



# HERITAGE OAKS OF ENGLEWOOD

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.

## Your Team

Kathy Bruns - Executive Director  
Marty Aldridge - Business Office Manager  
Chris Snider - Sales Director  
Sean Krasensky - Wellness Director  
Sherry Blanchard - Village Program Coordinator  
Donald Aldridge - Dining Services Director  
Carla Lanning - Maintenance Director  
Lisa Young - Life Enrichment Director

## Staff Birthdays

12/6 - Kathy Bruns

12/20 - Denise Lampart

12/23 - Haley Monahan

12/24 - Deanna Trottier

12/27 - Blake Pace

## Resident Birthdays

*December 1st - Edith C.*

*December 1st - Rita B.*

*December 5th - Robert B.*

*December 5th - Gladys S.*

*December 12th - Kate G.*

*December 12th - Dianne M.*

*December 13th - Gloria L.*

*December 13th - John H.*

*December 14th - Sandra D*

*December 15th - Joe W.*

*December 30th - Gloria G.*

## Welcome to the Family

*Our story is yours. We grow older and wiser but are sure to never lose the spark that started it all. Grace Management Continues to evolve, and we're ever more dedicated to nurturing our company and our team to be healthy contributors to communities across the U.S. Delivering exceptional living experiences, we can focus on the big issues that concern the daily lives of our residents-from healthcare and finances to overall quality of life-while never losing sight of the details that matter most: the connections we make along the way.*

