



# The Villas

at Green Valley

ASSISTED LIVING & MEMORY CARE NEIGHBORHOOD



865 North Desert Bell Drive, Green Valley, AZ 85614 | 520-471-7147 | [www.villasatgreenvalley.com](http://www.villasatgreenvalley.com)



## Employee Spotlight of the Month

Martha Oroz believes that the paths of life take you to exactly where you need to be. Born in Los Mochis, Sinaloa, she built a life around love and family. But 15 years ago, when her mother was diagnosed with dementia, everything changed. She left her job to care for her mother, immersing herself in understanding her world. What began as a necessity soon became a calling. Determined to provide the best care, Martha took courses, then pursued certification as a caregiver. Along the way, she fell in love with the work—bringing joy, comfort, and dignity to those in need. Now, she wakes up every day and shares that she is grateful for her children, Viridiana and Oscar, for the food on her table, and for the chance to make a difference.

Outside of work, Martha finds peace in nature—climbing mountains, traveling, and taking long walks. Her journey has been unexpected, but she wouldn't change a thing. Caring for others at work and at home isn't just her job, she says that it's her passion.



## March 2025









## Ever Moving and Ever Evolving

Watson Wellman Rich III—better known as Willie—was born in Gary, Indiana, and he is the middle child between his two dear sisters, Andrea and Pamela. From early on in life, his hands loved the feel of soil, so gardening became his passion and meditation. It made sense then that as he grew older, his love for movement turned into lifelong practices such as yoga and adventures such as trekking through the Himalayas or windsurfing in Mexico. Willie later took up the *5Rhythms* movement meditation, which is said to “put the body in motion in order to still the mind.”

Willie is a true Renaissance man. This lifelong vegetarian is also a “Deadhead,” still enjoying the tunes of *The Grateful Dead*. He is also fluent in French and he can even converse a little in Spanish. Here at The Villas, you can always find Willie in seated yoga classes, still flowing, growing, exploring, and dancing through life!



# March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1 7:00 Morning Coffee &amp; Newspaper 10:00 One-on-One Visits with Residents (A-J) 2:00 Residents' Choice Activity (A-J)</p>
<p>2 7:00 Morning Coffee &amp; Newspaper 10:00 One-on-One Visits with Residents (A-J) 2:00 Residents' Choice Activity (A-J)</p>	<p>3 7:00 Morning Coffee &amp; Newspaper 10:30 Zumba with Annette 2:00 BINGO</p>	<p>4 7:00 Morning Coffee &amp; Newspaper 10:00 Manicures with Alyssa (A) <b>2:00 Mardi Gras Celebration (G)</b></p>	<p>5 7:00 Morning Coffee &amp; Newspaper 10:30 Sing Along Karaoke with Annette 2:00 BINGO</p>	<p>6 7:00 Morning Coffee &amp; Newspaper 10:30 Zumba with Annette 1:30 Happy Hour 2:00 Creative Art (A)</p>	<p><b>National Dress in Blue Day!</b> 7 7:00 Morning Coffee &amp; Newspaper 10:00 Coffee &amp; Donuts / Pet Therapy 2:00 Afternoon Walk (A-J)</p>	<p>8 7:00 Morning Coffee &amp; Newspaper 10:00 One-on-One Visits with Residents (A-J) 2:00 Residents' Choice Activity (A-J)</p>
<p>9 7:00 Morning Coffee &amp; Newspaper 10:00 One-on-One Visits with Residents (A-J) 2:00 Residents' Choice Activity (A-J)</p>	<p>10 7:00 Morning Coffee &amp; Newspaper 10:30 Zumba with Annette 2:00 BINGO</p>	<p>11 7:00 Morning Coffee &amp; Newspaper 10:00 Manicures with Alyssa (A) 2:00 Drum Exercise (A)</p>	<p>12 7:00 Morning Coffee &amp; Newspaper 10:30 Sing Along Karaoke with Annette 2:00 BINGO</p>	<p>13 7:00 Morning Coffee &amp; Newspaper 10:30 Zumba with Annette <b>2:00 Rusty Ford Performance (A)</b></p>	<p>14 7:00 Morning Coffee &amp; Newspaper <b>10:00 Coffee &amp; Donuts / Me &amp; My Gal Duo (A)</b> 2:00 Afternoon Walk (A-J)</p>	<p>15 7:00 Morning Coffee &amp; Newspaper 10:00 One-on-One Visits with Residents (A-J) 2:00 Residents' Choice Activity (A-J)</p>
<p>16 7:00 Morning Coffee &amp; Newspaper 10:00 One-on-One Visits with Residents (A-J) 2:00 Residents' Choice Activity (A-J)</p>	<p>17 7:00 Morning Coffee &amp; Newspaper 10:30 Zumba with Annette 2:00 BINGO</p>	<p>18 7:00 Morning Coffee &amp; Newspaper 10:00 Manicures with Alyssa (A) 2:00 Afternoon Walk (A-J)</p>	<p>19 7:00 Morning Coffee &amp; Newspaper 10:30 Sing Along Karaoke with Annette 2:00 BINGO</p>	<p>20 7:00 Morning Coffee &amp; Newspaper 10:30 Zumba with Annette <b>1:00 Spring Social (A)</b> <b>2:00 Country Comfort Band (A)</b></p>	<p>21 7:00 Morning Coffee &amp; Newspaper 10:00 Coffee &amp; Donuts / Pet Therapy 2:00 Afternoon Walk (A-J)</p>	<p>22 7:00 Morning Coffee &amp; Newspaper 10:00 One-on-One Visits with Residents (A-J) 2:00 Residents' Choice Activity (A-J)</p>
<p>23 7:00 Morning Coffee &amp; Newspaper 10:00 One-on-One Visits with Residents (A-J) 2:00 Residents' Choice Activity (A-J)</p>	<p>24 7:00 Morning Coffee &amp; Newspaper 10:30 Zumba with Annette 2:00 BINGO</p>	<p>25 7:00 Morning Coffee &amp; Newspaper 10:00 Manicures with Alyssa (A) 2:00 Drum Exercise (A)</p>	<p>26 7:00 Morning Coffee &amp; Newspaper 10:30 Sing Along Karaoke with Annette 2:00 BINGO</p>	<p>27 7:00 Morning Coffee &amp; Newspaper 10:30 Zumba with Annette 2:00 Spring Planting (A-J)</p>	<p>28 7:00 Morning Coffee &amp; Newspaper 10:00 Coffee &amp; Donuts / Pet Therapy 2:00 Afternoon Walk (A-J)</p>	<p>29 7:00 Morning Coffee &amp; Newspaper 10:00 One-on-One Visits with Residents (A-J) 2:00 Residents' Choice Activity (A-J)</p>
<p>30 7:00 Morning Coffee &amp; Newspaper 10:00 One-on-One Visits with Residents (A-J) 2:00 Residents' Choice Activity (A-J)</p>	<p>31 7:00 Morning Coffee &amp; Newspaper 10:30 Zumba with Annette 2:00 BINGO</p>					



Highlights from some of last month's fun!



**Celebrating a March Birthday!**

- March 3 - Delia
- March 6 - Mary Jane
- March 6 - Patrick
- March 14 - Jay
- March 17 - Norman
- March 18 - Loretta
- March 19 - Josefa
- March 24 - Albert
- March 30 - Lynn

**Hello to These New Residents!**

*Eva  
Joanne  
Richard*

