



Spring Arbor of Salisbury- The Cottage



14001 Turnberry Lane • Midlothian, VA 23113
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Minnieland Academy Came to Visit!



Cottage Care Coordinator
Nancy Manes
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Activity Assistant, Katie Johnston

May 2012

Easter Lunch



**Spring Arbor
of Salisbury
Management Staff**

Executive Director

Sally Sperberg

Marketing Director

Jennifer Kelsey

Business Office Manager

Bernadette Reilly

Resident Care

Coordinator

Liza Smith

Cottage Care Coordinator

Nancye Manes

Activity Director

Marjorie Kerns

Food Service Director

Ryan Matlaga

Maintenance Director

Dean Smith

Each activity/program must promote one or more of the following Domains of Wellness:

- Physical, social,
- productive, sensory
- cognitive/intellectual/creative,
- reflective/contemplative,
- outdoor and nature/natural world.

Happy Birthday to Our Cottage Residents


Stella Kurtz 01
Kay Miglioncio 28

Happy Birthday to Our Team Members!

Calizzia Jackson 10
Valerie Shaw 22



Sunday	Monday	Tuesday
	<p>Hydration Stations Are Every Day at the Following Times:</p> <p>10:30 a.m. 3:30 p.m. 7:30 p.m.</p>	<p>May Day 1</p> <p>10:00 Minnieland Academy Visit</p> <p>11:00 Dog Visit with "Sherlock"</p> <p>1:00 Relaxing Moment</p> <p>2:00 Pampering with Peggy Sue with MaryKay</p> <p>3:30 Flower Arranging</p> <p><i>Happy Birthday Stella</i></p>
6	7	8
<p>10:00 Volleyball</p> <p>1:00 Relaxing Moment</p> <p>1:15 Worship Service with Manakin Episcopal Church (AL)</p> <p>1:30 Holy Communion with the Church of Epiphany (AL)</p> <p>4:00 Dog Visit with "Maggie"</p> <p>7:30 VA Voice- Book Hour</p>	<p>10:00 Stretching Out</p> <p>11:00 News & Views</p> <p>1:00 Relaxing Moment</p> <p>2:00 VA Voice- Looking Back</p> <p>3:30 Bingo</p> <p>7:00 Brain Busters</p>	<p>10:00 Taking a Walk</p> <p>11:00 Spa Time</p> <p>1:00 Relaxing Moment</p> <p>1:30 CD Dance: "Salsa" (AL)</p> <p>3:30 Crafter's Corner</p> <p>6:30 Musical Duo "One More Time" (AL)</p>
13	14	15
<p>Mother's Day</p> <p>10:00 Discussion: Our Favorite Memories of Our Mother</p> <p>1:00 Relaxing Moment</p> <p>1:30 Holy Communion with the Church of Epiphany</p> <p>3:30 Movie Time</p> <p>7:30 VA Voice- Book Hour</p>	<p>10:00 Stretching Out</p> <p>11:00 News & Views</p> <p>1:00 Relaxing Moment</p> <p>2:00 VA Voice- Looking Back</p> <p>3:30 Art Appreciation</p> <p>7:00 Brain Busters</p>	<p>10:00 Minnieland Academy</p> <p>11:00 Jubilation Choir of Salisbury Presbyterian Church Presents " Spring Concert: Welcome to Our Home"</p> <p>1:00 Relaxing Moment</p> <p>2:00 Sharing Time</p> <p>3:30 Flower Arranging</p> <p>6:30 Sing-a-long with the Church of Latter Day Saints (AL)</p>
20	21	22
<p>10:00 Beanbag Toss</p> <p>1:00 Relaxing Moment</p> <p>1:30 Holy Communion and Worship Service with the Church of Epiphany (AL)</p> <p>4:00 Dog Visit with "Maggie"</p> <p>4:00 Hymn Singing with the Pilgrim Mennonite Church (AL)</p> <p>7:30 VA Voice- Book Hour</p>	<p>10:00 Stretching Out</p> <p>11:00 News & Views</p> <p>1:00 Relaxing Moment</p> <p>2:00 VA Voice- Looking Back</p> <p>3:30 Bingo</p> <p>7:00 Brain Busters</p>	<p>10:00 Taking a Walk</p> <p>11:00 Spa Time</p> <p>1:00 Relaxing Moment</p> <p>2:00 Sharing Time</p> <p>3:30 Crafter's Corner</p>
27	28	29
<p>10:00 Basketball</p> <p>1:00 Relaxing Moment</p> <p>1:30 Holy Communion with the Church of Epiphany (AL)</p> <p>4:00 Worship Service with Mt. Pisgah United Methodist Church (AL)</p> <p>7:30 VA Voice- Book Hour</p>	<p>Memorial Day</p> <p>10:00 Stretching Out</p> <p>11:00 News & Views</p> <p>1:00 Relaxing Moment</p> <p>2:00 VA Voice- Looking Back</p> <p>3:30 Art Appreciation</p> <p>7:00 Brain Busters</p> <p><i>Happy Birthday Kay</i></p>	<p>10:00 Minnieland Academy Visit</p> <p>11:00 Spa Time</p> <p>1:00 Relaxing Moment</p> <p>2:00 Sharing Time</p> <p>3:30 Flower Arranging</p> <p>6:15 Guitar Music and Sing-a-long with Michael McCall (AL)</p>

Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>10:00 Stretching Out 11:00 Baking Time 1:00 Relaxing Moment 1:30 Dog Visit with Donna and "Charlie" 3:30 Cinco de Mayo Social with SASSIE Hat Club 7:00 Brain Busters</p> <p>Nail Tech</p>	<p>3</p> <p>7:45 Chef's Breakfast 9:30 Beauty Shop Stop 1:00 Relaxing Moment 3:30 Piano Music and Sing-a-long with Billie & Ann</p>	<p>4</p> <p>10:00 Rhythm Time 11:00 Men's Lunch Outing "The County Seat" 2:00 Scenic Drive 4:00 Guitar Music with Chuck Parsons</p>	<p>5</p> <p>9:10 VA Voice-Richmond Times Dispatch 10:00 Basketball 11:00 Mind Benders 1:00 Relaxing Moment 3:30 Reminisce 7:00 Lawrence Welk Show</p>
<p>9</p> <p>10:00 Stretching Out 11:00 Baking Time 1:00 Relaxing Moment 2:00 Cottage Stories 3:30 Katie's Tea Time 7:00 Brain Busters</p>	<p>10</p> <p>9:30 Beauty Shop Stop 10:45 Primrose School Visit 1:00 Relaxing Moment 2:00 Mothers Day Tea with Pianist John Holmes (AL) 4:00 Piano Music and Sing-a-long with Billie & Ann</p>	<p>11</p> <p>10:00 Chair Yoga with Glenmore Yoga (AL) 11:00 Resident Lunch Outing "Palermo" 1:00 Relaxing Moment 4:00 Resident Social (AL)</p> <p>Podiatrist</p>	<p>12</p> <p>9:10 VA Voice-Richmond Times Dispatch 10:00 Volleyball 11:00 Dog Visit with "Gershwin" 1:00 Relaxing Moment 3:30 Reminisce 7:00 Lawrence Welk Show</p>
<p>16</p> <p>10:00 Stretching Out 11:00 Dog Visit with Brenda and "Morti" 1:00 Relaxing Moment 2:00 Sharing Time 3:30 Spring Milkshake Social 7:00 Brain Busters</p>	<p>17</p> <p>9:30 Beauty Shop Stop 10:00 Bon Air Baptist Church Concert "Golden Notes" and Lunch 1:00 Dog Visit with SPCA 2:00 Vickie Hope as Rosie the Clown 3:30 Piano Music and Sing-a-long with Billie & Ann</p>	<p>18</p> <p>10:00 Rhythm Time 10:00-2:00 Appraisal Fair, "How much is it Worth" (AL) 1:00 Relaxing Moment 4:00 Resident Social (AL)</p>	<p>19</p> <p>9:10 VA Voice-Richmond Times Dispatch 10:00 Basketball 11:00 Dog Visit with "Gershwin" 1:00 Relaxing Moment 3:30 Reminisce 7:00 Lawrence Welk Show</p>
<p>23</p> <p>10:00 Stretching Out 11:00 Baking Time 1:00 Relaxing Moment 2:00 Cottage Stories 3:30 Wine & Cheese Social 7:00 Brain Busters</p>	<p>24</p> <p>9:30 Beauty Ship Stop 1:00 Musical Harping with Kristin Eye 3:30 Piano Music and Sing-a-long with Billie & Ann</p>	<p>25</p> <p>10:00 Chair Yoga with Glenmore Yoga (AL) 11:30 Memorial Day Cookout with Patriotic Sing-a-long with Harriet Bernstein (AL) 1:00 Relaxing Moment 4:00 Resident Social (AL)</p>	<p>26</p> <p>9:10 VA Voice-Richmond Times Dispatch 10:00 Volleyball 11:00 Shaky Bells "Old Fashioned Ring-a-long" (AL) 1:00 Relaxing Moment 3:30 Reminisce 7:00 Lawrence Welk Show</p>
<p>30</p> <p>10:00 Stretching Out 11:00 Baking Time 1:00 Relaxing Moment 2:00 Sharing Time 5:00 Cottage Family Night "Join us for Our Family Barbecue"</p> <p>National Barbecue Month</p>	<p>31</p> <p>7:45 Chef's Breakfast 9:30 Beauty Shop Stop 1:00 Relaxing Moment 3:30 Piano Music and Sing-a-long with Billie & Ann</p>	<p>There may be additional Assisted Living Activities (AL) that will be added to the calendar. Please read your family e-mail for more information.</p>	 <p>HAPPY MOTHER'S DAY</p>

May 2012



The Kurtz's are enjoying the piano music and sing-a-long with Billie and Ann!

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