



*ROMEO Club Pizza Party*



*Puzzles Aplenty!*



*Sip & Paint!*

*Games Galore!*

FEBRUARY 2025

# THE CHAL CHRONICLES

Newsletter of Cherry Hills Assisted Living & Memory Care



“SPREAD LOVE TO EVERYWHERE YOU GO.  
LET NO ONE EVER COME TO YOU WITHOUT LEAVING HAPPIER.”  
“NOT ALL OF US CAN DO GREAT THINGS, BUT WE CAN DO SMALL THINGS WITH GREAT LOVE.”  
-MOTHER TERESA

## FEBRUARY 2025 - A TIME TO PRIORITIZE ACTS OF LOVE AND KINDNESS

This February we will be focusing on love, kindness and giving back to those less fortunate. At CHAL, we are extremely blessed and fortunate to be surrounded by so much love, however, outside of our community there are many individuals who are lonely and in need. A sense of purpose, community and connection brings a deep richness to our lives, so bringing smiles to the faces of those who could use some joy and offering assistance and comfort to those less fortunate not only makes a difference in the lives of our fellow humans who can use our help, it also feeds our soul, brings us joy and makes us feel like we are here for a reason. Hence, our February activities will center around spending time benefiting multiple non-profits, to include Post it Love, Zuma Rescue Ranch, Wish of a Lifetime, The Action Center, Dumb Friends League and more.

If you feel moved to participate in any of our philanthropic work, please feel free to reach out to Trish at: [activities@assistedlivingcherryhills.com](mailto:activities@assistedlivingcherryhills.com).

Sincerely,  
Your Friends at Cherry Hills Assisted Living & Memory Care

## CHAL LEADERSHIP TEAM



- Melia Sharkey - Executive Director
- Michele Farrelly - Sales & Marketing Director
- Jennifer Townsend, LPN- Director of Memory Care
- Adam Dodd, LPN- Director of Assisted Living

- Caitlyn Croce - Business Office Manager
- Gershwin Sandberg - Executive Chef
- Jorge Torres - Director of Operations
- Trish Dunbar - Director of Community Life



“Love and compassion are necessities, not luxuries. Without them humanity cannot survive.”

DALIA LAMA

## Young at Heart

BY DAPHNE

This week a lovely lady named Joyce brightened our Happy Hour, singing songs that we know and love, while we sipped our drinks. In her final song, Joyce asked us if we were among the “Young at Heart”. As the song ended, I sat motionless. Were we, the residents of Cherry Hills, among the “Young at Heart”? I have been pondering this question ever since, but now I know the answer.

It is difficult to walk through the halls without hearing voices singing, laughing and chattering. We see Mary Frances striding up the corridor to complete the latest jigsaw puzzle. John, who self-propels, is the first person to arrive for meals (I know this as I am the second person). We hear from Lou that, late at night, he emerges from his room in his pajamas to work on the jigsaw puzzles. Then there are Larry and Jan, a happy couple, who found each other at Cherry Hills. I must not forget my neighbors, Carol and Pat, who are never late for exercise and Diane, with her tintillating laugh, which brightens our days.

Need I go on? Of course we are “Young at Heart” or we would not be here. Our days are blessed with those who care for us and our nights are full of dreams. There are no younger hearts that you can find anywhere!



“Remember there is no such thing as a small act of kindness. Every act has a ripple effect with no logical end.”

SCOTT ADAMS

### February 1st

Post It Love Project

### February 4th

Colorado Senior Board Game Championship Presentation

### February 8th

Zuma's Rescue Ranch Project

### February 9th

Super Bowl Party

### February 15th

Wish of a Lifetime Project

### February 19th

Ms. Colorado Senior America Showcase

### February 25th

Zuma's Rescue Ranch

## Legacy Ridge Fun!



## Sensory Art with Vanessa Hayes



## Weekly News Currents with Rorie

