

## Resident Spotlight



**Jeri**

Jeri grew up in Santa Monica, CA, before moving to Reno and making it her home for 30 years. She worked as a library technician while raising her five children with her husband, Ed. She loves music, especially oldies, and can be found dancing when performers come to play music at Arbors!

## Employee Spotlight



**Juan, Dining Services Team Member**

Juan joined the Arbors family over a year ago. He came with extensive dining experience, including many years working and managing local casinos. Juan says, "Arbors is like a family, and I love to cook good food for my family!"



Our volunteer Leandra played beautiful harp melodies for us. We had a great lunch at Blaze Pizza, and Olivia led us in Chair Zumba every Wednesday!



March 2026

# The Arbors Bulletin

Arbors Memory Care | 2121 E. Prater Way | Sparks, NV 89434 | 775-331-2229



## A Note from the Executive Director

Greetings Everyone,



**Amanda Jenkins,  
Executive Director**

March welcomes the gentle signs of spring and a renewed sense of hope within our community. Each day, we remain committed to creating meaningful moments, comfort, and connection for your loved ones in a warm and supportive environment.

We are deeply grateful to our dedicated staff, whose compassion and patience make a difference every day and for our families, who trust and partnership help us provide the highest level of care.

Thank you for being such an important part of our community as we step into this season of renewal together.

