



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

Resident Birthdays

5/02 - John G.
5/11 - Donald M.
5/13 - Joanne M.
5/17 - Grace A.
5/21 - Donna M.
5/22 - Wanda J.
5/23 - Marc R.
5/27 - Rusty Q.

Staff Birthdays

5/9 - Angel L.	5/9 - Rebecca H.	5/16 - Don B
5/18- Shelby C.	5/23 - James 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.

*Bruce & Pauline
Billie
Colet
Doris
Charlotte*



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MAY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday
CO - Cognitive CR - Creative E - Emotional PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual			Special Events 5/1 - Kentucky Derby Day 5/5 - Cinco de Mayo 5/9 - Mother's Day 5/14 - May Birthday Party 5/15 - Armed Forces Day 5/18 - I Love Reese's Day 5/31 - Memorial Day	
2 PY 9:30 Be Fit Exercises - FC SE 10:30 Bingo For Candy - BH SO 2:30 Sundaes on Sunday - 1B SP 3:15 Bible Study Autumn - FC SO 3:15 Open Game Room - BH SO 7:00 Movie Night - MR	3 PY 9:30 Be Fit Exercises - FC CR 10:30 Cookie Baking - 2B PY 1:30 Wii Bowling - 1LR CO 2:00 IN2L - Word Grid - MR SO 3:15 Bingo For Candy - BH SE 7:00 Movie Night - MR	4 PY 9:30 Fun & Fitness - FC SO 9:30 Men's Coffee - 2B CR 10:00 Coloring with Jazz - 2B PR 10:15 BP Clinic - 1B SP 10:15 Catholic Comm.- MR SE 2:00 Trivia - MR CO 3:15 Bingo For Candy - BH SO 7:00 Movie Night - MR	5 Cinco de Mayo PY 9:30 Be Fit Exercises - FC SP 10:15 Methodist Church - LR SE 10:30 Fancy Nails - 2B PR 10:30 Independent Cards/Games CO 2:00 Bingo For Candy - BH PR 3:15 Cinco de Mayo Wednesday SE 7:00 Movie Night - MR	6 PY 9:30 Be Fit Exercises - FC SP 10:00 Fellowship Gather- MR CR 10:30 Independent Games CO 1:30 Trilogy Trivia w/ Trina - 2L SE 2:00 Music Appreciation - MR SO 3:15 Bingo For Candy - BH SE 7:00 Movie Night - MR
9 Mother's Day PY 9:30 Be Fit Exercises - FC SE 10:30 Bingo For Candy - BH SO 2:30 Sundaes on Sunday - 1B SP 3:15 Bible Study Autumn - FC SO 3:15 Open Game Room - BH SO 7:00 Movie Night - MR	10 PY 9:30 Be Fit Exercises - FC CR 10:30 Cookie Baking - 2B PY 1:30 Wii Bowling - 1LR CO 2:00 IN2L - Word Grid - MR SO 3:15 Bingo For Candy - BH SE 7:00 Movie Night - MR	11 PY 9:30 Fun & Fitness - FC SO 9:30 Men's Coffee - 2B CR 10:00 Coloring with Jazz - 2B PR 10:15 BP Clinic - 1B SP 10:15 Catholic Comm.- MR PR 2:30 Food Council - 2B CO 3:00 Resident Council - 2B PR 3:15 Bingo For Candy - BH	12 PY 9:30 Be Fit Exercises - FC SE 10:30 Fancy Nails - 2B PR 10:30 Independent Cards/Games CO 2:00 Bingo For Candy - BH PR 3:15 Wine Down Wednesday SE 7:00 Movie Night - MR	13 PY 9:30 Be Fit Exercises - FC SP 10:00 Fellowship Gather- MR CR 10:30 Independent Games CO 1:30 Trilogy Trivia w/ Trina - 2L SE 2:00 Music Appreciation - MR SO 3:15 Bingo For Candy - BH SE 7:00 Movie Night - MR
16 PY 9:30 Be Fit Exercises - FC SE 10:30 Bingo For Candy - BH SO 2:30 Sundaes on Sunday - 1B SP 3:15 Bible Study Autumn - FC SO 3:15 Open Game Room - BH SO 7:00 Movie Night - MR	17 PY 9:30 Be Fit Exercises - FC CR 10:30 Cookie Baking - 2B PY 1:30 Wii Bowling - 1LR CO 2:00 IN2L - Word Grid - MR SO 3:15 Bingo For Candy - BH SE 7:00 Movie Night - MR	18 PY 9:30 Fun & Fitness - FC SO 9:30 Men's Coffee - 2B CR 10:00 Coloring with Jazz - 2B PR 10:15 BP Clinic - 1B SP 10:15 Catholic Comm.- MR SE 2:00 Sing-A-Long - 1B PR 2:30 Town Hall - 1B CO 3:15 Bingo For Candy - BH	19 PY 9:30 Be Fit Exercises - FC SE 10:30 Fancy Nails - 2B PR 10:30 Independent Cards/Games CO 2:00 Bingo For Candy - BH PR 3:15 Wine Down Wednesday SE 7:00 Movie Night - MR	20 PY 9:30 Be Fit Exercises - FC SP 10:00 Fellowship Gather- MR CR 10:30 Independent Games CO 1:30 Trilogy Trivia w/ Trina - 2L SE 2:00 Music Appreciation - MR SO 3:15 Bingo For Candy - BH SE 7:00 Movie Night - MR
23 PY 9:30 Be Fit Exercises - FC SE 10:30 Bingo For Candy - BH SO 2:30 Sundaes on Sunday - 1B SP 3:15 Bible Study Autumn - FC SO 3:15 Open Game Room - BH SO 7:00 Movie Night - MR	24 PY 9:30 Be Fit Exercises - FC CR 10:30 Cookie Baking - 2B PY 1:30 Wii Bowling - 1LR CO 2:00 IN2L - Word Grid - MR SO 3:15 Bingo For Candy - BH SE 7:00 Movie Night - MR	25 PY 9:30 Fun & Fitness - FC SO 9:30 Men's Coffee - 2B CR 10:00 Coloring with Jazz - 2B PR 10:15 BP Clinic - 1B SP 10:15 Catholic Comm.- MR SE 2:00 Trivia - MR CO 3:15 Bingo For Candy - BH SO 7:00 Movie Night - MR	26 PY 9:30 Be Fit Exercises - FC SE 10:30 Fancy Nails - 2B PR 10:30 Independent Cards/Games CO 2:00 Bingo For Candy - BH PR 3:15 Wine Down Wednesday SE 7:00 Movie Night - MR	27 PY 9:30 Be Fit Exercises - FC SP 10:00 Fellowship Gather- MR CR 10:30 Independent Games SE 2:00 Music Appreciation - MR SO 3:15 Bingo For Candy - BH SE 7:00 Movie Night - MR
30 PY 9:30 Be Fit Exercises - FC SE 10:30 Bingo For Candy - BH SO 2:30 Sundaes on Sunday - 1B SP 3:15 Bible Study Autumn - FC SO 3:15 Open Game Room - BH SO 7:00 Movie Night - MR	31 Memorial Day PY 9:30 Be Fit Exercises - FC CR 10:30 Cookie Baking - 2B PY 1:30 Wii Bowling - 1LR CO 2:00 IN2L - Word Grid - MR SO 3:15 Bingo For Candy - BH SE 7:00 Movie Night - MR		May Birthdays 5/11 - Donald M 5/13 - Joanne M 5/17 - Grace A 5/21 - Donna M 5/27 - Rusty Q.	


