



# Spring Arbor West Residential Assisted Living



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May 2012

### Administrative Staff

Joy Hougan ..... Executive Director  
 Jacqueline Ponder ..... Resident Care  
 Sharlyn Hamilton ..... Marketing Director  
 Shena Mintz ..... Community Relations  
 Sherry L. Casey ..... Activity Director  
 Tammy Radford ..... Business Office Manager  
 Julia White ..... Property Manager  
 Jude Mohammed ..... Food Service Manager



Residents watched, smiling, as the children colored pictures and Easter eggs!



This year's Easter egg hunt was so much fun!!! We had a beautiful day! Thank you to all who came and participated!



### Beautiful Blooms

Enjoy the colorful flowers of May.

## Resident Birthdays

May 3

Betty Dunlap

May 13

Jane Shuford

Julia Shuford

May 15

Helen Szabla

May 19

Lillian Houston

May 25

Marcia Henderson

Harriett Ritz

May 31

Theresa Crews



## Staff Birthday

May 11

Winter Alati

## May Highlights!!

May 7

Cinco Mayo party

May 9

Crafts Class

May 17

Day in the County Ladies' Lunch

May 22

Resident Birthday Party with Tom Fisch

May 24


Nineties & Over Celebration



## Walking Club

Join us this spring as we begin our Walking Club!! Let's take advantage of the beautiful weather and amazing grounds while keeping healthy and staying strong!!

Sunday	Monday	Tuesday
	AR=Activity Room DR= Dining Room L=Library C=Café SR=Sunroom O=Outing	1 9:30-10:00 Walk About 9:45-12:00 Walmart Shopping 11:00-12:00 Armchair Travel Club AR 12:00-1:00 May Fun Facts DR 2:00-3:00 Ice Cream Social AR
6 7:30-8:30 Continental Breakfast Offered DR 10:30-11:00 Sunday Paper Coupon Delight L 2-3 Spiritual Video AR 4-5 Card Games AR	7 9:45-10:15 Exercise AR 11:00-12:00 Quarter Bingo AR 12:00-1:00 Word Search DR 1:00-1:30 Catholic Church Visit 2:00-4:00 Cinco de Mayo Party on the Patio AR	8 9:30-10 Walk About 9:45-12 Walmart Shopping 11-11:30 Balloon Toss (Foyer) 12-1 Brain Teaser DR 2-3 Trivia Game AR 4:00-5:00 Sunshine Club (O)  Wear Jeans Day
13 7:30-8:30 Continental Breakfast Offered DR 10:30 Spiritual Video AR 12:00-1:00 Mother's Day Lunch DR 3:30-4 Mud Creek Church Visit AR 4-5 Card Games AR	14 9:45-10:15 Salvation Army AR 11:00-12:00 Quarter Bingo Game AR 12:00-1:00 Crossword Puzzle DR 2:00-4:00 TCBY Outing 2:00-3:00 Music With Uncle Sam AR	15 9:30-10 Walk About 9:45-12:00 Walmart Shopping 10:00-11:00 Coffee Social AR 12-1 Brain Teaser DR 2-3 Trivia Game AR 4:00-5:00 Music Listening (Foyer)
20 7:30-8:30 Continental Breakfast Offered DR 11:00-12:00 St James Church Visit 2-3 Spiritual Video AR 4-5 Card Games AR	21 9:45-10:15 Walking Club (O) 10:45-1:30 Men's Lunch Bunch Outing 11:00-12:00 Armchair Travel Club AR 1:00-1:30 Catholic Church Visit 3:00-4:00 Quarter Bingo AR	22 9:30-1:30 Bingo Game & Lunch Outing 10:30-11:00 Coffee Mocha Social AR 2:00-3:00 Resident Birthday Party & Music With Tom Fisch AR 4:00-5:00 Sunshine Club O
27 7:30-8:30 Continental Breakfast Offered DR 10:30 Sunday Delight Coupon Cutting L 2-3 Spiritual Video AR 4-5 Card Games AR	28 9:30-10:00 Walk About 11:00-12:00 Armchair Travel Across America AR 12:00-1:00 Memorial Day Lunch DR 2:00-4:00 Movie & Popcorn AR Featuring:  Memorial Day	29 9:45-12:00 Walmart Shopping Trip 10:00-10:30 Coffee Social AR 12:00-1:00 Table Talk DR 2:00-3:00 Make a Friend & Bring a Friend Ice Cream Sundae Social  Friends Day!

