



# Spring Arbor of Apex

## Residential Assisted Living



901 Spring Arbor Ct • Apex, NC 27502  
phone: (919) 303-9990 • fax: (919) 303-0520



### Administration

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



### Candlelight Dinner Planned

Our candlelight dinner is planned for Thursday, Feb. 9, at 6 p.m. This event is one of the residents' favorites. The new king and queen of Spring Arbor will be crowned. Be sure and look for the voting box at the beginning of February! Due to limited space, we must limit guests to two per resident. **We must have your R.S.V.P. to Sandy B. or Charlyn by Feb. 6 in order to attend.** Hope to see you there!



### February 2012

### Upcoming Event ... Casino Night!

Mark your calendars for 7 p.m. on Thursday, March 29, for our annual casino night. We welcome family members to come out and assist their loved ones to play the games and also to help them bid on items in the auction that follows. Residents have given suggestions of prizes they would like to bid on.

This event promises to be a lot of fun. We will need volunteers to help run this event and donations of prizes would be welcome. Please call or see Sandy B. or Charlyn in activities if interested in volunteering or donating.

We will have a roulette wheel, poker tables, blackjack and a horse racing game and will be ending the night with an auction with prizes using the "winnings" from the night!



## Dining Hours

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

## Beauty/Barber Shop

Tues-Fri ..... 10-3



## Happy Birthday!

Boris Angelof 2/2  
 Sigrid Zielke 2/9  
 Kathleen Jones 2/15  
 Linda S. 2/21  
 Leona Taylor 2/21  
 Rosie Watson 2/21

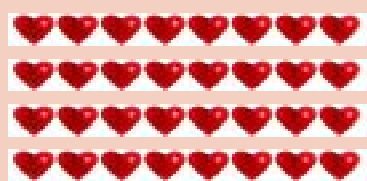
## Activity Highlights

Dollar Tree ..... 2-2  
 Kentucky Chicken ..... 2-7  
 Birthday Lunch ..... 2-8  
 Candlelight Dinner ..... 2-9  
 Cary Sr. Bingo ..... 2-14  
 Black History ..... 2-15  
 IHOP Breakfast ..... 2-16  
 Walmart ..... 2-21  
 Peg/Friends Jazz ..... 2-25  
 Skippers Seafood ..... 2-28  
 New Res. Social ..... 2-29




## New Residents

Mary H. Schneider  
 Barry Breedlove



Sunday	Monday	Tuesday
<p>*Calendar Subject to Change, Please Check Daily!</p> <p>***= You Must Sign Up for This Activity the Day Before Event</p>	<p>February Is National Black History Month</p>	<p><b>KEY</b>                      A=Activity Room                      D=Dining Room                      K=Country Kitchen                      L=Library                      S=Sunroom</p>
<b>5</b>	<b>6</b>	<b>7</b>
<p>10:30-11:30-Word Search (A)                      2-2:30-Green Level Baptist Church Service (A)                      3-4-St. Mary Magdalene Middle Schoolers-Games and Fun (A)</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 Game (A)                      1:30-2:15-General Store (A)                      3:30-4:30-Pet Therapy                      4-5-Bible Study W/Ron (S)</p>	<p>9-9:30-Muscles and Minds in Motion (A)                      10:30-11:15-Bell Choir (A)                      12-1-Kentucky Fried Chicken Lunch ***                      2-3-90's Club (S)                      3:30-4:30-Pet Therapy                      4-5-Moms of Faith From UMC (Moms and Preschoolers) Craft (A)</p>
<b>12</b>	<b>13</b>	<b>Happy Valentine's Day! 14</b>
<p>10:30-11:30-Word Search (A)                      2-2:30-Green Level Baptist Church Service (A)                      2:30-3:15-Green Level Youth Group Visit</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)                      4-5-Bible Study W/Ron (S)</p>	<p>9-9:30-Muscles and Minds in Motion (A)                      10:15-11:15-Thales Academy Visit Valentine Craft and Cookies (A)                      12-3:30-Cary Sr. Center Bingo Trip ***                      2-3-Dominoes (A)</p>
<b>19</b>	<b>Presidents' Day! 20</b>	<b>21</b>
<p>10:30-11:30-Word Search (A)                      2-2:30-Green Level Baptist Church Service (A)                      4-5-Pet Therapy</p>	<p>9-9:30-Muscles and Minds in Motion (A)                      11-12-Jeff Barker (A)                      1:30-2:15-General Store (A)                      3:30-4:30-Pet Therapy                      4-5-Bible Study W/Ron (S)</p>	<p>9-9:30-Muscles and Minds in Motion (A)                      10:30-11:30-Sewing Bees (A)                      2-3-Walmart Shopping Trip***                      3:30-4:30-Pet Therapy</p>
<b>26</b>	<b>27</b>	<b>28</b>
<p>10:30-11:30-Word Search (A)                      2-2:30-Green Level Baptist Church Service (A)</p>	<p>9-9:30-Muscles and Minds in Motion (A)                      9:45-10:15-Julie on Piano (Lobby)                      11-11:30-Spelling Bee (A)                      4-5-Bible Study W/Ron (S)</p>	<p>9-9:30-Muscles and Minds in Motion (A)                      10:30-11:30-Sewing Group (A)                      12-1-Skippers Seafood Lunch ***                      2-3-Auction (D)</p>

