

Resident Spotlight



Weezie

Weezie recently joined the Arbors family, bringing with her a love for teaching and playing bridge. She grew up as a coal miner's daughter in Pennsylvania, moved to Delaware for a teaching job, and even lived in France for a couple years! Weezie moved to Reno to be closer to her daughter who is a therapist with her own company here in Reno. She also has a son who is a musician in Atlanta. Weezie can be found on frequent walks or playing cards. She loves to chat about teaching and different perspectives. We're thrilled to have Weezie in our community!

Team Member Spotlight



Terra, Med Tech/Caregiver

Terra was born and raised in Reno and graduated from Spanish Springs High School. With 10+ years of caregiving experience, she joined Arbors almost a year ago. Terra has transitioned from Caregiving to Med Tech. She has three children. Her hobbies include riding dirt bikes, camping, 4 wheeling and spending time with her kids. We are glad to have you on the team, Terra!

moments captured



At left: Residents inspecting new blooming flowers. Arbors grounds have been blooming with amazing colorful flowers.



Above: Picnic at the Marina enjoying the beautiful weather, then a walk to the Veterans Memorial Plaza.

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June 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

May was full of activities and celebrations. We had a great pre-Mother's Day luncheon with great food and turnout. Thank you to those who joined us.

June will be just as exciting! This month, we will be celebrating Flag Day, Father's Day, the first day of summer, and The Longest day of the year. (June 21st) The

Longest Day is the day with the most light—the Summer Solstice. The Corvette Club of Reno and classic and vintage cars will be participating in our fundraising event whose proceeds will benefit the Alzheimer's Association. We will have hamburgers, hot dogs and root beer floats, as well as raffle tickets for giveaway baskets. Hope you can join us!

Happy Father's Day to all!

HAPPY Birthday

Residents

- Gary 6/06
- Richard 6/10

Staff

- Tammy C., 6/04
- Alfredo Y., 6/10
- Hannah S., 6/21
- Courtney M., 6/24

JUNE 2024

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SUN	MON	TUE	WED	THU	FRI	SAT
						1 9:00 Morning News 10:00 Chair Yoga 11:00 Reminiscing 2:00 Cooking Club 3:30 Karaoke 4:30 Sunshine Visits
2 Gardening Week Begins! 9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Letter Writing 2:00 Bean Bag Toss 3:30 Happy Hour 4:30 Plants Trivia	3 9:00 Morning News 10:00 Golden Walkers 11:00 Labeled Plant Stake Craft 2:00 Catfish Music 3:30 BINGO 6:00 Classic TV	4 9:00 Morning Updates 10:00 Fitness Fun 11:00 Baseball Trivia 2:30 Bean Bag Toss 3:30 Writing Garden Poems 6:00 Evening News	5 9:00 Morning News 10:00 Sit & Be Fit 11:00 Word Games 12:00 Pizza outing 2:00 Bowling 3:30 Sunshine Visits 4:00 Puzzle Time	6 9:00 Morning Updates 10:00 Ball Exercises 11:00 Funny Pet Videos 2:00 Gardening 3:30 BINGO 6:00 Classic TV	7 9:00 Morning News 10:00 Yuki the Dog Visits 11:00 Chair Yoga 2:00 Bowling 3:00 Black Jack 6:00 Friday Night Movie: The Secret Garden	8 World Oceans Day 9:00 Morning Updates 10:00 Music & Movement 11:00 Reminiscing 2:00 Scrabble Fun 3:30 Ocean Paintings 4:30 Sunshine Visits
9 9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Flower arranging 2:00 Trivia 3:30 Mocktails 4:30 Conversation Cards	10 Herb & Spice Day 9:00 Morning Updates 10:00 Chair Yoga 11:00 Herbs & Spices Trivia 2:00 Chapel Service 3:30 BINGO 6:00 Classic TV	11 9:00 Morning News 10:00 Sit & Be Fit 11:00 Short Stories 2:30 Sierra Music 4:00 Music Memories 6:00 Evening News	12 9:00 Morning Updates 10:00 Music & Movement 11:00 Trivia 2:00 Bowling 3:30 Sunshine Visits 4:00 Table Games	13 9:00 Morning News 10:00 Chair Yoga 11:00 Word Games 2:00 Bean Bag Toss 3:30 BINGO 6:00 Classic TV	14 Flag Day 9:00 Morning Updates 10:00 Ball Exercises 11:00 Card Games 2:00 Flag Art 4:00 Fancy Nails 6:00 Friday Night SCI-FI Movie	15 9:00 Morning News 10:00 Sit & Be Fit 11:00 Reminiscing 2:00 Fruit Model Drawing 3:30 Sing Along 4:30 Sunshine Visits
16 Happy Father's Day! 9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Father's Day Celebration 2:00 Bean Bag Toss 3:30 Creative Fun 4:30 Trivia	17 9:00 Morning News 10:00 Ball Exercises 11:00 Funny Videos 2:00 Memory Lane 3:30 BINGO 6:00 Classic TV	18 9:00 Morning Updates 10:00 Music & Movement 11:00 Word Games 2:00 Violin & Piano 3:30 Poetry Club 6:00 Evening News	19 Juneteenth 9:00 Morning News 10:00 Chair Yoga 11:30 Picnic in the Park 2:00 Bowling 3:30 Sunshine Visits 4:00 Table Games	20 Summer Begins / Eagle Day 9:00 Morning Updates 10:00 Fitness Fun 11:00 Learn about Bald Eagles 2:00 Ring Toss 3:30 BINGO 6:00 Classic TV	21 World Music Day 9:00 Morning News 10:00 Yuki the Dog Visits 11:00 Sit & Be Fit 2:00 Bowling 4:00 Longest Day Car show 6:00 Friday Night Comedy Movie	22 9:00 Morning Updates 10:00 Golden Walkers 11:00 Singing 2:00 Armchair Travel 3:30 Flower Arranging 4:30 Sunshine Visits
23 The Color Pink Day! 9:00 Spiritual Piano 10:00 Sunday stretch 11:00 Paint Using Pink Colors 2:00 Trivia 3:30 Mocktails 4:30 Conversation Cards	24 9:00 Morning Updates 10:00 Sit & Be Fit 11:00 Word Games 2:00 Golf 3:30 BINGO 6:00 Classic TV	25 Color TV Day 9:00 Morning News 10:00 Fitness Fun 11:00 Word Games 2:00 TV History Trivia 3:30 BINGO 6:00 Evening News	26 9:00 Morning Updates 10:00 Music & Movement 11:00 Poetry Fun 2:00 Kickball 3:30 Sunshine Visits 4:00 Table Games	27 National Bingo Day 9:00 Morning News 10:00 Chair Yoga 11:00 Word Games 2:00 Bean Bag Toss 3:30 Special Cards BINGO 6:00 Classic TV	28 9:00 Morning Updates 10:00 Ball Exercises 11:00 Card Games 2:00 Birthday Party 4:00 Fancy Nails 6:00 Friday Night Action Movie	29 9:00 Morning News 10:00 Sit & Be Fit 11:00 Reminiscing 2:00 Negative Space Tape Art 3:30 Sing Along 4:30 Sunshine Visits
30 9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Planting Plants 2:00 Bean Bag Toss 3:30 Creative Fun 4:30 Outer Space Trivia						

Arbors
Memory Care

June 2024
upcoming events



Gardening Week 6/2
Various garden-related activities!

Father's Day
Celebration 6/16 at 11 AM

Longest Day Car
Show 6/21 at 4 PM

National Bingo Day
6/27 at 3:30 PM



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