

# 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   |
| Maintenance Director .....          | Jerry Swearingen  |
| Dining Director .....               | Bryce Allen       |
| Resident Care Coordinator .....     | Megan Gresham     |
| Activities Coordinator .....        | Serenity Williams |
| Administrative Assistant .....      | Gina Budick       |
| Occupational Therapist .....        | Lauren Huneycutt  |

## Remember When: 'The Dating Game'

Going on TV to find love is not a new concept. The hit show "The Dating Game" introduced the idea when it first premiered in 1965. A bachelorette or bachelor would question three potential dates who were hidden from view, which meant they had to outshine and out-flirt each other with their answers. Tom Selleck, Farrah Fawcett and many other future stars appeared as contestants. Each show ended with host Jim Lange and the winning couples blowing a kiss to the audience.

## Popular Pages: 'The Great Gatsby'

An iconic representation of the Roaring Twenties, F. Scott Fitzgerald's "The Great Gatsby" is considered by many to be the "great American novel." The book's narrator is Nick Carraway, a newcomer to the lavish New York social scene who moves in next door to Jay Gatsby, a mysterious man of great wealth. After Gatsby learns that Nick's cousin is Daisy Buchanan, a woman from his past whom he still loves, Gatsby arranges a reunion, setting off an unexpected chain of events.

FEBRUARY 2026



## Love and Be Loved

"How you love yourself is how you teach others to love you." —Rupi Kaur

## Cute and Quick Valentines

A tiny treat paired with a cute message makes a great Valentine's Day gift for family, friends, neighbors, coworkers and classmates. Here are a few ideas:

- Gummy worms: "I dig you!"
- Stickers: "Let's stick together."
- Goldfish crackers: "You're a great catch!"
- Small flashlight: "You light up my world."
- Tootsie Rolls: "I like the way you roll."
- Pen or pencil: "You've got the write stuff!"

## You're Doing a Great Job

To improve your mood instantly, look in the mirror and give yourself a compliment.

FEBRUARY

2026

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

Wild World:

Groundhogs

Every year on Groundhog Day, America’s favorite weatherman appears. In honor of Punxsutawney Phil, share these facts about groundhogs. “Groundhog” is the typical name for these animals, but they are also called woodchucks. Sometimes they are referred to as “whistle-pigs” due to the sound they emit when in danger. They forge intricate tunnels, which have many chambers and entrances and can be up to 50 feet long. Every year, groundhogs hibernate. Their temperature drops to around 40 F, and their breathing and heart rate slow dramatically.

‘First’ Is One

How many words can you come up with using the letters in “figure skating”?

“What we have once enjoyed we can never lose. All that we love deeply becomes a part of us.”