<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p style="text-align: right; margin: 0;"><b>2</b></p> <p>9:45-10:15 Walking Club (O) 10:00-10:30 Coffee Mocha Social AR 12:00-1:00 Table Talk DR 2:00-4:00 Movie &amp; Popcorn AR</p>	<p style="text-align: right; margin: 0;"><b>3</b></p> <p>9:45-10:15 Fun Fitness AR 11:00-12:00 Ladderball (Foyer) 12:00 Table Talk DR 2:00-3:00 Quarter Bingo Nancy 4:00-5:00 Sunshine Club on the Porch</p> <p style="margin-top: 10px;">Welcome Back, Nancy!!</p>	<p style="text-align: right; margin: 0;"><b>4</b></p> <p>9:45-10:15 Walking Club (O) 11:00-12:00 Bunco Game AR 12:00-1:00 May Fun Facts DR 2:00-3:00 Ice Cream Social AR 4:00-5:00 Music Listening in the Foyer- Big Band</p>	<p style="text-align: right; margin: 0;"><b>5</b></p> <p>9:30-10 Walk About O 11-12 Ball Toss (Foyer) 2-4 Movie &amp; Popcorn AR 4-5 Table Games AR</p>
<p style="text-align: right; margin: 0;"><b>9</b></p> <p>9:45-10:15 Walking Club (O) 10:30-12:00 Craft Class AR (Flower Baskets) 12:00-1:00 Table Talk DR 2:00-3:00 Sweet Treats AR 3:00-4:00 Trivia Game AR</p>	<p style="text-align: right; margin: 0;"><b>10</b></p> <p>9:45-10:15 Fun Fitness AR 11:00-12:00 Bluegrass Music AR 2:00-3:00 Quarter Bingo AR 3:30-4:30 Men's Club (Sunroom)</p>	<p style="text-align: right; margin: 0;"><b>11</b></p> <p>9:45-10:15 Walking Club (O) 11:00-12:00 Resident Council &amp; Food Committee Meeting AR 2:00-4:00 Mother's Day Tea &amp; Music With Terry AR 4:00-5:00 Music Listening in the Foyer</p>	<p style="text-align: right; margin: 0;"><b>12</b></p> <p>9:30-10 Walk About O 11-12 Travel Club AR 2-4 Movie &amp; Popcorn AR 4-5 Table Games AR</p>
<p style="text-align: right; margin: 0;"><b>16</b></p> <p>10:00-10:00 Coffee Social AR 10:30-12:00 Walk in the Park (O) 12:00-1:00 Table Talk DR 2:00-3:00 Sweet Treats AR 3:30-4:00 Devotion With Phil (L) 4:00-5:00 Scrabble Game AR</p>	<p style="text-align: right; margin: 0;"><b>17</b></p> <p>9:45-10:15 Fun Fitness AR 10:30-1:30 Ladies' Lunch Bunch to Day in the Country 11:00-12:00 Travel Club AR 2:00 Quarter Bingo With Nancy AR</p>	<p style="text-align: right; margin: 0;"><b>18</b></p> <p>9:45-10:15 Walking Club (O) 11:00-12:00 Send a Postcard AR 2-4 Blueridge Parkway Scenic Drive Outing 2:00-3:00 Ice Cream Social AR</p> <p style="margin-top: 10px;">National Postcard Day!!</p>	<p style="text-align: right; margin: 0;"><b>19</b></p> <p>9:30-10 Walk About O 11-12 Ladderball AR 2-4 Movie &amp; Popcorn AR 4-5 Table Games AR</p>
<p style="text-align: right; margin: 0;"><b>23</b></p> <p>9:45-10:15 Walking Club 10:30-12:00 Cooking Club AR (Mango Salsa) 2:00-3:00 Salsa &amp; Chips Social AR 3:00-4:00 Anagram Word Game AR</p>	<p style="text-align: right; margin: 0;"><b>24</b></p> <p>9:45-10:15 Fun Fitness AR 11:00-12:00 Bunco Game AR 12:00-1:00 Word Search DR 2:00-3:00 Quarter Bingo AR 7:00-9:00 Nineties and Over Celebration DR</p>	<p style="text-align: right; margin: 0;"><b>25</b></p> <p>9:45-10:15 Walking Club (O) 11:00-12:00 Pokeno Game AR 12:00 Bulletin Board Trivia DR 2:00-3:00 Show &amp; Tell AR (Theme: Favorite Photos)</p>	<p style="text-align: right; margin: 0;"><b>26</b></p> <p>9:30-10 Walk About O 10:00-10:30 Coffee &amp; Donuts AR 2-4 Movie &amp; Popcorn AR 4-5 Table Games AR</p>
<p style="text-align: right; margin: 0;"><b>30</b></p> <p>9:45-12:00 Mountain Views Scenic Drive 11:00-12:00 Armchair Travel Club AR 12:00-1:00 Talk Table DR 2:00-3:00 Sweet Treats AR 3:00-4:00 Auction Time AR</p>	<p style="text-align: right; margin: 0;"><b>31</b></p> <p>9:45-10:15 Fun Fitness AR 10:00-10:30 Coffee &amp; Muffins AR 10:45-1:30 Lunch Bunch to Bay Breeze AR 2:00-3:00 Quarter Bingo AR 3:30-4:00 Wine &amp; Cheese Social AR</p>	 <p style="font-size: 2em; font-family: cursive;">Mother's Day</p>	<p>Activities Are Subject to Change! Please See the Daily Activity Board in the Foyer for Accurate Listings.</p>

# May 2012



Residents enjoyed the featured film and lunch at Flat Rock Cinema! We are looking forward to visiting again soon!!

*Happy Mother's Day*