Warm Regards,

Amanda Jenkins  
Executive Director

## HAPPY Birthday

### Residents

- Susan, March 21
- Tim, March 22
- Lyn, March 24

### Staff

- Cassandra, March 19

# MARCH 2026

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SUN	MON	TUE	WED	THU	FRI	SAT
<p>1</p> <p>8:45 Morning Stretch 9:30 Coffee and Card Games 10:00 Men's Nail Spa 10:30 Reminiscing 11:00 Puzzles and Board Games 1:30 Ball Toss 2:00 Activity Boxes 3:00 Word Searches</p>	<p>2</p> <p>8:45 Morning Stretch 9:30 Travelling Activity Cart 10:30 Stella's Library Corner 11:00 Movement on Monday 11:30 Sunny Stroll Outside 1:30 Nail Spa 2:00 What's The Verdict? 3:30 Soccer Circle</p>	<p>3</p> <p>8:45 Morning Stretch 10:00 Baking Circle 11:00 Scarf Dancing 11:30 Sunny Stroll Outside 1:30 Nail Spa 2:00 Movie Matinee 3:30 Bowling Game 4:00 Short Story</p>	<p>4</p> <p>8:45 Morning Stretch 9:30 Travelling Activity Cart 10:00 Beauty Hour 11:30 Sunny Stroll Outside 1:30 Zumba with Olivia 2:00 Spelling Game 3:30 BINGO Game</p>	<p>5</p> <p>8:45 Morning Stretch 10:00 Arts and Crafts 11:00 Exercise Circle 11:30 Sunny Stroll Outside 1:30 Nail Spa 2:00 Categories Game 3:30 Golf Putting Game 4:00 Finish Lines</p>	<p>6</p> <p>8:45 Morning Stretch 9:30 Travelling Activity Cart 10:00 March Gazette/Trivia 11:00 Parachute Games 11:30 Sunny Stroll Outside 1:30 Nail Spa 2:00 Harp Music with Leandra 3:30 BINGO Game</p>	<p>7</p> <p>8:45 Morning Stretch 9:30 Coffee and Current News 10:00 Ladies' Nail Spa 10:30 Water Painting 11:00 Puzzles and Board Games 1:30 Parachute Time 2:00 Activity Boxes 3:30 Name 10 Word Game</p>
<p>8</p> <p>8:45 Morning Stretch 9:30 Coffee and Card Games 10:00 Men's Nail Spa 10:30 Reminiscing 11:00 Puzzles and Board Games 1:00 Piano Music with Ella 2:00 Activity Boxes 3:00 Word Searches</p>	<p>9</p> <p>8:45 Morning Stretch 9:30 Travelling Activity Cart 10:30 Stella's Library Corner 11:00 Movement on Monday 11:30 Sunny Stroll Outside 1:30 Nail Spa 2:00 What Am I? 3:30 Buttered Up! Homemade Butter Circle</p>	<p>10</p> <p>8:45 Morning Stretch 10:00 Baking Circle 11:00 Scarf Dancing 11:30 Sunny Stroll Outside 1:30 Nail Spa 2:30 Music with Paul Vandervoort 3:30 Bean Bag Toss 4:00 Common Ending Game</p>	<p>11</p> <p>8:45 Morning Stretch 9:30 Travelling Activity Cart 10:00 Beauty Hour 11:30 Sunny Stroll Outside 1:30 Zumba with Olivia 2:00 Unscramble Game 3:30 BINGO Game</p>	<p>12</p> <p>8:45 Morning Stretch 10:00 Art and Painting 11:00 Exercise Circle 11:30 Sunny Stroll Outside 1:30 Nail Spa 2:00 Irish Folk Tales 3:30 Table Tennis Game 4:00 Wee Bit O' Irish Humor</p>	<p>13</p> <p>8:45 Morning Stretch 9:30 Travelling Activity Cart 10:00 Truth or Blarney Game 10:00 Pet Visits with Yuki 11:00 Parachute Games 11:30 Sunny Stroll Outside 2:00 Golden Encore Music with In-Tune Tales 3:30 BINGO Game</p>	<p>14</p> <p>8:45 Morning Stretch 9:30 Coffee and Current News 10:00 Ladies' Nail Spa 10:30 Water Painting 11:00 Puzzles and Board Games 1:30 Parachute Time 2:00 Activity Boxes 3:30 Name 10 Word Game</p>
<p>15</p> <p>8:45 Morning Stretch 9:30 Coffee and Card Games 10:00 Men's Nail Spa 10:30 Reminiscing 11:00 Puzzles and Board Games 1:00 Piano Music with Ella 2:00 Activity Boxes 3:00 Word Searches</p>	<p>16 Wellderly Week</p> <p>8:45 Morning Stretch 9:30 Travelling Activity Cart 10:30 Stella's Library Corner 11:00 Movement on Monday 11:30 Sunny Stroll Outside 1:30 Nail Spa 2:00 Well, Well, Well! A Chat About Wellness 3:30 Word Games 4:00 Balloon Toss Game</p>	<p>17 St. Patrick's Day</p> <p>8:45 Morning Stretch 10:00 Beauty Hour 11:30 Music with Joe Tyler 12:30 St. Patrick's Day