



## 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  
Donnie Brown - Asst Dining Services Director  
Carla Lanning - Maintenance Director  
Lisa Young - Life Enrichment Director

### Staff Birthdays

2/4 - Lindsay Dulski	2/11 - Meloni Steinfath	2/17 - Brook Mollins	
2/4 - Madison Hackett	2/14 - Blair Sickafoose	2/20 - Betty Cox	2/28 - Brenda Lane
2/5 - Darvens Daniel	2/14 - Stephen Swanson	2/27 - Kara-Marie Hodges	

### Resident Birthdays

2/07 - Robert F  
2/09 - Barbara G.  
2/12 - Eldon B  
2/16 - John R  
2/19 - Gerry F  
2/24 - Dave B  
2/26 - Joe A

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2/20 - Happy Anniversary Wishes to  
Dick & Dianne M.

## 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.

Helen W.  
Isabel K.  
Lou A.  
Marion D.  
Donald M.  
Marlene M



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# FEBRUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday
	1 <b>Black History Month</b>	2 <b>Groundhog Day</b>	3	4
	CO 9:30 Outside Patio fun PY 10:00 Porch Activities CO 1:30 Puzzles PR 2:00 Afternoon Walk SO 2:00 Popcorn & Movie CO 2:30 Walk outside PR 3:15 Aqua Painting SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise	CO 9:30 Outside Patio fun PY 10:00 Porch Activities PR 10:30 Music Therapy CO 11:00 Brain Health PR 11:00 Stories of Reflections CO 1:30 Puzzles PR 2:00 Afternoon Walk SO 2:00 Popcorn & Movie SO 2:30 Walk outside	CO 9:30 Outside Patio fun PY 10:00 Porch Activities CO 10:30 Fancy Nails PR 1:30 Puzzles CO 2:00 Afternoon Walk SO 2:00 Popcorn & Movie PR 2:30 Walk outside SO 3:15 Aqua Painting SO 3:30 Bingo For Candy	CO 9:30 Outside Patio fun PY 10:00 Porch Activities PR 10:30 Music Therapy CO 11:00 Stories of Reflections CO 1:30 Puzzles PR 2:00 Afternoon Walk SO 2:00 Popcorn & Movie SO 2:30 Walk outside PR 3:15 Aqua Painting
7	8	9	10	11
CO 9:30 Outside Patio fun PY 10:00 Porch Activities SP 10:30 Church Service PR 11:00 Stories of Reflections CO 1:30 Puzzles PR 2:00 Afternoon Walk SO 3:00 Sunday Sundaes PR 3:15 Aqua Painting SO 3:30 Bingo For Candy	CO 9:30 Outside Patio fun PY 10:00 Porch Activities CO 1:30 Puzzles PR 2:00 Afternoon Walk SO 2:00 Popcorn & Movie PR 2:30 Walk outside SO 3:15 Aqua Painting SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise	CO 9:30 Outside Patio fun PY 10:00 Porch Activities PR 10:30 Music Therapy CO 11:00 Brain Health PR 11:00 Stories of Reflections CO 1:30 Puzzles PR 2:00 Afternoon Walk SO 2:00 Popcorn & Movie SO 2:30 Walk outside	CO 9:30 Outside Patio fun PY 10:00 Porch Activities CO 10:30 Fancy Nails PR 1:30 Puzzles CO 2:00 Afternoon Walk SO 2:00 Popcorn & Movie PR 2:30 Walk outside SO 3:15 Aqua Painting SO 3:30 Bingo For Candy	CO 9:30 Outside Patio fun PY 10:00 Porch Activities PR 10:30 Music Therapy CO 11:00 Stories of Reflections CO 1:30 Puzzles PR 2:00 Afternoon Walk SO 2:00 Popcorn & Movie SO 2:30 Walk outside PR 3:15 Aqua Painting
14 <b>Valentine's Day</b>	15 <b>Presidents' Day</b>	16 <b>Mardi Gras</b>	17 <b>Ash Wednesday</b>	18
CO 9:30 Outside Patio fun PY 10:00 Porch Activities SP 10:30 Church Service PR 11:00 Stories of Reflections CO 1:30 Puzzles PR 2:00 Afternoon Walk SO 3:00 Sunday Sundaes PR 3:15 Aqua Painting SO 3:30 Bingo For Candy	CO 9:30 Outside Patio fun PY 10:00 Porch Activities CO 1:30 Puzzles PR 2:00 Afternoon Walk SO 2:00 Popcorn & Movie PR 2:30 Walk outside SO 3:15 Aqua Painting SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise	CO 9:30 Outside Patio fun PY 10:00 Porch Activities PR 10:30 Music Therapy CO 11:00 Brain Health PR 11:00 Stories of Reflections CO 1:30 Puzzles PR 2:00 Afternoon Walk SO 2:00 Popcorn & Movie SO 2:30 Walk outside	CO 9:30 Outside Patio fun PY 10:00 Porch Activities CO 10:30 Fancy Nails PR 1:30 Puzzles CO 2:00 Afternoon Walk SO 2:00 Popcorn & Movie PR 2:30 Walk outside SO 3:15 Aqua Painting SO 3:30 Bingo For Candy	CO 9:30 Outside Patio fun PY 10:00 Porch Activities PR 10:30 Music Therapy CO 11:00 Stories of Reflections CO 1:30 Puzzles PR 2:00 Afternoon Walk SO 2:00 Popcorn & Movie SO 2:30 Walk outside PR 3:15 Aqua Painting
21	22	23	24	25
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28	Dr. Day every Wednesday P.A. Chris Kelly			CO - Cognitive E - Emotional PY - Physical PR - Purposeful SO - Social SP - Spiritual

