

Shining Star



Tess Bryant

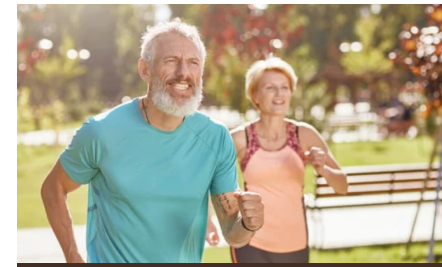
Tess is this month's shining star for her dedication and loyalty to our community and residents. We always know that we can all count on her to be there when needed. Tess is a wonderful team player, caring to our residents, and knowledgeable on what needs to be done. Thank you Tess for all you do here at Stone Valley to make it all happen.

AUGUST BIRTHDAYS

11th Shirley W.
14th Michael M.
16th Judith R.

Team Members

3rd Patricia C.
18th Destiny M.
25th Brittney S.
29th Maria V.



What's Going On In

August

2022



This is Sunshine's 10th annual August Wellness Month. For this year's Wellness Month we want to offer our residents the *Sunshine Wellness Experience*. Throughout the month there will be opportunities to learn information from local wellness professionals about wellness practices for you to live a healthier life. We have upcoming exercise challenges, informative wellness seminars, instructional workshops, exciting new activities and prizes for everyone!

Team Members

Executive Director.....Tim Grafton
Health Services Director.....Kayla Johnson
Comm. Development Director....Tom Taylor
Life Enrichment Director.....Lisa Rains
Business Office Manager.....Christy Robbins
Executive Chef.....Robert Baca
Maintenance Director.....Daniel Nauertz

Meal Times

Breakfast.....7:00 a.m. - 9:00 a.m.
Lunch.....11:00a.m. - 1:00p.m.
Dinner.....4:45 p.m. - 6:00 p.m.
Hydration & Snackivity.....10:30, 2:30, 6:30

Movie Showings

6:00 Main Living Room

Mondays.....Musicals
Tuesdays.....Travel Documentaries
Wednesdays.....Westerns
Thursdays.....Family Favorites
Fridays.....Flashbacks: 50's & Older
Saturdays.....Viewers Choice
Sundays.....TV Series: Andy Griffith

Reoccurring Activities

Church Service | Sundays
Exercise | Everyday | AM & Wed. Afternoons



Join us Wednesday at 11:00 AM
Let's see how many miles we can walk together.



Join us Tuesday August 30th 2pm
For our family support group. This month's GET INFORMED theme is "Tips for a successful visit".
Call Lisa@ 775-800-3092 to RSVP

Special Events

Wellness Month

8/1 Resident Council | 9:15
8/1 Wellness Kickoff Smoothies | 3:00
8/3 Music with Colin Ross | 3:00
8/9 "Get Restored" Spa Water Creation | 9:15
8/10 "Give Back" Making Lavender Sugar Scrub | 10:00
8/10 Music with Eldercare Series | 2:00
8/11 "Get Restored" Lavender Hand Massages | 10:00
8/19 Music with Jim Buehler | 3:00
9/23 Resident Spotlight | 9:15
9/25 August Birthday Party w/ Catfish Carl | 3:00
9/30 "Get Informed" Family Visits w/Kindred | 2:00
9/31 "Give Back" Alzheimer's Fundraiser | 2:00

Get Fit!

New Classes For Wellness month.
Tuesdays | 11:00 Chair Shakers
Wednesdays | 11:00 Walking On Sunshine
Thursdays | 11:00 Mobility Scarves

Important Phone Numbers

Office.....775-746-2200
Fax.....775-746-2205
Activities.....775-800-3092



AUGUST

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



STONE VALLEY
ASSISTED LIVING & MEMORY CARE
6155 Stone Valley Drive
Reno, NV 89523

