

Oh what a day we had on a Trishaw built for two!



Please welcome to our CHAL Community...

Since August, CHAL has welcomed 12 new residents!
Please encourage each other and get to know your neighbors.
As always, extra credit will be given when you invite them to lunch/dinner.



Baking, crafting, and coloring in Legacy Ridge!

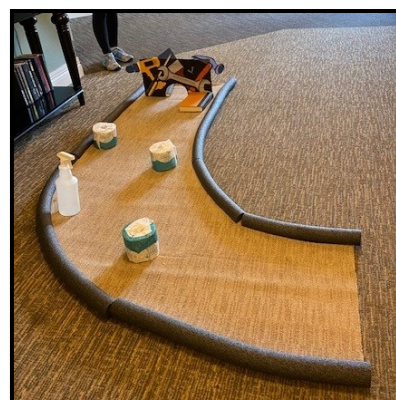
On October 5, the Activities Team transformed CHAL into a miniature 9-hole golf course. residents participated and thoroughly loved the course. Look for the golf course again soon!

Each hole was themed after a department or event that happens at CHAL. Approximately 20

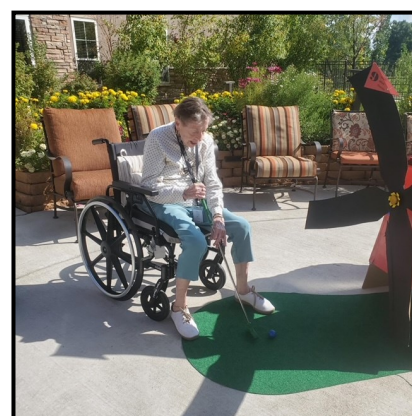


The "Managers" Hole

"Maintenance" Hole



"Breakfast, Lunch & Dinner"



Post play
Arnold Palmers
& Hole-in-One
donut holes!



Iconic Windmill Hole



Join us for the following, on-going November activities:



Every **MONDAY** at 10:00 am: Balance Class with Mike in the Gym

Every **Wednesday** at 3:00 pm: Root Beer Floats in the Bistro

Every **Thursday** at 3:00 pm: Yoga w/ Martha in the Gym and
Happy Hour with live entertainment in the Bistro

Every **Friday** at 2:00 pm: Open Art Studio: Watercolor w/
Meredith in the Activities Room

Every **Saturday** at 3:00 pm: Happy Hour Bingo in the Bistro

Join us in the Bistro for the following Broncos games: Nov 13: 11 am kick,
Nov 20: 2:05 pm kick, Nov 27: 11 am kick.

Documentary Sundays at 1:00 pm: November 6: *Schumacher*, November
13: *The Witches of the Orient*, November 20: *The Pilgrims*, and
November 27: *Playing with Sharks*.



Joyride to Sumac Hill Farm!



The Executive Team

Melia Sharkey—Executive Director

Michele Farrelly—Sales and Marketing Director

Jennifer Townsend, LPN—Director of Memory Care

Gershwin Sandberg—Executive Chef

Tony Vultaggio—Director of Operations

Amber Jeffres—Business Office Manager

Beth Hamstra—Director of Community Life



Join us for our monthly
**Resident Council Meeting on
Tuesday, November 29, 2022
at 3:00 pm, in the Theater.**

In Memory of

Tom B. Geri VW Cathy CV

Our prayers are with their family and friends.
Gone but not forgotten



Cherry Hills

Assisted Living *and* Memory Care

6325 S University Blvd, Centennial, CO 80121



Upcoming November Events:

Nov 2: Movie Outing: *Ticket to Paradise*

Nov 7: Arapahoe Library

Nov 8: Roy Willey, Music

Nov 9: The Perfect Landing Lunch Outing

Nov 11: Veterans Day/ROMEO Lunch
Outing to Denver Beer Company

Nov 15: Chris Wells, *Incredible National
Monuments*

Nov 16: Pappadeaux Lunch Outing

Nov 16: Foot Clinic

Nov 16: ROMEO Movie Matinee:
True Grit—ALL Welcome

Nov 17: Chef Chat

Nov 21: Arapahoe Library

Nov 22: **The Flavor of Fall Festival!**

Nov 23: Red Rocks Joyride

Nov 24: Thanksgiving Day

Nov 28: Book Group

Nov 29: Resident Council

Nov 30: ROMEO Movie Matinee:
Hacksaw Ridge—ALL Welcome!

Nov 30: French Press Lunch Outing

At CHAL we are thankful for the many blessings we receive on a daily basis: families who love us, caregivers who care for our medical and personal needs, and warm food whenever we are hungry. Many are not as fortunate. This month we will collect non-perishable food for Nourish Meals on Wheels of Littleton.

A little history: in 1968, Virginia C. Baker prepared and delivered the first meals for needy seniors from her family home in the Littleton area. Fifty years later, this small endeavor added a breakfast program in 2021 which now serves over 3,000 breakfasts to clients each month!

Please consider donating the following items to Nourish Meals on Wheels for the holidays:

Applesauce	Canned Beans
Canned Chicken	Canned Veggies
Crackers	Canned Fruit
Granola Bars	Nuts
Powered Milk	Rice
Peanut Butter	Pasta/Sauce
Soup/Stew/Chili	Jelly/Jam
Whole Grain Cereal	
Canned Meat (SPAM/Ham)	
Canned Fish (Tuna/Salmon)	
Instant Mashed Potatoes	

