud Day 9:00 Morning Updates 10:00 Golden Walkers 11:00 Singing 2:00 Armchair Travel 3:30 Flower Arranging 4:30 Sunshine Visits
26 Paper Airplane Day 9:00 Spiritual Piano 10:00 Sunday stretch 11:00 Paper Plane Making or Coloring to Music 2:00 Fancy Nails 3:30 Mocktails 4:30 Conversation Cards	27 Memorial Day* 9:00 Morning Updates 10:00 Sit & Be Fit 11:00 Word Games 2:00 Golf 3:30 BINGO 6:00 Classic TV (*BBQ for Memorial Day is on the 24th)	28 9:00 Morning News 10:00 Fitness Fun 11:00 Jazz Trivia 2:00 Bean Bag Toss 3:30 BINGO 6:00 Evening News	29 Sr. Health & Fitness Day 9:00 Morning Updates 10:00 Music & Movement 11:00 Poetry Fun 2:00 Kickball for Fitness Day 3:30 Sunshine Visits 4:00 Table Games	30 Creativity Day 9:00 Morning News 10:00 Chair Yoga 11:00 Word Games 2:00 Bean Bag Toss 3:30 BINGO 6:00 Classic TV	31 9:00 Morning Updates 10:00 Ball Exercises 11:00 Card Games 2:00 Birthday Bash w/ Jim 4:00 Fancy Nails 6:00 Friday Night Movie	

Arbors
Memory Care

May 2024

upcoming events



May 10: Mother's Day BBQ at 12:30 pm

May 19: Gardening for Plant Something Day at 11 am

May 24: Memorial Day BBQ at 12:30 pm

May 29: Kickball for Senior Health & Fitness Day at 2 pm

May 31: Birthday Bash with Jim at 2 pm

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