

## Shining Star



Ofelia

Cook/Caregiver

Congratulations to Ofelia, this month's shining star. Ofelia has been a team member of our community since 2016. She has worked as caregiving, laundry, housekeeping, and dietary. She has a positive attitude and will always jump in and help where needed. Thank you Ofelia for being such a positive energy in our community.

## JANUARY BIRTHDAYS

4th Connie H.  
10th Sally W.  
26th Ruth A.

### Team Members

7th Shakayl W.  
17th Daniel N.  
18th Gracemarie B.  
19th Sandra D.  
23rd Theresa F.  
27th Diamond H.  
30th Lisa R.



What's Going On In

# January

2022



### Team Members

Executive Director.....Tim Grafton  
Business Office Manager.....Monique White  
Life Enrichment Director.....Lisa Rains  
Comm. Development Director....Tom Taylor  
Maintenance Director.....Daniel Nauertz

### Important Phone Numbers

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

### Meal Times

Breakfast.....7:30 a.m. - 9:00 a.m.  
Lunch.....11:45a.m. - 1:00p.m.  
Dinner.....4:45 p.m. - 6:00 p.m.  
Hydration & Snacktivity.....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 | AR & Wed. Afternoons

### VR Travel 360



1/3 VR Travel Spain | 3:00  
1/6 Paper Fan Art | 1:00  
1/10 VR Travel Canary Islands | 3:00  
1/11 Flamenco Exercise | 11:00  
1/17 VR Travel Madrid | 10:00  
1/18 Rick Steve's Spain | 1:00  
1/18 Apple Empanadas | 2:00  
1/20 Loteria Game | 2:00  
1/24 VR Travel Barcelona | 3:00

### Special Events

1/3 Resident Council | 9:30  
1/2 Acrylic Art Class | 2:00  
1/3 Baking Dog Treats SPCA | 3:00  
1/6 Live Music With Sandee | 3:00  
1/12 Live Music With Eldercare | 2:00  
1/19 January Birthday Bash | 3:00  
1/23 Acrylic Art Pour | 11:00  
1/26 Universal Yums w/ Sandra | 2:00

### Family Events

1/3 "Ask Teepa" You Tube Live | 4:00  
1/19 Family Support Group "Kindred at Home" | 10:00





**JANUARY**

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**



**STONE VALLEY**  
ASSISTED LIVING & MEMORY CARE  
6155 Stone Valley Drive  
Reno, NV 89523  
(775) 746-2200

Life Enrichment Director:  
Lisa.Rains@Sunshineret.com



**Find us on facebook.**

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Facebook.com/StoneValleyALZ



**Room Key**  
AR—Activity Room  
MR—Main Living Room  
DR—Dining Room  
PD—Parkside Dining Room  
OU—Outing  
CC—Community Courtyard  
PL—Parkside Living Room



9:30 New Year's Jokes AR **1**  
10:30 Morning Stretch AR  
11:00 Daily Chronicles AR  
1:00 Coloring & Classical AR  
2:00 Matinee AR  
3:00 Puzzle Club AR  
4:00 Tablecloths & Flowers DR  
6:00 Viewers Choice MLR

9:30 Tai Chi AR **2**  
10:00 Pet Therapy "Cali" AR  
1:00 Spiritual Eldercare AR  
2:00 Sunday Acrylics AR  
2:30 Sundaes on Sunday DR  
3:00 **BINGO** Fun AR  
4:00 Sunday Stretch CC  
6:00 Andy Griffith Show MLR

9:30 Resident Council AR **3**  
10:00 Pretty Nails AR  
11:00 Happy Yoga AR  
1:00 The Lost Locket AR  
2:00 Classical Piano AR  
3:00 VR Travel Spain AR  
4:00 Noodle Ball DR  
6:00 Musical MLR

9:30 Men's Group Trivia DR **4**  
10:30 January Word Search AR  
11:00 Chair Boogie DR  
1:00 **BINGO** Fun AR  
2:00 Funny 40's AR  
3:00 Dog Treats 4 SPCA PD  
4:00 Aromatherapy Meditate AR  
6:00 Travel Documentary MLR

