

Cabela's
Outing

ROMEO
Lunch
Outing



Happy Valentine's Day from
Legacy Ridge

Celebrating Mardi Gras at CHAL!



Please welcome to our CHAL Community...



Dr. Carlos O. was born in Cartagena, Colombia and has lived in Northville, MI for the past 40 years. He attended John Hopkins for Pre-Med and the University of Paris for Medical School where he studied pathology. Dr. Carlos and his wife traveled to Europe, South America, China, Alaska, Canada and Florida. A fun fact: Dr. Carlos speaks three languages—French, Spanish and English. You might hear he and his wife speaking French to each other.

Welcome to CHAL Dr. Carlos!

Dr. Nicole O. was born in Paris, France, living there for 21 years before moving to Northville, MI. She studied dentistry at Sorbonne and the University of Michigan. She has interests in playing the piano and guitar, loves the arts...painting and drawing and is a seamstress. She also speaks French, Spanish and English. Her favorite places traveled, with Dr. Carlos, are Rio de Janeiro, Greece and France. Welcome to CHAL Dr. Nicole !



Shirley S. was raised in Oklahoma City, OK and moved to Aurora, CO 12 years ago. Prior to retirement, she was an organist, pianist and sold keyboards. Shirley served as an illustrator for Tinker Air Force Base in Oklahoma before she was married. Shirley said she was the “go-to” person at Tinker. She also loves to draw/sketch faces. Shirley, we hope you find the grand piano in our Living Room and feel comfortable to jump on and play whenever you want.

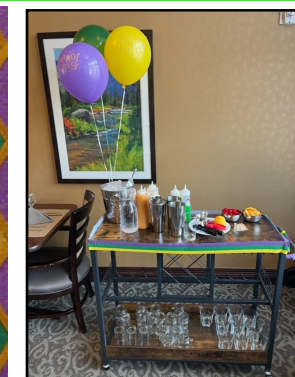
Welcome to CHAL Shirley !



Please get to know our new residents. You will receive extra credit if you invite them to have lunch and/or dinner with you!



Mardi Gras Feast!





Join us for the following, on-going March 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 10:00 am: Yoga w/ Martha in the Gym and

Every Thursday at 3:00 pm: Happy Hour with live entertainment in the Bistro

Every Friday at 2:00 pm: Science w/Sage in the Bistro

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

Join us for 'Documentary Sundays' in the Theater at 1:00 pm: March 5—*Carmen and Geoffrey*, March 12—*Let's Put On a Show*, March 19—*Leonard Soloway's Broadway*, and March 26—*The Fabulous Ice Age*.



Mind Fit continues... 1:30-2:30 pm in the Theater.

March 1—Week 4: *Language*. We will do enjoyable exercises designed to help language skills.

March 8—Week 5: *Complex Attention*. We will do activities that engage concentration skills, helping to improve our ability to focus on and process specific information.

March 15—Week 6: *Perceptual Motor Skills*. We will work on visual puzzles that improve our motor skills.

**Join us for our monthly
Resident Council Meeting on
Tuesday, March 28, 2023
at 3:00 pm, in the Theater.**

The Executive Team

Melia Sharkey—Executive Director

Michele Farrelly—Sales and Marketing Director

Jennifer Townsend, LPN—Dir. of Memory Care

Gershwin Sandberg—Executive Chef

Tony Vultaggio—Director of Operations

Amber Jeffres—Business Office Manager

Beth Hamstra—Director of Community Life

Cherry Hills

Assisted Living *and* Memory Care

6325 S University Blvd, Centennial, CO 80121



Upcoming March Events:

March 1: Rock Bottom Brewery Lunch Outing

March 1: Mind Fit Session 4

March 4: Broadway Night—*Cinderella* Ballet

March 6: Rick Steves—Ireland Travel

March 8: Colore Italian Lunch Outing

March 8: Mind Fit Session 5

March 9: Michael Lancaster, Bagpiper

March 11: Stacey Kruse, Natural Grocery

March 11: BDWY Night—*Inspector General*

March 14: Roy Wiley, Music

March 15: Perfect Landing Lunch Outing

March 15: Mind Fit Session 6

March 17: ROMEO to Buffalo Bill Museum

March 18: BDWY Night: *Driving Miss Daisy*

March 21: Chris Wells, Travel

March 22: Old Blinking Light Lunch Outing

March 23: Mrs. Colorado

March 25: BDWY Night—*Glass Menagerie*

March 28: Resident Council

March 29: Lazy Dog Lunch Outing

March 29: Mini Mall 1:00—3:00 pm

Top o' the mornin' to ya and welcome to March. We will be playing Leprechaun games throughout the month:

March 7: Leprechaun Racing at 1:30 pm in the Bistro area.

March 16: Leprechaun Mini Golf at 1:30 pm first hole in the Living Room.

March 22: Leprechaun Volleyball at 1:30 pm most likely in the Bistro.

March 29: Leprechaun Fishing at 1:30 pm in the Bistro area.

Join us for these and more March activities.
Let the shenanigans begin!

Irish Toast

There are good ships,
& there are wood
ships, the ships that
sail the sea.

But the best ships
are friendships,
& may they always be.

