



Spring Arbor of the Outer Banks

Residential Assisted Living



803 Bermuda Bay Blvd. • Kill Devil Hills, NC 27948
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Administration

Dianne Denny Executive Director
Karen Henderson Resident Care
Coordinator
Anitra Bailey Asst. Resident Care
Coordinator
Joan Cook Business Office Manager
Ken McLean Food Services Director
Coordinator
Linda DelCollo Activities Director
Tamara Mullen Cottage Care Coordinator
Karol Siegrist Community Relations
Coordinator
Dale Hamlett Maintenance Director

May 2012



Residents helped in stuffing Easter eggs for our Annual Easter Egg Hunt.



Doreen Hayes exercises every day in our Wellness Room! Keep up the good work!

Keep the Color

To keep cut flowers fresh longer, add a teaspoon of baking soda to the water in the vase.





Whether it's making door decorations for the holidays, sitting outside on the front porch, or having snack on the patio ... we will make our activities fun wherever we go!



Sunday	Monday	Tuesday
<p>CALENDAR IS SUBJECT TO CHANGE</p>	<p>The Beauty Salon Operates on Thursdays and Fridays.</p> <p>Pedicure and manicure hours are advertised on the bulletin board outside the Activity Room and Dining Room.</p>	<p>LEI DAY 1</p> <p>9:00am Morning Devotion 10:00am Bible Study 11:00am Let's Take a Walk (Meet in Lobby) 11:30am Catholic Comm. 2:30 pm Luau Fun Time (AR) 3:30 pm 25-Cent Bingo 6:30 pm Music Ministry With Roger</p>
<p>NATIONAL NURSES WEEK 6</p> <p>8:30am Church Transport 10:30am Catholic Communion 11:00am Christian Music Time (L) 3:00 pm Movie Time & Popcorn (C) 6:00 pm Sing-a-Long With Gladys</p>	<p>NATIONAL HERB WEEK 7</p> <p>9:00am Morning Devotion 9:30am News & Views 10:30am 25-Cent Bingo 2:30 pm Snack & Crafts 3:00 pm Monthly Gazette (AR) 4:00 pm Jacqueline (Piano) 4:00pm Bodies in Motion 6:00 pm Sing-a-Long W/Gladys</p>	<p>8</p> <p>9:00am Morning Devotion 10:00am Bible Study 11:00am Meals on Wheels 11:30am Catholic Comm. 1:30pm Belk Shopping 2:30 pm Snack Time 3:30 pm 25-Cent Bingo 4:45 pm Dinner Group</p>
<p>MOTHER'S DAY 13</p> <p>8:30am Church Transport 10:30am Catholic Communion 11:00am Christian Music Time (L) 3:00 pm Movie Time & Popcorn (C) Or Play Games 6:00 pm Sing-a-Long With Gladys</p>	<p>LOVE OF LILACS DAY 14</p> <p>9:00am Morning Devotion 9:30am News & Views 10:30am 25-Cent Bingo 11:45am Men's Lunch Bunch 2:30 pm Snack on Patio & Reminiscing & Trivia 4:00 pm Moving to Music 6:00pm Sing-a-Long W/ Gladys</p>	<p>15</p> <p>9:00am Morning Devotion 10:00am Bible Study 10:30am Crafts (AR) 11:30am Catholic Comm. 1:15pm Monarch Currituck Lighthouse Club (BELLS) 2:00pm Lge of Wmn Vts Cl 2:30pm Snack Time (Chips & Salsa) 3:30 pm \$2 Bingo 6:30pm Music W/Roger</p>
<p>20</p> <p>8:30am Church Transport 10:30am Catholic Communion 11:00am Christian Music Time (L) 3:00 pm Movie Time & Popcorn (C) Or Play Games 6:00 pm Sing-a-Long With Gladys</p>	<p>21</p> <p>9:00am Morning Devotion 9:30am News & Views 10:30am 25-Cent Bingo 11:45am Ladies' Lunch 2:30 pm Snack Time & Making Poppy Pins 4:00 pm Moving to Music 4:00 pm Jacqueline (Piano) 6:00pm Sing-a-Long With Gladys</p>	<p>CHOCOLATE CHIP DAY 22</p> <p>9:00am Morning Devotion 10:00am Bible Study 10:30am 25-Cent Bingo 11:30am Catholic Comm. 2:30pm Chocolate Chip Cookie Tase Test (AR) 3:30 pm Boost Our Brain Game (AR) 4:00 pm Move to Music</p>
<p>27</p> <p>8:30am Church Transport 10:30am Catholic Communion 11:00am Christian Music Time (L) 3:00 pm Movie Time & Popcorn (C) 6:00 pm Jim & Ben Music Ministry</p>	<p>MEMORIAL DAY 28</p> <p>9:00am Morning Devotion 9:30am News & Views 10:30am 25-Cent Bingo 12:00pm Cookout 2:30 pm Snack Time 4:00 pm Jacqueline (Piano) 6:00 pm Sing-a-Long W/Gladys</p>	<p>29</p> <p>9:00 am Morning Devotion 10:00 am Bible Study 10:30 am 25-Cent Bingo 11:30am Catholic Communion 1:30pm Scrabble (AR) 2:30pm Snack Time 4:00 pm Move and Groove</p>

