


# 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](http://www.stonevalleyassistedliving.com)

## Staff Directory

Executive Director .....	Benjamin King
Director of Sales & Marketing .....	Sofia Villagas
Memory Care Director .....	Aileene Cargill
Executive Chef .....	Melanie Young
Maintenance Director .....	Jerry Swearingen
Resident Care Coordinator .....	Megan Gresham
Activities Assistant .....	Cami Batz
Administrative Assistant .....	Gina Budick

## Coral Reefs: Rainforests of the Sea

Brimming with color and life, coral reefs are a stunning feature of the world's oceans and hold an important ecological role.

Corals are fascinating creatures. They may look like rocks or plants, but they're actually animals, closely related to jellyfish and anemones. A typical coral reef is made up of millions of tiny individual corals called polyps. Hard corals grow an exoskeleton that additional polyps can attach to, forming the stony branches that eventually become an elaborate reef. Alternatively, soft corals have no exoskeleton and look more feathery and plantlike; though they can grow in reefs, they don't help build them.

Coral has a mutually beneficial relationship with algae, which lives in the animal's tissues and provides nutrients as well as vibrant coloration. Some corals can also catch zooplankton and tiny fish with their stinging tentacles. All of the world's coral reefs amount to less than 1% of the ocean floor, but they're home to around 25% of the planet's marine life. Because of their extreme diversity, these habitats are often called the "rainforests of the sea." And just like rainforests, coral reefs are threatened by climate change, pollution, deforestation and other factors. One noticeable effect is coral bleaching: As water temperatures rise, corals eject their symbiotic algae, causing them to lose nutrients and turn white.

## AUGUST 2025

## Director's Note



### Administrator's Corner – August 2025

*Benjamin King, Administrator, Stone Valley Memory Care – Reno, NV*

As we embrace the warm days of August, I'm especially looking forward to two favorite events—**Hot August Nights** around town and our

### community Luau party!

Our **courtyard and relaxing fountain**, paired with the afternoon breezes, continue to be a favorite gathering spot. It's a wonderful place to connect and enjoy the season together.

**We invite families to join us for our delicious, cooked-from-scratch meals.** As a reminder, the **first family member is always complimentary**, with a **\$10 charge for each additional guest**. Sharing a meal together is one of the best ways to make memories. Thank you to all our families for entrusting us with your loved ones. And a heartfelt thank you to our **dedicated staff**—your love and commitment to our residents truly shines every day.

Looking forward to a joyful August together at Stone Valley!

Warmly,

**Benjamin King**  
Administrator



**AUGUST 2025**

## Location Key

DR Dining Room  
BA Back Activities Room  
ML Main Living Room  
CC Community Courtyard  
C Community  
BL Back Living Room  
FT Field Trip

## August Birthdays






Nellie B.	8/1
Judy B.	8/6
Michael L.	8/9
Ryan T.	8/16
Mike M.	8/17
Steven R.	8/19

## Sun Tea Inside

Brewing a jug of tea on a sunny porch is a nostalgic summertime activity. You can capture this old-fashioned feeling by making sun tea indoors. Simply place four black tea bags in a quart of cold water, cover, and let sit for 2 to 3 hours. If you want sweet tea, add honey, agave syrup or simple syrup, since liquids will dissolve better in cold water than granulated sugar. Food editors say this cold-brewing method results in a better-tasting tea that's ready for serving over ice.

