



# HERITAGE OAKS OF ENGLEWOOD

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™

## Your Team

**Ronald Aylward** - 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

12/1 - Rita B

12/13 - John H

12/6 - Nick K

12/13 - Adele S

12/9 - Dianne M

12/13 - Gloria L

12/9 - Lee R

12/14 - Sandy D

12/12 - Kate G

12/24 - Rosalie K

12/30 - Gloria G

## Staff Birthdays

12/3 - Julie O

12/20 - Marisol D

12/5 - Xiaojun W

12/20 - Denise L

12/14 - Emmi T

12/24 - Deanna T

12/19 - Shawn A

## 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.

**Richard - Clairra**

**James - Skip**

**Bill and  
Catherine**



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# DECEMBER 2021

Heritage Oaks of Englewood

Memory Care Village

Sunday	Monday	Tuesday	Wednesday	Thursday
<p>CO - Cognitive CR - Creative PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>		Dr. Day every Tuesday P.A. Chris Kelly	<p>1</p> <p>CO 9:30 Be -Fit PR 10:30 Fancy Nails SE 11:00 Games SO 1:00 Movie PR 3:15 Activity Kits &amp; Basket SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>	<p>2</p> <p>CO 9:30 Be -Fit PR 10:30 Arts &amp; Craft PR 11:00 Stories of Reflections SO 1:00 Movie SO 3:30 Social Hour - Sheryl PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>
<p>5</p> <p>CO 9:30 Be -Fit SP 10:30 Church Service PR 11:00 Stories of Reflections SO 3:00 Sunday Sundaes SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>	<p>6</p> <p>CO 9:30 Be -Fit 10:30 Jewelry CR 10:45 Stencil Arts SO 1:00 Movie SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>	<p>7</p> <p>CO 9:30 Be -Fit PY 10:30 Legacy Exercises CO 11:00 World Trivia PR 11:00 Stories of Reflections SO 1:00 Movie SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>	<p>8</p> <p>CO 9:30 Be -Fit PR 10:30 Fancy Nails SE 11:00 Games SO 1:00 Movie PR 3:15 Activity Kits &amp; Basket SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>	<p>9</p> <p>CO 9:30 Be -Fit PR 10:30 Arts &amp; Craft PR 11:00 Stories of Reflections SO 1:00 Movie SO 3:30 Social Hour - Donna PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>
<p>12</p> <p>CO 9:30 Be -Fit SP 10:30 Church Service PR 11:00 Stories of Reflections SO 3:00 Sunday Sundaes SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>	<p>13</p> <p>CO 9:30 Be -Fit 10:30 Jewelry CR 10:45 Stencil Arts SO 1:00 Movie SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>	<p>14</p> <p>CO 9:30 Be -Fit PY 10:30 Legacy Exercises CO 11:00 World Trivia PR 11:00 Stories of Reflections SO 1:00 Movie SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>	<p>15</p> <p>CO 9:30 Be -Fit PR 10:30 Fancy Nails SE 11:00 Games SO 1:00 Movie PR 3:15 Activity Kits &amp; Basket SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>	<p>16</p> <p>CO 9:30 Be -Fit PR 10:30 Arts &amp; Craft PR 11:00 Stories of Reflections SO 1:00 Movie CR 2:15 Trilogy Christmas Pictures SO 3:30 Social Hour - Joey PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>
<p>19</p> <p>CO 9:30 Be -Fit SP 10:30 Church Service PR 11:00 Stories of Reflections SO 3:00 Sunday Sundaes SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>	<p>20</p> <p>CO 9:30 Be -Fit 10:30 Jewelry CR 10:45 Stencil Arts SO 1:00 Movie SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>	<p>21</p> <p>Winter Begins</p> <p>CO 9:30 Be -Fit PY 10:30 Legacy Exercises CO 11:00 World Trivia PR 11:00 Stories of Reflections SO 1:00 Movie SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>	<p>22</p> <p>CO 9:30 Be -Fit PR 10:30 Fancy Nails SE 11:00 Games SO 1:00 Movie PR 3:15 Activity Kits &amp; Basket SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>	<p>23</p> <p>CO 9:30 Be -Fit 10:30 Christmas Baking PR 11:00 Stories of Reflections SO 1:00 Movie SO 3:30 Christmas Social - Sallie PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>
<p>26</p> <p>Kwanzaa Begins</p> <p>CO 9:30 Be -Fit SP 10:30 Church Service PR 11:00 Stories of Reflections SO 3:00 Sunday Sundaes SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>	<p>27</p> <p>CO 9:30 Be -Fit 10:30 Jewelry CR 10:45 Stencil Arts SO 1:00 Movie SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>	<p>28</p> <p>CO 9:30 Be -Fit PY 10:30 Legacy Exercises CO 11:00 World Trivia PR 11:00 Stories of Reflections SO 1:00 Movie SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>	<p>29</p> <p>CO 9:30 Be -Fit PR 10:30 Fancy Nails SE 11:00 Games SO 1:00 Movie PR 3:15 Activity Kits &amp; Basket SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>	<p>30</p> <p>CO 9:30 Be -Fit PR 10:30 Arts &amp; Craft PR 11:00 Stories of Reflections SO 1:00 Movie SO 3:30 Bingo For Candy PY 6:30 Wind Down Exercise CO 7:00 Trivia SO 7:30 Movie Night</p>