<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>1</b>  9-9:30-Muscles and Minds in Motion (A) 10:30-11:30-Bridge Club (K) 10:30-11:30-Scrabble (A) 2-3-Cracker Bingo (D) 3-3:30-Snack N'Chat (D)	<b>2</b>  9-9:30-Muscles and Minds in Motion (A) 10:30-11:30-Dollar Tree Shopping *** 2-3-Valentine Craft (A) 3:30-4:30-Arbor Angels (A) 4-5-Pet Therapy	<b>3</b>  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)	<b>4</b>  10-10:45-Guitar W/Debbie (Lobby) 2-2:30-Piano W/Kaitlyn (Lobby) 2:30-3:30-Manicures (A)
<b>8</b>  9-9:30-Muscles and Minds in Motion (A) 10-10:45-Chair Ballet (A) 10:30-11:30-Decorating Valentine Cookies (K) 12-1-February Birthday Lunch (K) 2-3-Quarter Bingo (D) 3-3:30-Snack N'Chat (D)	<b>9</b>  9-9:30-Muscles and Minds in Motion (A) 10:30-11:30-Making Valentine Centerpieces for Tables (A) 3-3:30-Bookmobile (L) 3:30-4:30-Arbor Angels (A) 4-5-Pet Therapy 6-7:30-Candlelight Dinner (D)	<b>10</b>  9-9:30-Muscles and Minds in Motion (A) 10:30-11:30-Knit and Crochet Club (S) 10-12-Movie and Popcorn (A) 2-3-Valentine Bingo (D) 3-3:30-Snack N'Chat (D)	<b>11</b>  10-10:45-Guitar W/Debbie (Lobby) 2-2:30- Piano W/Kaitlyn (Lobby) 2:30-3:30-Bingo (D)
<b>15</b>  9-9:30-Muscles and Minds in Motion (A) 10:30-11:30-Black History Month, Music Reminiscing (A) 11:30-12-Wake Ear, Nose and Throat Visit (A) 2-3-Candy Bingo (D) 3-3:30-Snack N'Chat (D)	<b>16</b>  8:30-10-Breakfast at IHOP *** 9-9:30-Muscles and Minds in Motion (A) 11-11:30-Resident Council Meeting (S) 2-3-Ayars Piano (A) 3:30-4:30-Arbor Angels (A) 4-5-Pet Therapy	<b>17</b>  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)	<b>18</b>  10-11-South Hills Baptist Church (A)  2-2:30-Piano W/Kaitlyn (Lobby)  2:30-3:30-Manicures (A)
<b>22</b>  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-Soda Bingo (D) 3-3:30-Snack N'Chat (D)	<b>23</b>  9-2:30-Vanette Foot Care (S) 9-9:30-Muscles and Minds in Motion (A) 10-10:45-Yoga (A) 11:15-1-Out to Lunch at Longhorn Steakhouse *** 2:30-3:30-Music Therapy Room Visits W/Charlyn 3:30-4:30-Arbor Angels (A) 4-5-Pet Therapy	<b>24</b>  9-9:30-Muscles and Minds in Motion (A) 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)	<b>25</b>  10:30-11:30-Peg and Friends Jazz Music (Lobby)  2-2:30-Piano W/Kaitlyn (Lobby)  2:30-3:30-Bingo (D)
<b>29</b>  9-9:30-Muscles and Minds in Motion (A) 10:30-11:30-New Resident Coffee and Donut Social (A) 2-3-Leap Year Bingo (D) 3-3:30-Snack N'Chat (D)		 <p style="font-size: 2em; font-family: cursive;">Be My Valentine</p>	

# February 2012

## Tamekya Donia Brown



Employee Spotlight

Tamekya was born on Dec. 16, 1978, at Wake Med of Raleigh, NC. Her parents are Robert and Patricia Brown. She is the youngest of three children. Tamekya has a 16-year-old daughter named Kayla who she loves dearly. Tamekya has worked at Spring Arbor since 2003 as a CNA and now Med Tech and hopes to be here for many more years. She loves working with the elderly and taking care of people. She believes it is her calling and her parents agree that she has always been a nurturer. Tamekya plans on furthering her education in nursing in the near future. Tamekya's hobbies include singing and dancing, which is not surprising as she is a very happy and fun person. She is always making staff and residents smile with her great sense of humor! We hope she is here for many more years as well!

## Volunteers Pam and Bill Ayars Entertain at Spring Arbor



Pam and Bill Ayars with resident Elizabeth

The residents enjoyed a visit from Pam and Bill Ayars who delighted them with their musical program. Pam and Bill have entertained here at Spring Arbor since 2004. Because they share a bit of history of each song that they play, we all come away learning something new. During the middle of their program, they play a game of "Name That Tune." The residents especially enjoy it as Pam brings prizes that reflect the season or holiday for each month that they play.

Both Pam and Bill have a musical background. Bill plays piano at Wake Med Hospital in Cary, and Pam helps arrange the songs that Bill plays and she is also a valued volunteer at Wake Med Cary. They are both avid ballroom dancers ... maybe they will demonstrate! Thank you, Pam and Bill, for your continued visits throughout the years!