

NOVEMBER 2025

THE CHAL CHRONICLES

Newsletter of Cherry Hills Assisted Living & Memory Care



"GRATITUDE UNLOCKS THE FULLNESS OF LIFE. IT TURNS WHAT WE HAVE INTO ENOUGH, AND MORE."

- Melody Beattie

Now that we are in the season of gratitude, we're feeling especially thankful here at Cherry Hills Assisted Living & Memory Care.

Thanksgiving is a time to reflect on the blessings that surround us—the warmth of friendship, the kindness of our caregivers, and the joy that fills our community every day. The scent of freshly baked pies, the laughter shared over a hearty meal, and the glow of autumn light remind us of the simple moments that mean the most.

At Cherry Hills, we're grateful for our residents, families, and staff who make this community feel like home in every sense. As we gather to share stories, give thanks, and celebrate together, we are reminded that gratitude is what truly nourishes the heart. From our Cherry Hills family to yours, we wish you a joyful, peaceful, and heartwarming Thanksgiving season.

Sincerely,

Your friends at Cherry Hills
Assisted Living & Memory Care



We're so grateful for the rockstar service our maintenance team provides to our residents every day. Whether it's painting walls, replacing lightbulbs, troubleshooting phone lines, and MUCH more, our team is always ready to lend a hand and keep our community running smoothly.

Thank you for all that you do!

CHAL Sip 'N Paint

Unleash your inner artist at CHAL Sip 'N Paint, a creative experience where fun meets finesse! Join Tony as he guides residents through a relaxed, step-by-step painting series designed for every skill level. With a brush in one hand and your favorite sip in the other, you'll learn techniques to turn blank canvases into personal masterpieces.

Whether you're painting for the first time or refining your craft, Tony's warm instruction and artistic flair make every session a celebration of color, creativity, and community.

Month at a Glance

11/1 - 1 pm: Halloween

Piano Recital

11/7 - 1:30 pm: Resident
Recognition: Lois Teegarden

11/11 - 1:30 pm:

Honoring Our Veterans

11/12 - 1:30 pm:

The Power of Animal
Assisted Therapy with Dr. Z
(A to Z Home Vet Care)

11/18 - 1:30 pm: Chris Wells

11/18 - 3 pm: Resident

Recognition: Jim O'Rear

11/21 - 1:30 pm: Travel to
Iceland & France with Martha

11/27 - THANKSGIVING!!



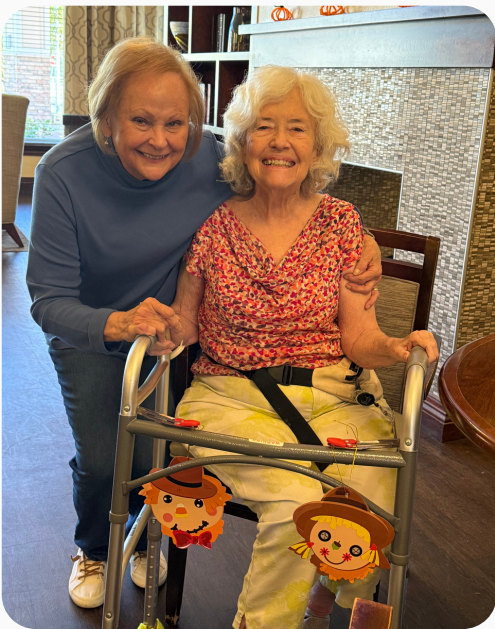
CHAL OUTING: PERFECT LANDING



MEMORY CARE ❤️



FUN AUTUMN CRAFTS



TRISHAW



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

