

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

Staff Directory

Executive Director	Benjamin King
Director of Sales & Marketing	Sofia Villagas
Memory Care Director	Aileene Cargill
Maintenance Director	Jerry Swearingen
Resident Care Coordinator	Megan Gresham
Activities Coordinator	Serenity Williams
Administrative Assistant	Gina Budick
Hair Stylist	Charlene Janssen



Thanksgiving Chronicles

Five Reasons To Be Thankful You Burnt the Bird

1. The smoke alarm was due for a test.
2. You'll get to the desserts quicker.
3. Your veggie dish will gain newfound appreciation.
4. Carving the bird will provide your cardio workout for the day.
5. You can play football with the turkey after dinner.

Festive Funnies

Q: What did the turkey say to the hunter on Thanksgiving Day?

A: "Quack, quack!"

Q: Why was the Thanksgiving casserole so expensive?

A: It had 24 carrots.

Q: Why was the turkey in trouble?

A: There was suspected fowl play.

An Ode to Thanksgiving

'Twas the night of Thanksgiving
Yet my eyes refused to close.
Even all the sheep I counted
Could not help me doze.
Roast turkey, mashed potatoes,
Green beans and yummy pie.
The leftovers called my name
And I just couldn't say goodbye.

NOVEMBER 2025

Director's Note



By Ben King, Stone Valley Memory Care – Reno, NV

As we enter this season of gratitude, I want to take a moment to reflect on all that we are thankful for here at Stone Valley Memory Care. We are deeply appreciative of our residents, their families, friends, and loved ones, as well as our industry partners who help us fulfill our mission every day. Most of all, I am thankful for our one-of-a-kind team.

All year long, I see our staff quietly serving our residents when no one is looking—showing kindness, patience, and compassion in countless ways. They take the time to truly get to know each resident, their stories, and the lives they've lived. Our residents bring so much joy and purpose into our community, reminding us daily why we do what we do.

This November, and always, we are grateful for each day we get to share together.

Warm regards,

Benjamin King

Executive Director, Stone Valley Memory Care



NOVEMBER
2025

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

November Birthdays


Mary-Sue R. 11/01
Stuart A. 11/02
Elizabeth B. 11/06
Angel W. 11/10
John W. 11/24
Rachel A. 11/26
Elvia O. 11/26
Elizabeth M. 11/29

Thanksgiving Walk

Feeling stuffed after the feast is part of what Thanksgiving is all about! But before you settle on the couch to watch football or take a nap, go for a quick walk. Even a stroll as short as 15 minutes will regulate blood sugar levels and help you digest that heavy meal. And the healthy group activity provides more opportunities to bond—it could be your new holiday tradition!

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”
—Melody Beattie

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
<div>2<div>9:00 C Morning Stretches  10:30 CC Courtyard Games 10:30 ML UNR Heart Club  1:00 AR Rock Painting  3:00 AR Bingo with Friends 6:00 ML TCM Movies </div></div>	<div>3<div>9:00 BL Walking Club  12:45 AR Movie Matinee 3:00 AR Bingo with Friends 6:00 ML Disney Favorites </div></div>	<div>4<div>9:00 C Jazzercise  10:15 CC Daylight Hours  12:45 CC Gardening 3:00 AR Bingo with Friends 6:00 ML Travel Documentary </div></div>	<div>5<div>9:00 BA Chair Yoga  10:15 AR Sierra Arts  12:45 BA Board Games 3:00 AR Bingo with Friends 6:00 ML Family Favorites </div></div>	<div>6<div>9:00 C Travel Videos 10:00 CC Courtyard Games  11:00 ML Bible Study  12:45 AR Crafting  3:00 AR Bingo with Friends 6:00 ML Western Movies </div></div>	<div>7<div>9:00 BL Guided Exercise  10:15 CC Gardening 10:30 AR Serenity Spa  3:00 AR Bingo with Friends 6:00 ML '50s Movies</div></div>	<div>8<div>9:00 C Ball Toss  10:15 CC Daylight Hours  12:45 AR Puzzles 3:00 AR Bingo with Friends 6:00 ML Viewers' Choice </div></div>
<div>9<div>9:00 C Morning Stretches  10:30 CC Courtyard Games 10:30 ML UNR Heart Club  1:00 AR Rock Painting  3:00 AR Bingo with Friends 6:00 ML TCM Movies </div></div>	<div>10<div>9:00 BL Walking Club  12:45 AR Movie Matinee 2:00 DR Music  3:00 AR Bingo with Friends 6:00 ML Disney Favorites </div></div>	<div>11<div>Veterans Day 9:00 C Jazzercise  10:15 CC Daylight Hours  12:45 CC Gardening 3:00 AR Bingo with Friends 6:00 ML Travel Documentary </div></div>	<div>12<div>9:00 BA Chair Yoga  10:15 BL Reading & Drinks  12:45 BA Board Games 2:00 DR ECCS Music  3:00 AR Bingo with Friends 6:00 ML Family Favorites </div></div>	<div>13<div>9:00 C Travel Videos 10:00 CC Courtyard Games  11:00 ML Bible Study  12:45 AR Crafting  3:00 AR Bingo with Friends 6:00 ML Western Movies </div></div>	<div>14<div>9:00 BL Guided Exercise  10:15 CC Gardening 10:30 AR Serenity Spa  3:00 AR Bingo with Friends 6:00 ML '50s Movies</div></div>	<div>15<div>9:00 C Ball Toss  10:15 CC Daylight Hours  12:45 AR Puzzles 3:00 AR Bingo with Friends 6:00 ML Viewers' Choice </div></div>
<div>16<div>9:00 C Morning Stretches  10:30 CC Courtyard Games 10:30 ML UNR Heart Club  1:00 AR Rock Painting  3:00 AR Bingo with Friends 6:00 ML TCM Movies </div></div>	<div>17<div>9:00 BL Walking Club  12:45 AR Movie Matinee 3:00 AR Bingo with Friends 6:00 ML Disney Favorites </div></div>	<div>18<div>9:00 C Jazzercise  10:15 CC Daylight Hours  12:45 CC Gardening 3:00 AR Bingo with Friends 6:00 ML Travel Documentary </div></div>	<div>19<div>9:00 BA Chair Yoga  10:15 AR Sierra Arts  12:45 BA Board Games 3:00 AR Bingo with Friends 6:00 ML Family Favorites </div></div>	<div>20<div>9:00 C Travel Videos 10:00 CC Courtyard Games  11:00 ML Bible Study  12:45 AR Crafting  3:00 AR Bingo with Friends 6:00 ML Western Movies </div></div>	<div>21<div>9:00 BL Guided Exercise  10:15 CC Gardening 10:30 AR Serenity Spa  2:00 DR BUGS Ukulele Group  3:00 AR Bingo with Friends 6:00 ML '50s Movies</div></div>	<div>22<div>9:00 C Ball Toss  10:15 CC Daylight Hours  12:45 AR Puzzles 3:00 AR Bingo with Friends 6:00 ML Viewers' Choice </div></div>
<div>23<div>9:00 C Morning Stretches  10:30 CC Courtyard Games 10:30 ML UNR Heart Club  1:00 AR Rock Painting  3:00 AR Bingo with Friends 6:00 ML TCM Movies </div></div> <div>30<div>9:00 C Morning Stretches  10:30 CC Courtyard Games 10:30 ML UNR Heart Club  1:00 AR Rock Painting  3:00 AR Bingo with Friends 6:00 ML TCM Movies </div></div>	<div>24<div>9:00 BL Walking Club  12:45 AR Movie Matinee 3:00 AR Bingo with Friends 6:00 ML Disney Favorites </div></div>	<div>25<div>9:00 C Jazzercise  10:15 CC Daylight Hours  12:45 CC Gardening 3:00 AR Bingo with Friends 6:00 ML Travel Documentary </div></div>	<div>26<div>9:00 BA Chair Yoga  12:45 BA Board Games 3:00 AR Bingo with Friends 6:00 ML Family Favorites </div></div>	<div>27<div>Thanksgiving 9:00 C Travel Videos 10:00 CC Courtyard Games  11:00 ML Bible Study  12:45 AR Crafting  3:00 AR Bingo with Friends 6:00 ML Western Movies </div></div>	<div>28<div>9:00 BL Guided Exercise  10:15 CC Gardening 10:30 AR Serenity Spa  3:00 AR Bingo with Friends 6:00 ML '50s Movies</div></div>	<div>29<div>9:00 C Ball Toss  10:15 CC Daylight Hours  12:45 AR Puzzles 3:00 AR Bingo with Friends 6:00 ML Viewers' Choice </div></div>



