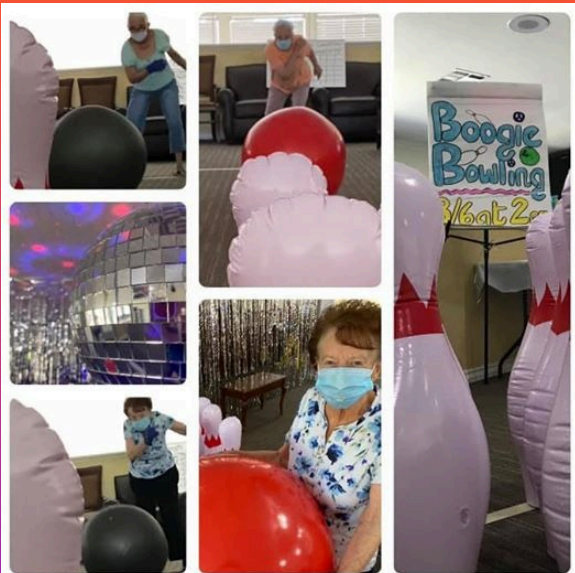


## Exploring Happiness

You don't need a passport or other identifying information to take the journey to "happiness". Happiness awaits you every day and at anytime. So, why the state of "no happiness"? Well, the facts are well documented...happiness is totally up to You! A wise Professor once shared...don't dwell on your problem(s) and repeat them over and over in your head...instead move to a process of developing a Solution! Every day happiness awaits your arrival, eagerly. Each morning as your feet hit the floor you are totally in charge. Not anyone else, guaranteed. Please ponder this concept and yes, dwell on it. Develop a mental check list of your "journey to happiness". The more items on the list the Merrier. Consider the range of your history and experiences, that should be easy. What brings a smile and a warm happy feeling...Bingo, you are there! Happiness is partly developing habits to be happy and allowing those negative influences to not creep into your thought process. You might be saying...easier said than done! Well, that is not true. Does smiling or laughing hurt...of course not! Being miserable does become a habit and it is a bad one. Hey, how about trying a happiness journey for one day and next two days and so on....please! What's the appeal of fighting off happiness. In a word, nothing. So, here's rule one...keep smiling! Thanks!

## *Boot Scoot Boogie & Bowl!*



## Good Friends Make Good Neighbors! Referral Program

*We believe in the power of community. As we age, it becomes more important that we feel supported in living our best lives. Invite your friends to live their best lives too! Now when you refer a friend or loved one, you'll receive a **\$1800** rent credit. It's our way of saying thank you for making your home with us. We know your friend will thank you, too! Home may be a place, but it's also a feeling, a way of life and something we take seriously.*

## *September 2020*      **The Echelon**

4330 S. Eastern Ave.  
Las Vegas, NV 89119



### Employee of the Month

Let's Congratulate  
**D'Anthony**

D'Anthony is one of the Echelon's finest Dining Room Servers. He is very good at what he does and does his best to keep our residents satisfied! Great Job D'Anthony! Keep up the Good Work!

### Community Contacts

Colleen McBride, Executive Director  
[cmcbride@echelonliving.com](mailto:cmcbride@echelonliving.com)  
Regina Lalli, Food Service Director  
[rlalli@echelonliving.com](mailto:rlalli@echelonliving.com)  
Ashley Holmes, Life Enrichment Director  
[asturm@echelonliving.com](mailto:asturm@echelonliving.com)  
Shai Ali, Maintenance Director  
[sali@echelonliving.com](mailto:sali@echelonliving.com)  
Eshelle Manion, Sales Director  
[emanion@echelonliving.com](mailto:emanion@echelonliving.com)



### *Meet Colleen McBride!*

On behalf of The Echelon Senior Living we would like to Congratulate Colleen McBride on her promotion! Colleen is now the Permanent Executive Director! Congratulations Colleen! You Deserve It!

