



HERITAGE OAKS OF ENGLEWOOD

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™

Your Team

Kathy Bruns - Executive Director

Dominic Marino - Assoc. Executive Director

Marty Aldridge - Business Office Mgr

Chris Snider - Sales Director

Sean Krasensky - Wellness Director

Twila Young - Village Program Nurse Mgr.

Carla Lanning - Maintenance Director

Rob Sanders - Dining Director

Lisa Young - Life Enrichment Director

Resident Birthdays

11/5 - Bernie B.

11/8 - Bonnie S.

11/22 - Ellen S.

11/27 - Helen D

Staff Birthdays

11/1 - Daniel

11/15 - Nicole

11/20 - Katelyn

11/30 - Kassidy

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.

Verna - Bert

Joanne - Lee

Carl - Shirley

Sal & Lee

Randi

NOVEMBER 2021

Heritage Oaks of Englewood

Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday
CO - Cognitive CR - Creative E - Emotional PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual	1 PY 9:30 Be Fit Exercises - FC CR 10:15 Cookie Baking - 2B PY 1:30 Wii Bowling - 1LR CO 2:00 IN2L - Word Grid - MR SO 3:00 Flamingo Bingo - BH SE 7:00 Movie Night - MR	2 Election Day PY 9:30 Fun & Fitness - FC CR 10:00 Coloring with Jazz - 2B SO 10:00 Men's Coffee - 1B PR 10:15 BP Clinic - 1B SP 10:15 Catholic Comm.- MR PR 2:30 Food Chat - Bistro CO 3:00 Flamingo Bingo - BH SO 7:00 Movie Night - MR	3 PY 8:50 Bus To San Casa Pool - OT PY 9:30 Legacy Exercises - FC SE 10:15 Fancy Nails - 2B PR 10:30 Independent Cards/Games CO 2:00 Flamingo Bingo - BH PR 3:15 Wine Down Wednesday SE 7:00 Movie Night - MR	4 PY 9:30 Be Fit Exercises - FC SP 10:15 Fellowship Gather - MR CO 10:30 Independent Games SE 2:00 Music Appreciation - MR SO 3:00 Flamingo Bingo - BH SE 7:00 Movie Night - MR
7 Daylight Saving Ends PY 9:30 Walk with a Friend CR 10:00 Coloring with Jazz - 2B PY 10:00 Corn Hole - FC SO 10:00 Flamingo Bingo - BH PR 1:00 Football Game - MR SO 2:30 Sundaes on Sunday - 1B SP 3:15 Bible Study w/ Autumn - MR CR 3:30 Independent Games - BH SO 7:00 Movie Night - MR	8 PY 9:30 Be Fit Exercises - FC CR 10:15 Cookie Baking - 2B PY 1:30 Wii Bowling - 1LR CO 2:00 IN2L - Word Grid - MR SO 3:00 Flamingo Bingo - BH SE 5:45 Jazz Society Concert - OT SE 7:00 Movie Night - MR	9 PY 9:30 Fun & Fitness - FC CR 10:00 Coloring with Jazz - 2B SO 10:00 Men's Coffee - 1B PR 10:15 BP Clinic - 1B SP 10:15 Catholic Comm.- MR PR 2:30 Resident Council - 2B CO 3:00 Flamingo Bingo - BH SO 7:00 Movie Night - MR	10 PY 8:50 Bus To San Casa Pool - OT PY 9:30 Legacy Exercises - FC SE 10:15 Fancy Nails - 2B SP 10:15 Methodist Communion - LR PR 10:30 Independent Cards/Games CO 2:00 Flamingo Bingo - BH PR 3:15 Wine Down Wednesday SE 7:00 Movie Night - MR	11 Veterans Day PY 9:30 Be Fit Exercises - FC PR 10:00 Veteran's Day Program with American Legion Honor Guard SP 10:15 Fellowship Gather - MR CO 10:30 Independent Games SO 2:00 Flamingo Bingo - BH SE 7:00 Movie Night - MR