 <p>STONE VALLEY ASSISTED LIVING & MEMORY CARE 6155 Stone Valley Drive Reno, NV 89523</p>	<p>9:15 Resident Council AR 1 10:00 Pet Therapy Collage AR 11:00 Happy Yoga AR 1:00 Sing A Long AR 2:00 Fruit & Veggie Coloring AR 3:00 Wellness Kickoff Smoothies 4:00 VR Travel Lakes AR 6:00 Musical MLR</p>	<p>9:15 Men's Group Trivia DR 2 10:00 Chalk Art AR 11:00 Chair Shakers AR 1:00 Pet Therapy "Winston" CC 2:00 50' Sing-Along AR 3:00 BINGO Fun AR 4:00 Aromatherapy Meditate AR 6:00 Travel Documentary MLR</p>	<p>9:15 Picture This? AR 3 10:00 Sensory Sands AR 11:00 Walking On Sunshine CC 1:00 Armchair Travel AR 2:00 Puzzle Club AR 3:00 Music w/Colin Ross DR  4:00 Afternoon Stretch AR 6:00 Western Wednesday MLR</p>	<p>9:15 Daily Chronicles AR 4 10:00 Scenic Drive OU 11:00 Mobility Scarves AR 1:00 Sing A Long AR 2:00 Dinner For 2 Story AR 3:00 BINGO Fun AR 4:00 Resident VS Staff Game 6:30 Family Favorites MLR</p>	<p>9:15 Discovery Boxes AR 5 10:00 Fitter sitters AR 11:00 Pretty Nails AR 1:00 Baseball Detective AR 2:00 Noodle Ball DR 3:00 BINGO Fun AR 4:00 Bean Bag Toss CC 6:00 TCM Movie Night MLR</p>	<p>9:15 Watercolors AR 6 10:00 Morning Stretch AR 11:00 Daily Chronicles AR 1:00 Puzzles & Games AR 2:00 Picture This? AR 3:00 BINGO Fun AR 4:00 Music & Dance AR 6:00 Viewers Choice MLR</p>
<p>9:15 Zumba Fitness AR 7 10:00 Morning Hymns AR 11:00 Daily Chronicles AR 1:00 Spiritual Eldercare AR 2:30 Sundaes on Sunday AR 3:00 Sing-A-Long AR 4:00 Sunday Stretch CC 6:00 Andy Griffith Show MLR</p>	<p>9:15 Garden Watering CC 8 10:00 Pet Therapy Winston AR 11:00 Happy Yoga AR 1:00 Finish The Drawings AR 2:00 Baking Cookies PD  3:00 Gold Rush Word Search AR 4:00 VR Travel Ocean AR 6:00 Musical MLR</p>	<p>9:15 Spa Water Creation AR 9 10:00 Gold Scavenger Hunt CC 11:00 Chair Shakers AR 1:00 Jewelry Reminisce SR 2:00 50' Sing-Along AR 3:00 BINGO Fun AR 4:00 Aromatherapy Meditate AR 6:00 Travel Documentary MLR</p>	<p>9:15 Fair Detective AR 10 10:00 Making Sugar Scrub AR 11:00 Walking On Sunshine CC 1:00 Armchair Travel AR 2:00 Music w/Nevada Arts DR  3:00 Sensory Garden Herbs AR 4:00 Afternoon Stretch AR 6:00 Western Wednesday MLR</p>	<p>9:15 Sensory Hydration AR 11 10:00 Hand Massages AR 11:00 Mobility Scarves AR 1:00 Reminisce