

THE Stone Valley Lifestyle



STONE VALLEY
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY

6155 Stone Valley Dr. • Reno, NV 89523 • (775) 746-2200 • www.stonevalleyassistedliving.com

Meet the Team

Memory Care Director	Aileene Cargill
Resident Care Director	Megan Gresham
Director of Sales & Marketing	Susana Ruybalid
Executive Chef	Erick Seevers
Maintenance Director	Jerry Swearingen



Beautiful Life

Make time to reflect on all that makes your life and the world beautiful. Surround yourself with art, family or friends, and celebrate National Making Life Beautiful Day on June 11.

Thank You for Caring

June is Dementia Care Professionals Month.

JUNE 2024

HAPPY
FATHER'S
DAY

A Pearl of Wisdom

There are three birthstones for the month of June: alexandrite, moonstone and pearl. Traditionally, the pearl is the most favored of the three, with its creamy white color and iridescent shimmer. Pearls are the only gemstone to come from a living creature rather than the Earth's crust, and less than 1 in 10,000 wild oysters contain the jewel, making natural pearls one of the rarest gemstones in the world.



JUNE 2024

Location Key

DR Dining Room
PD Private Dining Room
ML Main Living Room
CC Community Courtyard
C Community
AR Activity Room
BL Back Living Room

Resident & Staff Birthdays

6/4 Jona
6/10 Marilyn B.
6/11 Serenity
6/29 AL

So Nice To Hear

Start the month with a thank-you, compliment or other words of kindness. June 1 is Say Something Nice Day!



















