*Grace A.*

*Gloria D.*

*Thelma Z.*

*Linda R.*

*Donald B.*

*Patricia N.*

*Joe G.*

*Marilyn C.*



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# DECEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday
<b>CO</b> - Cognitive <b>CR</b> - Creative <b>E</b> - Emotional <b>I</b> - Intergenerational <b>PY</b> - Physical <b>PR</b> - Purposeful <b>SE</b> - Sensory <b>SO</b> - Social <b>SP</b> - Spiritual	<b>Location Legend</b> FC = Fitness Center 1B = 1st Floor Bistro 2B = 2nd Floor Bistro BH = Bingo Hall 2L = 2nd Floor Library MR = Media Room OT = Bus Outing CY = Bistro Courtyard PT = Large Patio	<b>1</b> <b>PY</b> 9:30 Fun & Fitness - FC <b>PR</b> 10:15 BP Clinic - 1B <b>CO</b> 10:30 Bingo For Candy - BH <b>SE</b> 2:30 Resident Town Hall - 1B <b>SO</b> 2:30 Resident Town Hall - 1B <b>CO</b> 3:15 Bingo For Candy - BH <b>SO</b> 7:00 Movie Night - MR	<b>2</b> <b>PY</b> 9:30 Be Fit Exercises - FC <b>CO</b> 10:30 Bingo For Candy - BH <b>CO</b> 2:00 Bingo For Candy - BH <b>CO</b> 2:00 Movie Matinee - MR <b>SO</b> 3:00 Wine Down Wednesday <b>SE</b> 7:00 Movie Night - MR	<b>3</b> <b>PY</b> 9:30 Be Fit Exercises - FC <b>SP</b> 10:00 Fellowship Gathering - CY <b>PR</b> 10:30 Fancy Nail Painting - 2B <b>CO</b> 1:30 Bridge Players - 2L <b>CO</b> 2:00 Bingo For Candy - BH <b>CO</b> 2:00 Movie Matinee - MR <b>SO</b> 3:15 Bingo For Candy - BH <b>SE</b> 7:00 Movie Night - MR
<b>6</b> <b>PY</b> 9:30 Be Fit Exercises - FC <b>CO</b> 10:00 Dominos - 1B <b>CO</b> 10:30 Bingo For Candy - BH <b>SO</b> 12:30 Football Game - MR <b>CO</b> 1:30 Bridge Players - 2L <b>SO</b> 2:30 Sundaes on Sunday - 1B <b>SO</b> 3:15 Bingo For Candy - BH <b>SP</b> 3:30 Bible Study - MR <b>SO</b> 7:00 Movie Night - MR	<b>7</b> <b>PY</b> 9:30 Be Fit Exercises - FC <b>SP</b> 10:15 Protestant Communion <b>CR</b> 10:30 Cookie Baking - 2B <b>PY</b> 1:30 Wii Bowling - 1LR <b>CO</b> 2:00 Bingo For Candy - BH <b>SO</b> 3:15 Bingo For Candy - BH <b>SE</b> 7:00 Movie Night - MR	<b>8</b> <b>PY</b> 9:30 Fun & Fitness - FC <b>PR</b> 10:15 BP Clinic - 1B <b>CO</b> 10:30 Bingo For Candy - BH <b>PR</b> 2:15 Food Council - 2B <b>CO</b> 2:45 Resident Council - 2B <b>CO</b> 3:15 Bingo For Candy - BH <b>SO</b> 7:00 Movie Night - MR	<b>9</b> <b>SP</b> 9:30 Methodist Church Communion - CY <b>PY</b> 9:30 Be Fit Exercises - FC <b>CO</b> 10:30 Bingo For Candy - BH <b>CO</b> 2:00 Bingo For Candy - BH <b>CO</b> 2:00 Movie Matinee - MR <b>SO</b> 3:00 Wine Down Wednesday <b>SE</b> 7:00 Movie Night - MR <b>I</b> 7:15 Christmas Carolers	<b>10 Hanukkah Begins</b> <b>PY</b> 9:30 Be Fit Exercises - FC <b>CR</b> 10:00 Christmas Pictures - 1B <b>SP</b> 10:00 Fellowship Gathering - CY <b>PR</b> 10:30 Fancy Nail Painting - 2B <b>CO</b> 1:30 Bridge Players - 2L <b>CO</b> 2:00 Bingo For Candy - BH <b>CO</b> 2:00 Movie Matinee - MR <b>SO</b> 3:15 Bingo For Candy - BH <b>SE</b> 7:00 Movie Night - MR
<b>13</b> <b>PY</b> 9:30 Be Fit Exercises - FC <b>CO</b> 10:00 Dominos - 1B <b>CO</b> 10:30 Bingo For Candy - BH <b>SO</b> 12:30 Football Game - MR <b>CO</b> 1:30 Bridge Players - 2L <b>SO</b> 2:30 Sundaes on Sunday - 1B <b>SO</b> 3:15 Bingo For Candy - BH <b>SP</b> 3:30 Bible Study - MR <b>SO</b> 7:00 Movie Night - MR	<b>14</b> <b>PY</b> 9:30 Be Fit Exercises - FC <b>SP</b> 10:15 Protestant Communion <b>CR</b> 10:30 Cookie Baking - 2B <b>PY</b> 1:30 Wii Bowling - 1LR <b>CO</b> 2:00 Bingo For Candy - BH <b>SO</b> 3:15 Bingo For Candy - BH <b>SE</b> 7:00 Movie