



Spring Arbor of Wilson Residential Assisted Living



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Spring Arbor Staff Directory

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Activity Director Sonja Stone

Food Service Director Barbara Jefferson

Housekeeping Supvr. Mattie Scarrboro

Maintenance Director Steve Eatman

NEW BUILDING ADDITION BEGUN



Bill Whittaker, job superintendent for the new building addition in Wilson, says everything is coming along nicely. The residents as well as the community are excited to see the progress that's being made. Stay tuned for an opening date.

February 2012

RESIDENTS GATHER IN ACTIVITY ROOM



Making New Year's Resolutions

Residents gathered in the activity room after the new year, to make new year's resolutions. The no. 1 resolution was to lose weight. Exercise was another popular resolution made by many.

Everyone decided it was fun to see how many of the resolutions would be kept. The session was also spent planning the new events for the upcoming year. It's always exciting to plan and carry out new activities and new places to go. New restaurants are always exciting to visit. Some of the residents had read in the paper about new restaurants that are going to open in Wilson. We usually make plans to try out new ones that open. Everyone seemed to get off to a great start and are anticipating the new year with enthusiasm!

Meal Times:

Continental 7:30 a.m.
 Full Breakfast 8 a.m.
 Lunch Noon
 Dinner 5 p.m.

Calendar Subject to Change

Calendar Key

A Activity Room
 D Dining Room
 L Library
 LR Living Room
 S Sun Room

HAPPY BIRTHDAY

Residents:

Vera Salter Feb. 1
 Deloris Haney Feb. 6
 Janice Poythress Feb. 22
 Tessie Kirby Feb. 23
 Dorothy Bass Feb. 24
 Eloise Jefferson Feb 28
 Staff:
 Deirdre Smith Feb. 1
 Linda Lamm Feb. 21
 Unice Gorham Feb. 22

ACTIVITY HIGHLIGHTS

White Oak Hill Church Youth Feb. 1
 Bluegrass Music Feb. 2
 Arts & Crafts Feb. 8
 Valentine Party Feb. 14
 Theme Dining Feb. 15
 Lunch Out Feb. 21
 Music w/Kangaroo Gang Feb. 21
 Birthday Party Feb. 22
 Music w/Kangaroo Gang Feb. 27
 Be sure to watch your calendar for more exciting events!
 Sonja

Sunday	Monday	Tuesday
5	6	7
9:00-10:00 Sunday School S 2:00-2:30 Lemonade S 2:30-3:30 Jonathan & Jessica Langley-Music A	10:00-10:30 Muscle Strength Building A 10:30-11:00 Stretch A 2:00-3:00 New Resident Welcome S 3:00-4:00 Music W/Jarrold A	10:00-10:30 Strength Training A 10:30-11:00 Stretch A 11:00-11:45 Inspiration A 2:30-3:30 Bingo D 6:00-7:00 Otto Griffin Jr. Church A
12	13	14
9:00-10:00 Sunday School S 1:30-2:30 Otto Griffin, Jr. Church 2:00-2:30 Lemonade S 2:30-3:30 Jonathan & Jessica Langley-Music A	10:00-10:30 Muscle Strength Building A 10:30-11:00 Morning Stretch A 3:00-4:00 Bowling A	10:00-10:30 Strength Training A 10:30-11:00 Stretch A 11:00-11:45 Inspiration A 2:00-3:00 Bingo D 3:00-4:00 Valentine Party D 6:30-7:30 Christian Life Fellowship A
19	20	21
9:00-10:00 Sunday School S 2:00-2:30 Ice Cream DR 2:30-3:30 Jonathan & Jessica Langley-Music A	10:00-10:30 Muscle Strength Building A 10:30-11:00 Morning Stretch A 3:00-4:00 Resident Council Meeting A	10:00-10:30 Strength Training A 10:30-11:00 Stretch A 11:00-11:45 Inspiration A 11:30-1:30 Lunch Out 2:30-3:30 Bingo D 6:30-7:30 Music W/Kangaroo Gang A
26	27	28
9:00-10:00 Sunday School S 2:00-2:30 Ice Cream DR 2:30-3:30 Jonathan & Jessica Langley-Music A	10:00-10:30 Muscle Strength Building A 10:30-11:00 Morning Stretch A 3:00-4:00 Life Review A 6:30-7:30 Music W/Kangaroo Gang A	10:00-10:30 Strength Training A 10:30-11:00 Stretch A 11:00-11:45 Inspiration A 2:30-3:30 Bingo D

