





STONE VALLEY
SENIOR LIVING AT EASE

Like Us!  

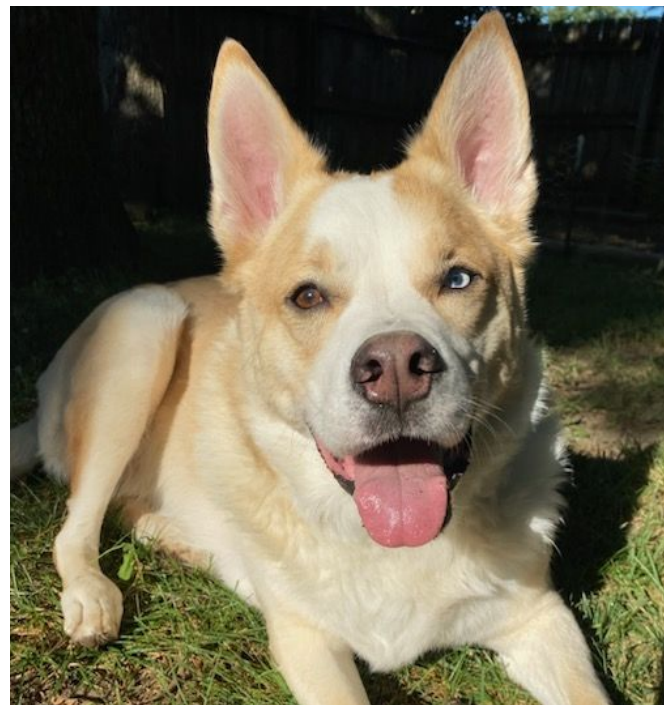
THE Stone Valley Lifestyle

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

Staff Directory

Executive Director	Benjamin King
Business Office Director	Deborah Hall
Director of Sales & Marketing	Sofia Villagas
Memory Care Director	Aileene Cargill
Maintenance Director	Jerry Swearingen
Executive Chef	Erick Seevers
Resident Care Coordinator	Megan Gresham
Administrative Assistant	Kristene Farley
Life Enrichment Coordinator	AJ Codazzi

JANUARY 2025



Meet ASTRO! He is the fur-child of our caregiver, Beth. He just turned five years young! He was rescued by Beth at four months from a shelter in Arkansas. He is a vivacious and free spirited boy who is also a trained service dog! He is always smiling and adores visiting his friends here at Stone Valley.



This Month's Birthstone

The January birthstone is the garnet. Commonly red, the jewel also comes in the colors orange, yellow, purple and green. Garnet is found in many different locations, but during Victorian times, the region of Bohemia in the Czech Republic was the main source of these jewels. An antique garnet hair comb, fashioned during those times, is in the Smithsonian's possession. Resembling an elaborate tiara, it is the most famous piece of garnet jewelry.

JANUARY 2025

Location Key

DR Dining Room
BA Activities Room
ML Main Living Room
CC Community Courtyard
C Community
PT Physical Therapy
BL Back Living Room
FT Field Trip





Resident & Staff Birthdays

Patricia C. 01/03
Robert K. 01/06
Mary W. 01/09
Guy T. 01/12
A.J. C. 01/14
Sandra D. 01/19
Stephen C. 01/21
Kalli R. 01/30

Sweep With Socks

It's officially fuzzy socks season! If you find some worn-out pairs while sorting through your stash, put them to use as eco-friendly cleaning rags. Slip one over your hand or the head of a dust mop, and the sock's fluffy fibers will easily pick up lint from surfaces.

