



## 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  
Carla Lanning - Maintenance Director  
Lisa Young - Life Enrichment Director

### Staff Birthdays

4/8 - Jody V.

4/14 - Nalani W.

4/16 - Tobey S.

4/17 - Debra M.

### Resident Birthdays

4/4 - Patty W.

4/17 - Victoria G.

4/8 - June H.

4/18 - Bob B.

4/5 - Helen L.

4/18 - Helen K.

4/11 - Carol R.

4/19 - George P.

4/11 - Tom J.

4/24 - Lynne G.

4/14 - Lou A.

4/24 - Grant L.

4/17 - Jazz C.

## 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.

*Bruce & Pauline  
Billie  
Colet  
Doris  
Charlotte*



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# APRIL 2021

Sunday	Monday	Tuesday	Wednesday	Thursday
<p><b>Legend:</b>  <b>CO</b> - Cognitive  <b>CR</b> - Creative  <b>E</b> - Emotional  <b>PY</b> - Physical  <b>PR</b> - Purposeful  <b>SE</b> - Sensory  <b>SO</b> - Social  <b>SP</b> - Spiritual</p>	<p>New This Month            Cardio Drumming            Shopping Bealls            Shopping Dollar Tree</p>	<p>April Birthdays            4/4 - Patty Walton            4/8 - June Howard            4/11 - Tom Jackling            4/11 - Carol Russell            4/17 - Victoria Gill            4/17 - Jazz Compton            4/19 - George Pilot            4/24 - Lynne Gill</p>	<p>Special Events            4/1 - Trilogy Spring Pictures            4/2 - Shop Bealls            4/4 - Easter Sunday            4/9 - April Birthday Cake            4/12 - National Licorice Day            4/22 - Earth Day Planting            4/23 - Shop Dollar Tree            4/26 - National Pretzel Day</p>	<p><b>1 April Fools' Day</b>  <b>PY</b> 9:30 Be Fit Exercises - FC  <b>SP</b> 10:00 Fellowship Gather - MR  <b>CR</b> 10:00 Trilogy Easter Pictures - 1B  <b>CR</b> 10:30 Fancy Nails - 2B  <b>E</b> 12:00 March Madness - MR  <b>PY</b> 2:00 Line Dancing - MR  <b>SO</b> 3:15 Bingo For Candy - BH  <b>SE</b> 7:00 Movie Night - MR</p>
<p><b>4 Easter</b>  <b>PY</b> 9:30 Be Fit Exercises - FC  <b>SE</b> 10:30 Bingo For Candy - BH  <b>SO</b> 2:30 Sundaes on Sunday - 1B  <b>SP</b> 3:15 Bible Study Autumn - FC  <b>SO</b> 3:15 Open Game Room - BH  <b>SO</b> 7:00 Movie Night - MR</p>	<p><b>5</b>  <b>PY</b> 9:30 Be Fit Exercises - FC  <b>CR</b> 10:30 Cookie Baking - 2B  <b>PY</b> 1:30 Wii Bowling - 1LR  <b>CO</b> 2:00 IN2L - Word Grid - MR  <b>SO</b> 3:15 Bingo For Candy - BH  <b>SE</b> 7:00 Movie Night - MR  <b>E</b> 9:00 March