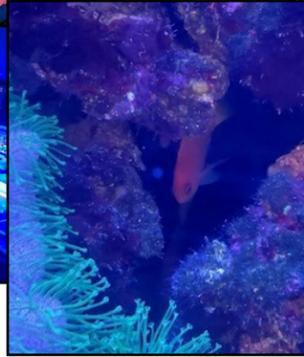




Our Legacy Ridge friends take a field trip to *Aquatic Art* to buy new fish. They had a great adventure!



A field trip to the Denver Museum of Nature and Science.



Passing out Krispy Kreme donuts to our Legacy Ridge friends.



Our residents have been busy planting seeds to help start our garden, and maybe yours. We will be selling our baby plants on Sunday, May 14 during our Mother's Day Brunch. ALL proceeds will benefit the Alzheimer's Association.



### Keycards for Families!

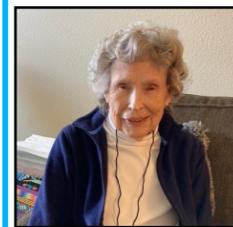
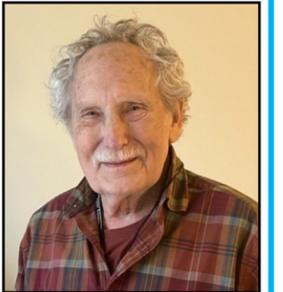
We are continually rolling back many policies that were created during the Covid Pandemic. We are happy to finally give keycards back to families for after hours access to the building. If you would like a keycard, please ask at the front desk and they can get one made for you. Please also note that this keycard will only give you access to the front door and your loved one's apartment (in AL, metal keys for MC apartments). We provide one family key free of charge, any additional keys can be purchased for \$15.

### Please welcome to our CHAL Community...



Daphne J. calls Tumbridge Wells, England her home. She attended London University and earned a degree in Agriculture. She had careers in accounting and photography. Daphne has excellent math skills and is surprisingly knowledgeable about current events. She speaks English, French, German and some Spanish. Daphne has traveled everywhere and her favorite location is the next place she visits! Welcome to CHAL, Daphne.

Dr. Ralph C. was raised in Denver and attended the University of Colorado—Go Buffs! He attend UC Medical School where he studied Pre-Med and Sociology. Prior to retirement, he practiced General Psychiatry with adults and children. Ralph served in the United States Air Force in Japan as an in-patient psychiatric ward Director. He has traveled extensively throughout the US and the world. Please welcome Dr. Ralph to CHAL and thank you for your



Octavia "Tavie" S. was raised in Georgia and has called Littleton her home for the past 6.5 years. Tavie is the proud mama of 7 children and many grands and great grands. Tavie's favorite places are the "hills of Georgia". We welcome Tavie to CHAL!

Frank P. was born and raised in Denver. He was an owner/entrepreneur of a local commercial real estate company. Frank served in the Army—thank you for your service, and loves being a handyman. He is most proud of being a dad and grandfather. Frank has traveled to many locations, but his favorite places are either the craps table in Vegas or tootling down the Nile River. Frank, we welcome you to CHAL!



Carol W. was raised in St. Louis, MO and has lived in Denver for 40 + years. She attended Texas Christian University, was a flight attendant with Frontier Airlines and was in real estate sales. Her favorite place to travel is Cozumel, Mexico. Carol loves listening to music, working puzzles and her cat Bentley. Welcome to CHAL, Carol!



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

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



Every Monday at 10:00 am: Balance Class 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: May 7—*Birders: The Central Park Effect*, May 14—Movie Matinee: *Little Women*, May 21—*Surviving Paradise: A Family Tale*, and May 28—*Puff Wonders of the Reef*.

**Mother's Day Brunch has returned to CHAL!**

Join us in the Dining Room on Sunday, May 14 from 11 am to 2 pm for brunch.

Reservations can be made by calling the front desk— 720-592-0252.

**RSVP required by May 10**

**\$25 per guest**

Join us for our **QUARTERLY Resident Council Meeting on Tuesday, June 27, 2023 at 3:00 pm, in the Theater.**

In Memory of

Barb R.

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

**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 May Events:

May 2: Mountain Man

May 3: Casa Calienta Lunch Outing/Mini Mall

May 5: Cinco de Mayo

May 6: Kentucky Derby Races

May 8: Arapahoe Library

May 9: Carson Nature Center: *Colorado Birds*

May 10: Penguins Tap Lunch Outing

May 11: Line Dancing

May 13: Broadway Night: *Carousel*

May 14: Mother's Day Brunch 11 am to 2 pm

May 16: Roy Wiley, Music

May 17: Resident's Spring Fling Tea

May 20: Broadway Night: *Gypsy*

May 22: Arapahoe Library

May 23: Chris Wells, Travel

May 24: Garden Center Outing

May 25: Chef Chat/Activities Round Table

May 27: Broadway Night: *Wuthering Heights*

May 28: Road Trip Across America Kick-off

May 29: Resident's Memorial Day Lunch BBQ

May 31: Bonefish Grill Lunch Outing

**Our** theme for the month of May is birds. On May 9 at 1:30 pm, Dakota from the Carson Nature Center will be presenting a program on *Colorado Birds*. She will bring a mix of bird items to pass around, PowerPoint photos, and some bird sounds to help us connect to the incoming migration of songbirds for the summer, highlighting a few that they can enjoy from the patio of CHAL. The Activities ladies have a couple sets of binoculars that residents are welcome to check out and enjoy birdwatching from the terrace...all you need to do is ask.

**As** you know, the longest day of the year is soon upon us and we would like to have a fundraising BBQ at Shelter C in de Koevend Park on June 21. The proceeds will benefit the Alzheimer's Association of Colorado. Mark your calendars: look for more information emailed to families early in June.

**The** Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. CHAL is committed to raising funds to assist the Alzheimer's Assoc. to make a difference in the lives of people living with Alzheimer's disease and support research to improve treatment, care and prevention.