—Helen Keller

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   |
|---|---|---|--|--|--|--|
| <div>1</div> <div>9:00  Morning Stretches</div> <div>10:30  Card Games</div> <div>10:30  UNR Heart Club</div> <div>1:00  Rock Painting</div> <div>3:00  Bingo with Friends</div> <div>6:00  TCM Movies</div>  | <div>2</div> <div>9:00  Walking Club</div> <div>10:00  Tea Time</div> <div>12:45  Movie Matinee</div> <div>3:00  Bingo with Friends</div> <div>6:00  Disney Favorites</div>                 | <div>3</div> <div>9:00  Jazzercise</div> <div>10:15  Daylight Hours</div> <div>12:45  Card Games</div> <div>3:00  Bingo with Friends</div> <div>6:00  Travel Documentary</div>  | <div>4</div> <div>9:00  Chair Yoga</div> <div>10:15  Sierra Arts</div> <div>12:45  Board Games</div> <div>3:00  Bingo with Friends</div> <div>6:00  Family Favorites</div>                                       | <div>5</div> <div>9:00  Travel Videos</div> <div>10:00  Coloring</div> <div>11:00  Bible Study</div> <div>12:45  Crafting</div> <div>3:00  Bingo with Friends</div> <div>6:00  Western Movies</div>  | <div>6</div> <div>9:00  Guided Exercise</div> <div>10:15  Storytime</div> <div>10:30  Serenity Spa</div> <div>3:00  Bingo with Friends</div> <div>6:00  '50s Movies</div>  | <div>7</div> <div>9:00  Ball Toss</div> <div>10:15  Daylight Hours</div> <div>12:45  Puzzles</div> <div>3:00  Bingo with Friends</div> <div>6:00  Viewers’ Choice</div>  |
| <div>8</div> <div>9:00  Morning Stretches</div> <div>10:30  Card Games</div> <div>10:30  UNR Heart Club</div> <div>1:00  Rock Painting</div> <div>3:00  Bingo with Friends</div> <div>6:00  TCM Movies</div>  | <div>9</div> <div>9:00  Walking Club</div> <div>10:00  Tea Time</div> <div>12:45  Movie Matinee</div> <div>3:00  Bingo with Friends</div> <div>6:00  Disney Favorites</div>                 | <div>10</div> <div>9:00  Jazzercise</div> <div>10:15  Daylight Hours</div> <div>12:45  Card Games</div> <div>3:00  Bingo with Friends</div> <div>6:00  Travel Documentary</div> | <div>11</div> <div>9:00  Chair Yoga</div> <div>10:15  Reading &amp; Drinks</div> <div>12:45  Board Games</div> <div>2:00  ECCS Music</div> <div>3:00  Bingo with Friends</div> <div>6:00  Family Favorites</div> | <div>12</div> <div>9:00  Travel Videos</div> <div>10:00  Coloring</div> <div>11:00  Bible Study</div> <div>12:45  Crafting</div> <div>3:00  Bingo with Friends</div> <div>6:00  Western Movies</div> | <div>13</div> <div>9:00  Guided Exercise</div> <div>10:15  Storytime</div> <div>10:30  Serenity Spa</div> <div>3:00  Bingo with Friends</div> <div>6:00  '50s Movies</div> | <div>14</div> <div>9:00  Ball Toss</div> <div>10:15  Daylight Hours</div> <div>12:45  Puzzles</div> <div>3:00  Bingo with Friends</div> <div>6:00  Viewers’ Choice</div> |
| <div>15</div> <div>9:00  Morning Stretches</div> <div>10:30  Card Games</div> <div>10:30  UNR Heart Club</div> <div>1:00  Rock Painting</div> <div>3:00  Bingo with Friends</div> <div>6:00  TCM Movies</div> | <div>Presidents Day 16</div> <div>9:00  Walking Club</div> <div>10:00  Tea Time</div> <div>12:45  Movie Matinee</div> <div>3:00  Bingo with Friends</div> <div>6:00  Disney Favorites</div> | <div>17</div> <div>9:00  Jazzercise</div> <div>10:15  Daylight Hours</div> <div>12:45  Card Games</div> <div>3:00  Bingo with Friends</div> <div>6:00  Travel Documentary</div> | <div>18</div> <div>9:00  Chair Yoga</div> <div>10:15  Sierra Arts</div> <div>12:45  Board Games</div> <div>3:00  Bingo with Friends</div> <div>6:00  Family Favorites</div>                                      | <div>19</div> <div>9:00  Travel Videos</div> <div>10:00  Coloring</div> <div>11:00  Bible Study</div> <div>12:45  Crafting</div> <div>3:00  Bingo with Friends</div> <div>6:00  Western Movies</div> | <div>20</div> <div>9:00  Guided Exercise</div> <div>10:15  Storytime</div> <div>10:30  Serenity Spa</div> <div>3:00  Bingo with Friends</div> <div>6:00  '50s Movies</div> | <div>21</div> <div>9:00  Ball Toss</div> <div>10:15  Daylight Hours</div> <div>12:45  Puzzles</div> <div>3:00  Bingo with Friends</div> <div>6:00  Viewers’ Choice</div> |
| <div>22</div> <div>9:00  Morning Stretches</div> <div>10:30  Card Games</div> <div>10:30  UNR Heart Club</div> <div>1:00  Rock Painting</div> <div>3:00  Bingo with Friends</div> <div>6:00  TCM Movies</div> | <div>23</div> <div>9:00  Walking Club</div> <div>10:00  Tea Time</div> <div>12:45  Movie Matinee</div> <div>3:00  Bingo with Friends</div> <div>6:00  Disney Favorites</div>                | <div>24</div> <div>9:00  Jazzercise</div> <div>10:15  Daylight Hours</div> <div>12:45  Card Games</div> <div>3:00  Bingo with Friends</div> <div>6:00  Travel Documentary</div> | <div>25</div> <div>9:00  Chair Yoga</div> <div>12:45  Board Games</div> <div>3:00  Bingo with Friends</div> <div>6:00  Family Favorites</div>  | <div>26</div> <div>9:00  Travel Videos</div> <div>10:00  Coloring</div> <div>11:00  Bible Study</div> <div>12:45  Crafting</div> <div>3:00  Bingo with Friends</div> <div>6:00  Western Movies</div> | <div>27</div> <div>9:00  Guided Exercise</div> <div>10:15  Storytime</div> <div>10:30  Serenity Spa</div> <div>3:00  Bingo with Friends</div> <div>6:00  '50s Movies</div> | <div>28</div> <div>9:00  Ball Toss</div> <div>10:15  Daylight Hours</div> <div>12:45  Puzzles</div> <div>3:00  Bingo with Friends</div> <div>6:00  Viewers’ Choice</div> |
|   |   |   |  |  |  |  |





## Smitten With Gloves

Gloves have long been associated with romance. Knights were said to carry the glove of a sweetheart in their helmets to bring them good luck. In Victorian England, a suitor would gift a pair of gloves to the girl of his dreams, who'd wear the gloves in public if she returned his affections. And a Latvian tradition calls for brides to fill a hope chest with hundreds of handmade mittens as a sign of devotion.

## Popcorn Pick: 'Groundhog Day'

An unexplained phenomenon makes every day Feb. 2 to Phil Connors, played by Bill Murray in this 1993 comedy classic. The grouchy and self-centered TV weatherman is sent on assignment to cover the annual Groundhog Day festivities in Punxsutawney, Pa., but after a snowstorm strands him and his crew there, he wakes up to relive every moment of the same day over and over, no matter what he does. Only when he learns to better himself and help others is Connors able to use this wrinkle in time to his advantage.



## Hugs for Health

Wrap your arms around this news: Studies show that a 10-second hug can reduce the stress chemical cortisol, increase the "feel-good" hormone oxytocin and lower your blood pressure—resulting in a calmer, happier you.

## A Friendly Walk

Psychiatrist Gary Small says walking with a friend is a triple threat against Alzheimer's disease. It gives you a cardiovascular workout, stress-relieving social interaction and mentally stimulating conversation.

## Be Mindful of Missed Calls

If you notice a missed call from an unknown phone number, resist the urge to satisfy your curiosity and call back. Scammers can spoof numbers that look similar to ones you regularly call, in the hopes you'll answer. When you return the call, it verifies that a person is assigned to your phone number, prompting the scammer to try again another time.

## Jazz Up Your Mornings

When going through your morning routine, put on some upbeat music. Energy rises, stress decreases and you get moving even more than usual.