9:30 Watercolor Fish AR **5**  
10:30 Walking Group CC  
11:00 Armchair Travel  
1:00 **BINGO** Fun AR  
2:00 Afternoon Arm Bands AR  
3:00 12th Night Detective AR  
4:00 Puzzle Club AR  
6:00 Western Wednesday MLR

9:30 Craft Corner AR **6**  
10:30 Scenic Bus Ride OU  
11:00 Famous Lasts Trivia AR  
1:00 Paper Fans "Spain" AR  
2:00 Chair Strength/Stretch AR  
3:00 Music w/Sandee DR  
4:00 Resident VS Staff Game  
6:30 Family Favorites MLR

9:30 Discovery Boxes AR **7**  
10:30 Fittersitters AR  
11:00 Birdwatchers Club AR  
1:00 Winter Bird Coloring AR  
2:00 Noodle Ball DR  
3:00 **BINGO** Fun AR  
4:00 Garden Walk AR  
6:00 TCM Movie Night MLR

9:30 Coloring & Classical AR **8**  
10:30 Morning Stretch AR  
11:00 Daily Chronicles AR  
1:00 Puzzle Club AR  
2:00 Discovery Boxes AR  
3:00 **BINGO** Fun AR  
4:00 Tablecloths & Flowers DR  
6:00 Viewers Choice MLR

9:30 Tai Chi AR **9**  
10:00 Pet Therapy "Molly" AR  
11:00 Daily Chronicles AR  
1:00 Spiritual Eldercare AR  
2:30 Sundaes on Sunday DR  
3:00 **BINGO** Fun AR  
4:00 Sunday Stretch CC  
6:00 Andy Griffith Show MLR

9:30 Puzzle Club AR **10**  
10:00 Sing Along AR  
11:00 Happy Yoga AR  
1:00 Movie Matinee AR  
2:00 Classical Piano AR  
3:00 VR Travel Canary Islands AR  
4:00 Aromatherapy Meditate AR  
6:00 Musical MLR

9:30 Zen Painting AR **11**  
10:00 Snowman Wordsearch AR  
11:00 Flamenco Exercise AR  
1:00 2022 Bracelets AR  
2:00 Resident Spotlight AR  
3:00 **BINGO** Fun AR  
4:00 Music & Dance AR  
6:00 Travel Documentary MLR

9:30 Daily Chronicles AR **12**  
10:00 Walking Group CC  
10:30 **BINGO** Fun AR  
1:00 Watercolor Wednesday AR  
2:00 Music w/Nevada Arts DR  
3:00 Puzzle Club AR  
4:00 Afternoon Arm Bands AR  
6:00 Wednesday Western MLR

9:30 Strength/Stretch AR **13**  
10:00 Scenic Bus Ride OU  
11:00 Order Up Game AR  
1:00 Magic Paints AR  
2:00 Who Am I? AR  
3:00 Mocktail Cart AR  
4:00 Resident VS Staff Game  
6:30 Family Favorites MLR

9:30 Watercolor Winter AR **14**  
10:30 Fittersitters AR  
10:00 Alaska Wordsearch AR  
1:00 Indoor Golf AR  
2:00 Coloring & Classical AR  
3:00 **BINGO** Fun AR  
4:00 Bean Bag Toss AR  
6:00 TCM Movie MLR

9:30 Armchair Travel AR **15**  
10:30 Morning Stretch AR  
11:00 Daily Chronicles AR  
1:00 Hole in One Golf AR  
2:00 Orchid Coloring AR  
3:00 **BINGO** Fun AR  
4:00 Tablecloths & Flowers DR  
6:00 Viewers Choice MLR

9:30 Tai Chi AR **16**  
10:00 Pet Therapy "Cali" AR  
1:00 Spiritual Eldercare AR  
2:00 Special Gift Story AR  
2:30 Sundaes on Sunday DR  
3:00 **BINGO** Fun AR  
4:00 Sunday Stretch CC  
6:00 Andy Griffith Show MLR

