



Team Member Spotlight - Martha

Martha was born and raised in Aguascalientes, Mexico. She began pursuing her dream to become a nurse there. She moved to Reno at age 23 to make that dream a reality. She and her husband have a two-year-old daughter. Martha says, "Nursing is my dream, caregiving is my passion, and making a difference in someone's life is my purpose."



Resident Spotlight - Helen

Helen spent her young adult years travelling, from Iceland to Puerto Rico. She loved photography and playing guitar. She enjoys spending time with her daughter, Chris, pictured on the right. You can now find her enjoying live music and cracking jokes with her friends at Arbors!

The Month In Moments: Smiles, Celebrations, & Connections Shared!



A Fresh Look, More Connection!

You may notice a fresh look to our newsletter and calendar this month! We've introduced TSO Life, a new tool to support our Life Enrichment program and strengthen communication with residents and families. As our team learns the technology and gradually incorporates it into our planning, our focus remains on meaningful experiences, personal connections, and keeping you informed. We'll share more information and resources over the coming months. Thank you for your patience as we learn and make thoughtful updates along the way!



Birthday Celebrations!

Residents

- Paula, 11/5
- Julia, 11/16

Team Members

- Aqua, 11/9
- Axel, 11/10
- Trey, 11/17
- Megan, 11/18
- Alex, 11/29

Pictured below: Arbors Grandparents' Day Celebration and a trip to the National Automobile Museum!



Join Us This November!

Nov. 11th at Noon: Veteran's Day Honor Ceremony & Luncheon, \$9 per person - RSVP by 11/4

Nov. 19th at 12:30 PM: Thanksgiving Luncheon, \$9 per person - RSVP by 11/12

Nov. 20th at 3 PM: Caring for the Caregiver Dementia Support Group, Free & Open to Everyone

Nov. 21st at 2 PM: Harvest BINGO, Free event for family & friends!



Monthly Message



our community such a special place to call home.

We hope to see family and friends this month at our many holiday celebrations including a community favorite, the Thanksgiving Luncheon scheduled for November 19th.

We look forward to a month filled with laughter, connection, and plenty of reasons to be thankful!

— Jesse Singh, Executive Director

Thankful and Grateful
November gives us a wonderful opportunity to pause and reflect on what we're grateful for. At Arbors, we are especially thankful for our residents, families, and the amazing team members who make

