

Resident Spotlight



Greta

Greta grew up in many places while her dad was in the Air Force, including England and Germany, as well as lots of states. Her favorite place she has lived was at Lake Tahoe! She worked as a teacher for many years. She loves dogs, walking outside, dancing, and baking!

Team Member Spotlight



Justine, Wellness Director

Justine was inspired by her Grandpa (featured above) to work in the memory care field. She enjoys her work, even on hard days. She feels that Arbors is her home away from home, and loves giving the residents quality care and fun moments in-between.



Our Cowboy BBQ was a rootin', tootin' good time! We ate pulled pork BBQ sandwiches, and tapped our boots to country music!



Share Your Thoughts This October!

Resident & Responsible Party Satisfaction Survey



Residents and Responsible Parties, please keep an eye on your email for our Annual Satisfaction Survey! We are sending out our annual survey links from September 30th. The survey window is open through October 31st.

Your participation is greatly appreciated!



A Note from the Executive Director



Jesse Singh, Executive Director

Greetings Everyone,

As we enter the holiday months ahead, we are reminded of the importance of connection, kindness, and community. For our residents, this time of year can bring cherished memories and traditions, while also giving us an opportunity to create new ones together. We look forward to celebrating the season with our residents, families, staff, and community and making these months filled with joy, laughter, and

meaningful moments.

If there is anything we can do to make this holiday season a little more special or meaningful for your loved one, please let us know. We are here to help make this a joyful and memorable time for each of our residents. From our family to yours, we wish you a happy, healthy, and peaceful holiday season!

Warm Regards,

Jesse Singh

October 2026

The Arbors Bulletin

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

HAPPY Birthday

Residents

- Christine, 10/13
- Sondra, 10/20
- Helen, 10/22
- Art, 10/30

Team

- Brenda, 10/6
- Martha, 10/7
- Sonia, 10/16
- Joyce, 10/20
- Juan, 10/25
- Cheyenne, 10/31

