

Arbor House of Garland  
1501 W. Campbell  
Garland Texas 75044

Postage  
Information

Your Mailing Address  
Street Number and Name  
City, State ZIP Code

At Arbor House Assisted Living and Memory Care of Garland 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



### Weekly Events

Wednesday- 10:00: Shopping

Monday- Pathway Music 1<sup>st</sup> 15<sup>th</sup> 29<sup>th</sup>

Thursday-1:3 Nationals Parks 

Fridays-11:30Lunch Bunch

### Month of April

Wednesday24th- Best Salsa Day (Staff)

Thursday 25<sup>th</sup> / Silver Derby

Tuesday 30<sup>th</sup> / Senior Classic Follies  
(Performers)

# April 2019 Life In Motion

Arbor House Assisted Living & Memory Care 1501 W. Campbell RD. Garland Texas 75044 972-530-4182



## Arbor House Team

**Sharnice Taylor**  
*Executive Director*

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**Andrea Sutton**  
*Lead Nurse*

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**Lauren Saxon**  
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*Engagement Director*

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**Gloria Valencia**  
*Dietary Manager*  
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**Natalie Quintero**  
*Executive Assistant*  
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## Happy Spring Everyone!!

Well here we are-the beginning of Spring, with all the beauty God could give us starting to show its beauty. Coming back from a super outing last Friday, we notice beautiful white blooms, and the red bud trees were outstanding "partnered" with their pink blooms starting to bud out. The beautiful pansies that grace our entrance, look around you and see all the beauty he has given us at (no charge)., Here at Arbor House will celebrate the beginning of spring with our Spring Picnic. Have a wonderful spring time



Be a part of the team that helps complete the 3 picture jigsaw puzzles located in the club room.



So far, the "Looming Lumineers" has created a basket full of hats, Arbor House residents are looming hats for the children of our community; Hospitals, Shelters, Preschools.... This is our way of giving back to the community. Family and friends are welcome Tuesdays at 1:30



# IMPORTANT ANNOUNCEMENT

## Family Night coming in May

We will celebrate 5 De Mayo!!!



What's the beginning of the end, the end of time and space, essential to creation, and surrounds every place?

## Life in Motion

### Stretch & Flex

We have a Stretch and Flex class Monday Tuesday / Thursday and Friday at 9:30, 20 minutes we work on making our bodies stronger. Some of the residents have said the class has helped them get and stay stronger and feel more confident with their movements. Challenge yourself to join.



Our Sharing Corner

## The Gift of Life

Life is a gift to you. The way you live your life is a gift to those that come after.

Make it a fantastic one, Live it well, Enjoy the day! Be happy. Do something fun. Lastly, consider this: Today is the oldest you have ever been, yet it is the youngest you will ever be.

Old is good in some things: Old songs old movies, and best of all

Old friends.

So, enjoy this day while it lasts, and stay well, old friends.



Lillian 4/14  
JoAnne 4/26  
Bob 4/26



R-304 Edna  
R-115 Tomey