14 PY 9:30 Walk with a Friend CR 10:00 Coloring with Jazz - 2B PY 10:00 Corn Hole - FC SO 10:00 Flamingo Bingo - BH PR 1:00 Football Game - MR SO 2:30 Sundaes on Sunday - 1B SP 3:15 Bible Study w/ Autumn - MR CR 3:30 Independent Games - BH SO 7:00 Movie Night - MR	15 PY 9:30 Be Fit Exercises - FC CR 10:15 Cookie Baking - 2B SO 11:45 Picnic Outing - OT PY 1:30 Wii Bowling - 1LR CO 2:00 IN2L - Word Grid - MR SO 3:00 Flamingo Bingo - BH SE 7:00 Movie Night - MR	16 PY 9:30 Fun & Fitness - FC CR 10:00 Coloring with Jazz - 2B SO 10:00 Men's Coffee - 1B PR 10:15 BP Clinic - 1B SP 10:15 Catholic Comm.- MR SE 2:00 Sing-A-Long - 1B PR 2:30 Food Chat - Bistro CO 3:00 Flamingo Bingo - BH SO 7:00 Movie Night - MR	17 PY 8:50 Bus To San Casa Pool - OT PY 9:30 Legacy Exercises - FC SE 10:15 Legacy Health Talk PR 10:30 Independent Cards/Games CO 2:00 Flamingo Bingo - BH PR 3:15 Wine Down Wednesday SE 7:00 Movie Night - MR	18 PY 9:30 Be Fit Exercises - FC SP 10:15 Fellowship Gather - MR CO 10:30 Independent Games CR 1:30 Fall Pictures with Trilogy - 1B SE 2:15 Music Appreciation - MR SO 3:00 Flamingo Bingo - BH SE 7:00 Movie Night - MR
21 PY 9:30 Walk with a Friend CR 10:00 Coloring with Jazz - 2B PY 10:00 Corn Hole - FC SO 10:00 Flamingo Bingo - BH PR 1:00 Football Game - MR SO 2:30 Sundaes on Sunday - 1B SP 3:15 Bible Study w/ Autumn - MR CR 3:30 Independent Games - BH SO 7:00 Movie Night - MR	22 PY 9:30 Be Fit Exercises - FC CR 10:15 Cookie Baking - 2B PY 1:30 Wii Bowling - 1LR CO 2:00 IN2L - Word Grid - MR SO 3:00 Flamingo Bingo - BH SE 7:00 Movie Night - MR	23 PY 9:30 Fun & Fitness - FC CR 10:00 Coloring with Jazz - 2B SO 10:00 Men's Coffee - 1B PR 10:15 BP Clinic - 1B SP 10:15 Catholic Comm.- MR PR 2:30 Food Chat - Bistro CO 3:00 Flamingo Bingo - BH SO 7:00 Movie Night - MR	24 PY 8:50 Bus To San Casa Pool - OT PY 9:30 Legacy Exercises - FC SE 10:15 Fancy Nails - 2B PR 10:30 Independent Cards/Games CO 2:00 Flamingo Bingo - BH PR 3:15 Wine Down Wednesday SE 7:00 Movie Night - MR	25 Thanksgiving PY 9:30 Be Fit Exercises - FC CR 10:15 Holiday Craft - BH SE 12:30 Football Game - MR SE 7:00 Movie Night - MR
28 Hanukkah Begins PY 9:30 Walk with a Friend CR 10:00 Coloring with Jazz - 2B PY 10:00 Corn Hole - FC SO 10:00 Flamingo Bingo - BH PR 1:00 Football Game - MR SO 2:30 Sundaes on Sunday - 1B SP 3:15 Bible Study w/ Autumn - MR CR 3:30 Independent Games - BH SO 7:00 Movie Night - MR	29 PY 9:30 Be Fit Exercises - FC CR 10:15 Cookie Baking - 2B PY 1:30 Wii Bowling - 1LR CO 2:00 IN2L - Word Grid - MR SO 3:00 Flamingo Bingo - BH SE 7:00 Movie Night - MR	30 PY 9:30 Fun & Fitness - FC CR 10:00 Coloring with Jazz - 2B SO 10:00 Men's Coffee - 1B PR 10:15 BP Clinic - 1B SP 10:15 Catholic Comm.- MR CR 10:30 Christmas Decorating PR 2:30 Food Chat - Bistro CO 3:00 Flamingo Bingo - BH SO 7:00 Movie Night - MR	Birthdays 11/5 - Bernie Billman 11/8 - Bonnie Simonds 11/22 - Ellen Stansky 11/27 - Helen DeLong	New This Month - Food Chat with Chef Rob Stop by the Bistro and share your favorite dishes and comfort foods.