"The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams."
—Robert Brault

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 1 9:30 C Walking Club 10:00 C Rose Parade Viewing Party ★ 10:30 BA Activities with AJ & Hayley DPT 1:00 BL Pool Noodle Fun 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Animated Movie</i> 📺	2 9:30 C Walking Club 11:00 BL Bible Study w/ Russ A 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Family Favorites</i> 📺 6:00 ML <i>Western Movies</i> 📺	3 9:30 C Walking Club 10:30 BA <i>Beading</i> 1:00 BA <i>Trivia with Quest</i> 1:30 BA <i>Pretty Nails</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>'50s Movies</i>	4 9:30 C Walking Club 10:00 BA Tea Party & Goodies ☕ 11:00 BA <i>Watercolor with Friends</i> 1:00 BL <i>Weight & Stretch Class</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Viewers' Choice</i> 📺
5 9:30 C Walking Club 10:30 BA UNR Heart Association Volunteers 11:00 BA <i>Morning Hymns</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>TCM Movies</i> 📺	6 9:30 C Walking Club 10:00 BA <i>Crafts & Fellowship</i> 11:00 CC <i>Courtyard Games</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Musical Movie</i> 📺	7 9:30 C Walking Club 10:00 BL <i>Catholic Communion</i> † 10:30 BL <i>Community Exercise</i> 1:00 BA <i>High Or Low Card Game</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Travel Documentary</i> 📺	8 9:30 C Walking Club 10:30 BA Activities with AJ & Hayley DPT 1:00 BL Pool Noodle Fun 2:00 DR ECCS Music by Erika Paul ♪ 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Animated Movie</i> 📺	9 Law Enforcement Appreciation Cookie Delivery by AJ and Friends 9:30 C Walking Club 11:00 BL Bible Study w/ Russ A 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Family Favorites</i> 📺 6:00 ML <i>Western Movies</i> 📺	10 9:30 C Walking Club 10:30 BA <i>Beading</i> 1:00 BA <i>Trivia with Quest</i> 1:30 BA <i>Pretty Nails</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>'50s Movies</i>	11 9:30 C Walking Club 10:00 BA Music & Magic Show ♪ 11:00 BA <i>Watercolor with Friends</i> 1:00 BL <i>Weight & Stretch Class</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Viewers' Choice</i> 📺
12 9:30 C Walking Club 10:30 BA UNR Heart Association Volunteers 11:00 BA <i>Morning Hymns</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>TCM Movies</i> 📺	13 9:30 C Walking Club 10:00 BA <i>Crafts & Fellowship</i> 11:00 CC <i>Courtyard Games</i> 2:00 BA Support Group Meeting 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Musical Movie</i> 📺	14 9:30 C Walking Club 10:00 BL <i>Catholic Communion</i> † 10:30 BL <i>Community Exercise</i> 10:30 BA <i>Morning Stretch</i> 1:00 BA <i>High Or Low Card Game</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Travel Documentary</i> 📺	15 9:30 C Walking Club 10:30 BA Activities with AJ & Hayley DPT 1:00 BL Pool Noodle Fun 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Animated Movie</i> 📺	16 9:30 C Walking Club 11:00 BL Bible Study w/ Russ A 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Family Favorites</i> 📺 6:00 ML <i>Western Movies</i> 📺	17 9:30 C Walking Club 10:30 BA <i>Beading</i> 1:00 BA <i>Trivia with Quest</i> 1:30 BA <i>Pretty Nails</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>'50s Movies</i>	18 Nat'l Snowman Day 9:30 C Walking Club 10:00 BA Tea Party & Goodies ☕ 11:00 BA <i>Watercolor with Friends</i> 1:00 BL <i>Weight & Stretch Class</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Viewers' Choice</i> 📺
19 9:30 C Walking Club 10:30 BA UNR Heart Association Volunteers 11:00 BA <i>Morning Hymns</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>TCM Movies</i> 📺	20 Martin Luther King Jr. Day 9:30 C Walking Club 10:00 BA <i>Crafts & Fellowship</i> 11:00 CC <i>Courtyard Games</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Musical Movie</i> 📺	21 Hugs & Popcorn Day! 9:30 C Walking Club 10:00 BL <i>Catholic Communion</i> † 10:30 BL <i>Community Exercise</i> 1:00 BA <i>High Or Low Card Game</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Travel Documentary</i> 📺	22 9:30 C Walking Club 10:30 BA Activities with AJ & Hayley DPT 1:00 BL Pool Noodle Fun 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Animated Movie</i> 📺	23 9:30 C Walking Club 11:00 BL Bible Study w/ Russ A 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Family Favorites</i> 📺 6:00 ML <i>Western Movies</i> 📺	24 9:30 C Walking Club 10:30 BA <i>Beading</i> 1:00 BA <i>Trivia with Quest</i> 1:30 BA <i>Pretty Nails</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>'50s Movies</i>	25 9:30 C Walking Club 10:00 BA Tea Party & Goodies ☕ 11:00 BA <i>Watercolor with Friends</i> 1:00 BL <i>Weight & Stretch Class</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Viewers' Choice</i> 📺
26 9:30 C Walking Club 10:30 BA UNR Heart Association Volunteers 11:00 BA <i>Morning Hymns</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>TCM Movies</i> 📺	27 9:30 C Walking Club 10:00 BA <i>Crafts & Fellowship</i> 11:00 CC <i>Courtyard Games</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Musical Movie</i> 📺	28 9:30 C Walking Club 10:00 BL <i>Catholic Communion</i> † 10:30 BL <i>Community Exercise</i> 1:00 BA <i>High Or Low Card Game</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Travel Documentary</i> 📺	29 9:30 C Walking Club 10:30 BA Activities with AJ & Hayley DPT 1:00 BL Pool Noodle Fun 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Animated Movie</i> 📺	30 9:30 C Walking Club 11:00 BL Bible Study w/ Russ A 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>Family Favorites</i> 📺 6:00 ML <i>Western Movies</i> 📺	31 9:30 C Walking Club 10:30 BA <i>Beading</i> 1:00 BA <i>Trivia with Quest</i> 1:30 BA <i>Pretty Nails</i> 3:00 BA <i>Bingo with Friends</i> 6:00 ML <i>'50s Movies</i>	