Wednesday	Thursday	Friday	Saturday
CHEERIOS DAY 2 9:00am Morning Devotion 9:30am News and Views 10:30am 25-Cent Bingo 1:30pm Happy Hands Moisturizer & Massage (AR) 2:30pm Snack Time and Cheerios) 3:00pm Crafts (Making Door Decorations) 4:00pm Chair Exercises	3 Sandy, The Therapy Dog 8:45am Chair Tai Chi (BC) 9:00am Morning Devotion 10:00am Bridge 11:00 am Food Service Meeting (L) 1:30 pm Food Lion Shopping & Dollar Tree 2:30pm Snack Time 4:00 pm Move to Music	ROOT BEER DAY 4 9:00am Morning Devotion 9:30am News and Views 10:30am 25-Cent Bingo 2:30 pm Snack Time With Root Beer Floats 4:00 pm Bodies in Motion 6:00 pm Freedom Band (L)	5 9:00am Morning Devotion 9:30am News & Views 9:30am Andy Watson (Piano) 10:00 am Alzheimer's Walk (Starting at Spring Arbor) 10:30 am 25-Cent Bingo 3:30 pm 7th Day Adventist (Singing) 6:00 pm Sing-a-Long With Gladys (L)
MILKY WAY DAY 9 9:00am Morning Devotion 9:30am News and Views 10:30am 25-Cent Bingo 1:30pm Auction Time (AR) 2:30 pm Snack Time With Milky Ways 3:00 pm APPLE Scrabble (AR) 4:15 pm Chair Exercises	10 Frankie, The Therapy Dog 8:45am Chair Tai Chi (BC) 9:00am Morning Devotion 10:00am Bridge 11:00am OVBC B/S W/ Steve 11:45am Wendy's for Lunch 2:00 pm Gospel Singing Trio 2:30 pm Going to Sweet Frog 6:30 pm Heartland Band	APPLE PIE DAY 11 9:00am Morning Devotion 9:30am News & Views 10:30am Apple Pie & Flavored Coffee (C) 2:30 pm Reception for Our Nurses (AR) 6:30 pm 25-Cent Bingo	12 9:00 am-10:30 am- Mother's Day Brunch (DR) 2:00 pm Movie & Popcorn (AR) Or (C) 3:30 pm 25-Cent Bingo 6:00 pm Sing-a-Long With Gladys (L)
HAPPY BIRTHDAY, BLUE JEANS 16 9:00am Morning Devotion 9:30am News & Views 10:30am 25-Cent Bingo 1:00pm Walmart Shopping & Harris Teeter 2:30pm Snack Time 4:15pm Chair Exercises	17 Sandy, The Therapy Dog 8:45am Chair Tai Chi (BC) 9:00am Morning Devotion 10:00am Veronica From Library 10:00am Bridge 1:00pm Resident Council Meeting (L) 2:30 pm Snack Time 3:30 pm 25-Cent Bingo	18 9:00am Morning Devotion 9:30am News & Views 10:30am Exotic Juices & Share Our Memories of Childhood 11:00am Garden Club Crafts 1:30 pm Beauty and Nails (AR) 2:30pm Cocktail Social 6:00 pm Freedom Band (L)	19 9:00am Morning Devotion 9:30am News & Views 9:30am Andy Watson (Piano) 10:30am 25-Cent Bingo 2:00 pm Movie & Popcorn (AR) Or (C) 6:00 pm Sing-a-Long With Gladys (L)
