

# 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](http://www.stonevalleyassistedliving.com)

## DECEMBER 2025

## Staff Directory

Executive Director .....	Benjamin King
Director of Sales & Marketing .....	Sofia Villagas
Memory Care Director .....	Aileene Cargill
Maintenance Director .....	Jerry Swearingen
Dining Director .....	Bryce Allen
Resident Care Coordinator .....	Megan Gresham
Activities Coordinator .....	Serenity Williams
Administrative Assistant .....	Gina Budick
Occupational Therapist .....	Lauren Huneycutt

## Laugh Lines: Eat, Drink and Be Merry

The gingerbread man went to the medical clinic because he had a sore knee. After examining it, the doctor said, "Have you tried icing it?"

Q: Why did the gingerbread man go to the dentist?

A: He had gingivitis.

Q: What does gingerbread do when it's done baking?

A: It just loafs around.

Q: What is a gingerbread man's favorite drink?

A: Ginger ale.

Q: How would you rate the eggnog?

A: It's egg-cellent.

Q: Who tells the best eggnog jokes?

A: Comedi-hens!

Q: What's a fun party activity to do while drinking eggnog?

A: Singing kara-yolkie!

Q: What happens when no one comes to your holiday party?

A: You can have your fruitcake and eat it too.

Q: Why is history like a fruitcake?

A: Because it's full of dates.

Q: When is a fruitcake like a golf ball?

A: When it's been sliced.

Q: Why was the German tourist searching for fruitcake?

A: It was stollen.

## Director's Note



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

### Dear Friends and Family,

As we enter the month of December, we're reminded that the holiday season is more than lights, music, and celebration—it is a time centered around connection. For many of us, our most cherished traditions and customs were built around meaningful relationships, and they continue to bring comfort, joy, and familiarity to

our days. Here at Stone Valley Memory Care, we see every day how powerful these traditions can be for our residents living with dementia. A familiar song, a shared story, or a simple decoration can spark warmth, recognition, and a sense of belonging. During this season, our actions—big or small—have the ability to strengthen these meaningful bonds. Whether offering a gentle hand, sharing a favorite holiday memory, or simply being present, each moment contributes to a deeper sense of love and connection. Thank you for being part of this community and for the compassion you show to your loved ones, our dear staff, and to one another. From our family to yours, we wish you a season filled with peace, warmth, and joy.

Merry Christmas and Happy Holidays,

**Ben King**

Executive Director



DECEMBER  
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

December Birthdays

Maria P. .... 12/2  
Angela S. .... 12/9  
LaSuntha W. .... 12/9  
Tamara M. .... 12/19  
Carol W. .... 12/24  
Sandy R. .... 12/24

The Glee of Giving

“The happiest people are those who do the most for others,” said leader and educator Booker T. Washington. That joyful feeling you often get from giving is apparently part of our biology. Neuroscientists studying the human impulse to help others used detailed brain scans and saw that acts of generosity lit up parts of the brain connected to pleasure. They say it’s proof of why doing good can make you feel good.