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	
3		4	
9:30 Be -Fit		9:30 Be -Fit	
10:30 Trivia		10:30 Fancy Nails	
10:45 Stencil Arts		11:00 World Trivia	
1:00 Movie		3:00 Kits & Basket	
3:15 Activity Kits & Basket		3:30 Bingo For Candy	
3:30 Bingo For Candy		6:30 Wind Down Exercise	
6:30 Wind Down Exercise		7:00 Trivia	
7:00 Trivia		7:30 Movie Night	
7:30 Movie Night			
10		11	
9:30 Be -Fit		9:30 Be -Fit	
10:30 Trivia		10:30 Fancy Nails	
10:45 Stencil Arts		11:00 World Trivia	
1:00 Movie		3:00 Kits & Basket	
3:15 Activity Kits & Basket		3:30 Bingo For Candy	
3:30 Bingo For Candy		6:30 Wind Down Exercise	
6:30 Wind Down Exercise		7:00 Trivia	
7:00 Trivia		7:30 Movie Night	
7:30 Movie Night			
17		18	
9:30 Be -Fit		9:30 Be -Fit	
10:30 Trivia		10:30 Fancy Nails	
10:45 Stencil Arts		11:00 World Trivia	
1:00 Movie		3:00 Kits & Basket	
3:15 Activity Kits & Basket		3:30 Bingo For Candy	
3:30 Bingo For Candy		6:30 Wind Down Exercise	
6:30 Wind Down Exercise		7:00 Trivia	
7:00 Trivia		7:30 Movie Night	
7:30 Movie Night			
24 Christmas Eve		25 Christmas Day	
9:30 Be -Fit		9:30 Be -Fit	
10:30 Trivia		10:30 Fancy Nails	
10:45 Stencil Arts		11:00 World Trivia	
1:00 Movie		3:00 Kits & Basket	
3:15 Activity Kits & Basket		3:30 Bingo For Candy	
3:30 Bingo For Candy		6:30 Wind Down Exercise	
6:30 Wind Down Exercise		7:00 Trivia	
7:00 Trivia		7:30 Movie Night	
7:30 Movie Night			
31 New Year's Eve			
9:30 Be -Fit			
10:30 Trivia			
10:45 Stencil Arts			
1:00 Movie			
3:15 Activity Kits & Basket			
3:30 NYE Party - Mark			
6:30 Wind Down Exercise			
7:00 Trivia			
7:30 Movie Night			

# 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

### Be Grateful

Research shows a healthy positive attitude helps build a healthier immune system and boosts overall health.



# Assisted Living

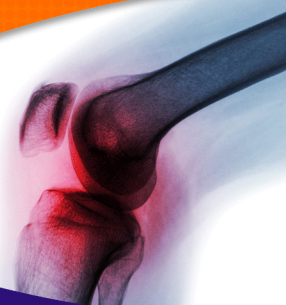


US scientists calculated that Santa would have to visit **822 homes a second** to deliver all presents on Christmas Eve!



## Did You Know?

People are born without knee caps! Our knee caps form between 2 and 6 years of age.





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