



# The Villas

at Green Valley

ASSISTED LIVING & MEMORY CARE NEIGHBORHOOD



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



## Employee Spotlight of the Month

This month we shine the spotlight on Debbie Paredes, a dedicated caregiver whose compassion and heart brighten our community. Debbie was born in Tucson, and since the age of 19, she has devoted her career to caregiving—a calling she says fills her with gratitude. She joined The Villas in November 2024 and shares that one of the things she treasures most here, besides caring for residents, is how warmly she has been treated as part of the team.

Family is at the center of Debbie's life. She is the proud mother of two daughters, Karisma (12) and Susanna (7), who are homeschooled and bring joy to her every day. She hopes to see them grow into strong women of faith and feels blessed for the family that has shaped her. When she isn't working or caring for her girls, Debbie enjoys simple pleasures—her favorite foods are pizza and tacos, and her favorite color is green. Most of all, she cherishes the time she spends with her daughters. We are grateful to have Debbie as part of The Villas family and celebrate the dedication she brings to both residents and coworkers alike.



## October 2025



## Full of Warmth and Love, Built on Faith





This month, The Villas is honored to feature resident Dorothea "Dottie" Berke, whose life has been filled with faith, family, and community. Born on February 19 in Johnson, Nebraska, Dottie met her late husband, Daniel, at church, and the two dated through high school before marrying and spending 56 wonderful years together.

A registered nurse and farmer's wife, Dottie raised four children—Steve, Carol, Ann, and Miriam—while managing a big garden, a cornfield, and 300 chickens each year. She sewed all her children's clothing, stayed active in church, and became known for her baking, especially her famous lemon meringue pie.

Today, Dottie enjoys classical music, ice cream, and visits from her daughter's dog, Reggie. She stays active with Zumba and "Sit and Get Fit" and treasures daily visits from her children. Warm, social, and full of grace, Dottie is a beloved part of The Villas community.



October 2025

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   |
|---|---|---|--|--|--|--|
|  <div>5</div> <div>7:00 Coffee &amp; Newspaper<br/>10:30 One-on-One Visits with Residents (A-J)<br/>2:00 Residents' Choice Activity (A-J)</div> |  <div>6</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Chair Zumba with Annette (E)<br/>2:00 BINGO with Carolina (E)</div> |  <div>7</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Rhythmics with Saiyeeda (D)<br/>2:00 Music with Desert Creek (E)</div> | <div>Yom Kippur Begins</div> <div>1</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Drum Exercise (E)<br/>1:00 Sensory Stimulation (J)<br/>2:00 Art Therapy (E)</div> | <div>2</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Zumba with Annette (E)<br/>1:00 Snack &amp; Hydration (A-J)<br/>2:00 Pie Social (D)</div>        | <div>3</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Coffee and Donuts / Pet Therapy (A)<br/>2:00 Popcorn and a Movie (A-J)</div>                 | <div>4</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 One-on-One Visits (A-J)<br/>2:00 Residents' Choice Activity (A-J)</div>  |
| <div>5</div> <div>7:00 Coffee &amp; Newspaper<br/>10:30 One-on-One Visits with Residents (A-J)<br/>2:00 Residents' Choice Activity (A-J)</div>  | <div>6</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Chair Zumba with Annette (E)<br/>2:00 BINGO with Carolina (E)</div>   | <div>7</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Rhythmics with Saiyeeda (D)<br/>2:00 Music with Desert Creek (E)</div>  | <div>8</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Drum Exercise (E)<br/>1:00 Sensory Stimulation (J)<br/>2:00 Art Therapy (E)</div>                              | <div>9</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Zumba with Annette (E)<br/>1:00 Snack &amp; Hydration (A-J)</div>                                | <div>10</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Coffee and Donuts / Pet Therapy (B)<br/>2:00 Popcorn and a Movie (A-J)</div>                | <div>11</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 One-on-One Visits (A-J)<br/>2:00 Residents' Choice Activity (A-J)</div> |
| <div>12</div> <div>7:00 Coffee &amp; Newspaper<br/>10:30 One-on-One Visits with Residents (A-J)<br/>2:00 Residents' Choice Activity (A-J)</div>   | <div>Columbus Day</div> <div>13</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Chair Zumba with Annette (E)<br/>2:00 BINGO with Carolina (E)</div>  | <div>14</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Sing Along with John (E)<br/>2:00 Karaoke with Annette (E)</div>   | <div>15</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Drum Exercise (E)<br/>1:00 Sensory Stimulation (J)<br/>2:00 Art Therapy (E)</div>                             | <div>16</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Zumba with Annette (E)<br/>1:00 Snack &amp; Hydration (A-J)</div>                               | <div>17</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Coffee and Donuts / Pet Therapy (C)<br/>2:00 Popcorn and a Movie (A-J)</div>                | <div>18</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 One-on-One Visits (A-J)<br/>2:00 Residents' Choice Activity (A-J)</div> |
| <div>19</div> <div>7:00 Coffee &amp; Newspaper<br/>10:30 One-on-One Visits with Residents (A-J)<br/>2:00 Residents' Choice Activity (A-J)</div>   | <div>20</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Chair Zumba with Annette (E)<br/>2:00 BINGO with Carolina (E)</div>  | <div>21</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Pretty Nails with Carolina (A)<br/>2:00 Karaoke with Annette (E)</div>   | <div>22</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Drum Exercise (E)<br/>1:00 Sensory Stimulation (J)<br/>2:00 Art Therapy (E)</div>                             | <div>23</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Zumba with Annette (E)<br/>1:00 Snack &amp; Hydration (A-J)<br/>4:30 Trunk-or-Treat Party</div> | <div>24</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Coffee and Donuts / Pet Therapy (D)<br/>2:00 Popcorn and a Movie (A-J)</div>                | <div>25</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 One-on-One Visits (A-J)<br/>2:00 Residents' Choice Activity (A-J)</div> |
| <div>26</div> <div>7:00 Coffee &amp; Newspaper<br/>10:30 One-on-One Visits with Residents (A-J)<br/>2:00 Residents' Choice Activity (A-J)</div>   | <div>27</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Chair Zumba with Annette (E)<br/>2:00 BINGO with Carolina (E)</div>  | <div>28</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Pretty Nails with Carolina (A)<br/>2:00 Karaoke with Annette (E)</div>   | <div>29</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Drum Exercise (E)<br/>1:00 Sensory Stimulation (J)<br/>2:00 Art Therapy (E)</div>                             | <div>30</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Zumba with Annette (E)<br/>1:00 Snack &amp; Hydration (A-J)</div>                               | <div>Halloween</div> <div>31</div> <div>7:00 Morning Coffee &amp; Newspaper<br/>10:30 Coffee and Donuts / Pet Therapy (E)<br/>2:00 Halloween Party (E)</div> |   |



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



**Happy Birthday!**  
 October 12 - Elizabeth  
 October 13 - Judith  
 October 17 - William  
 October 18 - Ida  
 October 21 - Watson  
 October 31 - Darla



**Welcome Home to Our Newest Resident at The Villas!**  
 Phyllis