### Welcome New Residents!

Jim	Kay
Nancy	Richard
Daniel	Sonja
Keith	Rosemary
Norman	Marylin
Sara	Dennis
Joan	Burt
	Malka



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		<div>Community Contacts</div> <div>Colleen McBride, Executive Director <a href="mailto:cmcbride@echelonseniorliving.com">cmcbride@echelonseniorliving.com</a> Regina Lalli, Food Service Director <a href="mailto:rlalli@echelonseniorliving.com">rlalli@echelonseniorliving.com</a> Ashley Sturm, Life Enrichment Director <a href="mailto:asturm@echelonseniorliving.com">asturm@echelonseniorliving.com</a> Shai Ali, Maintenance Director <a href="mailto:sali@echelonseniorliving.com">sali@echelonseniorliving.com</a> Eshelle Manion, Sales Director <a href="mailto:emanion@echelonseniorliving.com">emanion@echelonseniorliving.com</a></div>	
<div>September</div>		<div>Doctors Appt. 8-2</div> <div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>1:00 📖 Chicken Foot (Dominoes) [AR]</div> <div>1:00 🧠 DIY Arts &amp; Crafts [PT]</div> <div>2:00 📖 Card Games [AR]</div> <div>3:00 🎮 Pokeno</div>		<div>Doctors Appt. 8-2</div> <div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>12:30 🧠 Color Therapy [PT]</div> <div>2:00 📖 Pinochle [AR]</div>		<div>Doctors Appt. 8-2</div> <div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>11:00 Bible Study with Ed &amp; Susan [TR]</div> <div>1:30 🎮 Matinee Movie &amp; Popcorn [AR]</div> <div>2:00 Play Bridge [BT]</div> <div>3:00 🎮 Bingo!</div>		<div>9:00 ↔ Sit "N" Fit [AR]</div> <div>10:00 🧠 Arts &amp; Crafts [AR]</div> <div>11:00 🧠 Adult Coloring Pages [AR]</div> <div>1:00 🎮 Card Games</div> <div>2:00 📖 Brain Teasers</div> <div>3:00 ↔ Wii Games! [AR]</div>		<div>Cheese Pizza Day!</div> <div>9:30a 🦋 9:30 Catholic Hour [AR]</div> <div>9:00A 🎮 Arts &amp; Crafts [AR]</div> <div>10:00 🎮 Printable Crosswords [AR]</div> <div>1:00 🎮 Charades [AR]</div> <div>2:00 💜 Heartache to Healing with Susan [TR]</div> <div>3:00 🎮 Pokeno! [AR]</div>		<div>📖 Cognitive</div> <div>🧠 Creative</div> <div>💜 Emotional</div> <div>↔ Physical</div> <div>★ Purposeful</div> <div>🎮 Social</div> <div>🦋 Spiritual</div>			
<div>8:00 ★ Morning Walk [FE]</div> <div>1:00 🎮 Arts &amp; Crafts</div> <div>2:00 🎮 Billiards</div> <div>2:00 ↔ Chair Yoga [AR]</div> <div>3:00 🎮 Wii Bowling Tournament! [AR]</div>		<div>Labor Day! (Front Office is Closed)</div> <div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>1:00 🎮 DIY Arts &amp; Craft Table [AR]</div> <div>3:00 🎮 Bingo! [AR]</div>		<div>Doctors Appt. 8-2</div> <div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>1:00 🧠 Arts &amp; Crafts-Foam Crafts</div> <div>1:00 📖 Chicken Foot (Dominoes) [AR]</div> <div>2:00 ↔ Wii Bowling! [AR]</div> <div>3:00 🎮 Pokeno</div>		<div>Doctors Appt. 8-2</div> <div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>12:30 🧠 Color Therapy [PT]</div> <div>1:00 ★ How To: Set up a Facebook Page [AR]</div> <div>2:00 📖 Pinochle [AR]</div> <div>3:00 🎮 Karaoke Sing-A-Long [AR]</div>		<div>Doctors Appt. 8-2</div> <div>Teddy Bear Day!