VANILLA PUDDING DAY 23 9:00am Morning Devotion 9:30am News and Views 10:30am 25-Cent Bingo 2:30 pm Snack Time With Vanilla Pudding 3:00 pm Play 5 Letter Words A-Z ... Game 4:15 pm Chair Exercises	24 Frankie, The Therapy Dog 8:45am Chair Tai Chi (BC) 9:00am Morning Devotion 10:00am Bridge 10:15am Food Lion 11:00 am OVBC Bible Study With Steve 1:00 pm Nails by Linda (AR) 2:30 pm BIRTHDAY SOCIAL (DR) 6:30 pm Heartland Band	25 9:00am Morning Devotion 9:30am News and Views 10:30 am Pound Cake & Tea & Name 5 Things Word Game (C) 2:00pm Going Out for Ice Cream 3:30pm 25-Cent Bingo 4:00 pm Move to Music	26 9:00am Morning Devotion 9:30am News & Views 9:30am Andy Watson (Piano) 10:30am 25-Cent Bingo 2:00 pm Movie & Popcorn (AR) Or (C) 6:00 pm Sing-a-Long With Gladys (L)
30 9:00am Morning Devotion 9:30am News and Views 10:30am Bingo 2:30pm Snack Time 3:30pm Price Is Right 4:00pm Exercise	31 Sandy, The Therapy Dog 8:45am Chair Tai Chi (BC) 9:00am Morning Devotion 10:00am Bridge 10:30am 25-Cent Bingo 2:30 pm Snack Time 4:00pm Movin' & Groovin' 6:30 pm Heartland Band	*Ask Someone to Assist You If You Want to Watch a Movie or Television Show. *Please Sign Up in the Activity Book for Outings.	(AR) Activity Room (L) Library (C) Café (DR) Dining Room (BC) Baum Center SNACKS IN THE ACTIVITY ROOM EVERY DAY at 2:30 p.m. unless otherwise noted.

May 2012

Mother and Daughter



Marjorie and Laurie

The joys of mother and daughter ... friendship, unconditional love, laughter, wisdom, comfort, happiness and so much more ... it is never ending!!

Marjorie and Laurie have all this and more. Laurie also lends a helping hand to many of our residents. She helps the activity director when we have parties and events. Thank you, Laurie, for being a helpful, caring and a thoughtful warm friend to us all!! See you at the next event!!

UPCOMING BIRTHDAYS:

Happy May Birthdays, Residents:

May 15 - Kurt Link
May 22 - Dennis Thompson
May 24 - Margaret Tuttle
May 29 - Ted Brown

Happy May Birthdays, Staff:

May 9 - Ann Marie McCarter
May 20 - Linda Fisher
May 26 - Andrea Miller

UPCOMING EVENTS:

Mother's Day Brunch:

Saturday, May 12, 9-10:30 a.m. (in the Dining Room)
R.S.V.P. to Karol if you are joining our Mother's Day Brunch