Calendar of Events

Wednesday	Thursday	Friday	Saturday
1 10:00-10:30 Building Muscles A 10:30-11:00 Stretch A 3:00-4:00 Music Therapy A 6:00-7:00 White Oak Hill Church Youth A	2 10:00-10:30 Fitness Training A 11:00-12:00 Nails A 1:30-2:30 Music W/Bobby & Jean A 6:00-7:00 Bluegrass Music A	3 10:00-10:30 Muscles in Motion A 11:00-11:45 Bible Study S 2:00-3:00 Bingo D 3:00-4:00 Social D	4 10:00-10:30 Pacesetters A 11:00-11:45 Games LR 2:00-4:00 Movie Matinee LR 6:00-7:00 Music W/Oliver A
8 10:00-10:30 Building Muscles A 10:30-11:00 Stretch A 11:00-11:45 Music Ministry A 3:00-4:00 Arts & Crafts A 6:00-8:00 Card Games W/Dorothy LR	9 10:00-10:30 Fitness Training A 11:00-12:00 Nails A 1:30-2:30 Music W/Bobby & Jean A 6:00-8:00 Board Games LR	10 10:00-10:30 Muscles in Motion A 11:00-11:45 Bible Study S 2:00-3:00 Bingo D 3:00-4:00 Social D	11 10:00-10:30 Pacesetters A 11:00-11:45 Games LR 2:00-4:00 Movie Matinee LR 6:00-7:00 Music W/Ray & Juanita A
15 10:00-10:30 Building Muscles A 10:30-11:00 Stretch A 11:30-1:00 Theme Dining D 3:00-4:00 Music W/Florence A 6:00-8:00 Card Games W/Dorothy LR	16 10:00-10:30 Fitness Training A 11:00-12:00 Nails A 1:30-2:30 Music W/Bobby & Jean A 6:00-8:00 Board Games LR	17 10:00-10:30 Muscles in Motion A 11:00-11:45 Bible Study S 2:00-3:00 Bingo D 3:00-4:00 Social D	18 10:00-10:30 Pacesetters A 11:00-11:45 Games LR 2:00-4:00 Movie Matinee LR 6:00-7:00 Music W/Ray & Juanita A
22 10:00-10:30 Building Muscles A 10:30-11:00 Stretch A 3:00-4:00 Birthday Party D 6:00-8:00 Card Games W/Dorothy LR	23 10:00-10:30 Fitness Training A 11:00-12:00 Nails A 1:30-2:30 Music W/Bobby A 6:00-7:00 Otto Griffin, Jr. Church A	24 10:00-10:30 Muscles in Motion A 11:00-11:45 Bible Study S 2:00-3:00 Bingo D 3:00-4:00 Social D	25 10:00-10:30 Pacesetters A 11:00-11:45 Games LR 2:00-4:00 Movie Matinee LR 6:00-7:00 Music W/Bobby & Jean A
29 10:00-10:30 Building Muscles A 10:30-11:00 Stretch A 3:00-4:00 Music Therapy A 6:00-8:00 Card Games W/Dorothy LR			

February 2012

RESIDENT IN THE SPOTLIGHT



Marie Johnson Barnes

Marie Johnson Barnes was born to parents Cunningham and Nellie Johnson in Four Oaks on July 14, 1926.

Marie was educated at Four Oaks High School and Hardbarger's Business College in Raleigh. She said she was one of the first women to graduate from Hardbarger's Business College in accounting. She accepted a job with Wachovia Bank in Raleigh in the accounting department upon graduating, later moving to Lucama and working at Lucama/Kenly Bank that later became Heritage Bank. She met and married L. F. Barnes and they had two sons, Greg and Ronie Barnes. She is grandmother to Beth Barnes and John Barnes.

She is a member of Lucama Methodist Church.

RESIDENTS ENJOY WORKING ON COMPUTER



Sarah Dixon and Sandra Cary at computers

Sarah Dixon and Sandra Cary enjoy time spent at the computers in the activity room, daily. They spend lots of time playing computer games. They said their new year's resolution is to learn to correspond via e-mail this year.

Residents said it's so nice to have the computers in the activity room to have access to the Internet. It opens up a whole new way of correspondence with family and friends.

Sarah and Sandra said they enjoy getting new games to play on the computer.