</div> <div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>11:00 Bible Study with Ed &amp; Susan [TR]</div> <div>1:00 📖 Arts &amp; Crafts- Teddy Bear Towels [AR]</div> <div>1:30 🎮 Matinee Movie &amp; Popcorn [TR]</div> <div>2:00 Play Bridge [BT]</div> <div>3:00 🎮 Bingo!</div>		<div>Remembering 9/11</div> <div>8:45 ★ TAPS &amp; Pledge of Allegiance [AR]</div> <div>9:00 ↔ Sit "N" Fit [AR]</div> <div>11:00 🧠 Adult Coloring Pages-Patriotic [AR]</div> <div>1:00 🎮 Card Games</div> <div>2:00 📖 Brain Teasers</div> <div>3:00 🧠 Patriot Wreath Crafts</div>				<div>9:30a 🦋 9:30 Catholic Hour [AR]</div> <div>9:00A 🎮 Arts &amp; Crafts [AR]</div> <div>10:00 🎮 Printable Crosswords [AR]</div> <div>1:00 🎮 Charades [AR]</div> <div>2:00 💜 Heartache to Healing with Susan [TR]</div> <div>3:00 🎮 Pokeno! [AR]</div>	
<div>Grandparents Day!</div> <div>8:00 ★ Morning Walk [FE]</div> <div>1:00 🧠 Arts &amp; Crafts-Grandchildren Photo Collage (BYOP) [AR]</div> <div>2:00 🎮 Billiards</div> <div>2:00 ↔ Chair Yoga [AR]</div> <div>3:00 🎮 Wii Baseball Tournament! [AR]</div>		<div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>12:00 🎮 Painting with Music [AR]</div> <div>1:00 ↔ Carnival Corn Hole Game! [AR]</div> <div>2:00 📖 Electronics 101(Q&amp;A) [AR]</div> <div>3:00 🎮 Bingo! [AR]</div>		<div>Crazy Hat Day!</div> <div>Doctors Appt. 8-2</div> <div>Make a Hat Day!</div> <div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>1:00 🧠 Arts &amp; Crafts- Making Hat Crafts [AR]</div> <div>1:00 📖 Chicken Foot (Dominoes) [AR]</div> <div>3:00 🎮 Pokeno</div>		<div>Doctors Appt. 8-2</div> <div>Mexican Independence Day!</div> <div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>12:30 🧠 Color Therapy [PT]</div> <div>1:00 🧠 Let's Get Cookin'-Homemade Salsa</div> <div>2:00 📖 Pinochle [AR]</div> <div>3:00 🎮 Karaoke Time w/ Chips &amp; Salsa [AR]</div>		<div>Doctors Appt. 8-2</div> <div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>11:00 Bible Study with Ed &amp; Susan [TR]</div> <div>1:00 ↔ Boogie Bowling!</div> <div>1:30 🎮 Matinee Movie &amp; Popcorn [AR]</div> <div>2:00 Play Bridge [BT]</div> <div>3:00 🎮 Bingo!</div>		<div>Rosh Hashana- Begins at Sundown</div> <div>9:00 ↔ Sit "N" Fit [AR]</div> <div>10:00 🧠 Arts &amp; Crafts w/ Apples and Honey [AR]</div> <div>11:00 🧠 Adult Coloring Pages [AR]</div> <div>1:00 🎮 Card Games</div> <div>2:00 📖 Brain Teasers</div> <div>3:00 ↔ Balloon Volleyball! [AR]</div>		<div>9:30a 🦋 9:30 Catholic Hour [AR]</div> <div>9:00A 🎮 Arts &amp; Crafts [AR]</div> <div>10:00 🎮 Printable Crosswords [AR]</div> <div>1:00 🎮 Charades [AR]</div> <div>2:00 💜 Heartache to Healing with Susan [TR]</div> <div>3:00 🎮 Pokeno! [AR]</div>			
