



Spring Arbor of Apex

Residential Assisted Living



901 Spring Arbor Ct • Apex, NC 27502
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May 2012

Administration

Executive Director Sandy Gegax
Business Office Manager Angela Bush
Resident Care Coordinator Donna Mullen
Asst. Resident Care Coord. Traci Gegax
Marketing Director Shonda Bullock
Activity Director Sandy Bianco
Food Service Manager Lisa Dunlap
Housekeeping Supervisor Rhonda Cyr
Maintenance Supervisor Bob Summersett

Annual Yard Sale

Yes, it is that time again. Our annual yard sale out front will be on Saturday, May 19, from 8 a.m. to noon. Any family members or residents who would like to reserve a space to sell their "goods" should contact Sandy B. or Charlyn in the activity department. Spaces will be free for residents and family members. A few tables will be available to rent for \$5, but please make sure to reserve a table.



Casino night fun at Spring Arbor!

Celebrating Older Americans Month!

In celebration of Older Americans Month, Spring Arbor of Apex will be hosting a porch party with outdoor games such as horseshoes and basketball toss, proving that we are "never too old to play." Games will be followed with music by Dennis Dougherty and delicious ice cream sodas on the porch. Local seniors from area senior centers will be invited to join in the fun.



Dining Hours

Breakfast 7:30 a.m.
 Lunch 12 p.m.
 Dinner 5:30 p.m.

Beauty/Barber Shop

Tues-Fri 10-3



- 5/2 Mary H. Schneider
- 5/6 Adalaide Joyce
- 5/9 Guy Haga
- 5/9 Jean Anderson
- 5/16 Miriam Litton
- 5/16 Laura Griffin
- 5/27 Thelma Daebler





Helen Husar
 Malcom Spencer

Activity Highlights

- New Resident Social
- 5/2 Dollar Tree Shopping
- 5/3 May Birthday lunch
- 5/9 Mother's Day Craft
- 5/10 Happy Mother's Day
- 5/13 Durham Bulls Game
- 5/15 Bingo w/Apex Middle School
- 5/16 Big Lots Shopping
- 5/17 Yard Sale
- 5/19 Older Americans Celebration
- 5/24 Fishing
- 5/30

Sunday	Monday	Tuesday
<p>Calendar Subject to Change. Please Check Daily.</p>	<p>*** = You Must Sign Up for This Activity.</p>	<p>1</p> <p>9-9:30-Muscles and Minds in Motion (A) 10:30-11:30-Sewing Group (A) 2-3-Reminiscing Game (A) 3:30-4:30-Pet Therapy</p>
<p>6</p> <p>11-11:30-Saxophone W/Shrijan (Lobby) 2-2:30-Green Level Baptist Church Service (A)</p>	<p>7</p> <p>9-9:30-Muscles and Minds in Motion (A) 9:45-10:15-Julie on Piano (Lobby) 11-11:30-Pass the Parcel (A) 3-4-Pet Therapy 4-5-Bible Study (S)</p>	<p>8</p> <p>9-9:30-Muscles and Minds in Motion (A) 10-10:30-Spelling Bee (A) 12-3:30-Cary Sr. Center Bingo Trip *** 2-3-Table Games (A)</p>
<p>Happy Mother's Day! 13</p> <p>10:30-11:30-Word Search (A) 2-2:30-Green Level Baptist Church Service (A) 3:30-4:30-Mother's Day Visit From Troop 3310-Flower Craft (A)</p>	<p>14</p> <p>9-9:30-Muscles and Minds in Motion (A) 9:45-10:15-Julie on Piano (Lobby) 11-11:30-Price Is Right Game (A) 1:30-2:15-General Store (A) 4-5-Bible Study W/Ron (S)</p>	<p>15</p> <p>9-9:30-Muscles and Minds in Motion (A) 10-10:45-Bell Choir (A) 11:15-3:30-Durham Bulls Baseball Game Trip *** 3:30-4:30-Pet Therapy</p>
<p>20</p> <p>11-11:30-Saxophone W/Shrijan (Lobby) 2-2:30-Green Level Baptist Church Service (A)</p>	<p>21</p> <p>9-9:30-Muscles and Minds in Motion (A) 9:45-10:15-Julie on Piano (Lobby) 11-12-Jeff Barker on Piano (A) 3-4-Pet Therapy 4-5-Bible Study W/Ron (S)</p>	<p>22</p> <p>9-9:30-Muscles and Minds in Motion (A) 10:30-11:30-Sewing Bees (A) 12-1-Skippers Seafood Lunch ***(K) 2-3-Music Therapy Room Visits W/Charlyn</p>
<p>27</p> <p>10:30-11:30-Word Search (A) 2-2:30-Green Level Baptist Church Service (A)</p>	<p>Memorial Day 28</p> <p>9-9:30-Muscles and Minds in Motion (A) 9:45-10:15-Julie on Piano (Lobby) 10-11:30-Dominoes (A) 4-5-Bible Study W/Ron (S)</p>	<p>29</p> <p>9-9:30-Muscles and Minds in Motion (A) 10:30-11:30-Name That Tune (A) 2-3-Auction (D)</p>