Night - MR	<b>15</b> <b>SP</b> 9:15 Catholic Communion - CY <b>PY</b> 9:30 Fun & Fitness - FC <b>PR</b> 10:15 BP Clinic - 1B <b>CO</b> 10:30 Bingo For Candy - BH <b>SE</b> 2:30 Resident Town Hall - 1B <b>CO</b> 3:15 Bingo For Candy - BH <b>SO</b> 7:00 Movie Night - MR	<b>16</b> <b>PY</b> 9:30 Be Fit Exercises - FC <b>CO</b> 10:30 Bingo For Candy - BH <b>CO</b> 2:00 Bingo For Candy - BH <b>CO</b> 2:00 Movie Matinee - MR <b>SO</b> 3:00 Wine Down Wednesday <b>SE</b> 7:00 Movie Night - MR	<b>17</b> <b>PY</b> 9:30 Be Fit Exercises - FC <b>SP</b> 10:00 Fellowship Gathering - CY <b>PR</b> 10:30 Fancy Nail Painting - 2B <b>CO</b> 1:30 Bridge Players - 2L <b>CO</b> 2:00 Bingo For Candy - BH <b>CO</b> 2:00 Movie Matinee - MR <b>SO</b> 3:15 Bingo For Candy - BH <b>SE</b> 7:00 Movie Night - MR
<b>20</b> <b>PY</b> 9:30 Be Fit Exercises - FC <b>CO</b> 10:00 Dominos - 1B <b>CO</b> 10:30 Bingo For Candy - BH <b>SO</b> 12:30 Football Game - MR <b>CO</b> 1:30 Bridge Players - 2L <b>SO</b> 2:30 Sundaes on Sunday - 1B <b>SO</b> 3:15 Bingo For Candy - BH <b>SP</b> 3:30 Bible Study - MR <b>SO</b> 7:00 Movie Night - MR	<b>21 Winter Begins</b> <b>PY</b> 9:30 Be Fit Exercises - FC <b>SP</b> 10:15 Protestant Communion <b>CR</b> 10:30 Cookie Baking - 2B <b>PY</b> 1:30 Wii Bowling - 1LR <b>CO</b> 2:00 Bingo For Candy - BH <b>SO</b> 3:15 Bingo For Candy - BH <b>SE</b> 7:00 Movie Night - MR	<b>22</b> <b>PY</b> 9:30 Fun & Fitness - FC <b>PR</b> 10:15 BP Clinic - 1B <b>CO</b> 10:30 Bingo For Candy - BH <b>SE</b> 2:30 Resident Town Hall - 1B <b>CO</b> 3:15 Bingo For Candy - BH <b>SO</b> 7:00 Movie Night - MR	<b>23</b> <b>PY</b> 9:30 Be Fit Exercises - FC <b>CO</b> 10:30 Bingo For Candy - BH <b>CO</b> 2:00 Bingo For Candy - BH <b>CO</b> 2:00 Movie Matinee - MR <b>SO</b> 3:00 Wine Down Wednesday <b>SE</b> 7:00 Movie Night - MR	<b>24 Christmas Eve</b> <b>PY</b> 9:30 Be Fit Exercises - FC <b>SP</b> 10:00 Fellowship Gathering - CY <b>PR</b> 10:30 Fancy Nail Painting - 2B <b>CO</b> 1:30 Bridge Players - 2L <b>CO</b> 2:00 Bingo For Candy - BH <b>CO</b> 2:00 Movie Matinee - MR <b>SO</b> 3:15 Bingo For Candy - BH <b>SE</b> 7:00 Movie Night - MR
<b>27</b> <b>PY</b> 9:30 Be Fit Exercises - FC <b>CO</b> 10:00 Dominos - 1B <b>CO</b> 10:30 Bingo For Candy - BH <b>SO</b> 12:30 Football Game - MR <b>CO</b> 1:30 Bridge Players - 2L <b>SO</b> 2:30 Sundaes on Sunday - 1B <b>SO</b> 3:15 Bingo For Candy - BH <b>SP</b> 3:30 Bible Study - MR <b>SO</b> 7:00 Movie Night - MR	<b>28</b> <b>PY</b> 9:30 Be Fit Exercises - FC <b>SP</b> 10:15 Protestant Communion <b>CR</b> 10:30 Cookie Baking - 2B <b>PY</b> 1:30 Wii Bowling - 1LR <b>CO</b> 2:00 Bingo For Candy - BH <b>SO</b> 3:15 Bingo For Candy - BH <b>SE</b> 7:00 Movie Night - MR	<b>29</b> <b>PY</b> 9:30 Fun & Fitness - FC <b>PR</b> 10:15 BP Clinic - 1B <b>CO</b> 10:30 Bingo For Candy - BH <b>SE</b> 2:30 Resident Town Hall - 1B <b>CO</b> 3:15 Bingo For Candy - BH <b>SO</b> 7:00 Movie Night - MR	<b>30</b> <b>PY</b> 9:30 Be Fit Exercises - FC <b>CO</b> 10:30 Bingo For Candy - BH <b>CO</b> 2:00 Bingo For Candy - BH <b>CO</b> 2:00 Movie Matinee - MR <b>SO</b> 3:00 Wine Down Wednesday <b>SE</b> 7:00 Movie Night - MR	<b>31 New Year's Eve</b> <b>PY</b> 9:30 Be Fit Exercises - FC <b>SP</b> 10:00 Fellowship Gathering - CY <b>PR</b> 10:30 Bingo For Candy - BH <b>CO</b> 1:30 Bridge Players - 2L <b>CO</b> 2:00 Bingo For Candy - BH <b>SO</b> 3:00 New Year's Eve Celebration <b>SE</b> 7:00 Movie Night - MR

