



STONE VALLEY
SENIOR LIVING AT EASE

Like Us!  

THE Stone Valley Lifestyle

MEMORY CARE COMMUNITY
6155 Stone Valley Dr. · Reno, NV 89523 · (775) 746-2200 · www.stonevalleyassistedliving.com

Meet the Team

Executive Director	Amanda Jenkins
Memory Care Director	Aileene Cargill
Resident Care Director	Nicole O'Connell
Director of Sales & Marketing	Becka Thompson
Activities Director	Deborah Hall
Executive Chef	Erick Seevers



Winter Is Coming

The coldest season will begin Dec. 21.



DECEMBER 2023

Associate of the Month



Maria Miguel-Moreno



You would be hard-pressed to find a more dedicated team member than Maria. Her sparkling personality and hard work are spot on!!

Not one to fold under pressure and quick with a smile.

Thank you for your many years of care and attention to details

for our community and residents.

Congratulations Maria, we appreciate you!

December Greetings

Hello, and welcome to the busiest month of the year! I would like to wish our residents and their families a joyous season full of peace and love. Happy holidays!



DECEMBER 2023

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

Staff

Birthdays

9th LaSuntha W. and Deborah H.

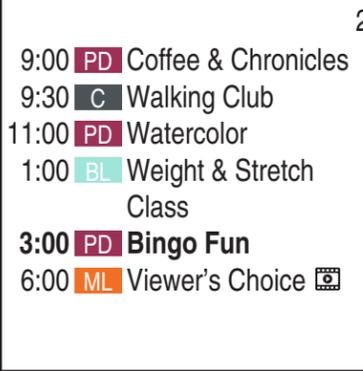
Handy Mittens

Mittens will warm your hands better than gloves, since keeping most of your fingers together generates more heat. Consider a pair of convertible mittens—fingerless gloves that have an attached mitten flap, which you can unfold when you need to pick up an object or press a button.

From the Heart

“It isn’t the size of the gift that matters, but the size of the heart that gives it.” — Eileen Elias Freeman