Events are Subject to Change.

Village Program Living



7374 San Casa Drive
Englewood, Florida 34224
941-244-4698 | License: 13053
www.HeritageOaksLiving.com



Friday

Saturday

5 9:30 Walmart Shopping - OT 9:30 Be Fit Exercises - FC 10:00 Coloring with Jazz - 2B 10:15 Hangman - 2L 2:00 Dollar Tree Shopping 3:00 Flamingo Bingo - BH 7:00 Movie Night - MR	6 9:30 Walk with a Friend 10:00 Corn Hole - FC 12:00 College Football - MR 2:00 Wii Bowling - LR 6:00 Indep. Games - BH/2L 7:00 Movie Night - MR
12 9:30 Walmart Shopping - OT 9:30 Be Fit Exercises - FC 10:00 Coloring with Jazz - 2B 10:15 Hangman - 2L 2:15 Birthday Party - 1B 3:00 Flamingo Bingo - BH 7:00 Movie Night - MR	13 9:30 Walk with a Friend 10:00 Corn Hole - FC 12:00 College Football - MR 2:00 Wii Bowling - LR 6:00 Indep. Games - BH/2L 7:00 Movie Night - MR
19 9:30 Walmart Shopping - OT 9:30 Be Fit Exercises - FC 10:00 Coloring with Jazz - 2B 10:15 Hangman - 2L 11:30 Veterans Lunch at Elk's Club 3:00 Flamingo Bingo - BH 7:00 Movie Night - MR	20 9:30 Walk with a Friend 10:00 Corn Hole - FC 12:00 College Football - MR 2:00 Wii Bowling - LR 6:00 Indep. Games - BH/2L 7:00 Movie Night - MR
26 Black Friday 9:30 Walmart Shopping - OT 9:30 Be Fit Exercises - FC 10:00 Coloring with Jazz - 2B 10:15 Hangman - 2L 2:00 Flamingo Bingo - BH 7:00 Movie Night - MR	27 9:30 Walk with a Friend 10:00 Corn Hole - FC 12:00 College Football - MR 2:00 Wii Bowling - LR 6:00 Indep. Games - BH/2L 7:00 Movie Night - MR
Special Events 8th - Jazz Society Concert 11th - Veteran's Day Celebration 12th - November Birthday Party 15th - Picnic Outing 18th - Fall Pictures with Trilogy 19th - Veteran's Lunch at Elk's Club 25th - Thanksgiving	Location Legend FC = Fitness Center 1B = 1st Floor Bistro 2B = 2nd Floor Bistro BH = Bingo Hall 2L = 2nd Floor Library MR = Media Room PDR = Private Dining Room OT = Bus Outing CY = Bistro Courtyard

Did You Know?

HEALTH Tips

Laugh!

People who laugh more are better able to tolerate pain. Additionally, laughing together with others is more effective than laughing alone.



HEALTH Tips

Stop and smell the... apples?

Smelling a green apple will relieve the stress of claustrophobia. It can also prevent headaches and migraines!



Assisted Living



NOVEMBER

National Alzheimer's Disease Awareness Month



MUSIC History

Barbra Streisand is one of the best-selling music artists of all time, with more than 68.5 million albums in the United States and 145 million records sold worldwide.



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