Wednesday	Thursday	Friday	Saturday
2 9-9:30-Muscles and Minds in Motion (A) 10:30-11:30-New Resident Coffee and Donut Social (A) 2-3-Candy Bingo (D) 3-3:30-Snack N' Chat (D)	3 9-9:30-Muscles and Minds in Motion (A) 10:30-11:30-Dollar Tree Shopping *** 2-2:30-Spelling Bee (A) 3-3:30-Bookmobile (L) 3-4-Arbor Angels (A) 4-5-Pet Therapy	4 9-9:30-Muscles and Minds in Motion (A) 10:30-11:30-Knit and Crochet Club (S) 10:30-11:30-Busy Fingers (A) 2-3-Bingo (D) 3-3:30-Snack N' Chat (D)	Cinco de Mayo 5 10-11:30-Table Games (A) 2-2:30-Piano W/Kaitlyn (Lobby) 2:30-3:30-Bingo (D)
9 9-9:30-Muscles and Minds in Motion (A) 10-10:30-Chair Ballet (A) 12-1-May Birthday Lunch (K) 2-3-Cracker Bingo (D) 3-3:30-Snack N' Chat (D)	10 9-9:30-Muscles and Minds in Motion (A) 10-10:30-Yoga (A) 11-12-Mother's Day Craft (A) 2-3-Bridge Club (K) 4-5-Pet Therapy	11 9-9:30-Muscles and Minds in Motion (A) 10:30-11:30-Knit and Crochet Club (S) 2-3-Bingo (D) 3-3:30-Snack N' Chat (D)	12 10-11-Debbie on Guitar (Lobby) 2-2:30-Piano W/Kaitlyn (Lobby) 2:30-3:30-Nail Painting (A)
16 9-9:30-Muscles and Minds in Motion (A) 11:30-12-Wake Ear, Nose and Throat Visit (A) 2-3-Soda Bingo (D) 3-3:30-Snack N' Chat (D) 4-5-Apex United Methodist Church Moms Group Visit (A) 7-8pm-Bingo W/Apex Middle School (D)	17 9-9:30-Muscles and Minds in Motion (A) 10-10:30-Roger and Bill Accordion Music (A) 12-1-Kentucky Fried Chicken Lunch ***(K) 2-3-Big Lots Shopping ***	Staff Fitness Day! 18 9-9:30-Muscles and Minds in Motion (A) 9:30-10-Let's Take a Walk for Staff Fitness Day! 10:30-11:30-Knit and Crochet Club (S) 10:30-11:30-Busy Fingers (A) 2-3-Bingo (D) 3-3:30-Snack N' Chat (D)	19 8-12-YARD SALE (Out Front) 10-11-South Hills Baptist Church Service (A) 2-2:30-Piano W/Kaitlyn (Lobby) 2:30-3:30-Bingo (D)
23 9-9:30-Muscles and Minds in Motion (A) 10-11-Salem Baptist Church Sing-a-long (A) 12-1-Men's Lunch (K) 2-3-Quarter Bingo (D) 3-3:30-Snack N' Chat (D)	24 9-9:30-Muscles and Minds in Motion (A) 10:30-11:30-Yard of the Month Drive *** 1:30-3:30-Celebrating Older Americans Month "Never too Old to Play" Games, Live Music and Ice Cream Sodas on the Porch! 4-5-Pet Therapy	Senior Fitness Day! 25 9-9:30-Muscles and Minds in Motion (A) 9:30-10-Let's Take a Walk for Senior Fitness Day! 10:30-11:30-Knit and Crochet Club (S) 10-12-Movie and Popcorn (A) 2-3-Bingo (D) 3-3:30-Snack N' Chat (D)	26 9-9:45-Piano Recital (A) 10:30-11:30-Table Games (A) 2:30-3:30-Nail Painting (A)
30 9-9:30-Muscles and Minds in Motion (A) 10-12-Fishing at Bond Park *** 2-3-Kleenex Bingo (D) 3-3:30-Snack N' Chat (D)	31 9-9:30-Muscles and Minds in Motion (A) 11-11:30-Resident Council Meeting (S) 2-3-Skip-Bo Card Game (A) 2-3-Bridge Club (K)		

May 2012

Employee Spotlight



Valoria Vinson, Med Tech

Valoria "Val" Vinson is originally from Goldsboro, North Carolina and now resides in Raleigh. She has three daughters and seven grandchildren. Two of her daughters live in the Raleigh area and the third daughter lives in Stone Mountain, Georgia. Val's husband passed away in 2000. Val's hobbies include reading, tennis and horseback riding. She also enjoys spending time with her grandchildren. Val has been employed at Spring Arbor since June 2007. She enjoys her job as Med Tech and also works as a private duty nurse for the elderly. Val says "the reason I enjoy working with the residents is because if I can make their lives a little easier it makes me feel good to be able to do so."

Thales Academy Easter Visit



Children collecting and counting their eggs

Spring Arbor of Apex sponsored an Easter egg hunt for the children from Thales Academy. Eighteen children from Ms. Hooks' kindergarten class joined us along with some of the parents of the children. Upon arrival the children passed out beautifully decorated Easter cards to the residents. Afterwards the children met out front where over two hundred eggs were hidden on the front lawn of Spring Arbor. Residents enjoyed watching the children run back and forth looking for eggs. Before heading back to school the children and residents enjoyed Easter cookies in the activity room. We thank Ms. Hooks, the parents and children for bringing the children over for Easter fun!