**"Life is like riding a bicycle.  
To keep your balance, you  
must keep moving."  
—Albert Einstein**

### Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>1</div> <div>9:00 <span>BL</span> Elastic Band Class </div> <div>10:15 <span>AR</span> High Low Cards</div> <div>12:45 <span>CC</span> Gardening</div> <div>2:00 <span>DR</span> Ukulele Performance </div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> '50s Movies</div>	<div>2</div> <div>9:00 <span>AR</span> Balance Class </div> <div>10:15 <span>AR</span> Painting with Friends </div> <div>12:45 <span>AR</span> Chair Soccer</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Viewers' Choice </div>
<div>3</div> <div>9:00 <span>BA</span> Chair Yoga </div> <div>10:30 <span>CC</span> Courtyard Games</div> <div>1:00 <span>AR</span> Rock Painting </div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> TCM Movies </div>	<div>4</div> <div>9:00 <span>BL</span> Walking Club </div> <div>10:15 <span>AR</span> Coloring Art</div> <div>12:45 <span>BL</span> Parachute Fun</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Disney Favorites </div>	<div>5</div> <div>9:00 <span>C</span> Weights Class </div> <div>10:00 <span>C</span> Catholic Communion </div> <div>10:15 <span>AR</span> Painting </div> <div>12:45 <span>CC</span> Gardening</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Travel Documentary </div>	<div>6</div> <div>9:00 <span>C</span> Morning Stretches </div> <div>10:15 <span>AR</span> Sierra Arts </div> <div>12:45 <span>AR</span> Coloring &amp; Puzzles</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Family Favorites </div>	<div>7</div> <div>9:00 <span>C</span> Balloon Toss </div> <div>10:00 <span>FT</span> GSR Bowling </div> <div>11:00 <span>ML</span> Bible Study </div> <div>12:45 <span>AR</span> Crafting </div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Western Movies </div>	<div>8</div> <div>9:00 <span>BL</span> Elastic Band Class </div> <div>10:15 <span>AR</span> High Low Cards</div> <div>12:45 <span>CC</span> Gardening</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> '50s Movies</div>	<div>9</div> <div>9:00 <span>AR</span> Balance Class </div> <div>10:15 <span>AR</span> Painting with Friends </div> <div>12:45 <span>AR</span> Chair Soccer</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Viewers' Choice </div>
<div>10</div> <div>9:00 <span>BA</span> Chair Yoga </div> <div>10:30 <span>CC</span> Courtyard Games</div> <div>1:00 <span>AR</span> Rock Painting </div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> TCM Movies </div>	<div>11</div> <div>9:00 <span>BL</span> Walking Club </div> <div>10:15 <span>AR</span> Coloring Art</div> <div>12:45 <span>BL</span> Parachute Fun</div> <div>2:00 <span>BA</span> Support Group Meeting</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Disney Favorites </div>	<div>12</div> <div>9:00 <span>C</span> Weights Class </div> <div>10:00 <span>FT</span> Bowling </div> <div>10:00 <span>C</span> Catholic Communion </div> <div>12:45 <span>CC</span> Gardening</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Travel Documentary </div>	<div>13</div> <div>9:00 <span>C</span> Morning Stretches </div> <div>10:15 <span>BL</span> Reading &amp; Drinks</div> <div>12:45 <span>AR</span> Coloring &amp; Puzzles</div> <div>2:00 <span>DR</span> ECCS Music </div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Family Favorites </div>	<div>14</div> <div>9:00 <span>C</span> Balloon Toss </div> <div>11:00 <span>ML</span> Bible Study </div> <div>12:00 <span>CC</span> Luau Celebration &amp; Ukulele Music </div> <div>12:45 <span>AR</span> Crafting </div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Western Movies </div>	<div>15</div> <div>9:00 <span>BL</span> Elastic Band Class </div> <div>10:15 <span>AR</span> High Low Cards</div> <div>12:45 <span>CC</span> Gardening</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> '50s Movies</div>	<div>16</div> <div>9:00 <span>AR</span> Balance Class </div> <div>10:15 <span>AR</span> Painting with Friends </div> <div>12:45 <span>AR</span> Chair Soccer</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Viewers' Choice </div>
<div>17</div> <div>9:00 <span>BA</span> Chair Yoga </div> <div>10:30 <span>CC</span> Courtyard Games</div> <div>1:00 <span>AR</span> Rock Painting </div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> TCM Movies </div>	<div>18</div> <div>9:00 <span>BL</span> Walking Club </div> <div>10:15 <span>AR</span> Coloring Art</div> <div>12:45 <span>BL</span> Parachute Fun</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Disney Favorites </div>	<div>19</div> <div>9:00 <span>C</span> Weights Class </div> <div>10:00 <span>C</span> Catholic Communion </div> <div>10:15 <span>AR</span> Painting </div> <div>12:45 <span>CC</span> Gardening</div> <div>1:00 <span>BL</span> Resident &amp; Family Council </div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Travel Documentary </div>	<div>20</div> <div>9:00 <span>C</span> Morning Stretches </div> <div>10:15 <span>AR</span> Sierra Arts </div> <div>12:45 <span>AR</span> Coloring &amp; Puzzles</div> <div>1:30 <span>DR</span> Jim Buehler Music </div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Family Favorites </div>	<div>21</div> <div>9:00 <span>C</span> Balloon Toss </div> <div>10:15 <span>AR</span> Reading/Pretty Nails</div> <div>11:00 <span>ML</span> Bible Study </div> <div>12:45 <span>AR</span> Crafting </div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Western Movies </div>	<div>22</div> <div>9:00 <span>BL</span> Elastic Band Class </div> <div>10:15 <span>AR</span> High Low Cards</div> <div>12:45 <span>CC</span> Gardening</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> '50s Movies</div>	<div>23</div> <div>9:00 <span>AR</span> Balance Class </div> <div>10:15 <span>AR</span> Painting with Friends </div> <div>12:45 <span>AR</span> Chair Soccer</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Viewers' Choice </div>
<div>24</div> <div>9:00 <span>BA</span> Chair Yoga </div> <div>10:30 <span>CC</span> Courtyard Games</div> <div>1:00 <span>AR</span> Rock Painting </div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> TCM Movies </div>	<div>25</div> <div>9:00 <span>BL</span> Walking Club </div> <div>10:15 <span>AR</span> Coloring Art</div> <div>12:45 <span>BL</span> Parachute Fun</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Disney Favorites </div>	<div>26</div> <div>9:00 <span>C</span> Weights Class </div> <div>10:00 <span>C</span> Catholic Communion </div> <div>10:00 <span>FT</span> Ice Cream Outing </div> <div>10:15 <span>AR</span> VA Art by Compassion Care Hospice </div> <div>12:45 <span>CC</span> Gardening</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Travel Documentary </div>	<div>27</div> <div>9:00 <span>C</span> Morning Stretches </div> <div>10:15 <span>BL</span> Reading &amp; Drinks</div> <div>12:45 <span>AR</span> Coloring &amp; Puzzles</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Family Favorites </div>	<div>28</div> <div>9:00 <span>C</span> Balloon Toss </div> <div>10:00 <span>FT</span> Handle's Ice Cream </div> <div>11:00 <span>ML</span> Bible Study </div> <div>12:45 <span>AR</span> Crafting </div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Western Movies </div>	<div>29</div> <div>9:00 <span>BL</span> Elastic Band Class </div> <div>10:15 <span>AR</span> High Low Cards</div> <div>12:45 <span>CC</span> Gardening</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> '50s Movies</div>	<div>30</div> <div>9:00 <span>AR</span> Balance Class </div> <div>10:15 <span>AR</span> Painting with Friends </div> <div>12:45 <span>AR</span> Chair Soccer</div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> Viewers' Choice </div>
<div>31</div> <div>9:00 <span>BA</span> Chair Yoga </div> <div>10:30 <span>CC</span> Courtyard Games</div> <div>1:00 <span>AR</span> Rock Painting </div> <div>3:00 <span>AR</span> Bingo with Friends</div> <div>6:00 <span>ML</span> TCM Movies </div>						

