

SEPTEMBER 2025

THE CHAL CHRONICLES

Newsletter of Cherry Hills Assisted Living & Memory Care



"THE WINDOWS ARE OPEN, ADMITTING THE SEPTEMBER BREEZE: A MONTH THAT SMELLS LIKE NOTEPAPER AND PENCIL SHAVINGS, AUTUMN LEAVES AND CAR OIL. A MONTH THAT SMELLS LIKE PROGRESS AND MOVING ON."

- Lauren Oliver

As the golden hues of fall begin to blanket our beautiful Colorado surroundings, we welcome this month with open arms and grateful hearts. We're embracing the crisp mornings, cozy afternoons, and all the joy that this new season brings. Whether it's enjoying the colors of the changing leaves on the terrace or gathering with friends to listen to Ryden Fredericks perform in the bistro, September reminds us to slow down, reflect, and cherish each moment. It is a special month of transition—not just in the seasons, but in spirit. As summer fades and fall settles in, it's a wonderful time to reconnect with loved ones, try something new, and enjoy the warmth of our cozy CHAL community.

We're excited to invite you to our upcoming "Picnic in the Park" at deKoevend on September 25th, featuring live music and delicious food hot off the grill. Please don't forget, we also host happy hours every Thursday at 3 pm, featuring our favorite performers and guest speakers throughout the month who share their knowledge on topics like geography, art, and music. In addition, we have Sip & Paint sessions on Friday afternoons and Loteria (Mexican Bingo) on Sunday afternoons, along with the Bronco games! There are plenty of fun ways to connect and be part of the community!

We hope this newsletter finds you happy and healthy. Know we appreciate you, our families and residents, and our **amazing** staff, for continuing to make CHAL such a warm and welcoming home. We are honored to be part of your journey.

Sincerely,

Your Friends at Cherry Hills
Assisted Living & Memory Care

Growing Up

BY DAPHNE

We have all been through the process of growing up, learning to walk and talk, learning to study, to make a living, learning to love, learning to be a parent.

Now we can take a moment to decide if we are happy with what we achieved.

There is no going back. We have not finished growing up yet.

We at Cherry Hills are in a new mode, slowing down.

What is so wonderful is that now we can take time to meet the hearts of our family and friends.

You can right the wrongs of a lifetime.

Say words you have never said.

And ok, if you get a little sleepy, it's alright to allow yourself a nap.

All bets are off.

Now you are living without stress.

Legs that once were strong do not want to carry us now, but our minds are ready to take over.

This is a joyful time of our lives.

Perhaps we could call it growing wiser.

We cling to this new phase of life, happy to correct the mistakes we have made.

Now we are at peace with the world.

Month at a Glance

9/4 - 2:15 pm: Resident Council

9/6 - 3 pm: Ukelele Performance

9/10 - 11 am: Garden of the Gods drive & lunch at the Black Bear Diner

9/13 - 6 pm: Student Concert with Ryden Fredericks

9/15 - 1:30 pm: Crafting with Mindy & Mary Ann

9/16 - 3 pm: September Birthday party

9/18 - 1:30: Health & Wellness with Erin Brock

9/19 - 1 pm: CHAL Walk to End Alzheimers

9/26 - 3 pm: Reverse Tie Dye w/Tony & Leon

9/30 - 5 pm: Student Concert with Ryden Fredericks

A woman with short, wavy blonde hair is smiling and holding a large cutout of a swimsuit. She is wearing a yellow visor, dark sunglasses, a red jacket, and red leggings. The cutout she is holding is a one-piece swimsuit with a red body featuring white polka dots and a yellow top and bottom section. She is standing in a well-lit room with wooden floors and other people in the background.



A large, vibrant floral arrangement on a table, featuring a variety of colorful flowers (sunflowers, daisies, purple and yellow blooms) and greenery. The arrangement is set against a background of white blinds and a pink wall.





WINGS OVER THE ROCKIES!



DINNER WITH CORDIE ❤️



STAYING COOL IN THE HEAT!



NEW JOYRIDE FRIENDS -
LOOKOUT MOUNTAIN



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
- Trish Dunbar - Director of Community Life
- Eric Davis - Director of Operations