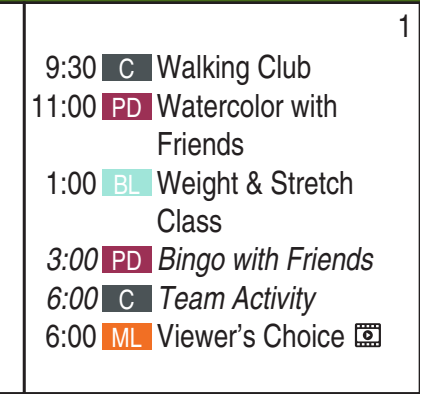























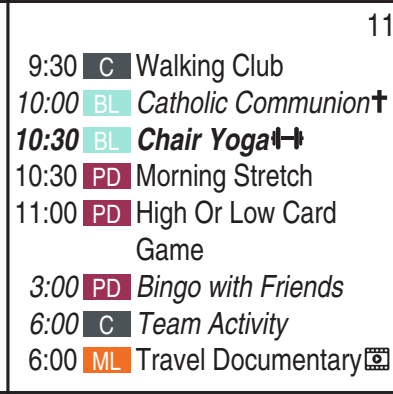


























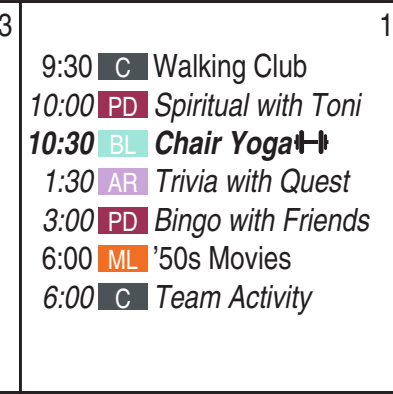







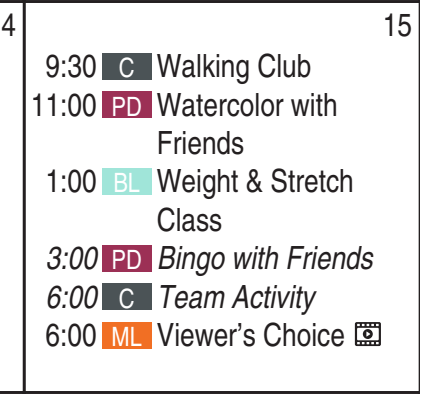







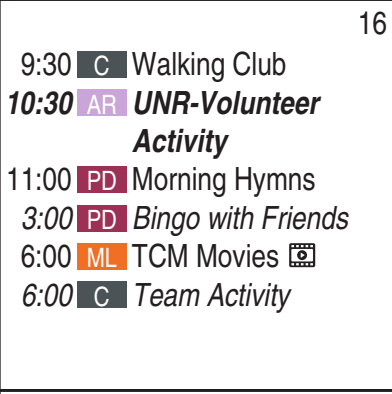















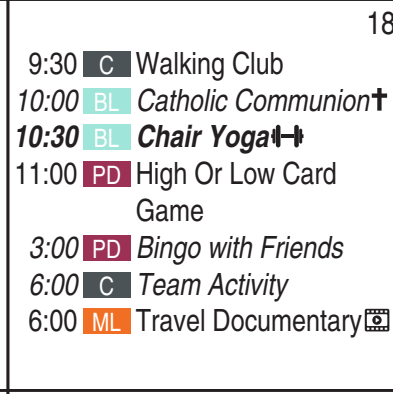








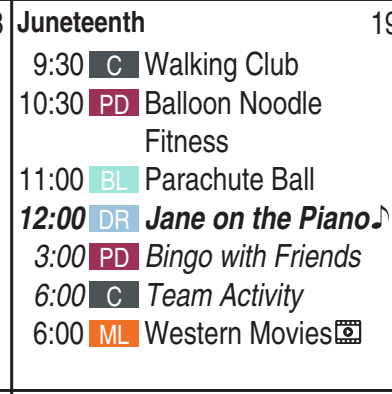

















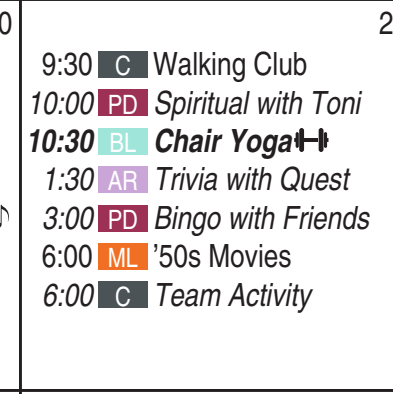







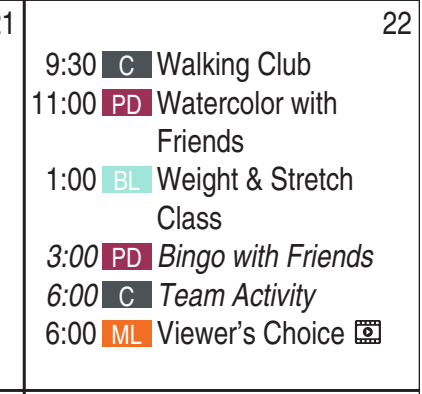






















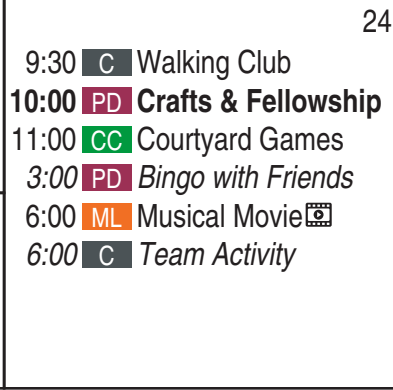







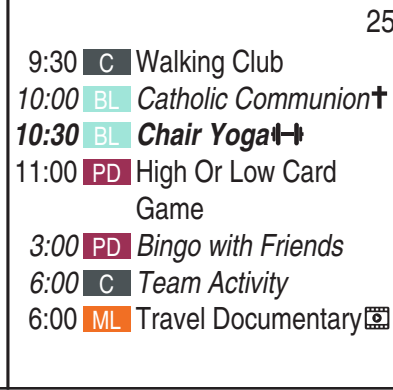








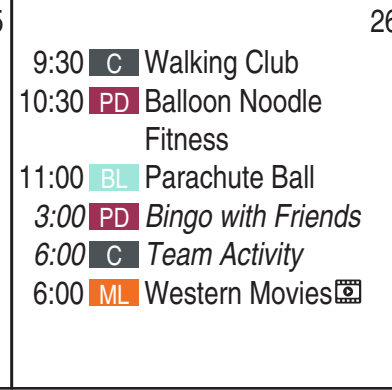















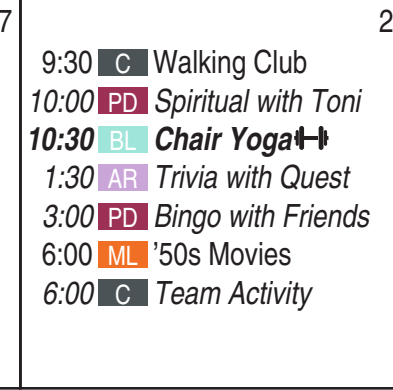







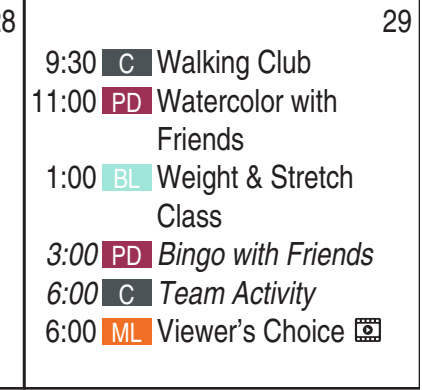







June Weather Lore

Have you heard these June weather sayings?