## Upcoming August Events

- 8/11: Support Group at 2:00pm
- 8/12: Bowling Field Trip at 10:00am - \$12/resident. Please sign your loved one up.
- 8/14: Hawaiian Luau at 12:00pm - Please RSVP by 8/11.
- 8/19: Resident & Family Council at 1:00pm
- 8/26: Ice Cream Outing at 10:00am - \$6/resident. Please sign your loved one up.



## Sunshiny Day

"A little bit of summer is what the whole year's all about." —John Mayer

## Citrus Watermelonade

Summertime is sweet when you're sipping on this fruity beverage.

### Ingredients:

- 1 cup water
- 2 cups sugar
- 6 cups cubed watermelon, seeds and rind removed
- 2 cups orange juice
- 1 cup grapefruit juice
- 3/4 cup lemon juice
- 3/4 cup lime juice
- 2 to 3 medium oranges, peeled and diced
- 1/2 cup fresh mint leaves

### Directions:

Combine water and sugar in a small saucepan and heat on low until sugar is dissolved. Refrigerate until chilled.

In a blender, puree 4 cups of the cubed watermelon until smooth. Pour into a larger pitcher. Add the chilled sugar syrup, orange juice, grapefruit juice, lemon juice and lime juice. Stir until well combined.

Add remaining 2 cups of cubed watermelon, diced oranges and mint leaves to pitcher. Refrigerate for 2 hours. Serve over ice and garnish with an orange slice and fresh mint.

Find more recipes at  
[FloridaCitrus.org](http://FloridaCitrus.org).

## 'Treks' Is One

How many words can you come up with using the letters in "farmers' market?"

## Laugh Lines: 'Seas' the Moment

Soak in some fun with these water witticisms:

Jill: "What's your favorite beach?"

Joe: "It's a beach in California."

Jill: "California has a lot of beaches. Could you be more Pacific?"

Two men rented a canoe and went fishing in a remote part of a lake. Admiring their day's big catch, one of the men said, "We need to mark this spot!" The other man took out his pocketknife and began carving a big X in the bottom of the canoe. "What are you doing?" yelled the first man. His buddy explained, "I'm marking our spot, like you said!" "That doesn't make any sense! How do you know we'll get the same canoe next time?"

A geology professor's former student returned to campus one day with a gift for her teacher, a unique soil sample she'd collected from a faraway river. Upon receiving the gift, the professor replied, "I appreciate the sediment."

Q: Why did the teacher dive into the lake?

A: She wanted to test the water.

Q: What did the tide pool say to the other tide pool?

A: Show me your mussels.

Q: What keeps a dock floating above water?

A: Pier pressure.

Q: Why is the ocean always on time?

A: It likes to stay current.