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.

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Friday

Saturday

		1	May Day
		PY	9:30 Be Fit Exercises - FC
		CR	10:30 Arts & Crafts - 2B
		PY	10:30 Wii Bowling - 1LR
		SE	2:30 Ice Cream Social - 1B
		SO	3:15 Bingo For Candy - BH
		CO	6:00 Indep. Games - BH/2L
		SE	7:00 Movie Night - MR
7		8	
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
PR	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 Bealls Outlet Shopping	SO	3:15 Bingo For Candy - BH
SE	3:15 Bingo For Candy - BH	CO	6:00 Indep. Games - BH/2L
	7:00 Movie Night - MR	SE	7:00 Movie Night - MR
14		15	Armed Forces Day
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
PR	9:45 Walmart Shopping - OT	PY	10:30 Wii Bowling - 1LR
CO	10:30 Hangman - 2L	SE	2:30 Ice Cream Social - 1B
PR	2:30 Birthday Party - 1B	SO	3:15 Bingo For Candy - BH
SE	3:15 Bingo For Candy - BH	CO	6:00 Indep. Games - BH/2L
	7:00 Movie Night - MR	SE	7:00 Movie Night - MR
21		22	
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
PR	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	SO	3:15 Bingo For Candy - BH
SE	3:15 Bingo For Candy - BH	CO	6:00 Indep. Games - BH/2L
	7:00 Movie Night - MR	SE	7:00 Movie Night - MR
28		29	
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
PR	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	SO	3:15 Bingo For Candy - BH
SE	3:15 Bingo For Candy - BH	CO	6:00 Indep. Games - BH/2L
	7:00 Movie Night - MR	SE	7:00 Movie Night - MR
			Location Legend 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

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

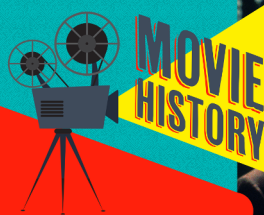
Beware of hidden calories!

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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