

# The Villas at Wilmot

ASSISTED LIVING & MEMORY CARE NEIGHBORHOOD



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## Employee Spotlight of the Month

Monica Arauz, a compassionate caregiver at The Villas, brings a warm spirit and genuine dedication to her role. Hailing from David, Panama, Monica's love for the elderly and her desire to help others led her to choose this fulfilling career path. For over a year, she's been a steadfast presence, always ready to lend a helping hand to her residents, striving to make their lives easier in any way she can.

With two daughters, one residing in Utah and the other in Los Angeles with her precious grandson, family is at the center of Monica's life. When not at work, Monica finds solace in nature, often spending her free time at the park or traveling to visit her loved ones. As she looks toward the future, Monica dreams of retiring in her beloved Panama, where she hopes to bask in the tranquility of her homeland. Known for her problem-solving skills and her proactive approach to life, Monica's determination shines through as she navigates each day with grace and compassion.








## April 2024



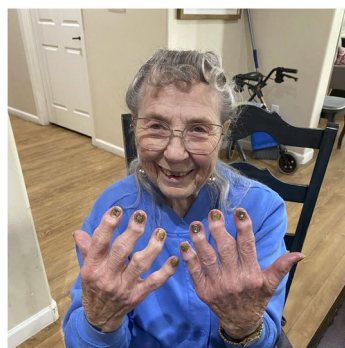
## Enjoying Family, Friends and Staying Social

William Seifert grew up in Chicago and remembers that the weather was quite a challenge because it was either too hot or too cold. He preferred the humid air in Atlanta, where he later resided. William is one of 3 children, all boys, who were always active, playing sports in their youth. One day, a chance encounter at a McDonald's changed the course of his life, when he met the love of his life, Carol. That sparked a romance that has endured for 55 years, a testament to their love and partnership. William credits his beloved Carol as the most influential person in his life, cherishing the example they've set of longevity in marriage and all its joys and challenges.

Now, at The Villas, William finds joy in the company of his fellow residents and the caring staff. When it comes to activities, William appreciates just about all of them, but favorites include Coffee and Donuts with live music, and games for prizes. William shares that being at The Villas has changed and enriched his life.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>APRIL FOOLS' DAY</b> 9:00 Morning News 10:00 Sit & Exercise - Villa E 2:00 Memory Puzzles	9:00 Morning Walk 10:00 Hydration Station - Villa D 1:30 Book Club - Villa A 3:00 BINGO - Villa D	9:00 Morning Newspaper & Coffee 10:00 Ball Toss - Villa G 2:00 Music with Frank Ross	9:00 Morning Walks 10:00 Hydration Station - Villa F 2:00 National Burrito Day Celebration	9:00 Morning WALK 2 10:00 Coffee & Donuts Social - Villa C 2:00 Music & Dancing	9:00 Morning Coffee & Newspaper 10:00 Coloring Books 2:00 Afternoon Movie - Individual Villa
9:00 Coffee & Good Morning Greetings - Gazebo 1:00 Afternoon Music - Individual Villa	9:00 Morning News 10:00 Sit & Exercise - Villa D 2:00 Big Checkers Game	9:00 Morning Walk 10:00 Arts & Crafts - Villa E 1:30 Book Club 3:00 National Unicorn Day Games	9:00 Morning Newspaper & Coffee 10:00 Bowling Game - Villa C 2:00 Manicures - Individual Villa	9:00 Morning Walks 10:00 Hydration Station & Fruit Bowl - Villa B 2:00 Penny Pitching	9:00 Morning WALK 2 10:00 Coffee & Donuts Social - Villa A 2:00 Music & Dancing	9:00 Morning Coffee & Newspaper 10:00 Hydration Station 2:00 Afternoon Movie - Individual Villa
9:00 Morning Hydration & Music Outside 1:00 Motivational Coloring Book	9:00 Morning News 10:00 Pop & Catch - Villa G 2:00 Karaoke	9:00 Morning Walk 10:00 Hydration Station 1:30 Book Club - Villa E 2:00 Lotería for Prizes	9:00 Morning Newspaper & Coffee 10:00 Arts & Crafts - Villa A 2:00 Music with Joe Bucci	9:00 Morning Walks 10:00 Hydration Station - Villa D 2:00 Balloon Walk	9:00 Morning WALK 2 10:00 National Grilled Cheese Day - Villa F 2:00 Arts & Crafts	9:00 Morning Coffee & Newspaper 10:00 Residents' Choice of Music - Individual Villa 2:00 Afternoon Movie - Individual Villa
9:00 Morning Social - Gazebo 1:00 Movies & Popcorn - Individual Villa	<b>EARTH DAY</b> 9:00 Morning News 2:00 Volunteer Appreciation / Letters of Thanks - Villa E	9:00 Morning Walk 10:00 Hydration Station 1:30 Book Club - Villa C 2:00 Manicures - Individual Villa	9:00 Morning Newspaper & Coffee 10:00 Passing the Ball Exercise 2:00 Ping-Pong Tealight - Villa G	9:00 Morning Walks 10:00 Hydration Station - Villa D 2:00 BINGO	<b>ARBOR DAY</b> 9:00 Morning WALK 2 10:00 Coffee & Donuts Social - Villa F 2:00 Ball Shake - Villa \$	9:00 Morning Coffee & Newspaper 10:00 Coloring Time 2:00 Afternoon Movie - Individual Villa
9:00 Morning Social Greetings Exchange 1:00 Afternoon Music, Resident's Choice - Individual Villa	9:00 Morning News 10:00 Dancing - Villa A 2:00 Birthday Celebration	9:00 Morning Walk 10:00 Hydration Station 2:00 Children's Day with Piñata & Candy Bags				

**Highlights from some of last month's fun!**



**Celebrating an April Birthday!**

- April 5 - Scott*
- April 10 - Robyn*
- April 11- Joseph*
- April 15 - Maryann*
- April 16 - Alberto*
- April 16 - Daisy*
- April 17 - Ahmad*
- April 21 - William*
- April 22 - Ruth*
- April 23 - Kenneth*
- April 25 - Paul*
- April 27 - Susan*

**Welcome Residents!**

- Angel*
- Barbara*
- Caroline*
- Joseph*
- Rudolph*