“Bells are music’s laughter.”
—Thomas Hood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>9:00 AR Strength Fitness ††</p> <p>9:30 C Walking Club</p> <p>11:00 PD Morning Hymns</p> <p>1:00 BL Spiritual Elder Care ▲</p> <p>2:30 DR Hot Cocoa & Snack</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML TCM Movies </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>10:00 PD Tea Party & Fellowship ▲</p> <p>11:00 PD Craft Corner</p> <p>2:00 BL Drumming Class</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Musical Movie </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>10:00 ML Catholic Communion †</p> <p>10:30 BL Chair Yoga ††</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Travel Documentary </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>11:00 BL Parachute Ball</p> <p>2:00 BL Drumming Class</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Western Movies </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>11:00 PD Craft Corner</p> <p>1:00 AR Pretty Nails</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Family Favorites </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>10:00 BL Spiritual Connections with Toni ▲</p> <p>10:30 BL Chair Yoga ††</p> <p>11:00 BL Parachute Ball</p> <p>2:00 BL Drumming Class</p> <p>3:00 PD Bingo Fun</p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>11:00 PD Watercolor</p> <p>1:00 BL Weight & Stretch Class</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Viewer’s Choice </p>
<p>9:00 AR Strength Fitness ††</p> <p>9:30 C Walking Club</p> <p>11:00 PD Morning Hymns</p> <p>1:00 BL Spiritual Elder Care ▲</p> <p>2:30 DR Hot Cocoa & Snack</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML TCM Movies </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>10:00 PD Tea Party & Fellowship ▲</p> <p>11:00 PD Craft Corner</p> <p>2:00 BL Drumming Class</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Musical Movie </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>10:00 ML Catholic Communion †</p> <p>10:15 AR Resident & Family Council</p> <p>1:30 BL Photos With Santa</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Travel Documentary </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>11:00 BL Parachute Ball</p> <p>2:00 BL Drumming Class</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Western Movies </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>11:00 PD Craft Corner</p> <p>1:00 AR Pretty Nails</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Family Favorites </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>10:00 BL Spiritual Connections with Toni ▲</p> <p>10:30 BL Chair Yoga ††</p> <p>11:00 BL Parachute Ball</p> <p>2:00 BL Drumming Class</p> <p>3:00 PD Bingo Fun</p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>11:00 PD Watercolor</p> <p>1:00 BL Weight & Stretch Class</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Viewer’s Choice </p>
<p>Holiday Spirit Week</p> <p>9:00 AR Strength Fitness ††</p> <p>9:30 C Walking Club</p> <p>11:00 PD Morning Hymns</p> <p>1:00 BL Spiritual Elder Care ▲</p> <p>2:30 DR Hot Cocoa & Snack</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML TCM Movies </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>10:00 PD Tea Party & Fellowship ▲</p> <p>11:00 PD Craft Corner</p> <p>2:00 BL Drumming Class</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Musical Movie </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>10:00 ML Catholic Communion †</p> <p>10:30 BL Chair Yoga ††</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Travel Documentary </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>11:00 BL Parachute Ball</p> <p>2:00 BL Drumming Class</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Western Movies </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>12:00 DR Holiday Celebration</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Family Favorites </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>10:00 BL Spiritual Connections with Toni ▲</p> <p>10:30 BL Chair Yoga ††</p> <p>11:00 BL Parachute Ball</p> <p>2:00 BL Drumming Class</p> <p>3:00 PD Bingo Fun</p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>11:00 PD Watercolor</p> <p>1:00 BL Weight & Stretch Class</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Viewer’s Choice </p>
<p>9:30 C Walking Club</p> <p>11:00 PD Morning Hymns</p> <p>1:00 BL Spiritual Elder Care ▲</p> <p>2:30 DR Hot Cocoa & Snack</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML TCM Movies </p>	<p>Christmas</p> <p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>10:00 PD Tea Party & Fellowship ▲</p> <p>2:00 BL Drumming Class</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Musical Movie </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>10:00 ML Catholic Communion †</p> <p>10:30 BL Chair Yoga ††</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Travel Documentary </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>11:00 BL Parachute Ball</p> <p>2:00 BL Drumming Class</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Western Movies </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>11:00 PD Craft Corner</p> <p>2:00 PD Bingo Fun</p> <p>5:00 DR NYE & PJ Party Welcome 2024</p> <p>6:00 ML Family Favorites </p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>10:00 BL Spiritual Connections with Toni ▲</p> <p>10:30 BL Chair Yoga ††</p> <p>11:00 BL Parachute Ball</p> <p>2:00 BL Drumming Class</p> <p>3:00 PD Bingo Fun</p>	<p>9:00 PD Coffee & Chronicles</p> <p>9:30 C Walking Club</p> <p>11:00 PD Watercolor</p> <p>1:00 BL Weight & Stretch Class</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML Viewer’s Choice </p>
<p>9:30 C Walking Club</p> <p>11:00 PD Morning Hymns</p> <p>1:00 BL Spiritual Elder Care ▲</p> <p>2:30 DR Hot Cocoa & Snack</p> <p>3:00 PD Bingo Fun</p> <p>6:00 ML TCM Movies </p>						



Hot Chocolate History

Warming up with a mug of hot chocolate is a sweet and simple winter ritual. We have the Indigenous peoples of Mexico and Central America to thank for coming up with the concept of grinding cocoa beans into a rich, foamy beverage. The original version was a lot different from what we enjoy today, though; for starters, their drink was served cold! But you can still raise a toast to tradition by adding in a complementary warmth with ground cayenne pepper, one of the key ingredients in Mexican hot chocolate.



'Count' Is One

How many words can you come up with using the letters in "touchdown"?



Holiday Décor Reminder

Keep all decorations fun and tasteful! Use your favorite figurines and trimmings, but be considerate of your neighbors when hanging objects such as lights or signs.

It's the Thought That Counts

Gift-giving should be done graciously, say etiquette experts. That means it's OK if gifts exchanged between two people don't match in value, or if somebody unexpectedly hands you a present and you have nothing in return. Trying to "price match" a gift can easily blow your budget, so a sincere thank-you is all that's needed.

NFL Fun Facts

This time of year, NFL fans are all about the grit and glory on the gridiron. Here are a few fun football facts to kick around:

- The NFL was founded in 1920 in Canton, Ohio, which is now home to the Pro Football Hall of Fame.
- In 1933, the league stopped using the Collegiate Rules Book and began to develop its own rules.
- As a rookie in 1934, Beattie Feathers became the first player to rush for 1,000 yards in a season.
- A 1939 matchup between the Philadelphia Eagles and the Brooklyn Dodgers was the first televised football game.
- NFL players were not required to wear helmets until 1943.
- The 1972 Miami Dolphins became the first NFL team to have a perfect season. Their 17-0 record culminated with a win at Super Bowl VII.
- Deion Sanders is the only athlete who has played in both a Super Bowl and a World Series.
- In 2015, the league hired its first full-time female referee, Sarah Thomas.