9:30 Magazines & More AR **17**  
10:00 VR Travel Madrid AR  
11:00 Happy Yoga AR  
1:00 Monday Movie AR  
2:00 Classical Piano AR  
3:00 MLK Poem AR  
4:00 Hole In One Golf CC  
6:00 Musical MLR

9:30 Bracelet Beading AR **18**  
10:00 Daily Chronicles AR  
11:00 Chair Boogie AR  
1:00 Armchair Travel Spain AR  
2:00 Apple Empanadas PDR  
3:00 **BINGO** Fun AR  
4:00 Aromatherapy Meditate AR  
6:00 Travel Documentary

9:30 Senior Strength AR **19**  
10:30 Surprise Party Detective AR  
11:00 Birdwatching Club AR  
1:00 Men's Group NBA AR  
2:00 Afternoon Arm Bands AR  
3:00 January Birthday Bash DR  
4:00 Orchid Coloring AR  
6:00 Western Wednesday MLR

9:30 Strength/Stretch AR **20**  
10:00 Picture This AR  
11:00 **BINGO** Fun AR  
1:00 Sweet Home Chicago AR  
2:00 Loteria AR  
3:00 Candy Of The 40's AR  
4:00 Resident VS Staff Game  
6:30 Football MLR

9:30 Daily Chronicles AR **21**  
10:30 Fittersitters AR  
11:00 Puzzles & Checkers AR  
1:00 Random Trivia AR  
2:00 Noodle Ball AR  
3:00 **BINGO** Fun AR  
4:00 Walking Club  
6:00 TCM Movie MLR

9:30 Indoor Golf AR **22**  
10:30 Puzzle Club AR  
11:00 Morning Stretch AR  
1:00 Penguin Crossword AR  
2:00 Watercolor "Rivers" AR  
3:00 Daily Chronicles AR  
4:00 Tablecloths & Flowers DR  
6:00 Viewers Choice MLR

9:00 Catholic Mass **23/30**  
10:00 Pet Therapy "Molly" AR  
11:00 Acrylic Pour AR  
1:00 Spiritual Eldercare AR  
2:30 Sundaes on Sunday DR  
3:00 **BINGO** Fun AR  
4:00 Sunday Stretch AR  
6:00 Andy Griffith Show MLR

9:30 Pretty Nails AR **24/31**  
10:00 Slumber Party Reminisce AR  
11:00 Happy Yoga AR  
1:00 Movie Matinee AR  
2:00 Classical Piano AR  
3:00 VR Travel Barcelona AR  
4:00 Puzzles & Games AR  
6:00 Musical MLR

9:30 Puzzle Club AR **25**  
10:00 Zen Painting AR  
11:00 Chair Boogie AR  
1:00 Afternoon Armbands AR  
2:00 Order Up Game AR  
3:00 **BINGO** Fun AR  
4:00 Aromatherapy Meditate AR  
6:00 Travel Documentary MLR

9:30 Senior Strength AR **26**  
10:00 Watercolor Wed. AR  
11:00 Bowling AR  
1:00 Daily Chronicles AR  
2:00 Universal Yums w/Sandra  
3:00 Afternoon Armbands AR  
4:00 **BINGO** Fun AR  
6:00 Western Wednesday MLR

9:30 Strength/Stretch AR **27**  
10:00 Scenic Bus Ride OU  
11:00 Indoor Golf AR  
1:00 Discovery Boxes AR  
2:00 Abstract Coloring AR  
3:00 Sensory Dough AR  
4:00 Resident VS Staff Game  
6:30 Family Favorites MLR

9:30 60's Sing Along AR **28**  
10:30 Fittersitters AR  
11:00 Book Club AR  
1:00 Car Coloring AR  
2:00 ELVIS Bingo AR  
3:00 Interactive Pets AR  
4:00 Noodle Ball DR  
6:00 TCM Movie MLR

9:30 Abstract Coloring AR **29**  
10:30 Puzzle Club AR  
11:00 Morning Stretch AR  
1:00 Grand Canyon Crossword AR  
2:00 Bowling AR  
3:00 Daily Chronicles AR  
4:00 Tablecloths & Flowers DR  
6:00 Viewers Choice MLR