Events are Subject to Change.

## Assisted Living







Friday		Saturday	
5		6	
CO	9:30 Outside Patio fun	CO	9:30 Outside Patio fun
Y	10:00 Porch Activities	Y	10:00 Porch Activities
CO	10:30 Trivia	PR	10:30 Music Therapy
CO	1:30 Puzzles	CO	10:30 Fancy Nails
PR	2:00 Afternoon Walk	CO	11:00 Brain Health
CO	2:00 Popcorn & Movie	CO	1:30 Puzzles
SO	2:30 Walk outside	PR	2:00 Afternoon Walk
PR	2:35 Aqua Watercolor Painting	SO	3:15 Aqua Painting
PR	3:15 Aqua Painting	SO	3:30 Bingo For Candy
12	Chinese New Year	13	
CO	9:30 Outside Patio fun	CO	9:30 Outside Patio fun
Y	10:00 Porch Activities	Y	10:00 Porch Activities
CO	10:30 Trivia	PR	10:30 Music Therapy
CO	1:30 Puzzles	CO	10:30 Fancy Nails
PR	2:00 Afternoon Walk	CO	11:00 Brain Health
CO	2:00 Popcorn & Movie	CO	1:30 Puzzles
SO	2:30 Walk outside	PR	2:00 Afternoon Walk
PR	2:35 Aqua Watercolor Painting	SO	3:15 Aqua Painting
PR	3:15 Aqua Painting	SO	3:30 Bingo For Candy
19		20	
CO	9:30 Outside Patio fun	CO	9:30 Outside Patio fun
Y	10:00 Porch Activities	Y	10:00 Porch Activities
CO	10:30 Trivia	PR	10:30 Music Therapy
CO	1:30 Puzzles	CO	10:30 Fancy Nails
PR	2:00 Afternoon Walk	CO	11:00 Brain Health
CO	2:00 Popcorn & Movie	CO	1:30 Puzzles
SO	2:30 Walk outside	PR	2:00 Afternoon Walk
PR	2:35 Aqua Watercolor Painting	SO	3:15 Aqua Painting
PR	3:15 Aqua Painting	SO	3:30 Bingo For Candy
26		27	
CO	9:30 Outside Patio fun	CO	9:30 Outside Patio fun
Y	10:00 Porch Activities	Y	10:00 Porch Activities
CO	10:30 Trivia	PR	10:30 Music Therapy
CO	1:30 Puzzles	CO	10:30 Fancy Nails
PR	2:00 Afternoon Walk	CO	11:00 Brain Health
CO	2:00 Popcorn & Movie	CO	1:30 Puzzles
SO	2:30 Walk outside	PR	2:00 Afternoon Walk
PR	2:35 Aqua Watercolor Painting	SO	3:15 Aqua Painting
PR	3:15 Aqua Painting	SO	3:30 Bingo For Candy
			Wednesday Dr. Days

# Did You Know?

## HEALTH Tips

**Visit the people, not the food.**

Move socializing away from the buffet or appetizer table to prevent mindless eating.



## HEALTH Tips

**Beware of hidden calories!**

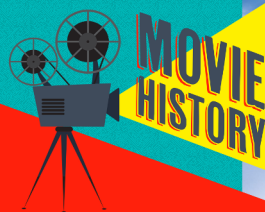
Just 100 extra calories a day can add 10 pounds a year! Small choices like lighter salad dressings, or water with meals, can make a big difference!



# Village Program



During the Great Depression, a banker convinced families in Quincy, Florida to buy Coca-Cola shares for \$19 a piece. The town later became the single richest per capita in the USA with 67 millionaires.



**1954**

The actual undersea footage for 20,000 Leagues Under The Sea was shot in the Bahamas. In the same location that was used for the silent version in 1916.

**20,000 Leagues UNDER THE SEA**





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