



Spring Arbor of Salisbury

Residential Assisted Living



14001 Turnberry Lane • Midlothian, VA 23113
phone: (804) 897-2727 • fax: (804) 897-9177



From the Heart ...



The "Heartstrings" rocked the house with Dot Kelly, John Wetsel and Larry Morrow. You go, girls!!!



May 2012



Easter Parade Luncheon with Ginny Clay, Cappy Buchanan, Bob Allin, Ruth Lyman and daughter, Millie.

Management Staff

Sally Sperberg
Executive Director
Liza Smith
Resident Care Coordinator
Bernadette Reilly
Business Office Manager
Jennifer Kelsey
Marketing Director
Ryan Matlaga
Food Service Director
Marjorie Kerns
Activities Director
Nancye Manes
Cottage Care Coordinator
Dean Smith
Maintenance Director

Resident Birthdays

01 Mary French
14 Nancy Andrews
15 Alice Loeser
30 Launa Carreras

Staff Birthdays

10 Calizzia Jackson
22 Valerie Shaw




Housekeeping Supervisor Debra Nance and our mascot, "Annie."



Claire, Alice, Miriam, Ann and Margaret put finishing touches on their birdhouses.



Sunday	Monday	Tuesday
	<p><i>"A mother's heart is a patchwork of love."</i></p> <p>~Author Unknown~</p>	<p>10:00 Minnieland Academy Children's Visit 11:15 "Shortcut to Fitness" 11:30 Therapy Dog Visit with Karen and "Sherlock" 1:30 Flower Arranging 3:00 SASSIE Hats-Mexican Tissue Flowers for Cottage "Cinco de Mayo" Social 6:30 Poker Night</p>
<p>6</p> <p>1:15 Worship Service with Manakin Episcopal Church 1:30 Holy Communion Church of the Epiphany 3:00 "Pop and Rock" (Popsicles on the Porch!) 4:30 Dog Visit with "Maggie"</p>	<p>7</p> <p>10:30 Shopping Trip/Reuse Thrift Shop Benefiting The Richmond Animal League 10:30 Painting Class with Artist, Jan Delsack 1:30 Bridge Social 1:45 \$\$\$ Bingo</p>	<p>8</p> <p>10:00 Food Service Meeting 10:45 Sit and Be Fit 1:30 CD Dance "Salsa" 3:00 Flower Arranging 6:30 A Musical/Comedy Review with Duo "One More Time" Featuring "King Henry"</p>
<p>Mother's Day 13</p> <p>11:00 Mom's "Morning Out" Stroll 1:30 Holy Communion Church of the Epiphany 3:00 Mom's Apple Pie and Reminisce Social</p>	<p>14</p> <p>10:30 Shopping Trip/Kroger 10:30 Painting Class with Artist, Jan Delsack 1:30 Bridge Social 1:45 "Pick a Rose" Bingo</p>	<p>15</p> <p>10:00 Minnieland Academy Children's Visit 11:00 Salisbury Presbyterian Church Jubilation Choir Spring Concert: "Welcome to Our House" 1:30 Flower Arranging 4:00 Book Club 6:30 Sing-a-long with the Church of Latter Day Saints</p>
<p>20</p> <p>1:30 Worship Service and Holy Communion Church of the Epiphany 4:00 Hymn Singing with the Pilgrim Mennonite Church 4:30 Dog Visit with "Maggie"</p>	<p>21</p> <p>10:30 Shopping Trip/Stein Mart 10:30 Painting Class with Artist, Jan Delsack 1:30 Bridge Social 1:45 \$\$\$ Bingo</p>	<p>22</p> <p>10:30 Sit and Be Fit 1:30 Flower Arranging 3:00 Karaoke "Our Favorites" 6:15 Poker Night</p>
<p>27</p> <p>11:00 "Sole Mates" Stroll 1:30 Holy Communion Church of the Epiphany 3:00 Celebrate the 75th Anniversary of the Golden Gate Bridge with Trivia and Sourdough Bread! 4:00 Worship Service with Mt. Pisgah United Methodist Church</p>	<p>Memorial Day 28</p> <p>10:30 Shopping Trip/Kroger 10:30 Painting Class with Artist, Jan Delsack 1:30 Bridge Social 1:45 "Red, White and Blue" Bingo</p>	<p>29</p> <p>10:00 Minnieland Academy Children's Visit 11:15 "Shortcut to Fitness" 1:30 Flower Arranging 4:00 Show and Share 6:15 Music Sing-a-Long with Michael McCall</p>