November 2026

Arbors Memory Care



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM - Catholic Holy Communion (CR) 9:45 AM - Sunday Service (WTR) 11:00 AM - Finish Lines 1:30 PM - Strollin' on Sunday (IOO) 2:00 PM - Ring Toss Game 3:30 PM - BINGO Game (EDR) 6:00 PM - Word Searches	8:45 AM - Morning Stretch (WTR) 10:30 AM - Stella's Library Corner (L) 11:00 AM - Move & Groove Monday (EDR) 11:30 AM - Puzzles and Board Games 2:00 PM - Matching Game 2:30 PM - What's The Verdict? 3:30 PM - Balloon Volleyball Game (EDR) 4:00 PM - Humor & Jokes 6:00 PM - Reminiscing	8:45 AM - Morning Stretch (WTR) 10:00 AM - Minds in Motion 11:00 AM - Scarf Dancing (EDR) 11:30 AM - Puzzles and Board Games 2:00 PM - Star of the Month 3:30 PM - Bowling Game (EL(A)) 4:00 PM - Short Story 6:00 PM - Art & Coloring	8:45 AM - Morning Stretch (WTR) 10:00 AM - Beauty Hour (TT) 11:00 AM - Work It on Wednesday 11:30 AM - Puzzles and Board Games 2:00 PM - Categories Word Game (EDR) 3:30 PM - BINGO Game (EDR) 6:00 PM - Movie Night	8:45 AM - Morning Stretch (WTR) 9:30 AM - Arts and Crafts (CR) 11:00 AM - Exercise Circle (EDR) 11:30 AM - Puzzles and Board Games 2:00 PM - Movie Matinee (WTR) 2:30 PM - Name 5 Game 3:30 PM - Table Tennis Game 4:00 PM - Finish Lines 6:00 PM - Water Painting	8:45 AM - Morning Stretch (WTR) 9:30 AM - November Trivia 10:00 AM - Choose Two Game 10:00 AM - Pet Visits with Yuki 10:00 AM - Scenic Drive Outing 11:00 AM - Parachute Games (EDR) 11:30 AM - Puzzles and Board Games 2:00 PM - Air Hockey Game (WL(TA)) 3:30 PM - BINGO Game (EDR) 6:00 PM - Minds in Motion	8:45 AM - Morning Stretch (WTR) 9:30 AM - Coffee & Current News (DR) 10:00 AM - Ladies' Nail Spa 11:00 AM - Strength on Saturday (EDR) 11:30 AM - Puzzles and Board Games 2:00 PM - Memories & Melodies 3:30 PM - Ball Toss Game (EDR) 6:00 PM - Nail Spa
9:00 AM - Catholic Holy Communion (CR) 9:45 AM - Sunday Service (WTR) 11:00 AM - Finish Lines 1:30 PM - Strollin' on Sunday (IOO) 2:00 PM - Golf Putting Game (EL(A)) 3:30 PM - BINGO Game (EDR) 6:00 PM - Word Searches	8:45 AM - Morning Stretch (WTR) 10:30 AM - Stella's Library Corner (L) 11:00 AM - Move & Groove Monday (EDR) 11:30 AM - Puzzles and Board Games 2:00 PM - Secret Quote Word Game 2:30 PM - Mixed Up Word Game 3:30 PM - Balloon Volleyball Game (EDR) 4:00 PM - Humor & Jokes 6:00 PM - Reminiscing	8:45 AM - Morning Stretch (WTR) 10:00 AM - Minds in Motion 11:00 AM - Scarf Dancing (EDR) 11:30 AM - Puzzles and Board Games 2:30 PM - Music with Sierra Arts Foundation (EL(A)) 4:00 PM - Short Story 6:00 PM - Art & Coloring	Veterans Day 8:45 AM - Morning Stretch (WTR) 10:00 AM - Beauty Hour (TT) 11:00 AM - Work It on Wednesday (EDR) 11:30 AM - Puzzles and Board Games 12:00 PM - Veteran's Day Honor Ceremony (TT) 12:30 PM - Veteran's Day Luncheon (DR) 2:00 PM - Categories Word Game (EDR) 3:30 PM - BINGO Game (EDR) 6:00 PM - Movie Night	8:45 AM - Morning Stretch (WTR) 9:30 AM - Art and Painting (CR) 10:00 AM - Coffee at the Marina Outing 11:00 AM - Exercise Circle (EDR) 11:30 AM - Puzzles and Board Games 2:00 PM - What Am I? 2:30 PM - Military Musical Moment 3:30 PM - Roll of the Dice (EDR) 4:00 PM - Finish Lines 6:00 PM - Water Painting	8:45 AM - Morning Stretch (WTR) 9:30 AM - Military Trivia 10:00 AM - Spelling Game 10:00 AM - Sensory Circle (L) 11:00 AM - Parachute Games 11:30 AM - Puzzles and Board Games 2:00 PM - Harp Music with Leandra (TT) 3:30 PM - BINGO Game (EDR) 6:00 PM - Minds in Motion	8:45 AM - Morning Stretch (WTR) 9:30 AM - Coffee & Current News (DR) 10:00 AM - Ladies' Nail Spa 11:00 AM - Strength on Saturday (EDR) 11:30 AM - Puzzles and Board Games 2:00 PM - Call It A Day Word Game 3:30 PM - Ball Toss Game (EDR) 6:00 PM - Nail Spa
9:00 AM - Catholic Holy Communion (CR) 9:45 AM - Sunday Service (WTR) 11:00 AM - Men's Nail Spa 1:30 PM - Strollin' on Sunday (IOO) 2:00 PM - Golf Putting Game (EL(A)) 3:30 PM - BINGO Game (EDR) 6:00 PM - Word Searches	8:45 AM - Morning Stretch (WTR) 10:30 AM - Stella's Library Corner (L) 11:00 AM - Move & Groove Monday (EDR) 11:30 AM - Puzzles and Board Games 2:00 PM - Artful Thoughts (EDR) 2:30 PM - Picture This 3:30 PM - Balloon Volleyball Game (EDR) 4:00 PM - Humor & Jokes 6:00 PM - Memories and Melodies	8:45 AM - Morning Stretch (WTR) 10:00 AM - Minds in Motion 11:00 AM - Scarf Dancing (EDR) 11:30 AM - Puzzles and Board Games 2:30 PM - Music with John Rand (EL(A)) 4:00 PM - Short Story 6:00 PM - Art & Coloring	8:45 AM - Morning Stretch (WTR) 10:00 AM - Beauty Hour (TT) 11:00 AM - Work It on Wednesday (EDR) 11:30 AM - Puzzles and Board Games 2:30 PM - Music with Catfish Carl (EL(A)) 4:00 PM - Mind Joggers 6:00 PM - Movie Night	8:45 AM - Morning Stretch (WTR) 9:30 AM - Arts and Crafts (CR) 11:00 AM - Exercise Circle (EDR) 11:30 AM - Music with Linda Herring (EL(A)) 12:30 PM - Thanksgiving Luncheon (DR) 2:00 PM - Secret Quote Word Game 2:30 PM - Wishbone History 3:30 PM - Candy Corn Toss (EL(A)) 4:00 PM - Finish Lines 6:00 PM - Water Painting	8:45 AM - Morning Stretch (WTR) 9:30 AM - Autumn Trivia 10:00 AM - Pet Visits with Yuki 10:00 AM - Fall Poetry Circle 11:00 AM - Parachute Games 11:30 AM - Puzzles and Board Games 1:30 PM - Happy Hour with Music by Nabby (TT) 3:30 PM - BINGO Game (TT) 6:00 PM - Minds in Motion	8:45 AM - Morning Stretch (WTR) 9:30 AM - Coffee & Current News (DR) 10:00 AM - Ladies' Nail Spa 11:00 AM - Strength on Saturday (EDR) 11:30 AM - Puzzles and Board Games 2:00 PM - Harvest BINGO (TT) 3:30 PM - Ball Toss Game (EDR) 6:00 PM - Nail Spa
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* Activities are subject to change