# JANUARY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



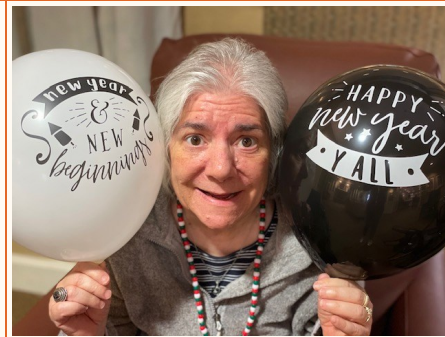
**STONE VALLEY**  
ASSISTED LIVING & MEMORY CARE

6155 Stone Valley Drive  
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Life Enrichment Director:  
Lisa.Rains@Sunshineret.com



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OU—Outing  
CC—Community Courtyard  
PL—Parkside Living Room



**1**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Rosemary Wraps  
2:00 Music Therapy  
3:00 Tactile Sensory  
6:00 Ocean Imagery

**2**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Rosemary Wraps  
2:00 Music Therapy  
3:00 Church Service  
6:00 Ocean Imagery

**3**  
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

**4**  
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

**5**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Lavender Massage Oils  
2:00 Classical Connection  
3:00 Aromatherapy Dough  
6:00 Ocean Serenity

**6**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Color Therapy  
2:00 Music Reminisce  
3:00 Pretty Nails  
6:00 Ocean Imagery

**7**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Lavender Hand Massage  
2:00 Music Therapy  
4:00 Aromatherapy Relaxation  
6:00 Ocean Imagery

**8**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Rosemary Wraps  
2:00 Music Therapy  
3:00 Tactile Sensory  
6:00 Ocean Imagery

**9**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Rosemary Wraps  
2:00 Music Therapy  
3:00 Church Service  
6:00 Ocean Imagery

**10**  
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

**11**  
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

**12**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Lavender Massage Oils  
2:00 Classical Connection  
3:00 Aromatherapy Dough  
6:00 Ocean Serenity

**13**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Color Therapy  
2:00 Music Reminisce  
3:00 Pretty Nails  
6:00 Ocean Imagery

**14**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Lavender Hand Massage  
2:00 Music Therapy  
4:00 Aromatherapy Relaxation  
6:00 Ocean Imagery

**15**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Rosemary Wraps  
2:00 Music Therapy  
3:00 Tactile Sensory  
6:00 Ocean Imagery

**16**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Rosemary Wraps  
2:00 Music Therapy  
3:00 Church Service  
6:00 Ocean Imagery

**17**  
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

**18**  
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

**19**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Lavender Massage Oils  
2:00 Classical Connection  
3:00 Aromatherapy Dough  
6:00 Ocean Serenity

**20**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Color Therapy  
2:00 Music Reminisce  
3:00 Pretty Nails  
6:00 Ocean Imagery

**21**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Lavender Hand Massage  
2:00 Music Therapy  
4:00 Aromatherapy Relaxation  
6:00 Ocean Imagery

**22**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Rosemary Wraps  
2:00 Music Therapy  
3:00 Tactile Sensory  
6:00 Ocean Imagery

**23/30**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Rosemary Wraps  
2:00 Music Therapy  
3:00 Church Service  
6:00 Ocean Imagery

**24/31**  
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

**25**  
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

**26**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Lavender Massage Oils  
2:00 Classical Connection  
3:00 Aromatherapy Dough  
6:00 Ocean Serenity

**27**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Color Therapy  
2:00 Music Reminisce  
3:00 Pretty Nails  
6:00 Ocean Imagery

**28**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Lavender Hand Massage  
2:00 Music Therapy  
4:00 Aromatherapy Relaxation  
6:00 Ocean Imagery

**29**  
9:00 Senior Stretch  
10:00 Snacktivity  
1:00 Rosemary Wraps  
2:00 Music Therapy  
3:00 Tactile Sensory  
6:00 Ocean Imagery