Wednesday	Thursday	Friday	Saturday
2	3	4	5
<p>1:00 Therapy Dog Visit with Dona and "Charlie"</p> <p>1:30 Bible Study with Rev. Bob Allin-Topic: "He Lingers Among Us"</p> <p>2:30 Bridge Lessons with Stan and Shirley Hoffman</p> <p>3:30 SASSIE Hats "Helping Hands" with Cottage Social</p>	<p>10:30 Sit and Be Fit</p> <p>1:30 Bridge Social</p> <p>1:45 Spring Planting: Outdoor Flower Pots</p> <p>4:00 Busy Bakers: Salsa for Cinco de Mayo Social!</p>	<p>11:30 Men's Luncheon Outing "The County Seat"</p> <p>1:30 Music Appreciation</p> <p>4:00 "Cinco de Mayo" Resident Social</p>	<p>11:00 "Sole Mates" Stroll</p> <p>1:30 Bridge Social</p> <p>1:45 Wii Bowling</p> <p>6:30 Saturday Night at the Movies</p>
9	10	Podiatrist 11	12
<p>12:30 May Resident and Staff Birthday Celebration</p> <p>1:30 "News & Views" Current Events Discussion Group with Volunteer, Paul Gauvin</p> <p>2:30 Bridge Lessons with Stan and Shirley Hoffman</p> <p>4:00 "Knit Wits" Web of Hope Knitting Social</p>	<p>10:00 Shortcut to Fitness</p> <p>2:00-3:30 Mother's Day Tea Featuring Pianist, John Holmes</p> <p>6:30 Thursday Night at the Movies "The Best of the Dean Martin Variety Show"</p>	<p>10:00 Chair Yoga with Nancy Tatum</p> <p>11:30 Resident Luncheon Outing "Palermo Restaurant"</p> <p>1:30 Music Appreciation</p> <p>4:00 Resident Social</p>	<p>11:00 Giant Crossword Puzzle with Volunteer, Barbara Robertson</p> <p>1:30 Bridge Social</p> <p>1:30 "Spring Recess" Outdoor Games</p> <p>6:30 Popcorn and a Movie</p>
16	17	18	19
<p>11:30 Dog Visit with Brenda & "Morti"</p> <p>1:30 Worship Service with Rev. Larry Chottiner, Salisbury Presbyterian Church</p> <p>2:30 Bridge Lessons with Stan and Shirley Hoffman</p> <p>6:15 Guitar Sing-a-long with Chuck Parsons</p>	<p>10:00 Bon Air Baptist Church "Golden Notes" Concert and Lunch</p> <p>1:30 Bridge Social</p> <p>4:00 Resident Council</p>	<p>10:00-2:00 Appraisal Fair "What's it Worth?"</p> <p>11:00 Resident Store</p> <p>1:30 Music Appreciation</p> <p>4:00 Resident Social</p>	<p>11:00 Giant Crossword Puzzle with Volunteer, Barbara Robertson</p> <p>1:30 Bridge Social</p> <p>1:45 "Rock 'n Chat" with Lemonade and Brain Teasers</p> <p>6:30 Saturday Night at the Movies</p>
23	24	25	26
<p>11:00 Giant Crossword Puzzle</p> <p>1:30 "News & Views" Current Events Discussion Group with Volunteer, Paul Gauvin</p> <p>2:30 Bridge Lessons with Stan and Shirley Hoffman</p>	<p>10:30 Sit and Be Fit</p> <p>1:30 Bridge Social</p> <p>4:00 Game Day: Scrabble</p>	<p>10:00 Chair Yoga with Nancy Tatum</p> <p>11:30-1:00 Memorial Day Family Cookout Patriotic Sing-a-long with Harriet Bernstein (Guest Fees Apply)</p> <p>1:30 Music Appreciation</p> <p>4:00 Resident Social</p>	<p>11:00 Shaky Bells "Old Fashioned Ring-a-long"</p> <p>1:30 Bridge Social</p> <p>1:45 Patriotic \$\$\$ Bingo</p> <p>6:30 Popcorn and a Movie</p>
30	31	<p><i>Coming Soon ...</i></p> <p>Casino Night!</p>	 <p>Happy May Day</p>
<p>10:30 Spring Arbor Walk-a-Bout</p> <p>2:30 Bridge Lessons with Stan and Shirley Hoffman</p> <p>3:00 "Best of Europe" Travel Series: Enchanted Italy</p> <p>4:00 "Knit Wits" Web of Hope Knitting Social</p>	<p>10:30 Sit and Be Fit</p> <p>1:30 Bridge Social</p> <p>1:45 Poetry Corner</p> <p>6:15 Bunco Party</p>		

May Special Events



We raise our flags in honor of all who gave the ultimate sacrifice for our country.

- 04 Men's Luncheon Outing
- 08 CD Dance "Salsa"
- 08 "One More Time" Musical/Comedy Review
- 10 Mother's Day Tea
- 11 Resident Luncheon Outing
- 15 Jubilation Choir Concert
- 17 "Golden Notes" Concert & Lunch
- 18 Appraisal Fair "What's it Worth?"
- 25 Memorial Day Resident/Family Cookout
- 26 Shaky Bells "Old Fashion Ring-a-long"

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