

Arbor House memory care

Waco, Texas

FEBRUARY 2024

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Arbor House of Waco

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www.arborhouseliving.com

License #106574

In the embrace of February's tender spirit, our memory care community is adorned with warmth and affection. As we navigate the month, we eagerly anticipate the celebration of love on Valentine's Day. Our dedicated team is orchestrating a heartwarming event filled with treats, decorations, and surprises to create enduring memories for our cherished residents. Additionally, we invite everyone to join our Art Therapy Workshop on February 20th, where vibrant colors will be wielded as tools for self-expression and joy. This month, we also extend heartfelt gratitude to our caregivers on National Caregivers Day, recognizing their unwavering commitment to providing exceptional care. In our health and wellness corner, residents can explore heart-healthy nutrition tips and engage in mindfulness meditation sessions to promote overall well-being. As we spotlight a resident of the month, we aim to share and celebrate unique stories, fostering a sense of community and connection. February promises to be a month of love, laughter, and shared moments as we continue to create a supportive and vibrant living experience in our memory care community.

UPCOMING EVENTS:

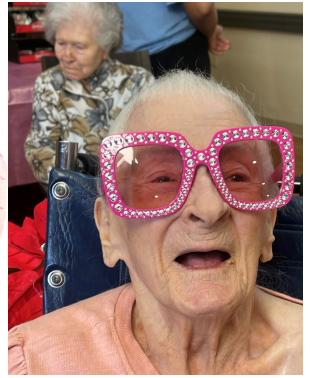
FEBRUARY
11-17TH
HEART HEALTH
WEEK!

NATIONAL
CAREGIVERS
DAY!
2/16

VALENTINES
DAY PARTY
2/14

Arbor Gardens Happenings

DOLLY PARTON BIRTHDAY BASH!



Dolly Parton's birthday party was a dazzling celebration befitting the iconic country music legend. The event, held in true Dolly fashion, radiated with joy, laughter, and a touch of glamour. The air was filled with the sweet sounds of her music, featuring some of Dolly's greatest hits that had the crowd singing and dancing along.





ARBOR GARDENS HAPPENINGS



DAILY ACTIVITIES



In our memory care community, each day is thoughtfully curated to engage, stimulate, and bring joy to our residents. Mornings often begin with gentle exercises and stretching routines designed to promote mobility and well-being. Residents can participate in a variety of enriching activities tailored to their interests and cognitive abilities. From reminiscence therapy sessions that spark nostalgic conversations to arts and crafts projects that encourage creativity, there's always something engaging happening throughout the day. Music therapy sessions offer moments of connection and emotional resonance, while sensory stimulation activities awaken the senses and evoke pleasant memories. As the day winds down, calming activities such as relaxation exercises and reading groups help residents unwind and prepare for a restful night's sleep. With a diverse range of daily activities carefully planned and facilitated by our dedicated team, each day in our memory care community is filled with purpose, meaning, and moments of joy.





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At Arbor House Assisted Living Waco, our personalized services are designed for those who desire the finer things in life. Since we believe life improves with age, we have created special services and carefree environment that promotes independence and dignity without all of the concerns associated with maintaining a home. The array of fine services we offer reflect our goal of enhancing quality of life for our residents. Most importantly, our services are delivered with respect and sensitivity. We understand that individual needs vary, so our personalized services are tailored to meet the

specific needs of each resident. Whether it be a hobby, exercise, or leisure, we offer our residents the opportunity to pursue individual desires. Arbor House offers a choice of private suites designed to meet diverse needs and tastes. Our spacious and inviting accommodations await and welcome the personal touches and cherished collectibles that truly make a house a home. Our residents enjoy the outdoors in our beautifully appointed courtyards. All the best in life in the company of good friends, the indulgence of gracious amenities, and the security of caring, personalized services await you at Arbor House. We invite you to become a part of our special residence dedicated to providing you with the best in life.

Massage Therapist coming via appointment on location!

-30 Min Massage \$45

-1 Hr Massage \$65

-Facials \$45

Buy 3 Massages for \$195 get 1 free!

Call or text Marina @ 254-229-4254 to set up an appointment.

Just in time for the holidays! What a perfect gift for your loved one or a special way to treat a staff member!



Valentine's Day



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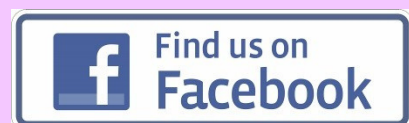
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If you would like to volunteer please feel free to reach out, we would love to have you! Whatever your talent is, whether it be hosting a devotional, calling bingo, reading club, etc.

Please call or text Chyenne @ 254-781-9448



@ARBORHOUSEASSISTEDLIVING