

Resident Spotlight: Howard



Howard spent his life giving to his community and fellow countrymen. Starting off in the Air Force as a pilot, he then used those skills to become the chief pilot of helicopters for his local fire

department. He received the medal of valor for efforts in rescuing fellow firefighters and to this day takes great pride in being part of both the Air Force and Fire Department families. His family considers him the Jack-Of-All-Trades, and his children say Dad could fix anything. He has long enjoyed scuba diving, boating, motorcycles, and even has a love for Jazz music. Howard has a booming voice and even brighter smile. We're grateful Howard is a part of the family.

Team Member Spotlight: Vilma



Prior to joining our Arbors family, Vilma ran the kitchen for a small local restaurant in the Reno area. Her passion for making family and friends happy, makes behind the stove her favorite place to be. You can often find her mingling with the

residents after a meal, asking how they liked the food and inquiring about any special requests they would like to see on the menu. She loves the challenge of learning to cook a new dish, savory or sweet! Vilma spends her time at home taking care of her three kids. She loves to garden and it's no surprise with her passion for healthy food. Just ask Vilma last time she's been sick and she'll tell you, never! She believes healthy and delicious foods keep us all happy and well. She would love to share in your family food traditions.

moments captured



Veteran's Day

Ceremony: We want to thank the Nevada Department of Veteran Services and to the Color Guard for the honorable salute and amazing pinning ceremony they had for our veterans we have here at Arbors! Thank you to our heroes for their service!



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December 2024

The Arbors Bulletin

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



HAPPY Birthday

Residents

- Kathleen, December 8
- Claire, December 12
- Milka, December 20
- Cora, December 31

Staff

- Fabby, December 22
- Aileen, December 31

A Note from the Executive Director

Dear Residents, Family, and Friends of Arbors Memory Care,



Amanda Jenkins,
Executive Director

It's that magical time of the year and we can't wait to celebrate the Christmas season with our residents. We would like to invite families to join us for an elegant holiday dinner on Thursday, December 19th at 12:30 pm. Please call our concierge at the front to RSVP no later than December 17th. After dinner we expect a visit from Santa and will have a hot cocoa bar for all to enjoy.

We will also be hosting a Hanukkah candle lighting ceremony at 2 pm on December 25-January 2 and encourage all families interested to join loved ones for these special moments.

I look forward to spending time with all of you.