Madness Championship - MR</p>	<p><b>6</b>  <b>PY</b> 9:30 Fun &amp; Fitness - FC  <b>SO</b> 9:30 Men's Coffee - 2B  <b>CR</b> 10:00 Coloring with Jazz - 2B  <b>PR</b> 10:15 BP Clinic - 1B  <b>SP</b> 10:15 Catholic Comm. - MR  <b>CO</b> 10:30 IN2L - Piggy Bankers - BH  <b>CO</b> 2:00 Trivia - 2L  <b>CO</b> 3:15 Bingo For Candy - BH  <b>SO</b> 7:00 Movie Night - MR</p>	<p><b>7</b>  <b>PY</b> 9:30 Be Fit Exercises - FC  <b>SP</b> 10:15 Methodist Comm. - LR  <b>SE</b> 10:30 Cardio Drumming - FC  <b>PR</b> 10:30 Independent Cards/Games  <b>CO</b> 2:00 Bingo For Candy - BH  <b>PR</b> 3:15 Wine Down Wednesday  <b>SE</b> 7:00 Movie Night - MR</p>	<p><b>8</b>  <b>PY</b> 9:30 Be Fit Exercises - FC  <b>SP</b> 10:00 Fellowship Gather - MR  <b>CR</b> 10:30 Fancy Nails - 2B  <b>PY</b> 2:00 Line Dancing - MR  <b>SO</b> 3:15 Bingo For Candy - BH  <b>SE</b> 7:00 Movie Night - MR</p>
<p><b>11</b>  <b>PY</b> 9:30 Be Fit Exercises - FC  <b>SE</b> 10:30 Bingo For Candy - BH  <b>E</b> 12:00 Masters Golf - MR  <b>SO</b> 2:30 Sundaes on Sunday - 1B  <b>SP</b> 3:15 Bible Study Autumn - FC  <b>SO</b> 3:15 Open Game Room - BH  <b>SO</b> 7:00 Movie Night - MR</p>	<p><b>12</b>  <b>PY</b> 9:30 Be Fit Exercises - FC  <b>CR</b> 10:30 Cookie Baking - 2B  <b>PY</b> 1:30 Wii Bowling - 1LR  <b>CO</b> 2:00 IN2L - Word Grid - BH  <b>SO</b> 3:15 Bingo For Candy - BH  <b>SE</b> 7:00 Movie Night - MR</p>	<p><b>13 Ramadan Begins</b>  <b>PY</b> 9:30 Fun &amp; Fitness - FC  <b>SO</b> 9:30 Men's Coffee - 2B  <b>CR</b> 10:00 Coloring with Jazz - 2B  <b>PR</b> 10:15 BP Clinic - 1B  <b>SP</b> 10:15 Catholic Comm. - MR  <b>CR</b> 10:30 IN2L-Word Game -BH  <b>PR</b> 2:30 Food Council - 2B  <b>PR</b> 3:00 Resident Council - 2B  <b>CO</b> 3:30 Bingo For Candy - BH</p>	<p><b>14</b>  <b>PY</b> 9:30 Be Fit Exercises - FC  <b>SE</b> 10:30 Cardio Drumming - FC  <b>PR</b> 10:30 Independent Cards/Games  <b>CO</b> 2:00 Bingo For Candy - BH  <b>PR</b> 3:15 Wine Down Wednesday  <b>SE</b> 7:00 Movie Night - MR</p>	<p><b>15</b>  <b>PY</b> 9:30 Be Fit Exercises - FC  <b>SP</b> 10:00 Fellowship Gather - MR  <b>CR</b> 10:30 Fancy Nails - 2B  <b>PY</b> 2:00 Line Dancing - MR  <b>SO</b> 3:15 Bingo For Candy - BH  <b>SE</b> 7:00 Movie Night - MR</p>