Events are Subject to Change.

## Memory Care Village







Friday		Saturday	
4		5	
<b>PR</b> 9:15 Walmart Shopping - OT <b>PY</b> 9:30 Be Fit Exercises - FC <b>PR</b> 9:45 Walmart Shopping - OT <b>CO</b> 10:30 Hangman - 2L <b>CO</b> 2:00 Bingo For Candy - BH <b>SO</b> 3:15 Bingo For Candy - BH <b>SE</b> 7:00 Movie Night - MR		<b>PY</b> 9:30 Be Fit Exercises - FC <b>CO</b> 10:30 Bingo For Candy - BH <b>PY</b> 10:30 Wii Bowling - 1LR <b>CO</b> 1:30 Bridge Players - 2L <b>SE</b> 2:30 Ice Cream Social - 1B <b>SO</b> 3:15 Bingo For Candy - BH <b>CO</b> 6:00 Indep. Games - 1B/2L <b>SE</b> 7:00 Movie Night - MR	
11		12	
<b>PR</b> 9:15 Walmart Shopping - OT <b>PY</b> 9:30 Be Fit Exercises - FC <b>PR</b> 9:45 Walmart Shopping - OT <b>CO</b> 10:30 Bingo For Candy - BH <b>CO</b> 10:30 Hangman - 2L <b>CO</b> 2:00 Bingo For Candy - BH <b>E</b> 2:00 Birthday Party - 1B <b>SO</b> 3:15 Bingo For Candy - BH <b>SE</b> 7:00 Movie Night - MR		<b>PY</b> 9:30 Be Fit Exercises - FC <b>CO</b> 10:30 Bingo For Candy - BH <b>PY</b> 10:30 Wii Bowling - 1LR <b>CO</b> 1:30 Bridge Players - 2L <b>SE</b> 2:30 Ice Cream Social - 1B <b>SO</b> 3:15 Bingo For Candy - BH <b>CO</b> 6:00 Indep. Games - 1B/2L <b>SE</b> 7:00 Movie Night - MR	
18		19	
<b>PR</b> 9:15 Walmart Shopping - OT <b>PY</b> 9:30 Be Fit Exercises - FC <b>PR</b> 9:45 Walmart Shopping - OT <b>CO</b> 10:30 Hangman - 2L <b>CO</b> 2:00 Bingo For Candy - BH <b>SO</b> 3:15 Bingo For Candy - BH <b>SE</b> 7:00 Movie Night - MR		<b>PY</b> 9:30 Be Fit Exercises - FC <b>CO</b> 10:30 Bingo For Candy - BH <b>PY</b> 10:30 Wii Bowling - 1LR <b>CO</b> 1:30 Bridge Players - 2L <b>SE</b> 2:30 Ice Cream Social - 1B <b>SO</b> 3:15 Bingo For Candy - BH <b>CO</b> 6:00 Indep. Games - 1B/2L <b>SE</b> 7:00 Movie Night - MR	
25 Christmas Day		26 Kwanzaa Begins	
<b>PY</b> 9:00 Bingo For Candy - BH <b>SO</b> 10:15 Bingo For Candy - BH <b>CO</b> 2:00 Independent Games & Cards <b>SE</b> 2:00 Movie Matinee - MR <b>SE</b> 7:00 Movie Night - MR		<b>PY</b> 9:30 Be Fit Exercises - FC <b>CO</b> 10:30 Bingo For Candy - BH <b>PY</b> 10:30 Wii Bowling - 1LR <b>CO</b> 1:30 Bridge Players - 2L <b>SE</b> 2:30 Ice Cream Social - 1B <b>SO</b> 3:15 Bingo For Candy - BH <b>CO</b> 6:00 Indep. Games - 1B/2L <b>SE</b> 7:00 Movie Night - MR	
<b>DECEMBER BIRTHDAYS</b> 12/1 - Rita Bauer 12/1 - Edith Crook 12/5 - Bob Belcastro 12/5 - Dianne Maki 12/12 - Kate Gooding		<b>DECEMBER BIRTHDAYS</b> 12/13 - Gloria Lyons 12/13 - John Hooper 12/14 - Sandra Dussault 12/15 - Joe Walton 12/30 - Gloria Gardner	

# Did You Know?

## HEALTH *Tips*

### Eat dark chocolate for circulation.

Cocoa packs plant phenols, which can help prevent blood clotting and improve blood flow in the arteries.



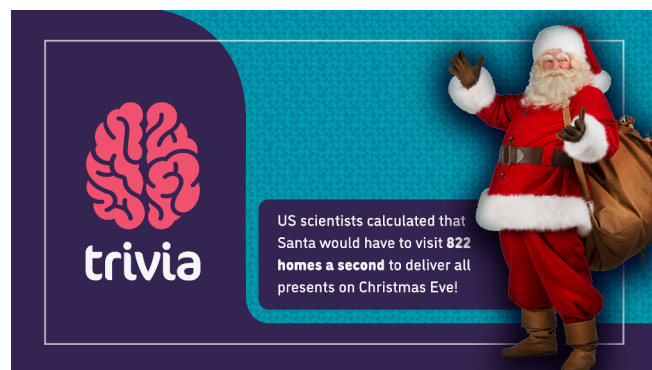
## HEALTH *Tips*

### Wash Your Hands!

Viruses can live on surfaces for up to 24 hours. Wash your hands with warm soapy water often, and for at least 20 seconds.



# Assisted Living





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