Stories AR 2:00 Floor Soccer DR 3:00 Aromatherapy Meditate AR 4:00 Resident VS Staff Game 6:30 Family Favorites MLR</p>	<p>9:15 August Trivia CC 12 10:00 Fitter sitters AR 11:00 Camping Detective AR 1:00 Puzzle Cub AR 2:00 Wii Games AR 3:00 BINGO Fun AR 4:00 Garden Watering AR 6:00 TCM Movie Night MLR</p>	<p>9:15 Coloring & Classical AR 13 10:00 Morning Stretch AR 11:00 Watercolors AR 1:00 Puzzle Club AR 2:00 Perfect Day Story AR 3:00 BINGO Fun AR 4:00 Flower Arranging DR 6:00 Viewers Choice MLR</p>
<p>9:15 Zumba Fitness AR 14 10:00 Morning Hymns AR 11:00 Pet Therapy "Winston" AR 1:00 Spiritual Eldercare AR 2:30 Sundaes on Sunday AR 3:00 Bingo Fun AR 4:00 Sunday Stretch CC 6:00 Andy Griffith Show MLR</p>	<p>9:15 Panda Cam AR 15 10:00 Watercolors AR 11:00 Happy Yoga AR 1:00 Movie Matinee AR 2:30 VR Travel Mountains AR 3:30 Aromatherapy Meditate AR 4:00 Garden Sensory Walk CC 6:00 Musical MLR</p>	<p>9:15 Sing A Long AR 16 10:00 Pretty Nails AR 11:00 Chair Shakers AR 1:00 Armchair Travel AR 2:00 Noodle Ball AR 3:00 BINGO Fun AR 4:00 Music & Dance AR 6:00 Travel Documentary MLR</p>	<p>9:15 Flower Arranging DR 17 10:00 Puppy Coloring AR 11:00 Walking On Sunshine CC 1:00 Watercolor Wednesday AR 2:00 Picture This? AR 3:00 BINGO Fun AR 4:00 Afternoon Arm Bands AR 6:00 Wednesday Western MLR</p>	<p>9:15 Garden Watering CC 18 10:00 Mobility Scarves AR 11:00 Discovery Boxes AR 1:00 Sing A Long AR 2:00 Ice Cream Cone Coloring AR  3:00 Music w/Jim Buehler DR  4:00 Resident VS Staff Game 6:30 Family Favorites MLR</p>	<p>9:15 Puzzle Club AR 19 10:00 Fitter Sitters AR 11:00 Reminisce Story AR 1:00 Finish the Song Title AR 2:00 Snow Cone Social CC 3:00 BINGO Fun AR 4:00 Garden Watering CC 6:00 TCM Movie MLR</p>	<p>9:15 Armchair Travel AR 20 10:00 Morning Stretch AR 11:00 Daily Chronicles AR 1:00 Bean Bag Toss AR 2:00 Discovery Boxes AR 3:00 BINGO Fun AR 4:00 Flower Arranging DR 6:00 Viewers Choice MLR</p>