<p><b>18</b>  <b>PY</b> 9:30 Be Fit Exercises - FC  <b>SE</b> 10:30 Bingo For Candy - BH  <b>SO</b> 2:30 Sundaes on Sunday - 1B  <b>SP</b> 3:15 Bible Study Autumn - FC  <b>SO</b> 3:15 Open Game Room - BH  <b>SO</b> 7:00 Movie Night - MR</p>	<p><b>19</b>  <b>PY</b> 9:30 Be Fit Exercises - FC  <b>CR</b> 10:30 Cookie Baking - 2B  <b>PY</b> 1:30 Wii Bowling - 1LR  <b>CO</b> 2:00 IN2L - Word Grid - BH  <b>SO</b> 3:15 Bingo For Candy - BH  <b>SE</b> 7:00 Movie Night - MR</p>	<p><b>20</b>  <b>PY</b> 9:30 Fun &amp; Fitness - FC  <b>SO</b> 9:30 Men's Coffee - 2B  <b>CR</b> 10:00 Coloring with Jazz - 2B  <b>PR</b> 10:15 BP Clinic - 1B  <b>SP</b> 10:15 Catholic Comm. - MR  <b>CO</b> 10:30 IN2L- Word Game - BH  <b>SE</b> 2:00 Sing-A-Long - 1B  <b>PR</b> 2:30 Town Hall - 1B  <b>CO</b> 3:15 Bingo For Candy - BH</p>	<p><b>21</b>  <b>PY</b> 9:30 Be Fit Exercises - FC  <b>SE</b> 10:30 Cardio Drumming - FC  <b>PR</b> 10:30 Independent Cards/Games  <b>CO</b> 2:00 Bingo For Candy - BH  <b>PR</b> 3:15 Wine Down Wednesday  <b>SE</b> 7:00 Movie Night - MR</p>	<p><b>22 Earth Day</b>  <b>PY</b> 9:30 Be Fit Exercises - FC  <b>SP</b> 10:00 Fellowship Gather - MR  <b>PR</b> 10:30 Earth Day Planting - 2B  <b>PY</b> 2:00 Line Dancing - MR  <b>SO</b> 3:15 Bingo For Candy - BH  <b>SE</b> 7:00 Movie Night - MR</p>
<p><b>25</b>  <b>PY</b> 9:30 Be Fit Exercises - FC  <b>SE</b> 10:30 Bingo For Candy - BH  <b>SO</b> 2:30 Sundaes on Sunday - 1B  <b>SP</b> 3:15 Bible Study Autumn - FC  <b>SO</b> 3:15 Open Game Room - BH  <b>SO</b> 7:00 Movie Night - MR</p>	<p><b>26</b>  <b>PY</b> 9:30 Be Fit Exercises - FC  <b>CR</b> 10:30 Cookie Baking - 2B  <b>PY</b> 1:30 Wii Bowling - 1LR  <b>CO</b> 2:00 IN2L - Word Grid - BH  <b>SO</b> 3:15 Bingo For Candy - BH  <b>SE</b> 7:00 Movie Night - MR</p>	<p><b>27</b>  <b>PY</b> 9:30 Fun &amp; Fitness - FC  <b>SO</b> 9:30 Men's Coffee - 2B  <b>CR</b> 10:00 Coloring with Jazz - 2B  <b>PR</b> 10:15 BP Clinic - 1B  <b>SP</b> 10:15 Catholic Comm. - MR  <b>CO</b> 10:30 IN2L- Word Games - BH  <b>CO</b> 2:00 Trivia - 2L  <b>CO</b> 3:15 Bingo For Candy - BH  <b>SO</b> 7:00 Movie Night - MR</p>	<p><b>28</b>  <b>PY</b> 9:30 Be Fit Exercises - FC  <b>SE</b> 10:30 Cardio Drumming - FC  <b>PR</b> 10:30 Independent Cards/Games  <b>CO</b> 2:00 Bingo For Candy - BH  <b>PR</b> 3:15 Wine Down Wednesday  <b>SE</b> 7:00 Movie Night - MR</p>	<p><b>29</b>  <b>PY</b> 9:30 Be Fit Exercises - FC  <b>SP</b> 10:00 Fellowship Gather - MR  <b>CR</b> 10:30 Fancy Nails - 2B  <b>PY</b> 2:00 Line Dancing - MR  <b>SO</b> 3:15 Bingo For Candy - BH  <b>SE</b> 7:00 Movie Night - MR</p>

