

Resident Showcase

Kindness, by Daphne



The year was 1933. There was a world-wide depression, Hitler was busy trying to rearm for the next world war.

In London, England, a little girl of 6 years old tripped happily down the hill from her house to the candy store. Her mummy had given her the big round copper penny used in that day. She would buy a big bag of candy peppermints.

As she stepped over the street drain outside the store, a disaster occurred. The big penny slipped from her hand and down the drain. There was nothing to do but cry.

A tall, well dressed man stopped and asked “why are you crying, little girl?” “I dropped my penny down the drain” she sobbed.

“Here you are”, said the man, and he handed her a bright new penny and walked on.

Joy immediately replaced tears. The little girl had her peppermints.

Now it is time to admit that I was the little girl. I realize now that the action of the passing gentleman was pure kindness.

It shows that the need for kindness varies with every situation. Sometimes all you need is a bright, copper penny.



Oktoberfest in the park!



At home playing games.



Please welcome to our CHAL Community...



Dollene “Dolly” E. was born and raised in Utah spending most of her adult life in Salt Lake City. Dolly was a dedicated homemaker, mother and loved to play tennis and golf. Some of her favorite places to visit are Yellowstone National Park, Paris, England and San Francisco; she loved visiting Washington D.C. We welcome Dolly to CHAL!



You will get extra stars in your crown when inviting our new residents to lunch and/or dinner!



Celebrating Dr. Nicole’s birthday with a Trishaw outing. Special thanks to *Cycling without Age’s* Barb Toltz for providing all the yummy goodies!



Join us for the following, on-going November 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 interesting documentaries every Sunday afternoon at 1:30 pm in the Theater: Nov 5: *The Code Breaker*, Nov 12: *The Dustbowl*, Nov 19: *Empire of the Air* and Nov 26: *The Farthest* (NASA's Voyager Mission)

Bronco games: Monday, Nov 13 at 6:15 pm kick-off (Buffalo), Nov 19 at 6:20 pm kick-off (Minnesota), Nov 26 at 2:05 pm kick-off (Cleveland).

In Memory of

Don C.

Margaret "Lee" L.

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

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

Jorge Torres—Director of Operations



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

Sage is an aromatic herb of the mint family and it is found most often in stuffing/dressing and pork sausage.



It is the herb of Thanksgiving.

Sage advice is wisdom, prudence and good judgement that comes from reflection and experience.

As we begin our month of thankfulness, what words of wisdom do YOU have to share and offer to others? Please be thinking because we will be asking!

Cherry Hills

Assisted Living *and* Memory Care

6325 S University Blvd, Centennial, CO 80121



Upcoming November Events:

Nov 2: Art Class w/Peggy

Nov 4: Sage Advice

Nov 4: Broadway Night: *Hairspray*

Nov 5: Daylight Savings End (Fall Back)

Nov 6: Arapahoe Library/Book Club

Nov 7: Audiology Clinic/Live Entertainment

Nov 8: Foot Clinic

Nov 8: Classical Pianist Gio

Nov 9: Dance Class

Nov 10: Science w/Sage

Nov 11: Veterans Day

Nov 11: Broadway Night: *Anything Goes*

Nov 13: Reservations for Thanksgiving Guests Due

Nov 14: Roy Wiley, Music

Nov 15: Sage Advice

Nov 18: Broadway Night: *Billy Elliott Live*

Nov 20: Arapahoe Library

Nov 21: Chris Wells, Travel

Nov 22: Happy Hour (Wednesday not Thursday)

Nov 23: Thanksgiving Day Lunch

Nov 25: Broadway Night: *Harvey*

Nov 28: Resident Council

Nov 27-30: Tree Decorating Throughout CHAL

THE HOLIDAYS AT CHAL

Join us for **Thanksgiving Lunch** on Thursday, November 23 from 11 am to 2 pm. Reservations required by end of day on Nov. 13. Cost per person: \$25, limited seating available. Boxed dinner will be delivered to the resident's apartments.

Winter Forest Holiday Party

Join us for spectacular, Kris Kringle, holiday, cocktail party on Wednesday, December 20 from 4 to 7 pm. Hearty hors d'oeuvres and festive holiday cheer will be available to you for \$35 per person. Live music and a visit from Santa. Reservations required by end of day Dec 13.

Christmas Lunch for residents will be served on Monday, December 25 from 11 am to 2 pm. Boxed dinner will be delivered to the resident's apartments.

****If your loved one plans to be out of the community for Thanksgiving or Christmas lunch, please let us know so we may plan accordingly.**