A Tribute to Veterans

Veterans Day on Nov. 11 is a federal holiday that honors all men and women who have served in the U.S. armed forces. Originally called Armistice Day, the day marks the 11th hour of the 11th day of the 11th month of 1918 when an armistice between Germany and the Allies went into effect, ending World War I.

Socks for Seniors

Just like a warm and cozy pair of socks can lift your spirits on a dreary day, the right type of sock can increase mobility, independence and overall quality of life, especially for older adults. Step into the world of senior-friendly socks:

Non-slip socks. Also called non-skid or grip socks, these help prevent the wearer from falling. The soles have rubber or silicon treads that grip the floor and provide balance. Slipper-like socks with fully rubber soles are also available, as well as non-slip socks meant for the shower.

Compression socks. Because these socks have a tighter fit, they apply gentle pressure on the calves, supporting healthy circulation and reducing swelling. Compression socks are especially useful for those who sit for long periods of time or who have medical conditions like lymphedema.

Cushioned socks. This type of sock has extra padding built in, which provides comfort to sore or injured joints—helping people with arthritis, plantar fasciitis and other types of foot pain move around more easily.

Diabetic socks. Foot protection is essential to people with diabetes. The condition can impair wound healing, as well as make injuries less noticeable due to neuropathy (tingling or numbness) in the feet. Diabetic-friendly socks are usually seamless, to reduce friction when wearing shoes; breathable, to keep feet free from infections; and cushioned, to protect against injury.

Easy-on socks. Wearing socks is safer than donning flimsy footwear or going barefoot—but what if putting socks on is a struggle? Fortunately, many socks designed for seniors have tabs and wide, stretchy cuffs that make socks easier to grip and pull on.

Family Games for After the Feast

The dishes are done, the leftovers are put away, and now is the time for a slice of pie and some good old-fashioned fun. These party games are sure to score big points at holiday gatherings.

Charades. This classic activity requires players to silently act out a word or phrase for their teammates to guess before the timer runs out. Add a seasonal spin by suggesting festive phrases to guess, such as "turkey" or "parade."

Who am I? Write down the names of famous people, real or fictional, on sticky notes. On each player's turn, they blindly choose a sticky note to place on their forehead. The other players must give clues to help the person guess the mystery identity. Simple, but silly!

Blindfolded sketch. Giggle till you gobble by blindfolding players and instructing them to draw a turkey on a piece of paper. Give step-by-step directions, and award points for every body part that's in the right spot!

Board and card games. The classics rarely disappoint. Pull out board games you have on hand and vote on which one to play. A deck of cards provides endless opportunities for group fun, from crazy eights to rummy to spoons.

A to Z gratitude. Go around the table and have each person share something they're thankful for, but it has to start with the next letter of the alphabet. Continue until all letters have been used.