Japanese Macaques are more commonly known as “snow monkeys”.

happy new year

Hot Cocoa Pancakes

Enjoy a warm and cozy breakfast with these festive flapjacks.

Ingredients:

- 2 tablespoons unsweetened cocoa powder
- 1 1/2 tablespoons sugar
- 1 cup 2% or nonfat milk
- 1 teaspoon vanilla extract
- 2 cups ready-made pancake mix
- 1/4 cup water
- chocolate syrup
- marshmallow spread
- pancake syrup

Directions:

Heat a skillet over medium-low heat or an electric griddle to 375° F.

In a microwave-safe bowl, mix cocoa powder, sugar, milk and vanilla until well combined. Heat in the microwave for 30 seconds.

Next, combine the cocoa mixture, pancake mix and water. Stir until large lumps disappear, but do not beat or overmix the batter.

Pour slightly less than 1/4 cup batter onto the lightly greased skillet or griddle.

Cook for 90 seconds, or until bubbles appear on the surface. Flip the pancake and cook it for 30 seconds more. Repeat with the remaining batter.

Top pancakes with chocolate syrup, marshmallow spread or pancake syrup.

Find more recipes at
Culinary.net.

Winter Weather Lingo

When a winter storm is on the horizon, it's helpful to understand the words being used in the forecast. Here is a quick breakdown of some common winter weather terms: *Sleet versus freezing rain.* Both of these forms of precipitation begin as snow and meet a current of warm air at some point in their descent from the clouds. Sleet only partially melts, and the resulting slush refreezes and bounces on the ground, usually without sticking. Freezing rain occurs when a snowflake completely melts, but then becomes “supercooled” when it falls through a shallow layer of cold air above the ground, causing it to freeze upon contact.

Flurries, showers and squalls. Snow flurries are light flakes that result in little to no accumulation, whereas snow showers have varying intensities of snow, with the possibility of some sticking to the ground. Quick, windy and intense winter storms are called snow squalls, often resulting in several inches of snowfall.

Blizzard warning. This warning is issued when an area is expecting large amounts of snow accompanied by gusty winds of at least 35 mph, resulting in diminished visibility of only a quarter-mile or less.

Black ice. This ice is thin and highly transparent, making it blend in with the pavement, where it poses a danger to motorists and pedestrians.