<p>9:15 Zumba Fitness AR 21 10:00 Morning Hymns AR 11:00 Watercolors AR 1:00 Spiritual Eldercare AR 2:30 Sundaes on Sunday AR 3:00 Puzzle Club AR 4:00 Garden Watering CC 6:00 Andy Griffith Show MLR</p>	<p>9:15 Daily Chronicles AR 22 10:00 Pet Therapy Collage AR 11:00 Happy Yoga AR 1:00 Monday Movie AR 2:30 Aromatherapy AR 3:00 BINGO Fun AR 4:00 VR Travel Deserts AR 6:00 Musical MLR</p>	<p>9:15 Resident Spotlight AR 23 10:00 Chair Shakers CC 11:00 Watercolors AR 1:00 Golf/Bowling Fun CC 2:00 Mocktails CC 3:00 BINGO Fun AR 4:00 Birdwatching Club AR 6:00 Travel Documentary</p>	<p>9:15 Puzzle Club AR 24 10:00 Classical & Coloring AR 11:00 Walking On Sunshine CC 1:00 Birdwatching Club AR 2:00 Beach Bum Detective AR 3:00 BINGO Fun AR 4:00 Garden Watering CC 6:00 Western Wednesday MLR</p>	<p>9:15 Aug. Word Search AR 25 10:00 Scenic Drive OU 11:00 Mobility Scarves AR 1:00 Reminisce Story AR 2:00 August Birthday Party DR  3:00 Music w/Catfish Carl DR  4:00 Classical & Coloring AR 6:00 Western Wednesday MLR</p>	<p>9:15 Garden Watering AR 26 10:00 Fitter Sitters AR 11:00 Sing A Long AR 1:00 Hole In One AR 2:00 Noodle Ball AR 3:00 BINGO Fun AR 4:00 Garden Sensory Walk CC 6:00 TCM Movie MLR</p>	<p>9:15 Chalk Art AR 27 10:00 Puzzle Club AR 11:00 Morning Stretch AR 1:00 Pretty Nails AR 2:00 Crafty Corner AR 3:00 BINGO Fun AR 4:00 Flower Arranging DR 6:00 Viewers Choice MLR</p>
<p>9:00 Zumba Fitness AR 28 10:00 Morning Hymns AR 11:00 Puzzle Club AR 1:00 Spiritual Eldercare AR 2:30 Sundaes on Sunday DR 3:00 Collage Creations AR 4:00 Sunday Stretch AR 6:00 Andy Griffith Show MLR</p>	<p>9:15 Pretty Nails AR 29 10:00 Pet Therapy "Winston" 11:00 Happy Yoga AR 1:00 Puzzles & Games AR 2:00 Coffee Social AR 3:00 BINGO Fun AR 4:00 VR Travel Waterfalls AR 6:00 Musical MLR</p>	<p>9:15 50's Sing Along AR 30 10:00 Chair Shakers AR 11:00 Yard Sale Word Search AR 1:00 Match Up Game AR 2:00 Get Informed "Visits" PD 3:00 BINGO Fun AR 4:00 Garden Watering AR 6:00 Travel Documentary</p>	<p>9:15 Garden Watering CC 31 10:00 Discovery Boxes AR 11:00 Walking On Sunshine CC 1:00 Friends Word Search AR 2:00 Alzheimer's Fundraiser AR 3:00 Rummage Sale Detective AR 4:00 Resident VS Staff Game 6:00 Western Wednesday MLR</p>	<p>Life Enrichment Director: Lisa.Rains@Sunshineret.com  Find us on facebook. Like us on Facebook: Facebook.com/StoneValleyALZ</p>	<p>Room Key AR—Activity Room MR—Main Living Room DR—Dining Room PD—Parkside Dining Room OU—Outing CC—Community Courtyard</p>	<p>AUGUST 2022  SUNSHINE'S 10TH ANNUAL get fit get informed get restored give back</p>