- June, damp and warm, does a farmer no harm.
- A good rain in June sets all in tune.
- A wet June makes a dry September.

“When the sun is shining I can do anything; no mountain is too high, no trouble too difficult.”
—Wilma Rudolph

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div>2</div> <div>9:30  Walking Club 10:30  UNR-Volunteer Activity 11:00  Morning Hymns 3:00  <i>Bingo with Friends</i> 6:00  TCM Movies  6:00  Team Activity</div>	<div><div></div><div>3</div><div>9:30  Walking Club 10:00  Crafts & Fellowship 11:00  Courtyard Games 3:00  <i>Bingo with Friends</i> 6:00  Musical Movie  6:00  Team Activity</div></div>	<div><div></div><div>4</div><div>9:30  Walking Club 10:00  <i>Catholic Communion</i>† 10:30  Chair Yoga†† 11:00  High Or Low Card Game 3:00  <i>Bingo with Friends</i> 6:00  Team Activity 6:00  Travel Documentary </div></div>	<div><div></div><div>5</div><div>9:30  Walking Club 10:30  Balloon Noodle Fitness 11:00  Parachute Ball 12:00  Jane on the Piano♪ 3:00  <i>Bingo with Friends</i> 6:00  Team Activity 6:00  Western Movies </div></div>	<div><div></div><div>6</div><div>9:30  Walking Club 10:30  Balloon Noodle Fitness 1:00  Pretty Nails 3:00  <i>Bingo with Friends</i> 6:00  Family Favorites  6:00  Team Activity</div></div>	<div><div></div><div>7</div><div>9:30  Walking Club 10:00  <i>Spiritual with Toni</i> 10:30  Chair Yoga†† 1:30  Trivia with Quest 3:00  <i>Bingo with Friends</i> 6:00  '50s Movies 6:00  Team Activity</div></div>	<div><div></div><div>8</div><div>9:30  Walking Club 11:00  Watercolor with Friends 1:00  Weight & Stretch Class 3:00  <i>Bingo with Friends</i> 6:00  Team Activity 6:00  Viewer's Choice </div></div>
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Joyful Giraffes

Stand tall with the world's tallest animal on June 21, World Giraffe Day!



Sensible Advice

You can enhance your ability to learn and remember by involving as many senses as possible. Try to associate information with colors, textures, smells and tastes. Writing out details on paper can help imprint them onto your brain. It may also help to read aloud anything you want to remember.

Judy Garland's Greatest Films

On Judy Garland's birthday on June 10, celebrate her talent and legacy by watching one of her many beloved movies:

"The Wizard of Oz" (1939). It's the film that made Garland a star and features her most iconic role, that of Kansas farmgirl Dorothy Gale, who travels over the rainbow to the land of Oz, making whimsical friends along the way.

"For Me and My Gal" (1942). This musical marked Garland's first steps into more mature roles, casting her as a vaudeville performer alongside Gene Kelly in his screen debut.

"Girl Crazy" (1943). Garland reunites with longtime friend and co-star Mickey Rooney in this Gershwin musical that showcases the pair putting on a Wild West show to raise funds to save the local college.

"Meet Me in St. Louis" (1944). This warm, sentimental film about the close-knit Smith family has become a holiday classic. Garland named the musical as one of her favorites, and she shines as the family's kind, protective teen daughter.

"The Clock" (1945). In the first of only three non-singing roles of her career, as well as her first dramatic performance, Garland is swept up in a whirlwind romance with Robert Walker, who plays a soldier on leave in New York City.

"Summer Stock" (1950). This lighthearted movie matches Garland with Kelly again, with the cast balancing farm chores with producing a musical in a barn. One of Garland's most famous numbers, her performance of "Get Happy" while wearing a tuxedo jacket and fedora, ends the film on a high note.

"A Star Is Born" (1954). Garland earned a best actress Oscar nomination for her turn as a rising starlet married to a devoted, yet troubled, former actor.

A Gem To Make You Grin

Q: Why don't oysters share their pearls?

A: Because they're shellfish.



Protect the Planet

It takes an average of 450 years for a plastic water bottle to break down in a landfill. When it's possible, use a reusable bottle or cup. A small change like this can have a big impact on the environment.



Brainteaser

Q: What has no beginning, middle or end?

A: A doughnut!