“Yet, taught by time, my heart has learned to glow for other’s good, and melt at other’s woe.”  
—Homer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 <span>BL</span> Walking Club  10:00 <span>AR</span> Sensory Crafts  1:15 <span>AR</span> Movie Matinee 3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> Disney Favorites 	2 9:00 <span>C</span> Jazzercise  10:15 <span>C</span> Daylight Hours  1:00 <span>AR</span> Card Games 3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> Travel Documentary 	3 9:00 <span>BA</span> Chair Yoga  <b>10:15</b> <span>AR</span> <b>Sierra Arts</b>  12:45 <span>BA</span> Board Games 3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> Family Favorites 	4 9:00 <span>C</span> Travel Videos 10:00 <span>AR</span> Puzzles  11:00 <span>ML</span> Bible Study  12:45 <span>AR</span> Crafting  3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> Western Movies 	5 9:00 <span>BL</span> Guided Exercise  10:15 <span>AR</span> Card Games 10:30 <span>AR</span> Serenity Spa  <b>2:00</b> <span>DR</span> <b>Music</b>  3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> '50s Movies	6 9:00 <span>C</span> Ball Toss  10:15 <span>C</span> Daylight Hours  12:45 <span>AR</span> Puzzles 3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> Viewers' Choice 
7 9:00 <span>C</span> Morning Stretches  10:30 <span>AR</span> Card Games <b>10:30</b> <span>ML</span> <b>UNR Heart Club</b>  1:00 <span>AR</span> Rock Painting  3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> TCM Movies 	8 9:00 <span>BL</span> Walking Club  10:00 <span>AR</span> Sensory Crafts  1:15 <span>AR</span> Movie Matinee 3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> Disney Favorites 	9 9:00 <span>C</span> Jazzercise  10:15 <span>C</span> Daylight Hours  1:00 <span>AR</span> Card Games 3:00 <span>AR</span> <i>Bingo with Friends</i> <b>3:30</b> <span>DR</span> <b>Piano Players</b>  6:00 <span>ML</span> Travel Documentary 	10 9:00 <span>BA</span> Chair Yoga  10:15 <span>BL</span> Reading & Drinks  12:45 <span>BA</span> Board Games <b>2:00</b> <span>DR</span> <b>ECCS Music</b>  3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> Family Favorites 	11 9:00 <span>C</span> Travel Videos 10:00 <span>AR</span> Puzzles  11:00 <span>ML</span> Bible Study  12:45 <span>AR</span> Crafting  3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> Western Movies 	12 9:00 <span>BL</span> Guided Exercise  10:15 <span>AR</span> Card Games 10:30 <span>AR</span> Serenity Spa  3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> '50s Movies	13 9:00 <span>C</span> Ball Toss  10:15 <span>C</span> Daylight Hours  12:45 <span>AR</span> Puzzles 3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> Viewers' Choice 
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21 9:00 <span>C</span> Morning Stretches  10:30 <span>AR</span> Card Games <b>10:30</b> <span>ML</span> <b>UNR Heart Club</b>  1:00 <span>AR</span> Rock Painting  3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> TCM Movies 	22 9:00 <span>BL</span> Walking Club  10:00 <span>AR</span> Sensory Crafts  1:15 <span>AR</span> Movie Matinee 3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> Disney Favorites 	23 9:00 <span>C</span> Jazzercise  10:15 <span>C</span> Daylight Hours  1:00 <span>AR</span> Card Games 3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> Travel Documentary 	24 9:00 <span>BA</span> Chair Yoga  12:45 <span>BA</span> Board Games 3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> Family Favorites 	25 <b>Christmas</b> 9:00 <span>C</span> Travel Videos 10:00 <span>AR</span> Puzzles  11:00 <span>ML</span> Bible Study  12:45 <span>AR</span> Crafting  3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> Western Movies 	26 9:00 <span>BL</span> Guided Exercise  10:15 <span>AR</span> Card Games 10:30 <span>AR</span> Serenity Spa  3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> '50s Movies	27 9:00 <span>C</span> Ball Toss  10:15 <span>C</span> Daylight Hours  12:45 <span>AR</span> Puzzles 3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> Viewers' Choice 
28 9:00 <span>C</span> Morning Stretches  10:30 <span>AR</span> Card Games <b>10:30</b> <span>ML</span> <b>UNR Heart Club</b>  1:00 <span>AR</span> Rock Painting  3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> TCM Movies 	29 9:00 <span>BL</span> Walking Club  10:00 <span>AR</span> Sensory Crafts  1:15 <span>AR</span> Movie Matinee 3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> Disney Favorites 	30 9:00 <span>C</span> Jazzercise  10:15 <span>C</span> Daylight Hours  1:00 <span>AR</span> Card Games 3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> Travel Documentary 	31 9:00 <span>BA</span> Chair Yoga  12:45 <span>BA</span> Board Games 3:00 <span>AR</span> <i>Bingo with Friends</i> 6:00 <span>ML</span> Family Favorites 			



# 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.



# Laugh Lines: Ringing in the New Year

Q: What is a New Year's resolution?

A: Something that goes in one year and out the other.

Q: What did the little Champagne bottle call his father?

A: Pop!

Knock, knock.

Who's there?

Abby.

Abby who?

Abby New Year!

Youth is when you're allowed to stay up on New Year's Eve. Middle age is when you're forced to.

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.

I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.

My New Year's resolution is to get better at pretending to know the words to "Auld Lang Syne."

# Sub-Zero Cinema

Whether you prefer the majestic choreography of figure skating or the rough and rowdy crowd of ice hockey, bring the chilly fun into your home with one of these blockbuster movies:

*"The Mighty Ducks" (1992).* This heartwarming Disney classic brought hockey to Hollywood. After a wild night, lawyer Gordon Bombay (Emilio Estevez) is sentenced to 500 hours of community service: coaching a youth hockey team.

*"The Cutting Edge" (1992).* D.B. Sweeney and Moira Kelly star in this icy romance where their clashing characters—a hockey player and a figure skater—must team up to win an Olympic gold medal.

*"Miracle" (2004).* Debatably the most famous game of American hockey was played on Feb. 22, 1980, in New York. This film tells the true story of how Coach Herb Brooks (Kurt Russell) led Team USA to an Olympic victory over the seemingly unbeatable Soviet Union.

*"Ice Princess" (2005).* Stuck between her mother's academic expectations and her own dreams of becoming a figure skater, Casey Carlyle (Michelle Trachtenberg) has a tough road ahead of her. The film's motivational message is perfect for family viewing.

*"Blades of Glory" (2007).* After being banned from the men's singles competition, two male ice skaters are forced to pair up if they hope to restore their former glory. While many sports movies focus on the drama, this spoof will have you belly-laughing with actors Will Ferrell and Jon Heder.