

February 2019

Life In Motion

Arbor House Assisted living & Memory Care 1501 W. Campbell RD. Garland Texas 75044 972.530.4182



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Expressing Love

During the month of February, thoughts of love drift to the forefront of everyone's mind. Gifts of Flower and candy abound.

One of the best things you see at Arbor House of Garland Assisted Living is not the exchange of gifts, but rather the love our residents show one another every day of the year. Age is not a barrier- love for one another never gets old. How fortunate are those who spend any time at Arbor House and genuinely express love, appreciation, courage, and thoughtfulness daily. We Love our Residents. Thank you for continuing to choose to call our community, home.

Happy
Valentine's
Day





Balloon Badminton

Its heartwarming to watch our Arbor House Family having a great time with each other.



Colleen giving the balloon a good swat.



Laverle is cheering for Joe & Ruby.



Olive is keeping it up in the air.

IMPORTANT ANNOUNCEMENT

We are excited to announce;

We now offer 24 hour nursing!

We are also now offering a Medically Supervised Diabetic Program that our Life in Motion Program will contribute to significantly. No one has to miss out on the fun treats just because of the need to monitor their food choice. How great is it to know that you can still participate and enjoy what everyone else can with an option that is safe for you!

“DELISH” – It’s our new cooking program that everyone can be part of! WE’RE EXCITED!!!



Groundhog Day or Ground-Hog Day: is a popular tradition celebrated in the United States on February 2.

It derives from the Pennsylvania Dutch superstition that if a groundhog emerging from its burrow on this day sees a shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks, and if he does not, due to cloudiness, spring season, will arrive early.

The weather lore was brought from German-speaking areas where the badger is the forecasting animal. This appears to be an enhanced version of the lore that clear weather on Candlemas forebodes a prolonged winter.

The Groundhog Day ceremony held at Punxsutawney in central Pennsylvania has become the most attended. Other cities in the United States and Canada have also adopted the event.

Creative Activities

Making Valentine pens in our new Creative Activities class.



SHARING CORNER

Blessing:

I thank God for his blessing and the mercies he bestowed. I am drinking from my saucer, cause my cup has overflowed. I remember times when things went wrong, my faith wore somewhat thin. But all at once the clouds broke, and the sun peeped through again. So, lord help me not to gripe about the tough roads rows I have hoed. I am drinking from my saucer, cause my cup has over flowed. If God gives me strength and courage when the way grows steep and rough, I will not ask for other blessing, I am already blessed enough, and may I never be too busy to help other bear their loads. Then I will keep drinking from my saucer cause my cup has over flowed. When I think how many people in the world have it worse than I do I realize just how blessed we really are. Don't be to busy today: share this inspiring message with friends and family

Thank you Laverle for sharing with us:

Arbor House Community Clubs:

Getting involved in social clubs for seniors is a great opportunity to learn new skills, socialize, stimulate the mind and much more! When you become part of a group you are taking care of your social well-being. Providing mental and physical health benefits will help to enrich your life and help you to remain being a happy healthy senior.

Clubs:

**Dominoes Club
Book Club
Jigsaw Puzzle Club
Poker Club**

These are just the beginning of our weekend clubs....

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Postage
Information

At Arbor House of Garland Assisted Living and Memory Care our mission is to give new meaning to life to seniors by providing high-quality service in a comfortable, secure environment given with a spirit promoting dignity and respect.

When you choose our Assisted Living, you will see that it is all about personal freedom and choices. Residents choose more than just an apartment, they choose to live in a carefree, comfortable home all while maintaining their dignity and independence.

If Arbor Gardens, our memory care community, is more of a fit for your family you will see that we specialize in caring for our residents who are walking the journey of dementia causing diseases, such as Alzheimer's. We are committed to supporting both the person with the diagnoses and those affected by it.

When it comes to choosing senior living for yourself or your loved one we understand there are many choices which can make it difficult. At Arbor House, our residents all receive 24-hour support and caring tailored to meet their individual needs.

Sincerely, Sharnice Taylor

Executive Director License #146656

MARK YOUR CALENDAR

Pathway music 4th & 18th

Kroger Grocery 13th

Art piano Music 15th

Weekly Events

Stretch & Flex: Monday - Friday

Shopping: Wednesdays

Happy Social Hour: Thursdays

Arborwood Movies: Fridays

Lunch Bunch: Fridays