SUN	MON	TUE	WED	THU	FRI	SAT
				1 8:45 Morning Stretch 9:30 Arts and Crafts 11:00 Exercise Circle 11:30 Soil and Serenity 2:00 Say What You Mean Game 2:30 What Am I? 3:30 Table Tennis Game 4:00 Finish Lines 6:00 Puzzles and Board Games	2 8:45 Morning Stretch 9:30 October Trivia 10:00 Spelling Game 10:00 Pet Visits with Yuki 11:00 Parachute Games 11:30 Soil and Serenity 2:00 Air Hockey Game 3:30 BINGO Game 6:00 Minds in Motion	3 8:45 Morning Stretch 9:30 Coffee and Current News 10:00 Ladies' Nail Spa 11:00 Strength on Saturday 1:30 Soil and Serenity 2:00 Art and Coloring 3:30 Ball Toss Game 6:00 Nail Spa
4 8:45 Morning Stretch 9:30 Coffee and Current News 10:00 Sunday Service 11:00 Finish Lines 1:30 Strollin' on Sunday 2:00 Golf Putting Game 3:30 BINGO Game 6:00 Word Searches	5 Active Aging Week 8:45 Morning Stretch 10:30 Stella's Library Corner 11:00 Move & Groove Monday 11:30 Soil and Serenity 2:00 Movie Matinee 2:30 Musical Moment 3:30 Balloon Volleyball Game 4:00 Humor and Jokes 6:00 Reminiscing	6 8:45 Morning Stretch 10:00 Baking Circle 11:00 Scarf Dancing 11:30 Soil and Serenity 2:00 What's The Verdict? 3:30 Bowling Game 4:00 Short Story 6:00 Art and Coloring	7 8:45 Morning Stretch 10:00 Beauty Hour 11:00 Soil and Serenity 11:30 Work It on Wednesday 1:00 Nail Spa 2:00 Categories Word Game 3:30 BINGO Game 6:00 Movie Night	8 7:00 Pancake Breakfast Bar 8:45 Morning Stretch 9:30 Pumpkin Decorating 11:00 Exercise Circle 11:30 Soil and Serenity 2:00 Word Pyramid Game 2:30 Where Am I? 3:30 Roll of the Dice 4:00 Finish Lines 6:00 Puzzles and Board Games	9 8:45 Morning Stretch 9:30 1970s Trivia 10:00 Unscramble Word Game 10:00 Sensory Circle 11:00 Cardio Drumming 11:30 Soil and Serenity 2:00 Harp Music with Leandra 3:30 BINGO Game 6:00 Minds in Motion	10 8:45 Morning Stretch 9:30 Coffee and Current News 10:00 Ladies' Nail Spa 11:00 Strength on Saturday 1:30 Soil and Serenity 2:00 Memories and Melodies 3:30 Ball Toss Game 6:00 Nail Spa
11 8:45 Morning Stretch 9:30 Coffee and Current News 10:00 Sunday Service 11:00 Finish Lines 1:30 Strollin' on Sunday 2:00 Golf Putting Game 3:30 BINGO Game 6:00 Word Searches	12 Indigenous Peoples' Day 8:45 Morning Stretch 10:30 Stella's Library Corner 11:00 Move & Groove Monday 11:30 Soil and Serenity 2:00 True or False Game 2:30 Indigenous Foods 3:30 Balloon Volleyball Game 4:00 Humor and Jokes 6:00 Reminiscing	13 8:45 Morning Stretch 10:00 Baking Circle 11:00 Scarf Dancing 11:30 Soil and Serenity 2:30 Music with SAF 3:00 Family Council 3:30 Sun and Stories 6:00 Art and Coloring	14 8:45 Morning Stretch 10:00 Beauty Hour 11:00 Soil and Serenity 11:30 Work It on Wednesday 1:00 Nail Spa 2:00 Mining Word Game 3:30 BINGO Game 6:00 Movie Night	15 8:45 Morning Stretch 9:30 Arts and Crafts 10:00 Fall Farm Outing 11:00 Exercise Circle 11:30 Soil and Serenity 2:00 Don't Go Over! Game 2:30 Perusing Poetry 3:30 Bean Bag Toss Game 4:00 Finish Lines 6:00 Puzzles and Board Games	16 8:45 Morning Stretch 9:30 Random Trivia 10:00 Matching Game 10:00 Pet Visits with Yuki 11:00 Parachute Games 11:30 Soil and Serenity 1:30 Apple Happy Hour with Music by Jim Buehler 3:00 Support Group 3:30 BINGO Game 6:00 Minds in Motion	17 8:45 Morning Stretch 9:30 Coffee and Current News 10:00 Ladies' Nail Spa 11:00 Strength on Saturday 1:30 Soil and Serenity 2:00 Sun and Stories 3:30 Ball Toss Game 6:00 Nail Spa
18 8:45 Morning Stretch 9:30 Coffee and Current News 10:00 Sunday Service 11:00 Men's Nail Spa 1:30 Strollin' on Sunday 2:00 Golf Putting Game 3:30 BINGO Game 6:00 Word Searches	19 8:45 Morning Stretch 10:30 Stella's Library Corner 11:00 Move & Groove Monday 11:30 Soil and Serenity 2:00 Opposites Word Game 2:30 Animal Talk 3:30 Balloon Volleyball Game 4:00 Humor and Jokes 6:00 Memories and Melodies 6:00 Pie and Cocoa Dessert Bar	20 8:45 Morning Stretch 10:00 Puzzles and Board Games 11:15 Scarf Dancing 11:30 Soil and Serenity 2:00 Finish Lines 2:30 Music with John Rand 4:00 Short Story 6:00 Art and Coloring	21 8:45 Morning Stretch 10:00 Armchair Travels 11:00 Czech Trivia 11:30 Work It on Wednesday 1:30 Soil and Serenity 2:00 Czech Music and Dance 3:30 BINGO Game 6:00 Movie Night	22 8:45 Morning Stretch 10:00 Music with Senior Chorus 11:00 Exercise Circle 11:30 Soil and Serenity 2:00 Mind Joggers 2:30 Music with Brother Dan 4:00 Finish Lines 6:00 Puzzles and Board Games	23 8:45 Morning Stretch 9:30 Musical Trivia 10:00 Double Trouble Word Game 10:00 Picnic Outing 11:00 Parachute Games 11:30 Soil and Serenity 2:00 Air Hockey Game 3:30 BINGO Game 4:00 Trunk or Treat	24 8:45 Morning Stretch 9:30 Coffee and Current News 10:00 Ladies' Nail Spa 11:00 Strength on Saturday 1:30 Soil and Serenity 2:00 Memories and Melodies 3:30 Ball Toss Game 6:00 Nail Spa
25 8:45 Morning Stretch 9:30 Coffee and Current News 10:00 Sunday Service 11:00 Finish Lines 1:30 Strollin' on Sunday 2:00 Golf Putting Game 3:30 BINGO Game 6:00 Word Searches	26 8:45 Morning Stretch 10:30 Stella's Library Corner 11:00 Move & Groove Monday 11:30 Soil and Serenity 2:00 The Monster Match Game 2:30 Jack O Lantern History 3:30 Ladies' Spa Circle 3:30 Men's Card Circle 4:00 Humor and Jokes 6:00 Reminiscing	27 8:45 Morning Stretch 10:00 Fun with Food 11:00 Scarf Dancing 11:30 Soil and Serenity 2:00 Sweet Touch Game 3:30 Soccer Circle 4:00 Short Story 6:00 Art and Coloring	28 8:45 Morning Stretch 10:00 Beauty Hour 11:00 Soil and Serenity 11:30 Work It on Wednesday 1:00 Nail Spa 2:00 Categories Word Game 3:30 BINGO Game 6:00 Movie Night	29 8:45 Morning Stretch 9:30 Arts and Crafts 11:00 Exercise Circle 11:30 Soil and Serenity 2:00 Mixed Up Word Game 2:30 Halloween History 3:30 Web Toss Game 4:00 Rhyme Time 6:00 Puzzles and Board Games	30 8:45 Morning Stretch 9:30 Believable or Batty? 10:00 Secret Quote Word Game 10:00 Sensory Circle 10:00 Pet Visits with Yuki 11:00 Parachute Games 11:30 Soil and Serenity 2:00 Air Hockey Game 3:30 BINGO Game 6:00 Minds in Motion	31 Halloween 8:45 Morning Stretch 9:30 Coffee and Current News 10:00 Spooky BINGO 1:30 Soil and Serenity 2:00 Picture This 3:30 Ball Toss Game 6:00 Nail Spa



October 2026

upcoming events

- Pancake Breakfast
Bar* 10/8 at 7 am
- Family Council
10/13 at 3 pm
- Caring for the Care-giver Support Group
10/16 at 3 pm
- Pie and Cocoa
- Dessert Bar*
10/19 at 6 pm
- Trunk or Treat
10/23 from 4-6 pm
- Spooky BINGO
10/31 at 10 am

* - Attend these events to be entered into our Satisfaction Survey Drawing!