Wishing you magic this season,

Amanda Jenkins

DECEMBER 2024

Arbors Memory Care

• 2121 E. Prater Way, Sparks, NV 89434

• 775-331-2229

SUN	MON	TUE	WED	THU	FRI	SAT
1 9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Adult Coloring 2:00 Hand Spa 3:30 Parachute Ball Toss 4:30 Trivia 6:00 Jeopardy	2 9:00 Morning News 10:00 Ball Exercises 11:00 Popcorn Garland Making 2:00 Catfish Carl 3:30 BINGO 6:00 Movie and Popcorn	3 9:00 Morning Updates 10:00 Prayers with Deacon 11:00 Christmas Tree Decorating 2:00 Holiday Memory Boxes 3:30 BINGO 6:00 Golden Girls	4 9:00 Morning News 10:00 Catholic Communion 11:00 Word Games 2:00 Adult Coloring 3:30 Parachute Ball Toss 4:00 Table Games 6:00 I Love Lucy	5 9:00 Morning Chronicle 10:00 Fitness Fun 11:00 Aromatherapy 2:00 Live Bluegrass Music 3:30 BINGO 6:00 Wheel of Fortune	6 9:00 Morning News 10:00 Holiday Cookie Baking 11:00 Jenga Build 2:00 Parachute Ball Toss 4:00 Hand Spa 6:00 SciFi Movie	7 9:00 Morning Updates 10:00 Golden Walkers 11:00 Bean Bag Toss 2:00 Armchair Travel 3:30 BINGO 4:30 Sunshine Visits 6:00 Family Feud
8 9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Adult Coloring 2:00 Hand Spa 3:30 Parachute Ball Toss 4:30 Trivia 6:00 Jeopardy	9 9:00 Morning News 10:00 Ball Exercises 11:00 Bean Bag Toss 2:00 Chaplin Service 3:30 BINGO 6:00 Movie and Popcorn	10 9:00 Morning Updates 10:00 Music & Movement 11:00 Bowling 2:30 Sierra Arts Performance 3:30 BINGO 4:30 Support Group	11 9:00 Morning News 10:00 Chair Yoga 11:00 Crafting with Pearls 2:00 Adult Coloring 3:30 Parachute Ball Toss 4:00 Table Games 6:00 I Love Lucy	12 9:00 Morning Chronicle 10:00 Fitness Fun 11:00 Gingerbread Houses 2:00 Ring Toss 3:30 BINGO 6:00 Elf Movie	13 9:00 Morning News 10:00 Yuki Visit 11:00 Sit & Be Fit 2:00 Parachute Ball Toss 4:00 Girl Scout Ornament Making 6:00 SciFi Movie	14 9:00 Morning Updates 10:00 Golden Walkers 11:00 Bean Bag Toss 2:00 Armchair Travel 3:30 BINGO 4:30 Sunshine Visits 6:00 Family Feud
15 Wear Pearls Day 9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Pictures with Pearls 2:00 Hand Spa 3:30 Parachute Ball Toss 4:30 Trivia 6:00 Jeopardy	16 9:00 Morning News 10:00 Ball Exercises 11:00 Holiday Cards 2:00 Holiday Poems 3:30 BINGO 6:00 Movie and Popcorn	17 9:00 Morning Updates 10:00 Prayers with Deacon 11:00 Bowling 2:00 Violin and Piano 3:30 BINGO 6:00 Golden Girls	18 9:00 Morning News 10:00 Ping Pong Game 11:00 Word Games 2:00 Adult Coloring 3:30 Parachute Ball Toss 4:00 Table Games 6:00 I Love Lucy	19 9:00 Morning Chronicle 10:00 Fitness Fun 12:30 Christmas Dinner 2:00 Christmas Party 3:30 Santa Visit 4:00 Hot Cocoa Bar 6:30 Christmas Movie	20 Ugly Sweater Day 9:00 Morning News 10:00 Gardening Club 11:00 Sit & Be Fit 1:30 Jim on the Guitar 4:00 Hand Spa 6:00 SciFi Movie	21 9:00 Morning Updates 10:00 Golden Walkers 11:00 Bean Bag Toss 2:00 Elk Lodge Carolers 3:30 BINGO 4:30 Sunshine Visits 6:00 Family Feud
22 9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Adult Coloring 2:00 Hand Spa 3:30 Parachute Ball Toss 4:30 Trivia 6:00 Holiday Movie	23 9:00 Morning News 10:00 Ball Exercises 11:00 Holiday Short Stories 2:00 Bean Bag Toss 3:30 BINGO 6:00 Movie and Popcorn	24 Christmas Eve 9:00 Morning Updates 10:00 Music & Movement 11:00 Bowling 2:00 Memory Boxes 3:30 BINGO 6:00 Santa Claus Movie	25 Christmas Day 9:00 The Grinch Movie 10:00 Presents from Family 11:00 Hot Cocoa Bar 2:00 Hanukkah Candle Lighting 3:30 Parachute Ball Toss 4:00 Jenga Build 6:00 A Christmas Story Movie	26 9:00 Morning Chronicle 10:00 Fitness Fun 11:00 Aromatherapy 2:00 Hanukkah Candle Lighting 3:30 BINGO 4:00 Armchair Travel 6:00 Wheel of Fortune	27 9:00 Morning News 10:00 Yuki Visit 11:00 Sit & Be Fit 2:00 Hanukkah Candle Lighting 4:00 Hand Spa 6:00 SciFi Movie	28 9:00 Morning Updates 10:00 Golden Walkers 11:00 Bean Bag Toss 2:00 Hanukkah Candle Lighting 3:30 BINGO 4:30 Sunshine Visits 6:00 Family Feud
29 9:00 Spiritual Piano 10:00 Sunday Stretch 11:00 Adult Coloring 2:00 Hanukkah Candle Lighting 3:30 Parachute Ball Toss 4:30 Trivia 6:00 Jeopardy	30 9:00 Morning News 10:00 Ball Exercises 11:00 Bean Bag Toss 2:00 Hanukkah Candle Lighting 3:30 BINGO 6:00 Movie and Popcorn	31 New Years Eve 9:00 Morning Updates 10:00 Prayers with Deacon 11:00 Ping Pong Game 2:00 Hanukkah Candle Lighting 3:30 BINGO 6:00 NYE Toast and Pictures				



December 2024 upcoming events

Christmas Tree Decorating
12/3 at 11 AM
Multiple Locations

Holiday Cooking Baking
12/6 at 10 AM
The Clubhouse

Gingerbread Houses
12/12 at 11 AM

Santa Visits
12/19 at 3:30 PM

Hanukkah Candle Lighting
12/25- 1/2 at 2 PM
Tahoe Terrace



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