<div>Women's Friendship Day!</div> <div>8:00 ★ Morning Walk [FE]</div> <div>1:00 🎮 Women's High Tea!</div> <div>2:00 🎮 Billiards</div> <div>2:00 ↔ Chair Yoga [AR]</div> <div>3:00 🎮 Wii Tennis Game!</div>		<div>Miniature Golf Day!</div> <div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>12:00 🎮 Painting with Music [AR]</div> <div>1:00 🎮 Mexican Mini Golf [AR]</div> <div>2:00 📖 Electronics 101(Q&amp;A) [AR]</div> <div>3:00 🎮 Bingo! [AR]</div>		<div>Doctors Appt. 8-2</div> <div>Fall Begins!</div> <div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>1:00 🧠 Arts &amp; Crafts- Fall Centerpieces [AR]</div> <div>1:00 📖 Chicken Foot (Dominoes) [AR]</div> <div>3:00 🎮 Pokeno</div>		<div>Doctors Appt. 8-2</div> <div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>12:30 🧠 Color Therapy [PT]</div> <div>1:00 ↔ Wii Bowling Tournament! [AR]</div> <div>2:00 📖 Pinochle [AR]</div> <div>3:00 🎮 Karaoke Sing-A-Long [AR]</div>		<div>Doctors Appt. 8-2</div> <div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>11:00 Bible Study with Ed &amp; Susan [TR]</div> <div>1:00 Let's Get Cookin'- Cake Pops [AR]</div> <div>1:30 🎮 Matinee Movie &amp; Popcorn [AR]</div> <div>2:00 Play Bridge [BT]</div> <div>3:00 🎮 Bingo!</div>		<div>Native American Day!</div> <div>9:00 ↔ Sit "N" Fit [AR]</div> <div>11:00 🧠 Adult Coloring Pages [AR]</div> <div>1:00 🧠 Arts &amp; Crafts-Native American Drum [AR]</div> <div>1:00 🎮 Card Games</div> <div>2:00 📖 Brain Teasers</div> <div>3:00 ★ Native American Jewelry &amp; History [AR]</div>		<div>9:30a 🦋 9:30 Catholic Hour [AR]</div> <div>9:00A 🎮 Arts &amp; Crafts [AR]</div> <div>10:00 🎮 Printable Crosswords [AR]</div> <div>1:00 🎮 Charades [AR]</div> <div>2:00 💜 Heartache to Healing with Susan [TR]</div> <div>3:00 🎮 Pokeno! [AR]</div>			
<div>8:00 ★ Morning Walk [FE]</div> <div>1:00 Wine Down Tasting</div> <div>2:00 🎮 Billiards</div> <div>2:00 ↔ Chair Yoga [AR]</div> <div>3:00 Disco Darts w/ Ashley &amp; Deanna [AR]</div>		<div>Crazy Sock Day!</div> <div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>12:00 🎮 Painting with Music [AR]</div> <div>1:00 🧠 Crazy Sock Craft [AR]</div> <div>2:00 📖 Electronics 101(Q&amp;A) [AR]</div> <div>3:00 🎮 Bingo! [AR]</div>		<div>Doctors Appt. 8-2</div> <div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>1:00 📖 Chicken Foot (Dominoes) [AR]</div> <div>1:00 ↔ Wii Tennis Tournament [AR]</div> <div>3:00 🎮 Pokeno</div>		<div>Doctors Appt. 8-2</div> <div>8:00 ★ Morning Walk [FE]</div> <div>9:00 ↔ Sit "N" Fit with Jim [AR]</div> <div>12:30 🧠 Color Therapy [PT]</div> <div>1:00 🧠 Sippin &amp; Dippin Paint Party</div> <div>2:00 📖 Pinochle [AR]</div> <div>3:00 🎮 Karaoke Sing-A-Long [AR]</div>									

Location Keys

Activity Room

Billards Table

Front Entrance

Poker Tables

TV Room

AR

BT

FE

PT

TR