Luncheon 2:00 St. Patrick's Day Party with Music by Last Night's Folly 4:00 Irish Rhyme Time Game</p>	<p>18</p> <p>8:45 Morning Stretch 9:30 Travelling Activity Cart 10:00 Armchair Travel (Ireland) 11:00 Nail Spa 11:30 Sunny Stroll Outside 1:30 Zumba with Olivia 2:00 Irish Food with Erin 3:30 Gigi's Library Corner</p>	<p>19</p> <p>8:45 Morning Stretch 10:00 Cooking Circle 11:00 Exercise Circle 11:30 Sunny Stroll Outside 1:30 Nail Spa 2:00 Mining Word Game 3:30 Shuffleboard Game 4:00 Mind Joggers</p>	<p>20</p> <p>8:45 Morning Stretch 9:30 Travelling Activity Cart 10:00 Jeopardy Trivia 11:00 Parachute Games 11:30 Sunny Stroll Outside 1:30 March Birthday Party with Music by Jim Beuhler 3:30 BINGO Game</p>	<p>21</p> <p>8:45 Morning Stretch 9:30 Coffee and Current News 10:00 Ladies' Nail Spa 10:30 Water Painting 11:00 Puzzles and Board Games 1:30 Parachute Time 2:00 Activity Boxes 3:30 Name 10 Word Game</p>
<p>22</p> <p>8:45 Morning Stretch 9:30 Coffee and Card Games 10:00 Men's Nail Spa 10:30 Reminiscing 11:00 Puzzles and Board Games 1:30 Ball Toss 2:00 Activity Boxes 3:00 Word Searches</p>	<p>23</p> <p>8:45 Morning Stretch 9:30 Travelling Activity Cart 10:30 Stella's Library Corner 11:00 Movement on Monday 11:30 Sunny Stroll Outside 2:00 Star of the Month 3:30 Men's Card Games with Junior 3:30 Ladies' Nail Spa Circle</p>	<p>24</p> <p>8:45 Morning Stretch 10:00 Baking Circle 11:00 Scarf Dancing 11:30 Sunny Stroll Outside 1:30 Nail Spa 2:00 Movie Matinee 3:30 Ball Toss 4:00 Double Trouble Game</p>	<p>25</p> <p>8:45 Morning Stretch 9:30 Travelling Activity Cart 10:00 Beauty Hour 11:00 Restaurant Outing 11:30 Sunny Stroll Outside 1:30 Zumba with Olivia 2:00 Bean Bag Baseball with Deb and Amanda 3:30 BINGO Game</p>	<p>26</p> <p>8:45 Morning Stretch 10:00 Beauty Hour 11:00 Exercise Circle 11:30 Sunny Stroll Outside 1:30 Nail Spa 2:30 Music with McCullom Duo 3:30 Balloon Toss Game 4:00 Finish Lines</p>	<p>27</p> <p>8:45 Morning Stretch 9:30 Travelling Activity Cart 10:00 Musical Trivia 10:00 Pet Visits with Yuki 11:00 Parachute Games 11:30 Sunny Stroll Outside 2:00 March Happy Hour with Music by Piano Encore 3:30 BINGO Game</p>	<p>28</p> <p>8:45 Morning Stretch 9:30 Coffee and Current News 10:00 Ladies' Nail Spa 10:30 Water Painting 11:00 Puzzles and Board Games 1:30 Parachute Time 2:00 Activity Boxes 3:30 Name 10 Word Game</p>
<p>29</p> <p>8:45 Morning Stretch 9:30 Coffee and Card Games 10:00 Men's Nail Spa 10:30 Reminiscing 11:00 Puzzles and Board Games 1:30 Ball Toss 2:00 Activity Boxes 3:00 Word Searches</p>	<p>30</p> <p>8:45 Morning Stretch 9:30 Travelling Activity Cart 10:30 Stella's Library Corner 11:00 Movement on Monday 11:30 Sunny Stroll Outside 1:30 Nail Spa 2:00 Fact or Foolery? 3:30 Short Story 4:00 Chair Exercise</p>	<p>31</p> <p>8:45 Morning Stretch 10:00 Baking Circle 11:00 Scarf Dancing 11:30 Sunny Stroll Outside 1:30 Nail Spa 2:00 Movie Matinee 3:30 Soccer Circle 4:00 Word Pyramid Game</p>				



## March 2026

upcoming events

**St. Patrick's Day Luncheon**  
Tues., March 17  
12:30 pm  
RSVP to attend,  
\$9 per person

**St. Patrick's Day Party with Music by "Last Night's Folly"**  
Tues., March 17, 2 pm

**Love and Dementia Book Club Meeting**  
Wed., March 18  
Lighthouse Coffee Shop

**March Birthday Party**  
Friday, March 20,  
1:30 pm in Tahoe Terrace

**Dementia Support Workshop with The Alzheimer's Association**, Tues., March 24  
Sparks Public Library

**March Happy Hour**  
Friday, March 27  
2 pm in Tahoe Terrace



*Our mission is to create and maintain comfortable, caring environments for those who depend on us.*