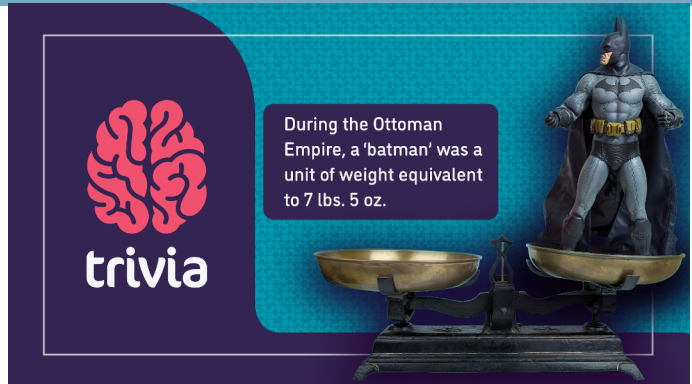
Events are Subject to Change.

## Assisted Living



**MUSIC History**

During a career spanning more than half a century **Perry Como** recorded exclusively for RCA Victor for 44 years, after signing with the label in 1943.



**trivia**

During the Ottoman Empire, a 'batman' was a unit of weight equivalent to 7 lbs. 5 oz.





Friday		Saturday	
2 Good Friday		3	
PR	9:15 Walmart Shopping - OT	PY	9:30 Be Fit Exercises - FC
PY	9:30 Be Fit Exercises - FC	CR	10:30 Arts & Crafts - 2B
CR	9:45 Walmart Shopping - OT	PY	10:30 Wii Bowling - 1LR
CO	10:30 Hangman - 2L	E	12:00 March Madness - MR
E	12:00 March Madness - MR	SE	2:30 Ice Cream Social - 1B
SO	2:00 Bealls Outlet - OT	SE	3:15 Bingo For Candy - BH
CO	2:00 Bingo For Candy - BH	CO	6:00 Indep. Games - BH/2L
SE	3:00 Independent Games - BH	SE	7:00 Movie Night - MR
SE	7:00 Movie Night - MR		
9		10	
PR	9:15 Walmart Shopping - OT	PY	9:30 Be Fit Exercises - FC
PY	9:30 Be Fit Exercises - FC	E	10:00 Masters Golf - MR
CR	9:45 Walmart Shopping - OT	CR	10:30 Arts & Crafts - 2B
CO	10:00 Masters Golf - MR	PY	10:30 Wii Bowling - 1LR
E	10:30 Bingo For Candy - BH	SE	2:30 Ice Cream Social - 1B
SE	2:30 Birthday Party - 1B	SE	3:15 Bingo For Candy - BH
SE	7:00 Movie Night - MR	CO	6:00 Indep. Games - BH/2L
		SE	7:00 Movie Night - MR
16		17	
PR	9:15 Walmart Shopping - OT	PY	9:30 Be Fit Exercises - FC
PY	9:30 Be Fit Exercises - FC	CR	10:30 Arts & Crafts - 2B
CR	9:45 Walmart Shopping - OT	PY	10:30 Wii Bowling - 1LR
CO	10:30 Hangman - 2L	SE	2:30 Ice Cream Social - 1B
PR	1:15 Mystery Bus Ride - OT	SE	3:15 Bingo For Candy - BH
PR	2:45 Mystery Bus Ride - OT	CO	6:00 Indep. Games - BH/2L
SO	3:15 Bingo For Candy - BH	SE	7:00 Movie Night - MR
SE	7:00 Movie Night - MR		
23		24	
PR	9:15 Walmart Shopping - OT	PY	9:30 Be Fit Exercises - FC
PY	9:30 Be Fit Exercises - FC	CR	10:30 Fancy Nails - 2B
CR	9:45 Walmart Shopping - OT	PY	10:30 Wii Bowling - 1LR
CO	10:30 Hangman - 2L	SE	2:30 Ice Cream Social - 1B
PR	2:00 Dollar Tree Shopping - OT	SE	3:15 Bingo For Candy - BH
PR	3:15 Bingo For Candy - BH	CO	6:00 Indep. Games - BH/2L
SE	7:00 Movie Night - MR	SE	7:00 Movie Night - MR
30			
PR	9:15 Walmart Shopping - OT	Location Legend	
PY	9:30 Be Fit Exercises - FC	FC = Fitness Center	
CR	9:45 Walmart Shopping - OT	1B = 1st Floor Bistro	
CO	10:30 Hangman - 2L	2B = 2nd Floor Bistro	
PR	1:15 Mystery Bus Ride - OT	BH = Bingo Hall	
PR	2:45 Mystery Bus Ride - OT	2L = 2nd Floor Library	
SE	3:15 Bingo For Candy - BH	MR = Media Room	
SE	7:00 Movie Night - MR	OT = Bus Outing	
		CY = Bistro Courtyard	

# 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



Andrew Jackson's parrot was kicked out of his funeral for swearing.



The first Hollywood film to make use of computer graphics was Alfred Hitchcock's *Vertigo* in 1958.





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