AUGUST

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



STONE VALLEY
ASSISTED LIVING & MEMORY CARE
6155 Stone Valley Drive
Reno, NV 89523

	1 9:00 Senior Stretch 10:00 Snacktivity 1:00 Calming Hand Massage 2:00 Tropical Fish 3:00 Heated Wraps 6:00 Nature Sensory Meditation	2 9:00 Senior Stretch 10:00 Snacktivity 1:00 Color Therapy 2:00 Pet Therapy Interactives 3:00 Blankets of Love 6:00 Japanese Garden Imagery	3 9:00 Senior Stretch 10:00 Snacktivity 1:00 Lavender Massage Oils 2:00 Classical Connection 3:00 Aromatherapy Dough 6:00 Ocean Serenity	4 9:00 Senior Stretch 10:00 Snacktivity 1:00 Color Therapy 2:00 Music Reminisce 3:00 Pretty Nails 6:00 Ocean Imagery	5 9:00 Senior Stretch 10:00 Snacktivity 1:00 Lavender Hand Massage 2:00 Music Therapy 4:00 Aromatherapy Relaxation 6:00 Ocean Imagery	6 9:00 Senior Stretch 10:00 Snacktivity 1:00 Rosemary Wraps 2:00 Music Therapy 3:00 Tactile Sensory 6:00 Ocean Imagery	
7 9:00 Senior Stretch 10:00 Snacktivity 1:00 Rosemary Wraps 2:00 Music Therapy 3:00 Church Service 6:00 Ocean Imagery	8 9:00 Senior Stretch 10:00 Snacktivity 1:00 Calming Hand Massage 2:00 Tropical Fish 3:00 Heated Wraps 6:00 Nature Sensory Meditation	9 9:00 Senior Stretch 10:00 Snacktivity 1:00 Color Therapy 2:00 Pet Therapy Interactives 3:00 Blankets of Love 6:00 Japanese Garden Imagery	10 9:00 Senior Stretch 10:00 Snacktivity 1:00 Lavender Massage Oils 2:00 Classical Connection 3:00 Aromatherapy Dough 6:00 Ocean Serenity	11 9:00 Senior Stretch 10:00 Snacktivity 1:00 Color Therapy 2:00 Music Reminisce 3:00 Pretty Nails 6:00 Ocean Imagery	12 9:00 Senior Stretch 10:00 Snacktivity 1:00 Lavender Hand Massage 2:00 Music Therapy 4:00 Aromatherapy Relaxation 6:00 Ocean Imagery	13 9:00 Senior Stretch 10:00 Snacktivity 1:00 Rosemary Wraps 2:00 Music Therapy 3:00 Tactile Sensory 6:00 Ocean Imagery	
14 9:00 Senior Stretch 10:00 Snacktivity 1:00 Rosemary Wraps 2:00 Music Therapy 3:00 Church Service 6:00 Ocean Imagery	15 9:00 Senior Stretch 10:00 Snacktivity 1:00 Calming Hand Massage 2:00 Tropical Fish 3:00 Heated Wraps 6:00 Nature Sensory Meditation	16 9:00 Senior Stretch 10:00 Snacktivity 1:00 Color Therapy 2:00 Pet Therapy Interactives 3:00 Blankets of Love 6:00 Japanese Garden Imagery	17 9:00 Senior Stretch 10:00 Snacktivity 1:00 Lavender Massage Oils 2:00 Classical Connection 3:00 Aromatherapy Dough 6:00 Ocean Serenity	18 9:00 Senior Stretch 10:00 Snacktivity 1:00 Color Therapy 2:00 Music Reminisce 3:00 Pretty Nails 6:00 Ocean Imagery	19 9:00 Senior Stretch 10:00 Snacktivity 1:00 Lavender Hand Massage 2:00 Music Therapy 4:00 Aromatherapy Relaxation 6:00 Ocean Imagery	20 9:00 Senior Stretch 10:00 Snacktivity 1:00 Rosemary Wraps 2:00 Music Therapy 3:00 Tactile Sensory 6:00 Ocean Imagery	
21 9:00 Senior Stretch 10:00 Snacktivity 1:00 Rosemary Wraps 2:00 Music Therapy 3:00 Church Service 6:00 Ocean Imagery	22 9:00 Senior Stretch 10:00 Snacktivity 1:00 Calming Hand Massage 2:00 Tropical Fish 3:00 Heated Wraps 6:00 Nature Sensory Meditation	23 9:00 Senior Stretch 10:00 Snacktivity 1:00 Color Therapy 2:00 Pet Therapy Interactives 3:00 Blankets of Love 6:00 Japanese Garden Imagery	24 9:00 Senior Stretch 10:00 Snacktivity 1:00 Lavender Massage Oils 2:00 Classical Connection 3:00 Aromatherapy Dough 6:00 Ocean Serenity	25 9:00 Senior Stretch 10:00 Snacktivity 1:00 Color Therapy 2:00 Music Reminisce 3:00 Pretty Nails 6:00 Ocean Imagery	26 9:00 Senior Stretch 10:00 Snacktivity 1:00 Lavender Hand Massage 2:00 Music Therapy 4:00 Aromatherapy Relaxation 6:00 Ocean Imagery	27 9:00 Senior Stretch 10:00 Snacktivity 1:00 Rosemary Wraps 2:00 Music Therapy 3:00 Tactile Sensory 6:00 Ocean Imagery	
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