

Life is But a Dream

The little song tells us to “Row, row, row our boat, gently down the stream,” because “Life is but a dream.”

Having had a generous helping of life, I am inclined to agree with the little song. Looking back through the mists of time, one’s past life does seem like a dream to hold onto and cherish.

Now we have a new life to row our boat for and that is of Assisted Living. We are in a community of people very much like ourselves. We could not function without help. And we get help in so many ways.

We will happily row our boat at Cherry Hills for as long as we are able.

It’s true...Life is a wonderful dream.



Resident Showcase

We are so blessed to have such a variety of talents and gifts here in our CHAL community. If you like to write stories or poetry, sketch, draw, or paint, or anything else you may want to contribute. If you would like to be published in one of our monthly newsletters, please submit any of these to Lori in the Activities Office or leave at the front desk. We’d love to share your creativity!



Please welcome to our CHAL Community...



Phyllis K. was raised in Lakewood, CO and attended the University of Colorado. Her greatest accomplishment was being a “professional mom” and also worked at the San Francisco Chronicle. Phyllis loves to read, work jig-saw and crossword puzzles and drink wine. She has travelled all over Europe and the Western United States. Welcome Phyllis to CHAL, we are so glad you are here!

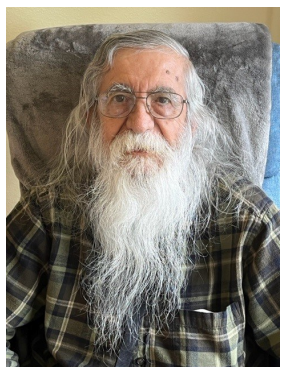
Simone P. was raised in Santa Monica, California. She has been a housewife, manicurist, and property manager. She is most proud of her family and her art. Simone has travelled extensively and is fluent in French. She enjoys many things, such as painting, interior decorating, cooking, reading and spending time with her family. We welcome you to CHAL, Simone, and are very happy you’re here!



CHAL welcomes Dalton C.! Dalton grew up in Kansas, but has lived in Colorado Springs for 60 years. He was a periodontist, and after he retired, became the founder of Peak Education, which assists older children to reach their greatest potential. He loves music and is a jazz pianist. Dalton also loves being with family and friends, the mountains, and being helpful and kind. We are excited you are here!



Welcome Marguerite and Jim Valdez to our CHAL Community. They have lived in Littleton, CO for over 70 years. One of their favorite places is Taos, NM. They both like to go out to eat and Jim’s favorite food is Mexican. Jim likes to watch TV and Marguerite enjoys art-painting portraits, scenery and animals. We are glad to have both of you in our community



Jim Keene was raised in Detroit, MI and has lived in Englewood for about the past 4 years. He attended school for music and earned his Ph. D. from the University of Michigan. He was a professor and publisher and is most proud of being an author and performer. He enjoys reading, playing the piano, and spending time with family. We are happy to have you here!



Join us for the following, on-going October 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
- 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 *Mysteries at the Museum* in the Theater at 1:30 pm every Sunday afternoon.

In loving memory of

Barbara C.

And

Sylvia H..

Gone, but not forgotten.

Our prayers are with their family and friends.

The Executive Team

- Melia Sharkey—Executive Director
- Michele Farrelly—Sales and Marketing Director
- Jennifer Townsend, LPN—Director of Memory Care
- Adam Dodd, LPN—Director of Assisted Living
- Gershwin Sandberg—Executive Chef
- Amber Jeffres—Business Office Manager
- Lori Lemieux —Director of Community Life

HELP WANTED!

CHAL's *Toys for God's Kids* Smile Makers are in need of more help. Have you ever looked in the Activities Room and wondered why there are plastic wheels, axels and cars on the table? Mel K. and his team are building the cars to be sent all over the world so that NO child is without a toy. The cars are FREE and are available for those traveling to handout to children. Toys began in 2000 and has currently handed out over 2,462,520 cars. Please help when you are able...training available! Please see Mel K. in apartment 109.



Cherry Hills

Assisted Living *and* Memory Care

6325 S University Blvd, Centennial, CO 80121

Upcoming October Events:

- Oct. 3 Balance Class Gym 10:00 (note change of date)
- Oct. 3 Mountain Man LOB 11:00
- Oct. 3 Art/Music Appreciation with Rorie TR 1:30
- Oct. 4 Hawkquest (Birds of Prey) Atrium 1:30
- Oct. 5 Make Compliment Cards BIS 1:30
- Oct. 6 Science with Sage BIS 3:00
- Oct 8 Broncos vs Jets BIS 2:25
- Oct. 9 Classical Pianist Gio B. BIS 1:30
- Oct. 10 Flu/Vaccine Clinic
- Oct. 10 Music/ Art Appreciation with Rorie TR 1:30
- Oct. 11 Foot Clinic (note change of date)
- Oct. 13 Science with Sage BIS 3:00
- Oct. 16 Singer/Entertainer Joyce K. BIS 1:30
- Oct. 17 Vendor Taste Testing—more info to come
- Oct. 17 Chris Wells TR 1:30
- Oct. 18 TriShaws 12:30/1:30
- Oct. 19 Chef Chat/Activities Discussion TR 1:30
- Oct. 20 Science with Sage BIS 3:00
- Oct. 22 Broncos vs Green Bay BIS 2:25
- Oct. 23 Book Club with Devin—PDR 1:30
- Oct. 24 Art/Music Appreciation with Rorie TR 1:30
- Oct. 29 Broncos vs Kansas City BIS 2:25



Fall is here! It's the season for the senses: the feel of the crisp air, the view of beautiful colors-red, orange, yellow, and brown, the sound of crunchy leaves and football games (along with some cheers and boos), the smell of pumpkin spice and apples, and the taste of warm cider or apple pie. Please remember to dress warmly as the temperatures drop in the cooler Colorado air. Come check out our fall themed table in the entryway. Fill out a leaf with a memory of fall, a reason why you like fall, or place a favorite picture to help decorate the front table.

